IJARSCT
ISSN (Online) 2581-9429
International Journal of Advanced Research in Science, Communication and Technology (IJARSCT)
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
Impact Factor: 7.53
Volume 4, Issue 3, December 2024

A Review on Nutritional Therapy in Liver Disease

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Abstract: *Nutritional therapy is paramount in effectively managing liver disease due to its pivotal role in optimizing nutrient intake, supporting liver function, and minimizing potential complications that may arise. The liver, a crucial organ in the body, plays a central role in metabolizing essential macronutrients like carbohydrates, proteins, and fats, as well as micronutrients such as vitamins and minerals, all of which have a direct impact on overall health and wellbeing. Liver malfunction can significantly impede metabolic processes, leading to challenges in nutrient absorption and potential deficiencies that can contribute to conditions like protein-energy malnutrition, muscle wasting, and sarcopenia. Maintaining adequate protein intake is vital to prevent muscle wasting, while carefully managing the consumption of carbohydrates and fats is imperative to support overall liver health. Individuals with liver disease often experience micronutrient deficiencies, underscoring the importance of ensuring sufficient intake of vitamins and minerals to support overall health and well-being. Furthermore, antioxidants such as vitamins E and C play a crucial role in shielding liver cells from oxidative stress, offering potential therapeutic benefits in the management of liver conditions. Dietary strategies targeted at addressing hepatic encephalopathy typically revolve around moderating protein consumption, incorporating complex carbohydrates and healthy fats, promoting proper hydration, and ensuring adequacy in essential micronutrient intake. Incorporating personalized nutrition plans, continuous monitoring, and implementing appropriate lifestyle changes are key components in the comprehensive management of liver disease, ultimately leading to optimized outcomes and improved overall health trajectories*

Keywords: Nutritional therapy, energy malnutrition, micronutrient intake

DOI: 10.48175/IJARSCT-22864