

Chronic Liver Disease in Tea Garden Community Individual: A Case Study

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Abstract

Introduction: Chronic Liver Disease (CLD) is a substantial public health concern, primarily attributed to alcohol consumption, viral infections, and metabolic syndromes. This study presents a case from a tea garden community where daily consumption of local liquor is prevalent. The patient's background, coupled with daily liquor intake, provides a unique perspective on the socio-economic and lifestyle factors affecting health in such communities.

Material and Methods: A 30-year-old male from a tea garden community with a history of consuming local liquor daily for last 10 years was studied. Comprehensive assessments were performed, including a detailed clinical history, physical examination, laboratory investigations (CBC, LFT, KFT, Coagulation profile) and imaging studies (Abdominal ultrasound). Conservative treatment protocol was followed using Tab Rifaximin 550 mg, furosemide + spironolactone (20/50), IVF- Human Albumin 20%, Tab Carvedilol 3.125mg. Patient's socio-economic status, lifestyle, dietary habits, and local liquor consumption patterns were evaluated through structured interviews.

Results: Patient has been experiencing increasing abdominal distension, associated with feeling of fullness and discomfort. The patient reported daily consumption of local liquor, 200ml/day typically unregulated and of varying quality, for over 10 years. On G/Epatient appears chronically ill, with pallor and mild icterus noted. The abdomen is soft, non-tender, with a fluid thrill present. Laboratory results revealed elevated liver enzymes (ALP- 161 U/L), prolonged prothrombin time (14.7 sec), and thrombocytopenia, Albumin-2.47 gm/dl, Globulin-4.32 gm/dl and Hb-8.7 gm/dl. Additionally, the patient's low socio-economic status, poor nutritional intake, and lack of access to healthcare services were notable, illustrating the multifactorial nature of CLD in this population.

Conclusion: This case underscores the significant impact of daily local liquor consumption on the development of CLD in tea garden communities. It is imperative to implement community-based interventions, including awareness programs, regular health check-ups, and improved access to healthcare services, to mitigate the risks associated with CLD in such communities.