

เอกสารอ้างอิง: สมุนไพรกับโรคไขมันพอกตับที่ไม่ได้เกิดจากแอลกอฮอล์

1. ทนงศักดิ์ ชาวจีน. Non alcoholic fatty liver disease. จุลสารสมาคมแพทย์ระบบทางเดินอาหารแห่งประเทศไทย 2553;กันยายน-ตุลาคม.
2. วิชัย เอกพลากร. (บก.). การสำรวจสุขภาพประชาชนไทยโดยการตรวจร่างกาย ครั้งที่ 5 พ.ศ. 2557. นนทบุรี: สถาบันวิจัยระบบสาธารณสุข; 2557.
3. ทีปวิทย์ วิถีรุ่งโรจน์. Non-alcoholic fatty liver disease (NAFLD): The silent-killer from metabolic syndrome. การประชุมวิชาการชมรมเภสัชกรชุมชน; สงขลา. 2559.
4. Matteoni CA, Younossi ZM, Gramlich T, Boparai N, Liu YC, McCullough AJ. Nonalcoholic fatty liver disease: a spectrum of clinical and pathological severity. *Gastroenterol.* 1999;116:1413-9.
5. Harrison SA, Torgerson S, Hayashi PH. The natural history of nonalcoholic fatty liver disease: a clinical histopathological study. *Am J Gastroenterol.* 2003;98:2042-7.
6. Adams LA, Sanderson S, Lindor KD, Angulo P. The histological course of nonalcoholic fatty liver disease: a longitudinal study of 103 patients with sequential liver biopsies. *J Hepatol* 2005;42:132-8.
7. Chen WJ, Cai B, Chen HT, Cao CY, Du YL, Li YY, et al. The role of ADIPOQ methylation in curcumin-administrated experimental nonalcoholic fatty liver disease. *J Dig Dis.* 2016;17(12):829-36.
8. Li C, Chen Y, Zhong X, Kang M, Li J. Effect of curcumin on visfatin and zinc- α 2-glycoprotein in a rat model of non-alcoholic fatty liver disease. *Acta Cir Bras.* 2016;31(11):706-13.
9. Kuo J-J, Chang H-H, Tsai T-H, Lee T-Y. Positive effect of curcumin on inflammation and mitochondrial dysfunction in obese mice with liver steatosis. *Int J Mol Med.* 2012;30(3):673-9.
10. Feng W-W, Kuang S-Y, Tu C, Ma Z-J, Pang J-Y, Wang Y-H, et al. Natural products berberine and curcumin exhibited better ameliorative effects on rats with non-alcohol fatty liver disease than lovastatin. *Biomed Pharmacother.* 2018;99:325-33.
11. Navekar R, Rafrat M, Ghaffari A, Asghari-Jafarabadi M, Khoshbaten M. Turmeric supplementation improves serum glucose indices and leptin levels in patients with nonalcoholic fatty liver diseases. *J Am Coll Nutr.* 2017;36(4):261-7.

