



# Hepatitis: Causes and Prevention

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## DESCRIPTION

The word hepatitis means inflammation of the liver. Generally the inflammation in the liver is mainly due to higher accumulation of bile juices mainly bilirubin and biliverdin. These bile juices are mainly stored in the Gallbladder which is said to be largest gland in the human body which secretes bile juices. Gallbladder also plays an important role in the digestion of fats.

Chronic liver inflammation causes fibrosis and cirrhosis. This is the 12th most common cause of death in the United States. Hepatocyte steatosis is a component of metabolic syndrome and insulin resistance. Fatty liver is benign or can damage hepatocytes and cause inflammation that activates immune cells. Kupffer cells are macrophages present in the liver, but inflammatory cells such as infiltrative macrophages, T lymphocytes, neutrophils, and DC are all involved in liver inflammation. Inflammatory cells activate hepatic stellate cells, the main source of liver myofibroblasts. This section describes the initiation of inflammation in interactions with the liver, hepatic inflammatory cells, and myofibroblasts.

### Symptoms

The primary symptoms that are shown in Hepatitis are as follows,

1. Vomiting
2. Tiredness
3. Abdominal pain
4. Diarrhea

### Types of Hepatitis

This Hepatitis is mainly of 2 types:

Acute Hepatitis

Chronic hepatitis

**Acute hepatitis:** Acute hepatitis can be cured within a short period of time (within 6 months).

**Chronic hepatitis:** It takes a longer period for curing. It almost takes about years to cure.

The other types of hepatitis are Hepatitis A, B, C, D, and E.

### Causes of Hepatitis

Heavy alcohol use

Intake of toxic medications

Autoimmune diseases

Hepatitis A is mainly spread through contaminated food and water. Hepatitis B is mainly sexually transmitted. Hepatitis C is mainly spread through blood transfusion. Hepatitis D is mainly due to contaminated food and water.

### Complications

Liver failure

Scarring of the liver

Liver cancer

## PREVENTION

Hepatitis can be prevented by following ways

By avoiding intake of large amounts of alcohol.

By taking hepatitis vaccine at the time of birth.

By taking care during blood transfusion.

Hepatitis A,B,D can be prevented by immunization. Immunization means taking vaccines at the time of birth. For the treatment of Hepatitis C antiviral drugs are used, like Penciclovir, Peramivir, Omalizumab etc.

### Hepatitis A

The major symptoms appeared are very common few symptoms in hepatitis is sudden onset of fever, nausea, vomiting etc. usual onset is about 2-6 weeks. It can be diagnosed by blood tests or serological tests.

### Hepatitis B

The major symptoms are yellowish skin, tiredness, dark urine etc... usual onset is about months to few years. It can be diagnosed by serological tests.

### Hepatitis C

The major symptoms are yellow tinged skin, nausea, vomiting etc..

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### Hepatitis D

It is caused by the organism Hepatitis D Virus (HDV). Hence The major symptoms are abdominal pain, feeling tired, nausea, vomiting etc. The diagnostic method involved is transfusion of Immunoglobulin G.

### Hepatitis E

Hepatitis E is caused by the organism named Hepatitis E Virus (HEV).The major symptoms are nausea jaundice etc. The diagnostic method involved is blood tests.

### HEPATITIS VACCINES

Hepatitis A- This vaccine is effective for about 90% of the cases.

Hepatitis B- It is mainly obtained from recombinant DNA technology.

Hepatitis C- This vaccine is currently not available it is under research.

Hepatitis D- This vaccine is also under research.

### CONCLUSION

According to 2015 census Hepatitis A has been occurred in about 114 million people, The people that are effected with Hepatitis B are about 343 million, people effected with Hepatitis C are about 240 million. So, the effecting rate due to hepatitis are more in every country, in order reduce the effecting rate and death rate proper precautions and preventive measures has to be taken.