

Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD)

January 22, 2026 • vajiramandravi.com



Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD), Latest News

Metabolic Dysfunction-Associated Steatotic Liver Disease, or MASLD, is emerging as a significant health concern, particularly in India.

About Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD)

- Often referred to as a **“silent” disease**, MASLD is a **liver condition** that can **progress over time** if left unaddressed.
- It is a **long-lasting liver condition** caused by **having too much fat in the liver**.
- **Previously known as Non-Alcoholic Fatty Liver Disease (NAFLD)**, its name was changed to better reflect the condition’s underlying causes.

- The new term highlights that the disease is a **metabolic one, linked to factors** such as **obesity, diabetes, and high cholesterol**.
- It is the **most common form of liver disease** in the world.
- MASLD **ranges in severity from hepatic steatosis** — sometimes called diffuse hepatic steatosis, or formerly fatty liver infiltration or simply fatty liver — to a more **severe form** of disease called **metabolic dysfunction-associated steatohepatitis (MASH)**, formerly called **nonalcoholic steatohepatitis (NASH)**.
- **Symptoms:**
 - MASLD **often** has **no symptoms**.
 - If symptoms begin, however, they usually include **fatigue** (extreme tiredness), **weakness, discomfort**, or pain in the abdomen.
 - If MASLD begins to **advance to MASH**, other symptoms may begin.
 - These can include **jaundice** (yellowing of the eyes and skin), **severe itching, fluid buildup in the belly** (ascites), and fluid buildup in the ankles (edema).
 - Sometimes **mental confusion** can occur.
 - MASH **causes the liver to swell and become damaged**.
- **Treatment:** Treating MASLD with a **healthy diet, physical activity, and weight loss** can slow or even reverse liver damage, especially if it is at an earlier stage.

Source: TH

Source: <https://vajiramandravi.com/current-affairs/metabolic-dysfunction-associated-steatotic-liver-disease-masld/>

© Vajiram & Ravi. For personal use only.