

## **LIVER, DISEASED.**

This term is intended to cover all the diseases to which the liver is liable.

The liver may be simply congested, or it may be hardened, or it may be wasted, or gall-stones may exist and remain in the gall-bladder, or they may pass through the biliary ducts, causing excruciating pain, or the liver may be inflamed, the bile may be reabsorbed, causing jaundice, or abscesses may form in the liver.

**Symptoms.**—When the liver is congested, there is headache, a disinclination for exertion, frequent flushing of the face, coldness of the extremities, pains in the muscles of the loins and limbs, weight in the right side under the lower ribs, the bowels are more or less filled with wind, there is nausea, dizziness, dyspepsia, slight jaundice, and highly colored urine, which is usually rather scanty.

When the liver is in a state of wasting (atrophy), there is indigestion, flatulence—wind in the intestines— constipation and diarrhea alternating, pale-colored stools, a dry, sallow skin, falling away in flesh, and loss of strength.

When gall-stones pass from the gall-bladder, they cause a sharp, cutting pain in the region of the liver, and the patient throws himself about on the bed in different positions to get relief by change of posture. The upper portion of the

right side of the abdomen is very sensitive to the touch, nausea and vomiting come on rapidly, the bowels are confined and distended with wind.

When there is acute inflammation, there is, at the first, tenderness over the liver, high fever, hot skin, extreme thirst, scanty urine, fullness, and more or less pain in the right side under the ribs, which is aggravated by pressure, by coughing, or by deep breathing; inability to lie on the left side, the breathing is more or less difficult, and there is a sympathetic cough, vomiting, and pain in the shoulders. If the inflammation continues to the suppurative stage, an abscess forms. The symptoms attending abscess are the same as those in acute inflammation, with the addition of chills, hectic fever (spike in fever), disturbance in the stomach, weight in the region of the liver, and a dry cough.

When jaundice exists, the skin and the membrane of the eyes are of a yellow color, the urine is saffron-colored, and there may be exhaustion, drowsiness, giddiness, or peevishness.

**Treatment.**—This must first be with reference to the cause, which must be removed. All highly seasoned food, all fats and oils, sweetmeats, and rich preserves, sauces and gravies, etc., must be avoided. The patient must use only the most wholesome articles of diet, take exercise daily in the open air, sleep in

a well-ventilated room, keep the bowels unobstructed by the use of coarse food or by enemas. He should take a thorough dry-hand-rubbing on rising in the morning, and two or three times a week take a tepid or cool sitz-bath for five minutes, followed by a tepid dripping-sheet.

If gall-stones are passing, he should apply hot fomentations over the region of the pain. When there is acute inflammation, he should apply the cold compress constantly, unless the pain is severe, in which case, the hot fomentation should be applied. The cold compress may be occasionally exchanged for the prolonged warm fomentation. The hot sitz-bath and hot foot-bath are good in this difficulty.



In all forms of liver disease, the wet-girdle should be worn four nights in the week. The directions for taking constitutional treatment should be followed out except when contra-directed here.

*Your liver is your body's largest solid organ. On average, it weighs around 3 pounds in adulthood and is roughly the size of a football. This organ is vital to the body's metabolic functions and immune system. Without a functioning liver, a person cannot survive.*

*The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 347- 49 M. G. Kellogg*