

CORRECTION OF ALCOHOLIC HEPATITIS WITH PHYTOPREPARATION MILK
THISTLE

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Milk thistle is a herbaceous plant, has hepatoprotective, choloretic and other beneficial properties that are successfully used in the treatment of liver diseases. In scientific medicine, milk thistle fruits and preparations from it are used to treat liver diseases, in particular acute and chronic hepatitis, cirrhosis, toxic metabolic lesions of the liver, as well as the gallbladder and biliary tract. Milk thistle seeds are the raw material for the production of hepatoprotective drugs. Bukhara State Medical Institute has formed 1.2 hectares of land where medicinal herbs, including milk thistle, are grown, an association of traditional medicine and priority conditions for the effective and safe application of methods and achievements of traditional medicine have been created.

The aim of the work is to study the effect of milk thistle on the functional state of the liver.

Material and methods. The seeds were dried and ground. Patients with alcoholic liver damage took milk thistle seed powder three times a day half an hour before meals for 1 month.

Results. Before the use of milk thistle seeds in patients with alcoholic hepatitis, the biochemical blood test had an average bilirubin of 45.5-0.32 mmol/l, ALT- 128.8-0.2 units/l, AST- 131.8-0.3 units/l, liver ultrasound: the average oblique vertical size of the liver was 165-0.25 mm (norm up to 160.0 mm); anterior-posterior size of the right lobe – 145-0.31 mm (norm 106.0±15.0-140.0 mm); anterior-posterior size of the left lobe – 80-0.3 mm (norm 56.0±15.0-82.0 mm). After a month's use of milk thistle seed powder, there was a significant decrease in the biochemical blood test. namely, total bilirubin significantly decreased, which amounted to 27.3-0.14 mmol/l, ALT-95.5-0.25 units /l, AST- 78.8-0.4 units /l. According to the ultrasound of the liver, all sizes also decreased in dynamics. The oblique vertical size decreased to – 160 mm; the anterior-posterior size of the right lobe decreased to – 141 mm; the anterior-posterior size of the left lobe was – 78 mm.

Conclusions. Milk thistle grown in the fields of the Bukhara Medical Institute has hepatoprotective properties and is an effective means to maintain normal liver activity in alcoholic hepatitis.

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