

Jaundice

Date

It is the yellowing of the skin and whites of the eyes due to abnormally increased levels of bile pigments, bilirubin in the blood and body tissues due to liver diseases such as cirrhosis, hepatitis or gallstones.

⇒ Etiology:

- (1) Hemolysis releases large amount of bilirubin
- (2) Medication - induced
(Erythromycin, Amiodarone, Methotrexate, statins, Nitrofurantoin, oral contraceptives etc.)
- (3) Autoimmune hepatitis
- (4) Viral hepatitis (A, B, C, D, E)
- (5) Gilbert's syndrome
- (6) Gallstones
- (7) cholestasis
- (8) Newborn Jaundice.

⇒ Types:

- (1) Pre-hepatic (hemolytic)
- (2) Hepatic
- (3) Post hepatic (obstructive)

(1) Pre-hepatic (hemolytic) Jaundice:

- Excessive breakdown of RBCs.
- Arising from the blood before it enters the liver
(due to hemolysis)

(2) Hepatic Jaundice.

- The ability of the liver to metabolize and excrete bilirubin is affected leading to a buildup of unconjugated bilirubin in the blood.

(3) Post Hepatic (Obstructive) Jaundice -

Acute - Drugs (chlorpromazine)
Viral Hepatitis

Chronic - Obstruction of the biliary tree outside of liver.

⇒ Clinical features:

- (1) Yellow discoloration of skin, whites of eyes and mucous memb.
- (2) Light colored stools.
- (3) Dark urine. (\uparrow urobilinogen)
- (4) Loss of appetite.
- (5) Weakness.
- (6) Fatigue.
- (7) Abdominal pain.
- (8) Swelling of legs and abdomen.
- (9) Splenomegaly.

⇒ Diagnosis:

(1) Physical examination -

- Bruising.
- Spider angiomas.
- Gynecomastia.
- Abdominal tenderness.
- Ascites

(2) Urine test -
- Uroiminogen.

(3) Serum testing -

- CBC

- S. Bilirubin (Total & direct)

- AST

- ALT

- γ -glutamyl transpeptidase (GGT)

- ALP

(4) Imaging studies -

- Ultrasound.

- CT SCAN

- MRI

- Liver biopsy

(5) Laparoscopy

⇒ Treatment :

NON - PHARMAC THERAPY

(1) Plenty fluid intake

(2) Raw fruits and green leafy veggies

(3) Do not drink coffee, alcohol, soda
or junk food.

(4) Brown rice and Muesli.

(5) Avoid red meat & animal fats.

(6) Reduce dairy products as cheese,
milk etc.

(7) Exercise light to moderate amounts.

PHARMAC THERAPY -

- (1) Phototherapy:
Exposure of skin to white light
- (2) G6PD deficiency - Blood transfusions
- (3) Folic acid 5mg 1-0-1
- (4) Parasitic infection - chloroquine
- (5) Hydrocortisone 100mg
Dexamethasone 0.4-8mg
- (6) Viral hepatitis: Prednisolone
20-40mg
- (7) IV 5% dextrose w/ Mannitol or
loop diuretics.
- (8) Vitamin K.
- (9) Ursodeoxycholic acid 300mg
1-0-1
- (10) Silymarin ~~140mg~~ (Antioxidant)
~~140mg~~ 140mg. BD