12. Rahmani S, Asgary S, Askari G, Keshvari M, Hatamipour M, Feizi A, et al. Treatment of non-alcoholic fatty liver disease with curcumin: a randomized placebo-controlled trial. *Phytother Res.* 2016;30(9):1540-8.
13. Panahi Y, Kianpour P, Mohtashami R, Jafari R, Simental-Mendia LE, Sahebkar A. Efficacy and safety of phytosomal curcumin in non-alcoholic fatty liver disease: a randomized controlled trial. *Drug Res (Stuttgart, Ger).* 2017;67(4):244-51.
14. Panahi Y, Kianpour P, Mohtashami R, Jafari R, Simental-Mendia LE, Sahebkar A. Curcumin lowers serum lipids and uric acid in subjects with nonalcoholic fatty liver disease: a randomized controlled trial. *J Cardiovasc Pharmacol.* 2016;68(3):223-9.
15. Saad CT, Precoma DB, Merlini AB, Ioshii SO, Champoski AF. Evaluation of flaxseed effects on non-alcoholic fatty liver disease (NAFLD) in rabbits submitted to a hypercholesterolemic diet. *Funct Foods Health Dis.* 2014;4(10):442-50.
16. Han H, Ma H, Rong S, Chen L, Shan Z, Xu J, et al. Flaxseed oil containing flaxseed oil ester of plant sterol attenuates high-fat diet-induced hepatic steatosis in apolipoprotein-E knockout mice. *J Funct Foods.* 2015;13:169-82.
17. Han H, Qiu F, Zhao H, Tang H, Li X, Shi D. Dietary flaxseed oil prevents western-type diet-induced nonalcoholic fatty liver disease in apolipoprotein-E knockout mice. *Oxid Med Cell Longev.* 2017;2017:3256241.
18. Yang SF, Tseng JK, Chang YY, Chen YC. Flaxseed oil attenuates nonalcoholic fatty liver of hyperlipidemic hamsters. *J Agric Food Chem.* 2009;57(11):5078-83.
19. Xu J, Gao H, Song L, Yang W, Chen C, Deng Q, et al. Flaxseed oil and alpha-lipoic acid combination ameliorates hepatic oxidative stress and lipid accumulation in comparison to lard. *Lipids Health Dis.* 2013;12:58.
20. Yari Z, Eslamparast T, Hekmatdoost A, Rahimlou M, Ebrahimi-Daryani N, Poustchi H. Flaxseed supplementation in non-alcoholic fatty liver disease: a pilot randomized, open labeled, controlled study. *Int J Food Sci Nutr.* 2016;67(4):461-9.
21. Lai Y-S, Chen W-C, Ho C-T, Lu K-H, Lin S-H, Tseng H-C, et al. Garlic essential oil protects against obesity-triggered nonalcoholic fatty liver disease through modulation of lipid metabolism and oxidative stress. *J Agric Food Chem.* 2014;62(25):5897-906.

22. Xiao J, Guo R, Fung ML, Liong EC, Chang RCC, Ching YP, et al. Garlic-Derived S-allylmercaptocysteine ameliorates nonalcoholic fatty liver disease in a rat model through inhibition of apoptosis and enhancing autophagy. *Evid Based Complement Alternat Med.* 2013;2013:642920.
23. Xiao J, Fai SK, Liong EC, Tipoe GL. Recent advances in the herbal treatment of non-alcoholic fatty liver disease. *J Tradit Complement Med.* 2013;3(2):88-94.
24. El-Din SHS, Sabra A-NA, Hammam OA, Ebeid FA, El-Lakkany NM. Pharmacological and antioxidant actions of garlic and/or onion in non-alcoholic fatty liver disease (NAFLD) in rats. *J Egypt Soc Parasitol.* 2014;44(2):295-308.
25. Soleimani D, Paknahad Z, Askari G, Iraj B, Feizi A. Effect of garlic powder consumption on body composition in patients with nonalcoholic fatty liver disease: a randomized, double-blind, placebo-controlled trial. *Adv Biomed Res.* 2016;5(Jan.):2/1-2/6.
26. Wu LY, Juan CC, Ho LT, Hsu YP, Hwang LS. Effect of green tea supplementation on insulin sensitivity in Sprague-Dawley rats. *J Agric Food Chem.* 2004;52(3):643-8.
27. Xiao J, Ho CT, Liong EC, Nanji AA, Leung TM, Lau TYH, et al. Epigallocatechin gallate attenuates fibrosis, oxidative stress, and inflammation in non-alcoholic fatty liver disease rat model through TGF/SMAD, PI3 K/Akt/FoxO1, and NF-kappa B pathways. *Eur J Nutr.* 2014;53(1):187-99.
28. Park HJ, DiNatale DA, Chung M-Y, Park YK, Lee JY, Koo SI, et al. Green tea extract attenuates hepatic steatosis by decreasing adipose lipogenesis and enhancing hepatic antioxidant defenses in ob/ob mice. *J Nutr Biochem.* 2011;22(4):393-400.
29. Tan Y, Kim J, Cheng J, Ong M, Lao WG, Jin XL, et al. Green tea polyphenols ameliorate non-alcoholic fatty liver disease through upregulating AMPK activation in high fat fed Zucker fatty rats. *World J Gastroenterol.* 2017;23(21):3805-14.
30. Sakata R, Nakamura T, Torimura T, Ueno T, Sata M. Green tea with high-density catechins improves liver function and fat infiltration in non-alcoholic fatty liver disease (NAFLD) patients: a double-blind placebo-controlled study. *Int J Mol Med.* 2013;32(5):989-94.
31. Hussain M, Habib Ur R, Akhtar L. Therapeutic benefits of green tea extract on various parameters in non-alcoholic fatty liver disease patients. *Pak J Med Sci.* 2017;33(4):931-6.

