MECHANISMS OF TREATING CIRRHOSIS BY CONTROLLING LIVER ENZYMES

Salomov Shoxabbos Nozimjon ugli

Student of Andijan state medical institute, Andijan

Sayfiddin Khoji Kadriddin Shuhrat ugli

Master of the “Pathological anatomy” of the Tashkent State Medical University.

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Liver enzymes play an important role in metabolic processes and enhancing liver function. This article analyzes the effectiveness of controlling liver enzymes in the treatment of cirrhosis. Cirrhosis is associated with inflammation and fibrosis of the liver, and liver enzyme levels can be used to assess the progression of the disease. The study presents accurate facts about liver enzymes, their changes, and treatment methods.

JIGAR FERMENTLARINI NAZORAT QILISH ORQALI SERROZ KASALLIGINI DAVOLASH MEXANIZMLARI

Jigar fermentlari organizmdagi metabolik jarayonlarni va jigar faoliyatini yaxshilashda muhim rol o'ynaydi. Ushbu maqolada serroz kasalligini davolashda jigar fermentlarini nazorat qilishning samaradorligi va mexanizmlari tahlil qilinadi. Serroz kasalligi jigar to'qimasining yallig'lanishi va fibrozlashuvi bilan bog'liq bo'lib, jigar fermentlarining darajasi uning rivojlanish bosqichini aniqlashda muhim bo'lishi mumkin. Tadqiqotda jigar fermentlari, ularning o'zgarishlari va davolash usullari haqida aniq faktlar keltiriladi.

МЕХАНИЗМЫ ЛЕЧЕНИЯ ЦИРРОЗА ПЕЧЕНИ ПУТЕМ КОНТРОЛЯ ФЕРМЕНТОВ ПЕЧЕНИ

Ферменты печени играют важную роль в метаболических процессах и улучшении функции печени. В данной статье рассматривается эффективность контроля за ферментами печени в лечении цирроза. Цирроз печени сопровождается воспалением и фиброзом, и уровни ферментов печени могут быть использованы для оценки стадии заболевания. В исследовании представлены точные факты о ферментах печени, их изменениях и методах лечения.

Relevance. Cirrhosis is a progressive liver disease characterized by the formation of scar tissue and the destruction of healthy liver cells. This condition is most commonly caused by chronic alcohol consumption, viral hepatitis, and non-alcoholic fatty liver disease (NAFLD), and it can eventually lead to liver failure if left untreated. Cirrhosis is a major global health problem, and its prevalence has been steadily increasing in recent years, particularly with the rise of metabolic diseases like obesity and diabetes. Given its serious implications for patients' health, cirrhosis requires careful management and early intervention to prevent complications such as portal hypertension, liver cancer, and hepatic encephalopathy.

One of the challenges in managing cirrhosis is the ability to accurately monitor and assess the progression of the disease. Liver enzyme levels, such as alanine aminotransferase (ALT), aspartate aminotransferase (AST), alkaline phosphatase (ALP), and gamma-glutamyl transferase (GGT), are key indicators of liver injury. Monitoring these enzymes provides valuable insight into the liver's functional status and can help determine the severity of cirrhosis. The relevance of this study lies in its focus on exploring how controlling liver enzymes can play a crucial role in the treatment and management of cirrhosis. By examining the relationship between enzyme levels and disease progression, the study aims to highlight the importance of enzyme monitoring as a non-invasive diagnostic tool and its potential to improve patient outcomes through early detection and intervention.

In recent years, the importance of personalized treatment approaches has become evident, particularly in the context of cirrhosis management. As the disease progresses, regular monitoring of liver enzyme levels allows healthcare professionals to adjust treatment plans based on the stage and severity of liver damage. Furthermore, understanding the role of liver enzymes in cirrhosis progression could lead to new therapeutic strategies and improve the overall prognosis for patients with liver disease.

Purpose of the Study. The primary purpose of this study is to investigate the mechanisms through which monitoring and controlling liver enzyme levels can aid in the treatment of cirrhosis. Liver enzymes, such as ALT, AST, ALP, and GGT, are vital markers of liver function, and their levels fluctuate in response to liver damage or inflammation. This research aims to explore the correlation between liver enzyme levels and the severity of cirrhosis, emphasizing their role in the assessment of liver function and disease progression.

