



Campaign for NAFLD in Jharkhand

Why in News?

Ranchi is set to become the first district in Jharkhand to implement a large-scale campaign for the screening and management of [Non-Alcoholic Fatty Liver Disease \(NAFLD\)](#).

Key Points

- **Objective and Implementation:**
 - Ranchi will launch Jharkhand's first large-scale screening and management campaign for NAFLD under **the [National Programme for Prevention and Control of Non-Communicable Diseases \(NP-NCD\)](#)**.
 - The initiative focuses on early detection, capacity building, and strengthening healthcare infrastructure to combat the rising burden of fatty liver disease.
- **Launch and Significance:**
 - The campaign will be launched on 19th April 2025, **World Liver Day**.
 - **Two-Phase Implementation:**
 - **Phase 1 (April-June 2025):**
 - Targets high-risk individuals—those with obesity, diabetes, and hypertension.
 - Includes screening of 30,000 general population members.
 - **Phase 2 (July-November 2025):**
 - Expands screening to all adults over 18 years across Ranchi district.
 - The **Institute of Liver and Biliary Sciences (ILBS), New Delhi**, will provide technical support.
- **Mobile Screening Vans:**
 - State-of-the-art mobile vans, equipped with [Fibro-Scan technology](#), will conduct free screenings in urban and rural areas.
 - Each van costs Rs 1 crore and ensures accurate diagnosis through advanced liver screening methods.
- **Health Impact and Need for Early Detection:**
 - Nearly 50% of OPD patients in Ranchi suffer from liver-related ailments.
 - On average, 25 patients are diagnosed daily, with five requiring hospitalization.
 - In the past year, five liver disease-related deaths were recorded, highlighting the need for early intervention.
- **Data Collection and Monitoring:**
 - Screening data will be recorded in a tracking system until the national NCD portal integrates NAFLD-specific records.
 - The programme aims to strengthen referral systems to ensure patients receive specialized medical care.
 - This initiative positions Ranchi as a pioneer in NAFLD management, setting an example for **nationwide liver disease prevention and control**.

Nonalcoholic Fatty Liver Disease

- **About:** NAFLD is a condition where **fat accumulates in the liver** without alcohol involvement.

- It includes two types: **nonalcoholic fatty liver (NAFL)** and **nonalcoholic steatohepatitis (NASH)**.
- **Types of NAFLD:**
 - **NAFL:** Characterized by **fat buildup in the liver** with **minimal to no inflammation or damage**.
 - It typically doesn't lead to liver complications but can cause liver enlargement and discomfort.
 - **NASH:** This form includes both **fat buildup and liver inflammation**, which can lead to **liver damage**, **fibrosis** (a condition where the liver develops an excess of scar tissue), and **potentially cirrhosis**, a condition that increases the risk of liver cancer.
- **Symptoms and Causes:** NAFLD is often symptomless, but conditions like **obesity**, **metabolic syndrome** (a cluster of metabolic abnormalities), and **type 2 diabetes** increase its risk.
- **Diagnosis:** NAFLD is diagnosed through medical history, physical exams, and tests such as blood tests, imaging, and **liver biopsy to distinguish between NAFL and NASH**.
- **Treatment:** **Weight loss is key to managing NAFLD**, as it can reduce fat, inflammation, and liver fibrosis (a condition where the liver develops an excess of scar tissue, or collagen, due to chronic inflammation).
- **Prevention:** A healthy diet and maintaining a healthy weight can help prevent or manage NAFLD. Diet changes and weight loss are recommended for those affected.

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