



## Major Complications of Liver Disease

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### INTRODUCTION

Liver disease is one of the most severe disease that can be caused by viruses like hepatitis a, hepatitis b and hepatitis c. liver has several functions which includes food digestion, processing and distribution. If any scar tissue is present on the liver it is called as liver cirrhosis. Problems or issues caused occurring in liver leads to conditions like cirrhosis, fatty liver disease and hepatitis. Ascites is the common impediment of cirrhosis. Symptoms of liver disease varies but most common symptoms are of swelling of abdomen and legs, colour change of the stool and urine. Complications of liver disease includes ascites, encephalopathy, portal hypertension, hepatorenal syndrome and varial bleeding. For chronic liver disease liver transplantation is the only way required or to be done. Treatment and management would be more easier when the liver disease has been deducted earlier or in the early stages. Gastrointestinal bleeding is one of the most complicated issue in the cirrhosis and this gastrointestinal bleeding is caused by elevated or rise in blood pressure in the blood vessels around the liver. One of the complication of liver disease is of hepatic encephalopathy which can be treated by lactulose therapy. Rifaximin is the primary drug used to treat hepatic encephalopathy. One of the complications of liver disease includes deranged clotting. This deranged clotting can be managed or treated by administration of vitamin k through intravenous route. Patients suffering with severe liver disease cannot show any improvement even after the administration of vitamin k. Encephalopathy or hepatic encephalopathy can be managed by avoiding or limiting of protein intake and also administering of ammonia lowering drugs. Lactulose treatment remains as a standard treatment . Main complication of liver disease is of ascites and the primary

treatment of ascites is of diuretics. Spironolactone is one of the best and effective therapy than diuretics. Patients with first episode of ascites can be treated with combination of spironolactone along with the diuretic regimen which should also include the furosemide that is the loop diuretics drug for better efficacy or effectiveness of the liver disease. Spontaneous bacterial peritonitis is the serious complication of liver disease in which mainly the symptoms are of abdominal pain and swelling. This spontaneous bacterial peritonitis is of asymptomatic. It can be treated buy using antibiotics especially the third generation cephalosporins. Pruritus is one of the other complication of liver disease and it is caused due to the build-up of bile salts in heavy concentrations that gets irritation to the skin. This can be treated by administering of ursodeoxycholic acid. Hepatorenal syndrome is the condition where the renal system gets damaged and this can be treated by only dietary intake especially by limiting the salt consumption. Portal hypertension is also one of the major complication of liver disease which can be effectively treated by administering of beta blockers and the other way to treat portal hypertension is to perform a procedure which involves shunt to reduce the pressure and to control the portal hypertension. The complications of liver diseases can be treated or managed by taking certain medication and the dietary intake.

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### CONFLICT OF INTEREST

The authors report no conflict of interest.

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