

CHAPTER VI

CONCLUSION AND SUGGESTION

7.1. CONCLUSION

The influence of *Nigella sativa* extract with different doses on liver tissue of Wistar male rats after alcohol exposure for 8 weeks was.

1. There was statistically significant difference in term of liver tissue damage with different dose of *Nigella sativa* extract compare with control group , the liver tissue damage were gradually decrease with increase dose of *Nigella sativa* extract, the most liver damage was in control group and the least liver damage was in group 3, *Nigella Sativa* shows protective effect against the change that done to hepatocyte by ethanol .
2. There was statistically significant difference in term TNF α expression with different dose of *Nigella sativa* extract compare with control group the TNF α expression were gradually decrease with increase dose of *Nigella sativa* extract, the expression was the most in control group and the least in group 3, *Nigella Sativa* decrease the expression of TNF α which induce by ethanol to liver tissue .

7.2. SUGGESTION

Given the result above, this study suggests the people to reduce drinking alcohol because its destruction effect on liver tissue is already proven to be true, alcohol induces the cytokine TNF α which is considered one of the major pro-inflammatory cytokines which further propagate the initial injury to liver tissue, also this study suggests the use of *Nigella sativa* seeds with the dose mentioned in group 3 by the alcoholic people as a protective measure to prevent the liver tissue damage caused by alcohol, *Nigella sativa* is available, not expensive herbal medicine.

Further study about the protective effect of *Nigella sativa* against alcohol cirrhosis is needed, also further similar studies conducted in humans are needed.