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USE OF TARAXACUM OFFICINALE WITH THERAPY OF
ARTERIAL HYPERTENSION AND CHRONIC LIVER DISEASES:
JAMAICAN KINGSTON PUBLIC HOSPITAL EXPERIENCE

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Background: Dandelion (*Taraxacum Officinale*) otherwise known as Wild coffee/Piss-a-bed is used in many traditional and modern herbal medical systems, especially in rural Jamaica. It is said to have an additive effect on pharmacological drugs for Hypertension and various liver ailments. The extracts from different parts of the dandelion have multiple pharmacological effects. It has been stated that the roots are helpful for the liver, while the leaves and flowers were regarded as useful diuretics. The high levels of potassium found in dandelion is considered to be the agent responsible for any diuretic activity. The medicinal value of plants lies in some chemical substances that have a definite physiological action on the human body. The phytochemicals include Phenolic compounds, Tannins, Saponins, Flavonoids, Terpenoids, Glycosides, Alkaloids. Polysaccharides were reported to display anti-oxidative and anti-inflammatory activities. It has been reported that dandelion root water-ethanolic extract (DWE) ameliorated the Carbon tetrachloride (CCl₄) induced hepatic fibrosis in mice. Hepatoprotective effects of isolated polysaccharides (DRP1, DRP2) from dandelion root are constantly being researched. Both polysaccharides belong the α -type polysaccharide. However, it is shown that DRP1 contains glucose, galactose and arabinose, while DRP2 contains rhamnose, glucuronic acid, glucose, galactose and arabinose. High levels of AST and ALT seen in chronic liver injury may be significantly blocked by DRP1 and DRP2 found in *Taraxacum officinale*. Histopathological analysis of liver tissues indicated significantly reduced areas of necrosis and regeneration.

Objective: The main aim of this study was to evaluate the effectiveness of *Taraxacum officinale* in patients with hypertension and chronic liver diseases.

Materials and methods: 48 Jamaican patients ages 34 to 79 old with a history of mild to severe hypertension and concomitant chronic liver injury were observed in clinical trial. Chronic liver diseases were presented by hepatoses, chronic toxic hepatitis, functional liver diseases. The average controlled blood pressure in this group 160/100 mmHg. In addition to traditional pharmacological drugs, all patients received dandelion decoction. They received a 100g decoction of roots and leaves of dandelion in 150ml of water twice a day. Patients were observed over a period of 5 months in Kingston Public Hospital. In order to assess the antihypertensive and

antifibrotic effect of *Taraxacum Officinale* we evaluated the blood pressure levels, hydroxyproline and liver aspartate and alanine transaminases (AST and ALT), superoxide dismutase, and α -smooth muscle actin (α -SMA).

Results: Administration of dandelion decoction for 5 months in our patients showed mild reduction of blood pressure levels as well as premarkers of hepatotoxicity and progression to liver fibrosis. The prognosis of chronic liver diseases depends mainly on the degree of biochemical marker present. Further, this trial revealed that administration of *Taraxacum officinale* promote the mild or complete regression of fibrosis and the enhancement of hepatic regenerative capabilities. 93,8% of patients in this trial were able to maintain a blood pressure reading lower than 140\90mmHg. 81,3% of patients showed reduction in aspartate transaminase and alanine aminotransferase to upper limit of normal range. Hydroxyproline was decreased to 1.30 μ g/mL. There were little to no differences in results of males and females.

Conclusions: Dandelion has proven its antifibrotic and antihypertensive properties. Preventing the progression of fibrosis to the cirrhotic stage improves prognosis for the patient. Due to the outstanding results of the study, doctors can take monotherapy with dandelion broth at the stage of initial changes in the liver or as a primary prevention in the presence of risk factors for hepatic pathology against the background of hypertension. In other cases, family doctors can assess the individual state of a patients, subsequently making recommendations for the use of *Taraxacum Officinale* in addition to pharmacological drugs. There is substantial proof of hepatic regeneration as well as a diuretic and therefore antihypertensive effect. *Taraxacum Officinale* is an inexpensive and advantageous phytomedicine in the therapy of hypertension and chronic liver injury.

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THE CLINICAL EFFECT OF HERBAL THERAPY “GARCINIA KOLA” IN NIGERIAN OBESE PATIENTS WITH OSTEOARTHRITIS AND CONCOMITANT BRONCHITIS

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Introduction. *Garcinia kola* popularly known as “bitter kola” in Nigeria due to its bitter taste is a type of plant grown in the tropical rain forest in Africa, that is west African countries. The seed of this plant has been of maximum use to African descents over the years as traditional medicine because of its amazing health benefits which includes; balancing blood glucose, aids weight loss, vasodilatory effect on the smooth muscles of the