

Anabolic Effect of Liv.52

Damle, V.B., M.D., D.P.H.

Asst. Chief Medical Officer, Bombay Port Trust,
Hon. Asst. Physician, L.T.M.G. Hospital, Bombay, India
and

Deshpande, K.J., M.B., B.S., D.M.R.E.,

Medical Officer, Bombay Port Trust, Bombay, India.

The metabolic balance of the human mechanism is reflected in the maintenance of the physiological function of the body. The sum total of anabolic and catabolic processes contributes to the increase or decrease of body weight. There are various factors which contribute to both the processes – the endocrine make up and functioning, the caloric intake, digestion, absorption and utilisation in the human organism. The liver is a very important metabolic centre and has a very important role to play in the metabolism of proteins, fats and carbohydrates apart from its other functions. Various drugs are known to have a stimulating effect and protective influence on the hepatic parenchyma. Liv.52 tablets and drops experimentally and clinically have shown this effect and hence it was decided to study its effect on the liver function and if that improved it would reflect in the improvement of the balance in metabolic processes in the body, thus contributing to the anabolic effect.

MATERIAL AND METHODS

A study was planned to assess the effect of Liv.52 on otherwise healthy but underweight individuals and also on individuals suffering from tuberculosis as it is a known fact that in tuberculosis of various forms there is a negative metabolic balance. The study would help one to assess the restoration of the balance under almost normal conditions and under conditions of disease. The patients suffering from tuberculosis were on the usual antitubercular line of treatment but only such cases were selected whose weight was constant and who were not gaining in weight in spite of the other therapy. Diet and other factors during this study were kept constant. Fifty cases were selected. Twenty five nontubercular and twenty five tubercular, all varying between the ages of 20 to 40 years.

	Males	Females	Total
Nontubercular	16	9	25
Tubercular	11	14	25

A detailed history and physical examination was carried out. The routine investigations were done and the patients were carefully observed. Their appetite dietetic intake and other factors were carefully observed and noted. Routine blood, urine and fluoroscopic examination and X-ray of the chest in necessary cases were done. Thus thorough clinical, laboratory and radiological examinations were carried out.

Two tablets of Liv.52 were administered by mouth three times a day to all the patients. Nontubercular patients were not given any other tonics like vitamins, iron, etc. but those belonging to the tubercular group were asked to continue the same antituberculosis line of treatment. Every patient was weighed after eight days on the same scale and the weight was recorded.

The patients exhibited improvement in appetite and a general feeling of well-being while on Liv.52. The nontubercular group showed better results than the tubercular group, which could easily be explained.

This is a preliminary study. With the initial significant gain in weight in the first month, the result is encouraging and needs further scrutiny and study. The patients maintained the gain in weight during the 3 months that they were under observation.

Results of Gain in Weight						
	Tubercular Group			Non-tubercular Group		
	Males	Females	Gain in weight	Males	Females	Gain in weight
20-30 years	6	2	2 to 5 lbs.	6	4	3 to 6 lbs.
30-40 years	9	6	2 to 4 lbs.	4	8	2 to 4 lbs.
	15	8		10	12	
	2 patients in this group registered static weight			3 patients in this group registered static weight		

SUMAMRY AND CONCLUSIONS

Fifty cases – twenty five nontubercular and twenty five tubercular who complained of failure to gain weight were studied for the anabolic effect of the oral administration of Liv.52 tablets.

The observation and follow-up studies were carried out regularly. Sixty percent of the patients showed a gain in weight by four pounds in one month and 12% of the patients showed a gain in weight by two pounds.

Thorough clinical, laboratory and radiological examinations were carried out and Lvi.52 was given in a dose of 2 tablets t.d.s. with milk. The cases were followed regularly at fortnightly intervals and every individual was weighed.

Improvement of appetite and a general feeling of well-being were noted in almost all cases.

There was a gain in weight in both the groups varying from 2 to 6 lbs. In 45 cases (90%). Five (10%) showed no gain in weight.

The results are significant and need further study and evaluation.