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# **How to Identify Liver Problems**

The liver is responsible for over 200 hundred vital functions in the body. Any diseases that disturb the important functions of the liver affect the rest of the body. The symptoms of liver diseases can be easily confused with other health problems, so it's important to pay close attention to any changes in your skin, appetite, waste, and appearance.

#### **Steps**

Look for discoloration of skin. A visible identification of cirrhosis of the liver problems is the discoloration of skin. The appearance of a yellowish hue in your skin and yellowing eyes is a sure shot indication of jaundice or acute condition of liver inflammation. Most often in the case of jaundice your urine is also affected and the color is noticeably darker than the when your liver functions normally.

2 Notice any loss of appetite. Loss of Appetite is one of the major indicators of failing of liver function. Generally the liver causes loss of appetite as a premonition to its loss of function. The patients also suffer the problem of weight loss due to it. In many cases patients also become anemic and have bouts of nausea and possibly vomiting.

**3** Be alerted by changes in the color of your waste discharge. If your liver is affected it is likely to change the color of your stool discharge as well. The changes in color include lightening in the color of bowel movements. These symptoms occur in the beginning stage of liver disturbances.

**Be aware of abdomen distention.** Yet another physical manifestation of liver malfunction has been the appearance of abdomen distention. Under such circumstance the patient will feel a swelling under the right side of the body under the rib cage. Such physical appearances can have other side effects as well. Distention is likely to put pressure on the diaphragm and breathing becomes a very difficult task.

**5** Examine your fingernails for abnormal shape and appearance. Pale finger nails, appearance of yellowish hue or stark white appearances of fingernails can be an indication of a problematic liver. If your fingernails are curved then your liver may have problems.

## **Tips**

- Resorting to herbal or Ayurvedic treatment procedures can be very useful to not only cure your liver ailments but can also restore it to its normal and healthy self.
- One of the most common causes leading to malfunction in the liver is untimely and unhealthy snacking. Eating too much fried and

oily food or street food has the potential to seriously damage your liver.

### Warnings

- · Pay attention to the early signs of liver malfunction.
- Do not ignore mood swings or unexpected headaches because that might be an early sign of liver damage.

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