



**EFFECTS OF COMMERCIAL *Silybum marianum* (L.) Gaertn. (MILK
THISTLE) CAPSULES ON THE LEVELS OF ASPARTATE
AMINOTRANSFERASE (AST), AND ALANINE AMINOTRANSFERASE
(ALT) LEVELS IN THE BLOOD OF CARBON TETRACHLORIDE-
INDUCED MALE *Rattus norvegicus* (ALBINO RAT)**

A Research Presented to
Biological Sciences Department
College of Science and Computer Studies
De La Salle University - Dasmariñas
City of Dasmariñas, Cavite

In Partial Fulfilment of the Requirements
for the degree of Bachelor of Science in Medical Biology

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March 2013



ACKNOWLEDGMENTS

The researchers wish to express their utmost gratitude and appreciation to the following:

Dr. Sonia Gementiza and the staff of Aklatang Emilio Aguinaldo Thesis and Archives section for their outmost support and assistance to the researchers

Mr. Marlon Pareja, their thesis adviser for his support and encouragement to the researchers to pursue on tackling this topic.

Ret. M.Sgt. Ronaldo G. Guadana, Mrs. Arma Marie F. Guadana, Engr. Johnny Masagca, Mrs. Celestia Masagca, the researchers' parents for their support and encouragement for this research endeavour.

Dr. Dominic Tucay DVM, their veterinary adviser for his enormous help in the veterinary consultation phase of this research.

Dr. Jonathan Rubio, Ms. Ruth America, Ms. Myra Lagat, the Panel members who with their effort made this research as scientifically acceptable as possible

Mr. Juan B. Almoguera, for his unending assistance to the researchers.

And to the people who believed and supported the researchers in this endeavour.



ABSTRACT

The present study was carried out to evaluate the effect of Milk thistle (*Silybum marianum*) in male albino rats. The different groups of animals were administered with Carbon Tetrachloride (CCl₄) to simulate long-term liver damage (30 % CCl₄, 1 mL/kg b.w. in mineral oil at 72 hour intervals). Milk thistle doses of 300, 450 and 600 mg were administered to the CCl₄ treated rats. The effect of Milk thistle on the levels of Aspartate aminotransferase and Alanine Aminotransferase were measured. The Milk thistle produced a significant ($p < 0.05$) hepatoprotective effect by decreasing the levels of enzymes in the blood in a dose-dependent manner. Milk thistle in dose of 600 mg showed the most promising potent hepato-protective property. From those results Milk thistle possesses potent AST and ALT decreasing properties.



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