

Understanding Jaundice



Note: The data is extracted from World Health Organization (WHO), Centers for Disease Control and Prevention (CDC), Mayo Clinic, and others. I don't claim any right on these data.

About Jaundice

Jaundice is a medical condition characterized by the yellowing of the skin and the whites of the eyes. It occurs when there is an excess buildup of bilirubin in the bloodstream. Bilirubin is a yellow pigment produced during the normal breakdown of red blood cells. Jaundice can be a sign of various underlying health problems, including liver disease, blood disorders, or bile duct obstruction.

Home Remedies Treatment

1. **Hydration:** Drink plenty of water to help flush out toxins from the body and stay hydrated. Herbal teas and clear broths are also beneficial.
2. **Sugarcane Juice**
3. **Radish Juice**
4. **Papaya leaves Juice:** Helps in curing jaundice
5. **Use mint**
6. **Black cumin**
7. **Herbal Remedies:** Some herbs such as dandelion root and milk thistle may support liver health. Consult with a healthcare professional before using herbal remedies.

Do's and Don'ts

Do's:

- **Follow Medical Advice:** Adhere to the treatment plan prescribed by your healthcare provider.
- **Monitor Symptoms:** Keep track of any changes in symptoms and report them to your doctor.
- **Rest:** Get plenty of rest to allow your body to heal and recover.

Don'ts:

- **Avoid Alcohol:** Refrain from consuming alcohol, as it can worsen liver damage.
- **Limit Fatty Foods:** Reduce consumption of fatty and processed foods, which can strain the liver.

Dietary Recommendations

Meal	Recommended Foods
Breakfast	-Oatmeal with sliced fruits (e.g., bananas, berries) - Whole grain toast with avocado - Yogurt with nuts and honey
Lunch	- Grilled chicken or fish with steamed vegetables - Quinoa or brown rice salad with mixed greens and beans
Dinner	- Baked salmon with roasted sweet potatoes and broccoli - Lentil soup with whole grain bread