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INSIGHTS INTO NON-ALCOHOLIC FATTY-LIVER DISEASE (NAFLD)

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ABSTRACT:

About 25% of people worldwide suffer from non-alcoholic fatty liver disease (NAFLD), the most common chronic liver disease that has emerged as a global public health concern. Hepatic steatosis, excluding ethanol and other specific liver damaging causes, is the hallmark of non-alcoholic fatty liver disease (NAFLD). According to recent research, lipotoxicity, oxidative stress, endoplasmic reticulum stress, and lipid accumulation are all linked to the development of NAFLD. Hepatic steatosis, ballooning, and lobular inflammation, with or without fibrosis, are indicators of non-alcoholic fatty liver disease (NAFLD). Once the diagnosis is confirmed, the cornerstones of treatment continue to be weight loss, dietary changes, and management of the underlying metabolic syndrome.

Keywords: NAFLD, Non-alcoholic fatty liver disease, metabolic syndrome, Steatosis, cirrhosis, fibrosis, steatohepatitis, endoplasmic reticulum stress, lipotoxicity

Access this Article Online	Quick Response Code: 
Website: https://heb-nic.in/cass-hom/	
Received on 06/06/2025	
Accepted on 11/06/2025 © HEB All rights reserved	