32. Pezeshki A, Askari G, Safi S, Karami F, Feizi A. The effect of green tea extract supplementation on liver enzymes in patients with nonalcoholic fatty liver disease. *Int J Prev Med*. 2016;7:28.
33. Yang HY, Tzeng YH, Chai CY, Hsieh AT, Chen JR, Chang LS, et al. Soy protein retards the progression of non-alcoholic steatohepatitis via improvement of insulin resistance and steatosis. *Nutrition*. 2011;27(9):943-8.
34. Oliveira LP, de Jesus RP, Freire TO, Oliveira CP, Castro Lyra A, Lyra LG. Possible molecular mechanisms soy-mediated in preventing and treating nonalcoholic fatty liver disease. *Nutr Hosp* 2012;27(4):991-8.
35. Liu H, Zhong H, Leng L, Jiang Z. Effects of soy isoflavone on hepatic steatosis in high fat-induced rats. *J Clin Biochem Nutr*. 2017;61(2):85-90.
36. Kani AH, Alavian SM, Esmailzadeh A, Adibi P, Azadbakht L. Effects of a novel therapeutic diet on liver enzymes and coagulating factors in patients with non-alcoholic fatty liver disease: a parallel randomized trial. *Nutrition*. 2014;30(7-8):814-21.
37. Kani AH, Alavian SM, Esmailzadeh A, Adibi P, Haghghatdoost F, Azadbakht L. Effects of a low-calorie, low-carbohydrate soy containing diet on systemic inflammation among patients with nonalcoholic fatty liver disease: a parallel randomized clinical trial. *Horm Metab Res*. 2017;49(9):687-92.
38. Shen B, Yu J, Wang S, Chu ES, Wong VW, Zhou X, et al. *Phyllanthus urinaria* ameliorates the severity of nutritional steatohepatitis both *in vitro* and *in vivo*. *Hepatology*. 2008;47(2):473-83.
39. Wong WWS, Wong GLH, Chan AWH, Chu WCW, Choi PCL, Chim AML, et al. Treatment of non-alcoholic steatohepatitis with *Phyllanthus urinaria*: a randomized trial. *J Gastroenterol Hepatol*. 2013;28(1):57-62.
40. Al ZRH, Ahmad M, Asmawi MZ, Al-Mansoub MA, Saghir SAM, Usman NS, et al. *Phyllanthus niruri* standardized extract alleviates the progression of non-alcoholic fatty liver disease and decreases atherosclerotic risk in sprague-dawley rats. *Nutrients*. 2017;9(7):766-84
41. Hajiaghamohammadi AA, Ziaee A, Samimi R. The efficacy of licorice root extract in decreasing transaminase activities in non-alcoholic fatty liver disease: a randomized controlled clinical trial. *Phytother Res*. 2012;26(9):1381-4.

42. Askari F, Rashidkhani B, Hekmatdoost A. Cinnamon may have therapeutic benefits on lipid profile, liver enzymes, insulin resistance, and high-sensitivity C-reactive protein in nonalcoholic fatty liver disease patients. *Nutrition Res.* 2014;34(2):143-8.
43. Nigam P, Bhatt S, Misra A, Chadha DS, Vaidya M, Dasgupta J, et al. Effect of a 6-month intervention with cooking oils containing a high concentration of monounsaturated fatty acids (olive and canola oils) compared with control oil in male Asian Indians with nonalcoholic fatty liver disease. *Diabetes Technol Ther.* 2014;16(4):255-61.