



What is Jaundice?

Jaundice is the term used to describe the yellowish appearance of the skin and whites of the eyes that occurs when the **blood contains an excess amount of pigmentation**. This pigmentation is known as bilirubin, a natural product that occurs from the normal breakdown of red blood cells by the spleen in the body. It is then carried to the liver to be excreted in the bile. **Jaundice** is not a disease, but is most affected as a result liver diseases.

Many newborns may experience jaundice, but in most cases it disappears within a few days of birth because the baby's body adapts to processing bilirubin on its own. However, sometimes the **bilirubin levels may become too high** and the baby's liver is unable to deal with the load. **Jaundice** is more common in premature babies.

Diagnosing Jaundice

The **diagnosis of jaundice** is based on the symptoms, medical history and physical examination – checking if the inside of your mouth is yellow and your eyes are yellow.

Certain tests will be performed and they include:

- Blood serum bilirubin
- Liver function test
- Cholesterol test
- Prothrombin time
- Complete blood count
- Ultrasound of the abdomen
- Liver biopsy
- Urine and fecal urobilinogen

Symptoms and signs of Jaundice

- Fatigue
- Headache
- Fever
- Loss of appetite
- Constipation
- Nausea
- Yellow discoloration of the eyes, tongue, skin and urine
- Dull pain in liver region
- Itching with obstructive jaundice

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

What causes Jaundice?

Causes of jaundice in children

- Newborn jaundice
- Breast milk jaundice
- Breastfeeding jaundice
- Viral hepatitis, which includes hepatitis A, hepatitis B, hepatitis C, hepatitis D and hepatitis E
- Autoimmune hepatitis
- Malaria
- Biliary atresia
- Hemolytic anemia
- Disorders present since birth that cause problems processing bilirubin such as Gilbert's syndrome, Dubin-Johnson syndrome, Rotor's syndrome or Crigler-Najjar syndrome

Causes of jaundice in adults

- Blocked bile ducts by infection, tumor or gallstones
- Viral hepatitis (hepatitis A, hepatitis B, hepatitis C, hepatitis D, and hepatitis E)
- Drug-induced cholestasis as a result of bile pools in the gallbladder because of the effects of drugs
- Drug-induced hepatitis triggered by antidepressants, anti-cancer drugs, steroids, oral contraceptives, testosterone
- Biliary stricture
- Alcoholic liver disease (alcoholic cirrhosis)
- Cancer of the pancreas
- Primary biliary cirrhosis
- Ischemic hepatocellular jaundice caused by inadequate oxygen or inadequate blood flow to the liver
- Intrahepatic cholestasis of pregnancy (bile pools in the gallbladder because of the pressure in the abdomen with pregnancy)
- Hemolytic anemia
- Disorders present since birth that cause problems processing bilirubin (Gilbert's syndrome, Dubin-Johnson syndrome, Rotor's syndrome, or Crigler-Najjar syndromes)
- Chronic active hepatitis
- Autoimmune hepatitis
- Malaria

Help for Jaundice

[Treatment of jaundice](#) depends on the underlying causes such as a gallstone, hepatitis or a virus. Other conditions that may affect the liver include haemolytic anemia, typhoid yellow fever, malaria and tuberculosis. Very often the common cause of jaundice is associated with a **gallstone being lodged in the common bile duct**. In this case, the gallbladder may have to be removed.

Because jaundice is a symptom of other problems, it is vital that the underlying cause be treated immediately. The most important thing is to prevent kernicterus, which involves **toxic [levels of bilirubin](#) accumulating in the brain**. Jaundice



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

in babies should be treated immediately. Phototherapy or light treatment is used to reduce bilirubin levels. Occasionally, a change of blood is required.

People have used herbal remedies for many years to promote liver health and functioning. Herbal ingredients are not only extremely effective and **safe to use for liver problems, particularly jaundice**, but also gentle enough for the body's system. Popular herbs such as Silybum marianus (Milk Thistle) and Taraxacum officinale (Dandelion) are beneficial for the liver and digestive system. In addition, Verbena officinalis (Vervain) is an excellent hepatic tonic but is also effective for overall health.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

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Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

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