

Case Report

Medicines and Sugarcane Juice (two glasses per day) Treat Jaundice in 28 Years Old Female from Umarkhed, District Yavatmal, Maharashtra, India

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Jaundice causes health problems among many people including neonatal death [1]. It may be caused by Urinary Tract Infection (UTI) [2]. In this case, the sugarcane juice in combination with the medical treatment against jaundice has been evaluated.

On 20 November 2024, 28 years old female with 60 kg weight belonging to Umarkhed, district Yavatmal, Maharashtra, India, showed symptoms such as drastic weight loss, yellowish urine, yellowing of eyes and nails, yellowing of skin and sclera, loss of appetite, fatigue and abdominal discomfort (especially, in the upper right side).

The patient was diagnosed with viral hepatitis-induced jaundice, confirmed by an elevated bilirubin level of 5 mg/dL on 23 November 2024. Liver enzyme levels were also found to be higher than normal.

The patient was admitted in the hospital. From 23 November 2024 to 1 January 2025, she received Calpol 500mg tablet, Cefixime 200mg, Neeri 30mg, Ondem 4mg, Himalaya Liv. 52 syrup, 100 ml, and Pan-D capsule PR.

From 25 November 2024 to 1 January 2025, she was provided with the liver-protective medications, mild diet with easily digestible foods, addition of sugarcane juice (figure 1) to the daily routine (two glasses per day) due to its known liver detoxification and hydration benefits. After 40 days of treatment, the patient was recovered on 2 January 2025. Bilirubin levels dropped to 1 mg/dL, skin and eye color returned to normal and energy levels were restored.

This case highlights the potential benefits of sugarcane juice in liver health, hydration, and detoxification. Along with proper medications and dietary changes, natural remedies may play a complementary role in the jaundice recovery.



Figure 1: Sugarcane juice used by the patient for the treatment of jaundice.

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