

Janta Vedic College, Baraut (BAGHPAT)

Dairy Science and Technology Department

M.Sc. Ag (III) Semester (D.S.T.)

J-3014 TECHNOLOGY OF FUNCTIONAL FOOD

**TOPIC–Therapeutic diet for patient suffering from
Jaundice**

Jaundice is a term used to describe a yellowish tinge to the skin and the whites of the eye. Body fluids may also be yellow.

The color of the skin and whites of the eyes will vary depending on levels of bilirubin. Too much bilirubin causes jaundice.

Bilirubin is a yellow chemical in hemoglobin, the substance that carries oxygen in your red blood cells. As red blood cells break down, your body builds new cells to replace them.

Normal levels of bilirubin in blood are below 1.0 mg/dl while levels over 2–3 mg/dl typically result in jaundice. High blood bilirubin is divided into two types – unconjugated and conjugated bilirubin.

Jaundice can happen at any age and may be a sign of a problem. Jaundice can happen for many reasons, such as:

- Blood diseases
- Genetic syndromes

- Liver diseases, such as hepatitis or cirrhosis
- Blockage of bile ducts
- Infections
- Medicines.

CAUSES OF JAUNDICE

-increased levels of bilirubin

- Hemolytic anemia
- Autoimmune disorders.
- Rare genetic metabolic defects.
- Medicines, including acetaminophen toxicity,
- Gallstones.
- Inflammation (swelling) of the gallbladder.
- Gallbladder cancer.
- Pancreatic tumor.

SYMPTOMS-Yellowing of the skin and the whites of the eyes
the main sign of infant jaundice usually appears between the
second and fourth day after birth.

Common symptoms of jaundice include:

- A yellow tinge to the skin and the whites of the eyes, normally starting at the head and spreading down the body

- Pale stools.
- Dark urine.
- Itchiness.
- Extreme weakness.
- Headache.
- Fever.
- Loss of appetite.

Sometimes, you may have jaundice occurring with liver disease if you have:

- Chronic hepatitis or inflammation of the liver.
- Pyoderma gangrenosum (a type of skin disease).
- Acute hepatitis A, B or C.

Inflammation of the joints).

TREATMENT OF JAUNDICE

Jaundice usually doesn't require treatment in adults. The causes and complications of jaundice can be treated.

The following treatments are used:

- Anemia-induced jaundice may be treated by boosting the amount of iron in the blood by either taking iron supplements or eating more iron-rich foods.

- Hepatitis-induced jaundice requires antiviral or steroid medications.

JAUNDICE DIET

Your liver processes everything you eat and drink. It helps your body take in nutrients from food and turn them into energy.

Your liver also moves toxins and old, damaged blood cells out of the body.

Adding these into your diet or increasing their intake may significantly reduce your symptoms and boost overall health.

This includes:

- **WATER** :- Drinking at least eight glasses of water a day helps your liver flush out toxins. It also supports a healthy weight and thins the blood, making it easier for your liver to filter.

- **Coffee or herbal tea.**

- **Fruits and vegetables.** Grapefruit, Avocado, Brussel sprouts, Grapes, Mustard greens.

- **Fiber.** Fruits, Vegetables, Legumes, Nuts, Whole grain.

Foods to avoid : -

- Alcohol can cause additional damage to your liver, so it's best to avoid it completely.
- Opt for lean proteins, such as fish, which are less likely to contribute to liver damage.

- Saturated fats, like those found in meat, are also harder for your liver to process.
- Unsaturated fats, such as olive oil, can be used in moderation.
- Refined sugar can cause fat buildup in your liver, so opt for foods containing natural sugars.

One day diet sample prepared for a jaundice patents.

- **BREAKFAST (8:00-8:30am)** - fruits or vegetables Soup./ coffee, herbal tea.
- **MID MORNING (11:00-11:30am)** – fruits, whole Grain, /Dalia.
- **LUNCH (2:00-2:30pm)** – vegetable, salad, rice.
- **EVENING TIME (4:00-4:30pm)** – fruits juice, Herbal tea.
- **DINNER (8:00-8:30pm)** – vegetable, salad,roti,Fish/meat(low protein).

References-

Different site of www.google.net