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REVIEW ARTICLE

HEPATOTOXICITY EFFECTS OF MEDICINAL PLANTS

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ABSTRACT

The liver is a vital organ performing essential functions, such as metabolizing substances and secreting enzymes. A liver issue has a comprehensive impact on the entire body. Numerous factors can lead to liver disease, including genetics, immune system issues, malignant tumors, infections, obesity, alcoholism, malnutrition, diabetes, usage of certain medications, and excessive hormone use. The global accessibility of medicinal herbs has consistently motivated people from diverse cultures to explore their potential benefits. The usage of medicinal plants is pervasive across most of the world's civilizations. Because medicinal plants are natural, some people believe that using medicinal plants is beneficial and risk-free. Herbal use is commonly believed to have minimal or no side effects.

In this review article, we have thoroughly investigated the impact of select medicinal plants on liver toxicity. Various studies and experiences have shown that some plants used for therapeutic and medicinal purposes can seriously harm the liver or aggravate existing liver conditions. Therefore, utilizing standardized herbal remedies or consultation with a specialist in traditional medicine is required. Our study provides a comprehensive summary of recent research on hepatotoxicity available in esteemed databases such as Google Scholar, Scientific Information, PubMed, and Science Direct.

INTRODUCTION

Hepatotoxicity, often referred to as toxic hepatitis, is the medical term describing liver damage or malfunction brought on by prescription medications, over-the-counter medications, nutritional supplements, chemical agents, and other factors. Its meaning of poison is derived from the ancient Greek terms hepar (liver) and toxicon (poison) [Björnsson E, 2016; Teschke R, Andrade R, 2016]. Experiencing medicines or using herbal remedies might result in two frequent liver adverse reactions: drug-in-

duced liver damage and herbal remedy-induced liver injury [Teschke et al., 2013]. The toxicity ranges from moderate to severe hepatic failure and can cause liver damage or death based on alanine aminotransferase levels [Moreira D et al., 2014]. Herbal treatments are the second most common cause of drug- or herb-induced hepatotoxicity in Western countries. Self-medication with herbal remedies may have side effects. The research indicated that the increased use of herbal supplements

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