

## **P114. THE EFFECT INFUSIONS OF *MELISSA OFFICINAL*, *CINNAMOMUM ZEYLANICUM*, *TERMINALIA CHEBULA*, *CYNARA SCOLYMUS*, *SILYBUM MARIANUM* *CICHORIUM INTYBUS L*, IN PATIENTS WITH NON-ALCOHOLIC FATTY LIVER**

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Non-alcoholic fatty liver disease (NAFLD) is known as a chronic metabolic disorder that affect on the liver function. Besides the prevalence of NAFLD is increasing rapidly, recent attentions have focused on herbal medicine as an efficient treatment. Hence the present study aimed to evaluate the effect infusions of Melissa officinal, cinnamon, nettle, chicory and artichoke on liver function.

The present study was designed as a before-after clinical trial that was conducted on 21 patients with NAFLD. All participants were asked to use the tea bags of extract plant mixture twice a day for one month. The biochemical parameters evaluation including cholesterol, triglycerides, alanine amino transferase (ALT), aspartate amino transferase (AST), alkaline transferase (ALP) of individual's blood sample were preformed. Additionally, ultrasonographic examinations in order to determine the grade of fatty liver were applied. The results before and after intervention were analyzed by descriptive tests (mean  $\pm$ SD, Pearson and chi-square).

The results revealed that the amount of cholesterol and triglycerides and liver enzymes including ALT, AST, and ALP have been decreased significantly after consumption of plant extract mixture tea. The ultrasonographic investigation indicated fatty liver grade has been decreased significantly following intervention.

In conclusion the results suggest that the use of tea bag of plant extracts mixture have brought positive effects on liver function and NAFLD prevention.

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