



## Acute Liver Injury: Causes, Symptoms, and Treatment

Junjun Lungen\*

Department of Medicine, Shanghai JiaoTong University School of Medicine, Shanghai, China

\*Corresponding Author: Junjun Lungen, Department of Medicine, Shanghai Jiao Tong University School of Medicine, Shanghai, China; E-mail: lungen.j@gmail.com

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### Description

The liver is one of the most important organs in the human body and it is responsible for many important functions such as detoxification, metabolism and bile production. However, it is susceptible to injury and damage from a wide range of factors, causing a condition is known as acute liver injury [1]. Acute liver injury, also known as acute hepatitis, it is characterized by the inflammation of the liver that appears suddenly. The condition ranges from mild to severe and it can lead to life-threatening acute liver failure.

### Causes of acute liver injury

Several factors can increase the probability of developing Acute Liver Injury. The following are the most common causes:

**Viral infections:** Viral hepatitis, especially hepatitis A, B and E, is a common cause of acute liver injury [2]. These viruses are usually transmitted through contaminated food or water or by direct contact with infected bodily fluids.

**Drug-related liver injury:** Certain drugs and toxins can cause liver damage and cause to acute liver injury [3]. Prescription drugs, antibiotics, anticonvulsants, and even herbal supplements, as well as over-the-counter pain relievers such as acetaminophen, can damage the liver.

**Alcohol abuse:** Excessive and chronic alcohol consumption can cause liver inflammation and scarring, resulting in alcoholic hepatitis.

**Autoimmune diseases:** In some cases, the body's immune system attacks healthy liver cells, causing acute liver injury [4]. Autoimmune hepatitis is one condition that can causes inflammation and liver damage.

**Metabolic disorders:** Certain metabolic disorders, such as Wilson's disease and acute fatty liver disease during pregnancy, can lead to acute liver injury. These disorders interfere with the liver's normal metabolism and cause liver damage.

### Symptoms of acute liver injury

Symptoms of acute liver injury depend on the underlying cause and the severity of the condition. Common symptoms include:

**Jaundice:** Yellowing of the skin and eyes caused by bilirubin accumulation, a yellow pigment produced in the liver [5].

**Loss of appetite:** Reduced Appetite and loss of weight.

**Abdominal pain:** Pain or discomfort in the upper right side of the abdomen.

**Nausea and vomiting:** It is possible to feel nauseated and vomit [6].

**Pale stools:** Stools may become pale or gray in color.

**Fatigue:** Unexplained fatigue and a lack of energy.

### Treatment methods of acute liver injury

A treatment method of acute liver injury depends on the underlying cause and its severity. The main aim of treatment is to relieve symptoms, address the underlying cause, and prevent further liver damage. Treatment options include:

**Drugs:** Medications may be prescribed to reduce inflammation, relieve symptoms, and target the underlying cause [7].

**Hospitalization:** Severe acute liver injury or acute liver failure may require hospitalization. This allows for close monitoring, intravenous fluids, and specialized medical intervention.

**Supportive care:** These include equilibrium, a healthy diet, and hydration to base liver function and promote mending [8].

**Liver transplant:** Liver transplantation may be needed in acute liver failure, in which the liver has become damaged that it essentially reduces function properly.

### Prevention of acute liver injury

Whether it involves liver damage, prevention is always more effective than treatment. Here are some of the activities people may perform to maintain the liver healthy: When using medications, including prescription and over-the-counter medicines and dietary additives, maintain accurate level requirements [9]. Maintain a healthy weight involves implementing regular physical activity and maintaining a balanced diet. When the medical professional recommended to obtaining the hepatitis A and B immunizations. Limit the alcohol consumption and prevent excessive drinking.

Acute liver injury is a condition characterized by sudden inflammation and damage to the liver. It can be caused by viral infections, drug-induced liver damage, alcohol abuse, autoimmune diseases, and metabolic disorders [10]. Recognizing symptoms and observing a medical professional at the appropriate time it is essential for accurate diagnosis and treatment. A healthy lifestyle and preventative measures can reduce the risk of acute liver injury and maintain a healthy liver for life.

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