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## **Effect of Gudardraka in Reducing Elevated Liver Enzymes in Alcoholic hepatitis and Dermatomyositis**

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### **Abstract:**

Abnormal liver enzyme levels may signal liver damage or alteration in bile flow. Gudardraka [a combination of Guda (jaggery) and Ardraka (ginger)] is a formulation that is often used in this respect. It is a Kalka (paste) preparation mentioned in the context of Swayathu chikitsa in Ayurvedic literatures and is specifically indicated for Gastro intestinal disorders. Two diagnosed cases of 1) Probable Alcoholic hepatitis 2) Dermatomyositis were selected. The first case presented with fatigue and paraesthesia of bilateral calf. The second case presented with weakness of proximal muscles of upper and lower limbs, associated with facial and pedal oedema. Both the cases had reduced appetite with elevated liver enzymes. In Alcoholic hepatitis case, Gudardraka was administered in an increasing manner for 30 days and in Dermatomyositis, it was administered as a static dose for 15 days. In the first case SGOT was reduced from 142 IU/L to 21 IU/L within 30 days and in second case from 88 IU/L to 68 IU/L within 15 days. Appetite was also improved in both the cases. Gudardraka, which is Agni Deepana and Dhatu protective, should be looked upon as a cost-effective choice of drug in cases of elevated liver enzymes.

**Key-words:** Ayurveda, Guda ardraka, Liver function test, Alcoholic hepatitis, Dermatomyositis, Uthana vatarakta, Koshtasritakamala.

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