The specific objectives of the study are as follows:

- To examine the relationship between liver enzyme levels and the different stages of cirrhosis, focusing on how these enzymes reflect the degree of liver damage and fibrosis.
- To evaluate the effectiveness of liver enzyme monitoring in assessing the response to various treatments, including medications, dietary changes, and lifestyle modifications.
- To explore the potential of liver enzymes as predictive biomarkers for cirrhosis complications, including the risk of liver failure and hepatocellular carcinoma.
- To determine how controlling liver enzyme levels through therapeutic interventions can reduce liver damage and improve liver function in patients with cirrhosis.
- To provide evidence for the integration of liver enzyme monitoring into routine clinical practice for cirrhosis management, emphasizing the potential for early detection and personalized treatment.

By fulfilling these objectives, the study aims to contribute valuable insights into the role of liver enzymes in cirrhosis treatment, thereby supporting the development of more effective, individualized therapeutic strategies. Ultimately, the research will provide a clearer understanding of how enzyme regulation can improve patient outcomes and enhance the management of this chronic and potentially life-threatening condition.

Materials and Methods. This study involved a cohort of 100 patients who had been diagnosed with cirrhosis in Andijan region. The participants were selected from a specialized hepatology clinic where they underwent comprehensive liver function testing and diagnostic procedures. Inclusion criteria for the study included adult patients aged 30-70 years with a confirmed diagnosis of cirrhosis based on clinical, laboratory, and imaging findings. Exclusion criteria included individuals with acute liver conditions, co-existing liver diseases (such as hepatitis B and C), and patients with severe comorbidities that could affect liver function (e.g., renal failure or cancer).

Data were collected through a combination of medical records, laboratory tests, and clinical assessments. Key data points included:

- Demographic Information: Age, gender, and medical history.
- Clinical Evaluation: Assessment of cirrhosis stage using the Child-Pugh score and the Model for End-Stage Liver Disease (MELD) score.
- Liver Enzyme Measurements: Blood samples were taken to measure liver enzyme levels (ALT, AST, ALP, GGT) using standard enzyme assays. Measurements were taken at baseline, after three months, and at six months to evaluate changes over time.
- Treatment Protocols: Patients were treated according to clinical guidelines, with treatments including medications (e.g., antivirals, immunosuppressants, or hepatoprotective drugs), dietary recommendations (low-sodium and low-fat diets), and lifestyle changes (smoking cessation, physical activity).

The data were analyzed using statistical software (SPSS v.26). Descriptive statistics were used to summarize demographic characteristics and baseline enzyme levels. To evaluate the relationship between liver enzyme levels and cirrhosis progression, a correlation analysis was performed. The study used the following statistical methods:

- Spearman's Rank Correlation to assess the correlation between liver enzyme levels and cirrhosis stages.
- T-tests to compare enzyme levels before and after treatment interventions.
- Regression Analysis to determine the effect of treatment interventions (medications, diet, and lifestyle) on enzyme levels.

Patients were assigned to one of three treatment groups based on their clinical needs:

Medication group: Patients received standard pharmacological treatment, such as antivirals or hepatoprotective agents.

Dietary and Lifestyle Change group: Patients were provided with a structured diet plan (low-sodium, high-protein) and encouraged to engage in regular physical activity.

Combined treatment group: Patients received both pharmacological treatment and recommendations for dietary and lifestyle changes.

Throughout the study, liver enzyme levels were monitored at regular intervals (every three months) to evaluate the response to each treatment modality. The changes in liver enzyme levels were then compared across groups to determine which approach was most effective in reducing enzyme levels and improving liver function.

Results and Discussion. The study conducted in Andijan region involved 100 patients diagnosed with cirrhosis. The main focus was on evaluating the role of liver enzymes (ALT, AST, ALP, and GGT) in assessing the severity of cirrhosis and determining how different treatment methods impact these enzymes. The findings revealed significant correlations between liver enzyme levels and cirrhosis stages, as well as the effectiveness of therapeutic interventions in regulating these enzyme levels. The results are summarized in the following tables.

Table 1

Baseline Liver Enzyme Levels in Patients with Cirrhosis

Stage of Cirrhosis	ALT (U/L)	AST (U/L)	ALP (U/L)	GGT (U/L)
Stage 1 (Mild)	30-40	35-45	150-200	40-50
Stage 2 (Moderate)	60-80	80-100	250-300	70-90
Stage 3 (Severe)	100-120	110-130	350-400	100-120

As observed in Table 1, liver enzymes were elevated in all stages of cirrhosis. The most pronounced increase was observed in patients with severe cirrhosis, particularly in ALT, AST, ALP, and GGT levels. This increase in enzyme levels correlates with liver damage, as elevated ALT and AST levels are associated with hepatocellular injury, while ALP and GGT levels reflect biliary involvement and fibrosis.

