

Herbal medicine for treatment and prevention of liver diseases

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Abstract

The rising number of patients with liver dysfunction due to overwhelming usage of drugs and alcohol has paved the path for researchers in an interest in herbal medicine. This is because there are only a few universally effective and available options for the treatment of common liver diseases, such as cirrhosis, fatty liver and chronic hepatitis. Herbal treatment has been used to alleviate disorders related to liver and other internal organs for many centuries in the eastern world, and have currently become a favourable therapy internationally for pathological liver conditions. In recent years, researchers have used scientific methods to evaluate the effects of plants for the treatment of liver ailments, although in many cases the mechanisms and modes of action of these plants, as well as their therapeutic effectiveness, have not been confirmed. Several hundred plants have been examined to-date, but only a handful has been studied thoroughly. Among these, the current study discusses a compilation of herbal medicines used for liver protection, such as Silymarin (milk thistle), Liv-52, Camellia sinensis (green tea), Glycyrrhizaglabra (licorice) and FuzhengHuayu. The increasing use of herbal medicines reflects their perceived effectiveness in the treatment and prevention of disease, and the belief that these treatments are safe because they are 'natural'. The presented study evaluates the effects of herbal extracts in the treatment of liver diseases, provides a general understanding of the actions of herbal medicines, a background for understanding the hepatoprotectiveness of herbs, and the challenges that are faced by the scientific community in researching thoroughly of each and every compounds of the herbs.

Key words

hepatoprotection, medicinal plants, herbal medicine, liver diseases

INTRODUCTION

The liver is the largest organ of the body, contributing about 2% of the total body weight in the average human. It is connected with most of the physiological processes, which include growth, immunity, nutrition, energy metabolism and reproduction. Synthesis and excretion of bile, albumin, prothrombin and the production of the compliments which are the major effectors of the humoral branch of the immune system, occur mainly in the liver [1]. According to the WHO fact sheets on hepatitis, 60,000 persons die of the acute and chronic hepatitis B annually, and more than 170 million people have long-term liver infections with hepatitis C virus. Herbal medicine has become more and more accepted and their usage is prevalent. Legal regulations and pharmacovigilance concerning herbal products are still lacking evidence to substantiate their effective usage in liver diseases. Nonetheless, some herbs have shown promising results.

The presented study provides a general understanding of the actions of herbal medicines, and hence a background for understanding questions of safety and side-effects, especially regarding to their presumed beneficial effect.

A HISTORY OF HERBS AND HOW THEY HAVE INCREASED IN POPULARITY

Herbal drugs have been used in the treatment of liver diseases since ancient times, developed in Eastern medicine and has a time-honored history. In written records, the study of herbs date back over 3,000 years – ancient Chinese and Egyptian papyrus writings describe medicinal uses for plants as early as 3,000 BC [2]. Natives in different continents had used herbs in their medicinal practices, while some cultures developed their own herbal medical systems, such as Ayurveda, Islamic Medicine and Traditional Chinese Medicine.

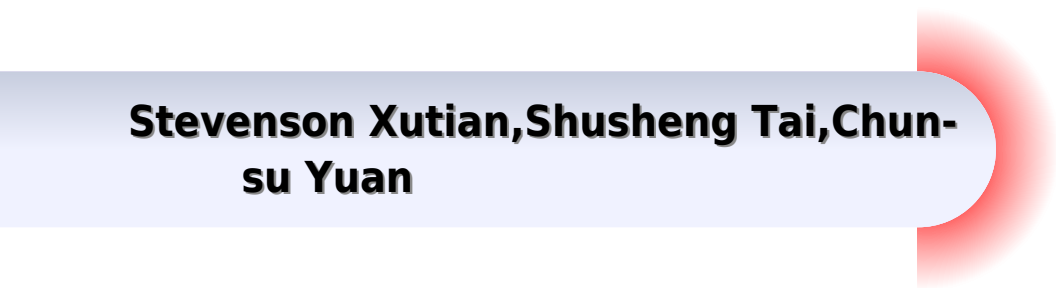
Researchers have identified that people in different countries tended to use the identical or comparable herbs for the purpose of prevention, diagnosis, improvement or treatment of physical and mental illness. It is estimated that three-quarters of the world population rely on herbal and traditional medicine as a basis for primary health care [3]. Herbal medicine is used to treat many conditions, such as asthma, eczema, premenstrual syndrome, rheumatoid arthritis, migraine, menopausal symptoms, chronic fatigue, Irritable Bowel Syndrome, and cancer, among others [4]. Herbs are becoming more main stream as advances in scientific research show the importance of herbal medicinal practices in the diagnosis, treatment and prevention of disease. In spite of the development in the current medical field, research professionals are paying more attention to conventional phytomedicine.

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Table of Contents Prevention And Treatment Of Hepatitis B Traditional Chinese Edition

1. Understanding the eBook Prevention And Treatment Of Hepatitis B Traditional Chinese Edition
 - The Rise of Digital Reading Prevention And Treatment Of Hepatitis B Traditional Chinese Edition
 - Advantages of eBooks Over Traditional Books
2. Identifying Prevention And Treatment Of Hepatitis B Traditional Chinese Edition
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Prevention And Treatment Of Hepatitis B Traditional Chinese Edition
 - User-Friendly Interface
4. Exploring eBook Recommendations from Prevention And Treatment Of Hepatitis B Traditional Chinese Edition
 - Personalized Recommendations
 - Prevention And Treatment Of Hepatitis B Traditional Chinese Edition User Reviews and Ratings
 - Prevention And Treatment Of Hepatitis B Traditional Chinese Edition and Bestseller Lists
5. Accessing Prevention And Treatment Of Hepatitis B Traditional Chinese Edition Free and Paid eBooks
 - Prevention And Treatment Of Hepatitis B Traditional Chinese Edition Public Domain eBooks
 - Prevention And Treatment Of Hepatitis B Traditional Chinese Edition eBook Subscription Services
 - Prevention And Treatment Of Hepatitis B Traditional Chinese Edition Budget-Friendly Options
6. Navigating Prevention And Treatment Of Hepatitis B Traditional Chinese Edition eBook Formats
 - ePub, PDF, MOBI, and More
 - Prevention And Treatment Of Hepatitis B Traditional Chinese Edition Compatibility with Devices
 - Prevention And Treatment Of Hepatitis B Traditional Chinese Edition Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Prevention And Treatment Of Hepatitis B Traditional Chinese Edition
 - Highlighting and Note-Taking Prevention And Treatment Of Hepatitis B Traditional Chinese Edition
 - Interactive Elements Prevention And Treatment Of Hepatitis B Traditional Chinese Edition

8. Staying Engaged with Prevention And Treatment Of Hepatitis B Traditional Chinese Edition
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Prevention And Treatment Of Hepatitis B Traditional Chinese Edition
9. Balancing eBooks and Physical Books Prevention And Treatment Of Hepatitis B Traditional Chinese Edition
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Prevention And Treatment Of Hepatitis B Traditional Chinese Edition
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Prevention And Treatment Of Hepatitis B Traditional Chinese Edition
 - Setting Reading Goals Prevention And Treatment Of Hepatitis B Traditional Chinese Edition
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Prevention And Treatment Of Hepatitis B Traditional Chinese Edition
 - Fact-Checking eBook Content of Prevention And Treatment Of Hepatitis B Traditional Chinese Edition
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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