Can natural medicine or herbs such as milk thistle cure hepatitis C or help my liver?

March 15, 2016 By Lucinda K. Porter RN

Despite the occasional claim, there is no proof of an herb or any alternative medicine of ever curing hepatitis C virus (HCV). Can they help the liver? We aren't sure. In general, science has not shown anything promising using natural medicine on HCV. Small studies testing milk thistle's active ingredient silymarin have shown mixed, but less than exciting results.

Milk thistle is usually well tolerated and has not been shown to harm the liver, except in people who have hemochromatosis. A big problem with milk thistle is that it is hard to find a reliable quality product in the United States. Like all dietary supplements, milk thistle is not regulated in the United States, and what is in the bottle may not match what is promised on the label. Furthermore, milk thistle may interact with other drugs.

Talk to your doctor before taking any supplements. Click here to read more about natural remedies and hep C.

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