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## A literature review of Xiao Chai Hu Tang used in the treatment of liver diseases

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**Objective:** To summarized the pharmacological effects and mechanisms of action of Xiao Chai Hu Tang (XCHT) on liver diseases, which provide important information to the relevant researchers and clinicians, and will benefit the clinical treatment of different kinds of hepatosis.

**Methods:** PubMed was used to search for and collect scientific publications related to XCHT and liver diseases. The authors read, classified, and discussed the associated scientific results or evidences, and summarized the corresponding results.

**Results:** XCHT showed promise of clinical efficacy in patients with hepatosis including hepatitis, hepatofibrosis and hepatoma. The mechanisms had involved the production of cytokines, the regulation of immune function, the suppression of lipid peroxidation and so on. XCHT might work on the metabolism of some medications like tolbutamide by the regulation of gastric emptying and intragastric pH. XCHT exhibited a very low toxicity profile, such as interstitial pneumonia due to duration of medication, patients' age and drug combination.

**Conclusion:** XCHT could be a eutherapeutic supplemental remedy for the treatment of liver diseases. Meanwhile, XCHT still has many other therapeutical effects that haven't been exerted, more and more human clinical trials are needed to obtain enough proofs for the clinical use of XCHT in more aspects.

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