



What is MilkThistle ? in Hepatika VIP

Milk thistle [(*Silybum marianum*(L.) Gaemrnt. (Fam. Asteraceae/Compositaceae)]

In Hepatika 5 and Hepatika VIP www.hepatika.com

Milk Thistle whose hepatoprotective effect has clinically been proved. Low toxicity, favorable pharmacokinetics, powerful antioxidant, detoxifying, preventive, protective and regenerative effects and side effects similar to placebo make silymarin

Extremely attractive and safe for therapeutic use.

The medicinal properties of silymarin and its main component silibinin have been studied in the treatment of Alzheimer's disease, Parkinson's disease, sepsis, burns, osteoporosis, diabetes, cholestasis and hypercholesterolemia.

Silymarin is being examined as a neuro-, nephro- and cardio-protective in the damage of different etiologies due to its strong antioxidant potentials

Furthermore, it has fetoprotective (against the influence of alcohol) and prolactin effects and is safe to be used during pregnancy and lactation (1)

Milk thistle has been used as a cytoprotectant for the treatment of liver disease, for the treatment and prevention of cancer

Clinical studies are largely heterogeneous and contradictory. Aside from mild gastrointestinal distress and allergic reactions, **side effects are rare, and serious toxicity rarely has been reported.** In an oral form standardized to contain 70 to 80 percent silymarin, **milk thistle appears to be safe for up to 41 months of use.** Significant drug reactions have not been reported. Clinical studies in oncology and infectious disease that are under way will help determine the efficacy and effectiveness of milk thistle.(2)

Milk thistle extracts have been used as traditional herbal remedies for almost 2000 years. The extracts are still widely used to protect the liver against toxins and to control chronic liver diseases. Recent experimental and clinical studies suggest that milk thistle extracts also **have anticancer, antidiabetic, and cardioprotective effects.** This article reviews clinical trials of milk thistle conducted in the past 5 years including pharmacokinetic and toxicity studies, herb-drug interactions, and other safety issues. Several trials have studied the effects of milk thistle for patients with liver diseases, cancer, hepatitis C, HIV, diabetes, and hypercholesterolemia. **Promising results have been reported in the protective effect of milk thistle in certain types of cancer,** and ongoing trials will provide more evidence about this effect. In addition, new established doses and improvement on the quality and standardization of this herb will provide the much-awaited evidence about the efficacy of milk thistle in the treatment of liver diseases. Milk thistle extracts are known to be safe and well tolerated, and toxic or adverse effects observed in the reviewed clinical trials seem to be minimal. The future of milk thistle research is promising, and high-quality randomized clinical trials on milk thistle versus placebo may be needed to further demonstrate the safety and efficacy of this herb.(3)

(1) [Nat Prod Commun](#). 2013 Dec;8(12):1801-10.

New therapeutic potentials of milk thistle (*Silybum marianum*).

Milić N¹, Milosević N¹, Suvajdžić L¹, Zarkov M², Abenavoli L³.

(2) [Am Fam Physician](#). 2005 Oct 1;72(7):1285-8.

Milk thistle. [Rainone F¹](#).

(3) [Integr Cancer Ther](#). 2007 Jun;6(2):146-57. **Review of clinical trials evaluating safety and efficacy of milk thistle (*Silybum marianum* [L.] Gaertn.).**

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