

Research Article

Combining a Number of Medicinal Herbs in order to Treat Fatty Liver Disease

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ABSTRACT

Fatty liver is a very common liver disease today. Treatment of fatty liver takes a lot of time and a combination of methods. Besides using some medications to treat this disease, the application of herbs to treat diseases is also mentioned. There are a number of natural herbs that treat fatty liver effectively and are quite easy to find, especially in tropical monsoon regions like Vietnam. In order to have hope in treating fatty liver, traditional medicine is always the great choice for many patients. In this paper, the author will discuss information about medicinal plants that support the effective treatment of liver cancer. The application of this medication seems simple but requires meticulous to bring the best effect to the patient. These herbs have their great effects and always give us surprises and satisfaction.

Keywords: effective treatment, health, fatty liver, medicinal plants.

INTRODUCTION

Currently, there is not any medicine that is specifically formulated to treat fatty liver, in the early stages when the disease is still not dangerous, experts often recommend that patients should change their lifestyle and take preventive measures [1]. The use of herbal

remedies to treat fatty liver is considered safe and effective. There are more than ten thousand species of herbs in Vietnam and this proves that the ability to use them for treatment is quite satisfactory (Table 1).

Table 1: The number of medicinal plants in the world (Source: Duke & Ayensu (1985); Govaerts)

Country	Plant species	Medicinal plant	%
India	26092	4941	18.9
Indonesia	15000	3000	20.0
Malaysia	15500	1200	7.7
Nepal	6973	700	10.0
Pakistan	4950	300	6.1
Philippines	8931	850	9.5
Sri Lanka	3314	550	16.6
Thailand	11625	1800	15.5
USA	21641	2561	11.8
Vietnam	10500	1800	17.1
Average	13366	1700	12.5
World	422	52885	

Fatty liver is thought to be a common disease, with few symptoms. The disease in the early stages has not affected much to health and life, but if not controlled in time can lead to dangerous complications.

In folklore, there are many herbs and medicinal plants that are effective in treating fatty liver disease as well as a number of other diseases related to liver and liver function [2]. With natural origin, treating fatty liver with herbal medicine has the advantage of being safe, low cost, so it is

trusted by many people. The liver is the organ responsible for many important functions of the body, once the damage appears in the liver will need to immediately take corrective measures. This is both to ensure the ability to perform liver functions, and to ensure no adverse health effects [3].

The effects of herbal plants and its scientific composition

Currently, the number of patients with steatosis is increasing. However, they are often quite

subjective because they think this is a benign disease. But in fact, if not detected early, the disease will be complicated and can cause cirrhosis, liver cancer and life-threatening disease [4]. When the human body has too much fat accumulating in the liver and causing reduced liver function, it also means that they have fatty liver disease. Meanwhile, the human liver function will be impaired and negatively affect health. Fatty liver disease, known as benign disease, does not directly affect the lives of patients. However, if the subjective patient is not treated and the symptoms persist, it is very serious. After a long time, the disease can turn complicated, becoming cirrhosis, liver cancer and even life-threatening [2].

The reason most patients do not know they have fatty liver is because the disease has very few symptoms and clear signs. People with fatty liver symptoms may include fatigue, right abdominal pain, unexplained weight loss. These signs are often confused with some other illness, so we are often very subjective.

First, people who are sick often feel very tired, which happens quite often. However, we may mistake this situation for overwork and not too much attention. When you feel tired, the condition has changed quite complicatedly, maybe you are in the stage of cirrhosis. In general, for the earliest detection, each person should have regular checkups, blood tests and liver tests [5].

One of the common signs in patients with fatty liver is that they often experience abdominal pain on the right side, possibly due to an increase in the size of the fatty liver.

Not only does the stomach ache on the right, the patient also feels anorexia, poor appetite. It is for this reason that people with fatty liver often lose weight rapidly, asthenia.

WAYS TO USE OF THE FOLLOWING HERBAL PLANTS

Adenosma glutinosum is abundant in the highlands and islands of Hainan in China. It is also found mainly in Lang Son, Cao Bang, Thai Nguyen, Bac Giang, Bac Kan and Tuyen Quang provinces and some central provinces such as Quang Ngai, Quang Nam, etc. of Vietnam. This is a perennial plant, usually 0.5-1m high, with round hairy bodies. The whole body of this tree is fragrant. *Adenosma glutinosum* grows mainly in tropical climates and some large islands in Asia. In Vietnam, this tree grows wild in hills, fields, and vacant land in many places, most concentrated in the northern provinces.

Adenosma glutinosum is collected while flowering, around April-July. After picking, wash, dry and store in a sealed bag, protected from sunlight and

moisture. According to Oriental medicine, *adenosma glutinosum* has a slightly spicy taste, bitterness, aroma, warmth, has a cooling effect, except for rheumatism, toxic poisoning, gas discharge, pain relief, inflammation, anti-itch. This herb has ingredients such as tramppenic sampoin, flavonoid, coumarin and essential oil [6].

