

POSITIVE EFFECTS OF THE DRUG CARCIL

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Among hepatoprotectors, the main share is occupied by drugs containing natural or semi-synthetic flavonoids from milk thistle (*Silybum marianum*). This the group of drugs is well studied and actively used, which is due to the wide spectrum of action of these hepatoprotectors. Currently, an effective hepatoprotector Karsil® Forte has appeared in Russia - a drug for the treatment of liver, which expands the capabilities of the popular and the widely used drug Karsil®.

The main active ingredient of Karsila® is silymarin, which is a mixture of four main isomeric compounds - silicristin, silydianin, silibinin and isosilybin. Clinical studies have shown that the use of silymarin with potentially hepatotoxic drugs reduces or prevents the undesirable effects of the latter. The rationality of this combination is associated with the antioxidant activity and anti-apoptotic effect of silymarin. The positive effect of silymarin in DILI is traditionally associated with a pronounced antioxidant potential, as well as the so-called. membrane-stabilizing effect. The antioxidant effect of silymarin is due to its interaction with free radicals in the liver and converting them into less aggressive compounds. Thereby the process of lipid peroxidation is interrupted and does not further destruction of cellular structures occurs. Silymarin exerts metabolic and cell regulatory effects by controlling cell membrane permeability, inhibiting the 5-lipoxygenase pathway, especially leukotriene B₄, and also binding to free reactive oxygen radicals.

Silymarin stabilizes hepatocyte membranes, reducing the susceptibility of cells to certain pathogenic influences. Blockade of phosphodiesterase by milk thistle flavonoids helps slow down the breakdown cyclic adenosine monophosphate and, as a result, a decrease in calcium content inside cells, inhibition calcium-dependent process of phospholipase activation.

An important aspect of the metabolic action of milk thistle flavonoids is also the ability to stimulate protein synthesis and support the regeneration process hepatocytes. Silibinin stimulates RNA polymerase I in cell nucleus, activates transcription and synthesis rate RNA. At the same time, the rate of DNA transcription in malignant cells, as well as the rate of their division, does not increase, which eliminates the possibility of stimulating tumor growth when prescribing milk thistle preparations. There is data on slowing down the progression of liver fibrosis during long-term use of silibinin. The hepatoprotective activity of silymarin has been proven in experimental animals using

acetaminophen, ethanol, D-galactosamine and other toxic substances. Despite the long history of milk thistle use in medicine, the multifaceted effects of its components are still being studied. Recent discoveries include the antifibrotic effect of silibinin (Trappoliere M. et al., 2009).

Thanks to such versatile effects of Carsil® Forte, containing 90 mg of silymarin, provides reliable liver protection.

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