

عنوان مقاله:

The Efficacy of Silymarin and Vitamin E in Non-Alcoholic Fatty Liver Disease: A Clinical Trial

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خلاصه مقاله:

Abstract Objective: Nowadays, lifestyle modification is the best treatment recommended to patients with the nonalcoholic fatty liver disease (NAFLD). The therapeutic effects of vitamin E and silybin on liver functions were documented. The present study was conducted to examine the effect of silymarin and vitamin E on patients with NAFLD. **Materials and Methods:** From September ۲۰۱۴ to March ۲۰۱۵, clinical trial was conducted on ۹۲ patients with NAFLD at ۲ Shahid Sadoughi university clinical research centers. Sampling was based on convenient method. There were no randomization or blinding in this study, but two types of treatments were compared. The patients were divided in two groups of daily intake of vitamin E (۴۰۰ IU) and Silymarin ۲۸۰ mg for four months. Alanine aminotransferase (ALT) and liver ultrasonography were done at baseline and after four months. **Results:** Eighty patients completed the course of treatment successfully. After ۴ months, both groups had experienced a significant reduction in their serum ALT levels. The mean change in the ALT level from the baseline was -۳۱.۶ U/L in the silymarin group vs. -۱۵.۱ U/L in the vitamin E group (P-value= ۰.۰۷). Treatment with silymarin was more effective than vitamin E (P-value< ۰.۰۰۰۱). The mean ALT level changed to normal was ۵۵.۰% (۲۲ of ۴۰ patients) in the silymarin group, while it was ۴۵.۰% (۱۸ of ۴۰ cases) in the vitamin E group (P-value= ۰.۰۴). **Conclusion:** The treatment of NAFLD with silymarin appears to be significantly effective in biochemical improvement whereas treatment with vitamin E improves ultrasonographic parameters.

کلمات کلیدی:

Nonalcoholic fatty liver disease, Silymarin, Vitamin E, Clinical trial

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