

# Blueberry ameliorates hepatic fibrosis

June 17 2010

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A research team from China examined the effect of blueberry on hepatic fibrosis and detoxification enzyme systems in rats. The results demonstrated that blueberry has a therapeutic effect on CCl<sub>4</sub>-induced hepatic fibrosis by reducing hepatocyte injury and lipid peroxidation.

Conventional drugs used in the treatment of liver diseases inevitably have side effects. An increasing number of natural substances have been studied to explore if they have protective effects on the liver.

Blueberries have unique effects on human retinal, brain and tumor cells, but reports about the effects of blueberries on liver diseases are lacking.

A research article to be published on June 7, 2010 in the [World Journal of Gastroenterology](#) addresses this question. The research team led by Ming-Liang Cheng, MD, from Department of Infectious Diseases, Guiyang Medical College, Guiyang, presented some data from their research on the effectiveness of [blueberries](#) on liver fibrosis induced in laboratory animals.

Their study showed that blueberries could reduce liver indices, serum levels of hyaluronic acid and alanine aminotransferase, and increase levels of superoxide dismutase and decrease levels of malondialdehyde in liver homogenates compared with the model group. Meanwhile, the stage of hepatic fibrosis was significantly weakened. Blueberries increased the activity of glutathione-S-transferase in liver homogenates and the expression of Nrf2 and Nqo1 compared with the normal group, but there was no significant difference compared with the model group.

The authors suggest that blueberry consumption is beneficial for hepatic diseases (including fibrosis).

**More information:** Wang YP, Cheng ML, Zhang BF, Mu M, Wu J. Effects of blueberry on hepatic fibrosis and transcription factor Nrf2 in rats. World J Gastroenterol 2010; 16(21): 2657-2663  
[www.wjgnet.com/1007-9327/full/v16/i21/2657.htm](http://www.wjgnet.com/1007-9327/full/v16/i21/2657.htm)

Provided by World Journal of Gastroenterology

Citation: Blueberry ameliorates hepatic fibrosis (2010, June 17) retrieved 23 April 2024 from <https://medicalxpress.com/news/2010-06-blueberry-ameliorates-hepatic-fibrosis.html>

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