

عنوان مقاله:

A RANDOMIZED, DOUBLE-BLIND, PLACEBO-CONTROLLED, CLINICAL TRIAL ON PHYTOSOMAL CURCUMIN: EFFECTS ON EPIGENETICS AND OXIDATIVE STRESS IN PATIENTS WITH NON-ALCOHOLIC FATTY LIVER

محل انتشار:

سومین کنگره بین المللی و پانزدهمین کنگره تغذیه ایران (سال: 1397)

تعداد صفحات اصل مقاله: 1

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خلاصه مقاله:

Background and Aim: This clinical trial aimed to discover the effects of phytosomal curcumin on MLH1 and MSH2 promoter methylation, and oxidative stress among non-alcoholic fatty liver patients. **Methods:** Fifty patients with non-alcoholic fatty liver aged 20-65 years were assigned to two groups in this randomized, double-blind, controlled clinical trial. Patients in the intervention group consumed 250 mg/day curcumin, while those in the control group consumed starch as placebo. Fasting blood samples, anthropometric measurements, and 24-h dietary recalls were collected at the baseline and at the end of the study. **Results:** Curcumin significantly decreased promoter methylation in proximal and distal MLH1 promoter region and MSH2 promotor region ($P < 0.05$) compared with the baseline values, while plasma concentration of 8-hydroxy-2'-deoxyguanosine (8-OHdG) didn't change significantly ($P > 0.05$). The result of between group comparison indicated non-significant changes in liver enzymes (Alanine transaminase (ALT) Aspartate transaminase (AST)) and anthropometric variables. **Conclusion:** The consumption of phytosomal curcumin decreased promoter methylation of MLH1 and MSH2 among non-alcoholic fatty liver patients, indicating that curcumin is a promising agent for the enhancement of proof reading enzymes expression among these patients.

کلمات کلیدی:

Oxidative stress; Curcumin; Promoter methylation; Non-alcoholic fatty liver

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