

THE EFFICACY OF TOCOTRIENOLS IN THE TREATMENT OF NON-ALCOHOLIC STEATOHEPATITIS: A SYSTEMATIC REVIEW

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Introduction: Non-alcoholic fatty liver disease (NAFLD) is one of the most common forms of chronic liver disease which may progress to non-alcoholic steatohepatitis (NASH). Currently there are no therapeutic strategies for such disease. Only lifestyle modification through diet and exercise were proven to afford some benefit in patients with NAFLD. No pharmacologic agents have so far been approved for the treatment of NAFLD or NASH. Therefore, most clinical efforts have been directed at treating the components of metabolic syndrome, namely obesity, diabetes, hypertension and dyslipidemias. Other interventions are directed at specific pathways potentially involved in the pathogenesis of NAFLD, such as insulin resistance, oxidative stress, pro-inflammatory cytokines, apoptosis, bacterial overgrowth, and angiotensin pathway.

Objective: This lecture aims to show the potential of tocotrienols as a promising therapeutic option for NAFLD.

Method: This is a systematic review of randomized controlled trials on the effects of Tocotrienols on non-alcoholic fatty liver disease. (NAFLD)

Conclusion: Tocotrienols may yet prove to be an effective treatment for non-alcoholic fatty liver disease.