

عنوان مقاله:

Therapeutic and Preventive Effects of Aqueous Extracts of *Arctium lappa* L. and *Cichorium intybus* L. against Fatty Liver in Rats

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خلاصه مقاله:

**Background and objectives:** The fatty liver is a reversible form of fat accumulation in the liver cells. The burden of this disease is increasing worldwide. In general, due to the lack of proper treatment and the multiple side effects of existing chemical medicines, researchers have focused on the use of herbal medicines. The aim of this study was to evaluate the therapeutic effects of aqueous extract of *Arctium lappa* L. (burdock) and *Cichorium intybus* L. (chicory) on fatty liver in rats fed with high fat diet as respects these plants have been frequently applied in traditional medicine for treatment of the liver-related diseases. **Material and Methods:** For this study, 30 Wistar rats weighing 120-220 g were used. The rats were divided into 5 groups and received 125, 250, 500 and 1000 mL/kg of mixture of aqueous extracts of burdock and chicory. **Results:** Results showed that this aqueous extract reduced the liver macro-vesicles and microvesicles and symptoms of steatosis without any specific liver complications. It was found that 500 and 1000 mL/kg of extract had the most effective therapeutic effect. **Conclusion:** In conclusion, our study shows that extract of burdock-chicory has the potential to ameliorate fatty liver in rats fed with high-fat diet. This study provides evidence that burdock-chicory extract could be considered as a potential dietary supplement strategy for prevention and treatment of fatty liver. Based on these results, the extract was formulated, and entered the pharmaceutical market

کلمات کلیدی:

(Fatty Liver, Aspartate Aminotransferases, Alanine Transaminase, *Arctium lappa* L. (burdock), *Cichorium intybus* L. (chicory)

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