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Medicinal Plants Most Commonly Used for Non-Alcoholic Fatty Liver Disease: A Review of Traditional Iranian Medicine

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ABSTRACT

Introduction: Non-alcoholic fatty liver disease (NAFLD), characterized by hepatic steatosis unrelated to significant alcohol consumption, represents a growing global health concern closely associated with metabolic syndrome. Traditional Iranian Medicine (TIM) recognizes this condition as a diet-related disorder and offers numerous herbal interventions. This study identifies the most frequently documented medicinal plants in TIM for NAFLD management.

Methods: We conducted a comprehensive review of classical TIM texts alongside systematic searches in modern scientific databases including Google Scholar, PubMed, SID, Magiran, and ISC. Search terms encompassed both Persian and English keywords related to medicinal plants, NAFLD, therapeutic efficacy, and safety profiles.

Results: The investigation identified 37 medicinal plants commonly utilized in TIM for NAFLD treatment. Prominent species include *Silybum marianum*, *Taraxacum officinale*, *Curcuma longa*, *Zingiber officinale*, and *Glycyrrhiza glabra*. These plants demonstrate multiple pharmacological mechanisms including lipid metabolism regulation, antioxidant activity, and anti-inflammatory effects through their diverse bioactive constituents.

Conclusion: Traditional Iranian Medicine offers a substantial repertoire of medicinal plants with potential therapeutic value for NAFLD. The documented plants show promising mechanisms of action that warrant further pharmacological investigation and clinical validation for evidence-based application in modern hepatology.

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