

# Effects of Hydrogen-rich water on liver function and diseases



Any disturbance in liver function causes illness. The liver is responsible for many critical functions within the body and if it becomes diseased or injured, the loss of those functions can cause significant damage to the body. Liver disease is a broad term that covers all the potential problems that cause the liver to fail to perform its designated functions. Usually, more than 75% or three quarters of liver tissue needs to be affected before a decrease in function occurs. The liver is the only organ in the body that can easily replace damaged cells, but if enough cells are lost, the liver may not be able to meet the

needs of the body.

Hydrogen possesses potent anti-oxidative capability in numerous diseases related to oxidative stress. Hydrogen has the ability as it selectively neutralize the  $\cdot\text{OH}$  and  $\text{ONOO}^-$ , two free radicals critical for tissue injury, and no influence on other free radicals. As an ideal antioxidant, hydrogen has some advantages: it can penetrate biomembranes and diffuse into the cytosol, mitochondria and nucleus, and thus it is able to protect nuclear DNA and mitochondria; hydrogen do not have serious unwanted side effects; hydrogen is mild enough not to disturb the metabolic oxidation/reduction reactions or to disrupt ROS involved in cell signaling. In addition, the collection of hydrogen is relatively easy which makes the hydrogen treatment inexpensive. Patients receiving hydrogen treatment has improved tendency in the liver function and DNA level when compared to patients undergoing routine treatment.

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Source : <https://ascpt.onlinelibrary.wiley.com/doi/full/10.1111/cts.12076>