

## C 847032 : MAJOR MEDICINE (Gastroenterology)

KEY WORD: CIRRHOSIS, BRANCHED-CHAIN AMINO ACID, LIVER FUNCTION TESTS ,  
CAFFEINE CLEARANCE

VILAILAK ARIYAWONGSOPON : EFFECT OF ENTERAL BRANCHED - CHAIN AMINO ACID ON LIVER FUNCTION TESTS IN CIRRHOTIC PATIENTS. THESIS ADVISOR : PROF. SACHAPAN ISRASENA, MD. THESIS CO-ADVISOR: ASSO. PROF. VAROCHA MAHACHAI, MD., ASSO. PROF. SUPEECHA WITTAYALERTPANYA. 48 pp ISBN 974-636-697-1

**Objective** To study the efficacy of branched- chain amino acid on liver function tests in cirrhotic patients

**Method** Cirrhotic patients without complications and contraindications to use of caffeine , were classified according to Child-Pugh classification into Child A, B and C and then randomly assigned to receive either protein diet 40 g/d with branched-chain amino acid 150 g (containing 40 gram protein ) per day and vitamin B complex 3 tabs/d for 4 weeks (group 1) or protein diet 80 g/d and vitamin B complex 3 tabs/d for 4 weeks (group 2)

**Result** There were altogether 30 cirrhotic selected to participate in the project, 15 patients in each group. At the end of the study , in group 1 there was improvement of liver functions esp. caffeine clearance ( $P<0.05$ ) and improvement of nutrition as assessed by serum transferrin ( $P<0.05$ ), and in group 2, improvement of liver functions and nutrition were observed only in Child class A patients.

**Summary** Branched - chain amino acid improved liver functions esp. caffeine clearance and nutrition in cirrhotic patients. High protein diet alone improved liver functions and nutrition only in Child class A.

ภาควิชา.....อายุรศาสตร์

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