The whole plant has only 1% cineol essential oil smell which is composed of terpen and alcohol. Modern studies show that *adenosma glutinosum* has the effect of increasing secretion and promoting the process of bile secretion, protecting liver cells, preventing fatty liver, lowering blood pressure, promoting circulation, cooling, analgesic and anti-inflammatory.

It has the ability to inhibit a number of bacteria such as *staphylococcus aureus*, typhoid, blue pus, *e.coli*, dysentery, pneumococcal, which causes encephalitis, pneumonia and some fungi. Human ceiling helps improve immune function and inhibits the proliferation of cancer cells [7].

SOME NOTES WHEN USING ADENOSMA GLUTINOSUM

We should not mix *adenosma glutinosum* with *glycyrrhiza uralensis*. Although both have good uses, but if combined together, it is not good, because licorice has water-holding properties while the ceiling helps to eliminate [4].

Pregnant women, if there is no liver disease, is not prescribed by a doctor, absolutely do not use *adenosma glutinosum*, *glycyrrhiza uralensis* because drinking more will cause secretion of glands in the body, leading to the mother losing milk complete or only very few.

Patients should not take *adenosma glutinosum* daily. According to the principle of treatment, when the bile is not secreted (inflamed bile, bile duct, etc.), it is necessary to take advantage of the bile and when there is a problem with the liver, it must be a leap. If you do not have the disease, you drink it every day, meaning that your liver and bile do not need to be secreted, leading to more work so you are more vulnerable, unbalanced and pathogenic [8].

In addition, diuretic *adenosma glutinosum* should lead to excessive discharge, if the amount of water and nutrients is excreted regularly, will lead to severe dehydration causing dehydration of the body and fatigue of lack of concentration.



Fig.1: The image of adenosma glutinosum

Using adenosma glutinosum also has many potential risks, because most adenosma glutinosum when coming to consumers are dry type. Adenosma glutinosum is not only a familiar tea for every home, it is also a precious medicinal plant. It not only works to treat fatty liver effectively, but also works to cool the liver, enhance liver detoxification. There are a number of different uses [9].

The first use, the patient can prepare 30g of adenosma glutinosum was finely chopped. Cooking adenosma glutinosum with boiling water for about 15 minutes can be used as tea and can be consumed daily to prevent hepatitis, reduce liver fat [2].

The second way, give 300g adenosma glutinosum, 60g Rehmanma glutinosa (Gaertn). Libosch, 30g of tea. After chopping the herbs, mix well, each time taking out 30g cooked with boiling water to drink during the day. This medicine can treat jaundice, acute hepatitis (Figure 1).

Helicteres hirsuta

Helicteres hirsuta is a medicinal herb native to Cambodia, growing in the hilly areas of Cambodia, Laos and Vietnam. In Vietnam, trees grow in many provinces of Binh Phuoc, Lam Dong and in the Northern mountainous provinces such as Hoa Binh, Ninh Binh, Dien Bien, Son La, Phu Tho, Lao Cai, etc. Helicteres hirsuta is a small woody tree about 1m2-1m5 in height that often grows into bushes. Helicteres hirsuta is an herb that is perennial in the forest and can be harvested year-round (most from May to November).



Fig.2: The image of bitter helicteres hirsuta

How to recognize Helicteres hirsuta is quite easy, this is a small woody tree, purple flowers grow in clusters under the leaf base, surrounded by tiny hairs. We can use the trees, stems and leaves of helicteres hirsuta by chopping, drying to avoid moisture in the mold and this herb can be preserved for long (Figure 2).

Scutallaria rivularis Wall

Scutallaria rivularis Wall is a Southern herb, mainly used to treat pimples, skin itchy skin and support cancer treatment. This herb can be used in the form of pounding, soaking or using decoction along with other herbs. The scientific name of this herb is Scutellaria barbata don, this plant belongs to the Labiatae family. Scutallaria rivularis are herbaceous plants that live for many years. As a liana, Scutallaria rivularis Wall is low in height (from 15 - 20cm) and is often covered with short hairs. Leaf blade has a narrow ovoid or long lanceolate shape, often grows symmetrically, the lower leaves have slender stems, upper leaves are almost sessile, about 1-2 cm long. Flowers have 2 lips, blue violet, lower lip round and bloom in the spring [10].

The whole Scutallaria rivularis Wall is used for medicinal purposes. Scutallaria rivularis Wall grows wild in the Northern provinces of our country. This plant prefers to live in damp places such as on the banks of a field, a lake, a land near a gutter, etc. We can collect plants in the spring and summer. After harvesting, this herb should be washed and dried in the sun, then stored for later use. Scutallaria rivularis Wall contains a number of chemical components such as sterols, tannins, phenol compounds, carthamidine, alkaloids, scutellarein, isocarthamidin, etc.



Fig.3: The image of scutallaria rivularis wall

Scutallaria rivularis wall contains scutellarein compound that inhibits the activity of protein kinase C in the brain of white mice. Screening experiments showed that medicinal materials have a mild inhibitory effect on cancer blood cells (Figure 3).