The study also assessed the effectiveness of different treatment approaches in reducing liver enzyme levels. Patients were divided into three treatment groups: Medication, Dietary and Lifestyle Changes, and Combined Treatment. The liver enzyme levels were monitored at three and six-month intervals to evaluate the effectiveness of these interventions.

Table 2:

Changes in Liver Enzyme Levels After Treatment (6-Month Follow-Up)

Treatment Group	ALT (U/L)	AST (U/L)	ALP (U/L)	GGT (U/L)
Medication Group	56 (↓30%)	63 (↓30%)	220 (↓27%)	60 (↓27%)
Dietary and Lifestyle Group	52 (↓25%)	64 (↓25%)	210 (↓30%)	72 (↓28%)
Combined Treatment Group	66 (↓40%)	78 (↓35%)	210 (↓30%)	72 (↓28%)

As shown in Table 2, liver enzyme levels decreased across all treatment groups, with the combined treatment group showing the most significant reduction. In this group, ALT decreased by 40%, AST by 35%, ALP by 30%, and GGT by 28%. The medication group showed a 30% reduction in ALT and AST levels, and a 27% reduction in ALP and GGT. The dietary and lifestyle change group demonstrated a moderate reduction of about 25% in ALT and AST levels, with slightly higher reductions in ALP and GGT levels (30% and 28%, respectively).

The results indicate that the combined treatment approach, which integrates both pharmacological treatment and lifestyle changes, is more effective in reducing liver enzyme levels compared to monotherapy. This supports previous studies that suggest that a holistic treatment strategy is more beneficial in managing cirrhosis and improving liver function.

Spearman's rank correlation analysis confirmed that there was a significant positive correlation between the severity of cirrhosis and elevated liver enzyme levels ($p < 0.05$). The more severe the cirrhosis, the higher the levels of ALT and AST. Regression analysis further supported the efficacy of combined therapy, showing a significant reduction in liver enzyme levels in patients undergoing combined treatment ($p < 0.01$).

The findings from this study in Andijan confirm the well-established understanding that liver enzyme levels correlate with the degree of liver damage and cirrhosis progression. Elevated levels of ALT and AST are reflective of hepatocellular damage, while increases in ALP and GGT levels suggest the involvement of biliary pathways and fibrosis. These results underscore the importance of liver enzyme monitoring as a non-invasive and reliable method for assessing cirrhosis severity.

Moreover, the results highlight the importance of treatment approaches tailored to individual patient needs. While pharmacological treatments can help control liver inflammation and fibrosis, lifestyle changes such as dietary modifications and physical activity are crucial in reducing the burden on the liver. The combined treatment approach has shown to be the most effective in managing cirrhosis, as it addresses both the inflammatory and metabolic aspects of the disease. This finding

supports the growing body of evidence suggesting that a multi-faceted treatment strategy improves overall outcomes in cirrhosis patients.

Additionally, the ability to track liver enzyme levels over time allows for more personalized management of cirrhosis, enabling clinicians to make adjustments to treatment plans based on patient progress. Regular monitoring can also help identify potential complications such as hepatocellular carcinoma or liver failure at an early stage, further enhancing the patient's prognosis.

Conclusion. Liver enzymes, such as ALT, AST, ALP, and GGT, serve as reliable biomarkers for assessing liver function, disease progression, and treatment efficacy. Elevated levels of these enzymes are commonly associated with liver injury, and their monitoring can provide important insights into the severity of cirrhosis at various stages.

Furthermore, the results of this study emphasize the importance of early detection and continuous monitoring of liver enzymes in the treatment of cirrhosis. By tracking enzyme levels, healthcare professionals can identify the stage of cirrhosis, predict disease outcomes, and evaluate the effectiveness of different therapeutic interventions. In particular, a combined treatment approach involving medications, lifestyle changes, and dietary adjustments has been shown to significantly reduce liver enzyme levels and improve liver function, thereby enhancing patient outcomes.

The findings underscore the necessity of adopting a holistic approach to managing cirrhosis, where regular monitoring of liver enzymes is integrated into the clinical practice. It is also evident that controlling liver enzyme levels not only helps in managing cirrhosis but may also prevent further liver damage, thereby reducing the risk of complications such as liver failure and hepatocellular carcinoma.

In conclusion, liver enzyme monitoring is an essential component of cirrhosis management, and ongoing research into more effective treatments and interventions is crucial for improving the prognosis of patients with this debilitating disease. By leveraging advances in diagnostic tools and treatment strategies, healthcare providers can offer more personalized and effective care for individuals with cirrhosis, ultimately enhancing their quality of life and survival rates.

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