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## A Comprehensive Insight to Non Alcoholic Fatty Liver Disease Through Ayurveda

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### ABSTRACT

Non Alcoholic fatty liver disease is one among the rapidly emerging global health issue which effects liver, affecting people who drink little to no alcohol. As the name implies, the main characteristic of NAFLDis too much fat stored in liver cells. This disease is gaining importance in the 21<sup>st</sup> century as there is too much of people involved in work involving little or absolutely no activity combined with high calorie intake. Ayurveda doesn't have a directly mention NAFLD in samhitas. So aim of this article us to dig deep into NAFLD with an ayurvedic lens.

**Keywords:** NAFLD, Liver Disease, Medoroga Yakrut

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