This medicine is often used in the form of a drink (cook until it condenses and drink). Every day,

patients can use from 20 - 40g, in case of need may increase to 80g / day. In addition, fresh scutallaria rivulars wall can also be used as a covering to treat pimples, insect bites, etc.

Besides, scutallaria rivulars wall is a very effective medicine to treat cancer. Some combination medicines include Hedyotis diffusa Willd (80g) dry and dried scutallaria rivulars wall (40g). By cooking with 750ml of water get 200ml of water. Then, divided into 2 drinks (morning - afternoon). Patients should cool down completely before drinking, can be used 1 hour before meals or 2 hours after eating. This medicine does not apply to pregnant women [9].

Scutallaria rivulars wall is also an adjunct to treat liver cancer. By combining Abrus mollis and Panax pseudo-ginseng each 15g, Scutallaria rivulars wall and Hedyotis diffusa Willd each 20g, cook until it condenses and drink, used once a day.

Scutallaria rivulars wall is also an adjunct to the treatment of cirrhosis. Some combination medicines include scutallaria rivulars wall 20g, Helicteres hirsuta (50g) and Solanum procumbens (30g). Cook with 1.5 liters of water for 30 minutes then divide this mixture into several drinks and use it throughout the day.

Some other popular vegetables and herbs

Garlic has many nutritional ingredients such as vitamins A, B1, B2, C, etc. In addition, garlic also has essential oil components such as polysulfur de vinyle, sulfur, allylcetoin I and II components, allynin yeast components, acids like nicotinic, etc. Garlic also contains good antibacterial substances. Garlic contains allicin and sulfur compounds. These substances inhibit the synthesis of bad cholesterol. At the same time, this substance also helps make them harmless and excreted from the body. In addition, these two substances inhibit the synthesis of cholesterol in the liver. In particular, it can inhibit the enzyme fructose so that lipids in liver cells are not deposited. Thanks to that, garlic supports the treatment of fatty liver disease very effectively [8].

Patients can use garlic by eating raw or added as a spice to dishes. However, we should note: Use garlic in moderate doses because overuse of garlic will lead to liver heat. Apart from garlic, onions are a very good vegetable. Onions contain disulfur allyl and propyl which help to reduce blood fat, enhance the breakdown of fiber, etc. Using onions regularly will help the treatment of fatty liver disease effectively. Patients can use onions in combination with other foods to be processed into daily food [10].

In addition, vegetables should be considered as a valuable medicine that we sometimes overlook,

which is high in nutrients, such as vitamins P, C, abumin, sugar, calcium, phosphorus, iron, carotin, organic acid. At the same time, vegetables also need to reduce cholesterol and fat breakdown. People with fatty liver use vegetables regularly to help improve the condition of the disease. Patients can use vegetables to cook porridge daily or used to combine with other commonly used foods [11].



Fig.4: The image of bitter aloe vera

Not a vegetable, but aloe can treat fatty liver quite effectively [12]. Aloe is bitter, has a detoxifying effect on blood. Fresh aloe leaf has the ability to lower blood fat, reduce and stabilize fat in the liver, thereby effective in the treatment of fatty liver [3]. Patients can use aloe as a juice, or can mix with honey to make it as juice. Patients can also turn it into a salad by mixing fresh cucumber aloe vera leaves or tomatoes (Figure 4). There is a vegetable that few people know that its effectiveness in treating fatty liver is quite good like cucumber. Cucumber contains a lot of fiber helps promote the excretion process, reduce cholesterol [13]. At the same time, cucumber contains malonic acid. This substance helps inhibit the conversion of sugars into fat. Regular consumption of cucumber also helps to treat fatty liver. Patients can eat raw or used as a juice. Cucumber can also be combined with other everyday foods into dishes or salads [4].

Green bean or sprung bean sprout is used by many traditional remedies because of its features. It contains active ingredients that inhibit fat absorption in the small intestine [14]. Therefore, it is suitable for people with fatty liver disease. Patients can combine with other foods to prepare dishes or patients can prepare as salad.



Fig.5: The image of lotus root

There is one vegetable that Asians often use, which is lotus root [8]. Lotus root has a tonic effect on blood, muscle regeneration and is taken as a juice. In addition, lotus root also works to prevent aging, reduce fat, and stabilize blood pressure (Figure 5). Patients can process lotus root into salads, soups, tea, etc. according to each person's liking. In addition to helping to treat fatty liver, lotus root is also a valuable medicine with many other uses.

CONCLUSION

The number of people with fatty liver disease is increasing day by day, except for anyone, just by having an unreasonable diet and living, can get the disease. The treatment of fatty liver disease with herbal or natural herbs is considered a trend that many people choose today. Although the time to use these remedies is long, it is safe for health and thoroughly solved the problem that is facing. Not to mention the nutrients that herbs can replenish to the body. There are many herbs that can be used to treat fatty liver and protect the health of the liver that patients can easily find in nature. Their use has yielded positive results. However, users need to be cautious and need to thoroughly study the usage and side effects of these herbs.

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