# Article information:

[Zuogui Jiangtang Qinggan Prescription promotes recovery of intestinal mucosal barrier in mice with type 2 diabetes mellitus and nonalcoholic fatty liver disease by improving intestinal flora homeostasis] - PubMed
<https://pubmed.ncbi.nlm.nih.gov/36725242/>

# Article summary:

1. Zuogui Jiangtang Qinggan Prescription (ZJQP) was found to reduce hepatic index, serum biomarkers of liver function and dyslipidemia, and improve insulin sensitivity in mice with type 2 diabetes mellitus (T2DM) and nonalcoholic fatty liver disease (NAFLD).

2. ZJQP altered the composition and abundance of the intestinal flora, increasing the relative abundances of Muribaculaceae, Lactobacillaceae, Lactobacillus, Akkermansia, and Bacteroidota while decreasing the relative abundances of Lachnospiraceae, Firmicutes, Deslfobacteria, Proteobacteria, and Desulfovibrionaceae.

3. ZJQP increased the expression levels of tight junction proteins ZO-1, Occludin, and Claudin-1 in the intestine tissue to promote intestinal mucosa repair and protect intestinal villi.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article is generally reliable as it provides a detailed description of the study conducted on mice with T2DM and NAFLD to investigate the effects of Zuogui Jiangtang Qinggan Prescription (ZJQP). The study was conducted using a variety of methods such as 16S rRNA sequencing to track changes in intestinal flora composition; hematoxylin-eosin (HE) staining and Masson staining for liver tissue; HE staining and AB-PAS staining for intestine tissue; polymerase chain reaction (PCR) and immunofluorescence for protein expression levels; etc. The results showed that ZJQP had beneficial effects on reducing hepatic index, serum biomarkers of liver function and dyslipidemia, improving insulin sensitivity as well as altering composition/abundance of intestinal flora. It also increased expression levels of tight junction proteins ZO-1, Occludin, and Claudin-1 in intestine tissue to promote repair of intestinal mucosa.

However there are some potential biases that should be noted when considering this article’s trustworthiness. Firstly, it is unclear whether any other factors besides ZJQP could have contributed to the observed effects on T2DM mice with NAFLD. Secondly, there is no mention or discussion about possible risks associated with taking ZJQP which should be considered before recommending its use for treatment purposes. Lastly, although this article provides evidence that supports its claims about the beneficial effects of ZJQP on T2DM mice with NAFLD through various methods such as 16S rRNA sequencing etc., it does not provide any evidence or discussion about possible counterarguments or alternative treatments that could be used instead.

# Topics for further research:

* Alternative treatments for T2DM and NAFLD
* Risks associated with ZJQP
* Clinical trials of ZJQP
* Tight junction proteins and intestinal mucosa
* 16S rRNA sequencing and microbiome
* Insulin sensitivity and dyslipidemia

# Report location:

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