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Effect of traditional Egyptian herbal medicine on treatment of HCV

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Background/Aims: Hepatitis C is an progressing global health problem. The expense of the exciting regimen for treatment is not available for many patients .Herbal medicine have been used as complementary therapy in the treatment of liver diseases for a long time. In the current study the herbal medicine used in treatment of HCV are Milk Thistle , Phyllanthus , Garlic , Cinnamon , parsley , Black seed and AKHY-J-25 (mixture of herbs). The aims is to assess the efficacy of that complementary therapy in treating chronic hepatitis C.

Methods: Fifty one Patients with hepatitis C have been seen in our out patient clinic , With Twelve healthy control . Patients were interviewed to obtain detailed clinical data before and after treatment. Every patient received single oral capsule of herbal preparations powder , in early morning on an empty stomach with two cups of water and simple breakfast after two hours , from three months to two years and twelve control received placebo.

Results: Twenty percent of patients had no detectable HCV RNA in serum at 24 week treatment ,72.6% showed clinical and biochemical improvement with decline of PCR to lower limit and 7.4% showed clinical and biochemical improvement without change in level of PCR. Mean PCR, SGPT, SGOT, platelets, WBCs, neutrophils, Lymphocytes showed very highly significant results ($p=0.0001$), HG showed highly significant improvement($p=0.001$),Creatinine showed significant improvement ($p=0.009$) and Blood urea and RBS showed non significant changes respectively ($p = 23.98$, $p = 2.2$).

Conclusions: Traditional Egyptian herbal product showed significant improvement of hepatitis c.

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