

Significant Anti-Cancer Effects Of Milk Thistle Demonstrated By Scientists

Recently, scientists demonstrated the anti-cancer effects of silibinin, a major biologically active compound of milk thistle. Being widely used as a folk remedy for liver diseases, milk thistle is safe and well-tolerated, and it protects the liver from drug or alcohol-related injury. Silibinin is highly purified from milk thistle, with a defined chemical structure and molecular weight (C₂₅H₂₂O₁₀, MW: 482.44).

The study was carried out by Dr. Ke-Qin Hu and his research team at the University of California, Irvine. Dr. Hu is a long-term and well-experienced research scientist and physician in the field of hepatology. He has published over 70 scientific articles in various medical professional journals. Many of his scientific research publications are focused on viral [hepatitis B and C](#), [cirrhosis](#), and [liver cancer](#), all of which have significantly contributed to our better understanding of common liver diseases.

Dr. Hu and his colleagues' discovery of silibinin's anti-liver [cancer](#) effects was published in the October 28 issue of the *World Journal of Gastroenterology*. The researchers found that silibinin can significantly reduce the growth of several human hepatoma cell lines. In addition, they demonstrated that silibinin mediates anti-liver cancer effects by (1) reduced cancer cell proliferation and cell cycle progression; (2) enhanced programmed death of cancer cells; and (3) altered chromatin structure of the cancer cells.

Their research results indicate that silibinin can be used to prevent the development of liver cancer, one of the most common cancers worldwide. The results have also opened our minds to the possibility of testing other herbal supplements for possible treatment of human cancers.

Article adapted by Medical News Today from original press release.

Reference:

Lah JJ, Cui W, Hu KQ. Effects and mechanisms of silibinin on human hepatoma cell lines.
[World J Gastroenterol 2007; 13\(40\): 5299-5305](#)

Reference website: <http://www.medicalnewstoday.com/articles/88871.php>