



Study of Effects of Probiotic Lactobacilli in Preventing Major Complications in Patients of Liver Cirrhosis.

Pawar RR, Pardeshi ML, Ghongane BB, Pawar R, Pardeshi M, Ghongane B. Study of effects of probiotic lactobacilli in preventing major complications in patients of liver cirrhosis. *Int J Res Pharm Biomed Sci.* 2012 Jan;3:206-11.

Summary:

The aim was to evaluate the effects of probiotic lactobacilli on incidence of major complications, hospital admissions and mortality in patients of liver cirrhosis. In this randomized, double-blind, placebo-controlled study, 65 patients with liver cirrhosis received either lactobacilli (n = 34) or placebo (n = 31) for 6 months. They were monitored for complications (hepatic encephalopathy, variceal bleeding, and spontaneous bacterial peritonitis), hospital admissions and deaths, if any. Serum bilirubin, SGPT, SGOT, serum proteins, blood urea, Sr. creatinine and plasma-ammonia were done at each visit. Probiotic lactobacilli significantly reduced the incidence of hepatic encephalopathy and hospital admissions. There was significant decrease in plasma-ammonia in lactobacilli treated group. Though the serum bilirubin levels worsened in both the groups, this worsening was significantly less in the lactobacilli treated group as against placebo. The present study suggests that the use of probiotic lactobacilli is beneficial in prevention of major complications in patients with liver cirrhosis.
