EBM of Kampo formulas for treatment of nonalcoholic fatty liver disease

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ABSTRACT:
Nonalcoholic fatty liver disease (NAFLD) is thought as the liver phenotype of metabolic syndrome. Its progressive status is also called “nonalcoholic steatohepatitis (NASH)”. Because NASH can develop into cirrhosis and finally into hepatocellular carcinoma, it is strongly required the establishment of appropriate therapeutic and preventive approaches. Weight loss is safe and improved histological disease activity in NAFLD, but more than 50% of patients failed to achieved or maintained lifestyle-induced weight loss. Although pharmacological treatment could be considered for NAFLD patients, successful therapeutic methods for NAFLD have not been yet established. The Kampo formula keishibukuryogan (KBG, Guizhifulingwan) includes five medical herbs and exerts a significant anti-oxidant activity thus preventing atherosclerosis. Metabolic syndrome is associated with a high risk of arteriosclerotic disease. We thus hypothesized that KBG might prove beneficial in a recently established cholesterol-fed rabbit model of NAFLD. KBG treatment was associated with the significantly lower levels of liver lipid content than other treatment. Alpha-SMA immuno-positive areas as an index of activated hepatic stellate cells in KBG treatment group is significantly lower than in control group. According to these results, we retrospectively took advantage of the clinical and biochemical data of patients who were prescribed KBG for non-liver related symptoms and observed the impact of 8-12 weeks of treatment in those who had NAFLD. KBG led to an amelioration of liver injury markers and blood lipid profiles in all patients with NAFLD. In this symposium, I present the research findings about benefit of Kampo formulas (KBG in particular) on NAFLD.

KEYWORDS:
metabolic syndrome, Nonalcoholic fatty liver disease, nonalcoholic steatohepatitis, traditional Japanese medicine
CONCLUSION
Kampo formulas, keishibukuryogan may be excellent candidate for therapeutic agent of NAFLD/NASH.

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