

# *Clonorchis Sinensis* and Its Pathobiological Impact on Human Health: A Comprehensive Review

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**Abstract** Clonorchiasis remains an important food-borne parasitic disease associated with hepatobiliary complications and long-term health consequences. Despite its public health significance, infections are often underdiagnosed due to mild or nonspecific symptoms. This review aims to summarize the epidemiology, life cycle, clinical manifestations, diagnostic approaches, and current strategies for the prevention and treatment of clonorchiasis. After ingestion, the parasite migrates to the bile ducts where it matures and can persist for many years. Mild infections may remain asymptomatic, whereas moderate to severe infections can cause hepatobiliary disorders such as abdominal pain, fatigue, bile duct obstruction, jaundice, and hepatomegaly. *Clonorchis sinensis* can infect a variety of mammals including humans, cats, dogs, pigs, and other piscivorous animals, which serve as reservoir hosts. Chronic infections may remain undetected for decades, contributing to delayed diagnosis and mismanagement. Accurate diagnosis can be achieved through microscopic, serological, and molecular methods. Prevention and control strategies include improved sanitation, food safety practices, public health education, and chemotherapy. Early diagnosis, effective treatment with antiparasitic drugs such as praziquantel, and strengthened preventive measures are crucial for controlling clonorchiasis in endemic regions. Enhanced public awareness and implementation of comprehensive health strategies can substantially reduce the burden of this neglected parasitic infection.

**Keywords:** Clonorchiasis, hepatobiliary disease, hepatic inflammation, human infection, pathogenesis, cholangiocarcinoma, foodborne trematode

## Introduction

Clonorchiasis is an important food-borne parasitic disease that continues to pose a significant public health burden in many parts of the world [1]. Parasitic infections remain highly prevalent in developing and endemic regions, affecting millions of people and contributing to chronic morbidity and long-term health complications [2]. Among the trematode parasites infecting humans, *Clonorchis sinensis*, commonly known as the Chinese liver

fluke, is widely distributed in East Asia, particularly in China [3], Korea, Vietnam, and the eastern regions of Russia [4]. Humans acquire infection primarily through the consumption of raw or undercooked freshwater fish containing infective metacercariae [5]. Epidemiological surveys indicate that *C. sinensis* remains one of the most prevalent food-borne trematode infections in endemic regions [6]. For example, the 8th National Survey on the Prevalence of Intestinal Parasitic Infections conducted in Korea in 2012 reported a

prevalence of 2.6%, representing the highest prevalence among the parasites surveyed [7]. Chronic infection with *C. sinensis* can lead to a range of hepatobiliary complications, including inflammation of the bile ducts, fibrosis, gallstones, and bile duct obstruction [8]. Importantly, *Clonorchis sinensis* and *Opisthorchis viverrini* have been classified as Group 1 carcinogens by the International Agency for Research on Cancer (IARC) due to their strong association with cholangiocarcinoma (CCA), a malignant tumor of the bile ducts. In contrast, *Schistosoma haematobium* is also categorized as a Group 1 carcinogen but is specifically associated with urinary bladder cancer rather than cholangiocarcinoma. Despite ongoing control programs, clonorchiasis remains prevalent in several endemic regions, highlighting the need for improved epidemiological surveillance, early diagnosis, and effective prevention strategies [9]. In this study, we aim to review the epidemiology, pathogenesis, diagnosis, and control strategies of *Clonorchis sinensis* infection, with an emphasis on identifying gaps in current knowledge and improving disease management in endemic areas.

## History and Epidemiology

*Clonorchis sinensis* was first identified in humans in 1877 by Kenso Ishisaka in Japan and was initially named *Distoma sinense* by Cobbold [10, 11]. Subsequent studies in the early 20th century clarified its life cycle: Harujiro Kobayashi identified cyprinid fish as the second intermediate host in 1912, and Masatomo Muto identified freshwater snails (*Parafossarulus* spp.) as the first intermediate host in 1918. The endemic nature of clonorchiasis in Korea and Taiwan was documented in 1915 [11]. The parasite's life cycle involves three hosts: humans and other fish-eating mammals (e.g., cats, dogs, and pigs) as definitive hosts; freshwater snails as the first intermediate host; and cyprinid fish as the second intermediate host, where infective metacercariae encyst [12, 13].

Clonorchiasis is a major food-borne parasitic disease widely distributed across East Asia, particularly in China, Korea, Vietnam, and the Russian Far East [14, 15]. Globally, an estimated 15–35 million people are infected, with 200–600 million at risk [4, 16, 17]. China bears the highest disease burden, especially in provinces such as Guangdong, Guangxi, Sichuan, and Heilongjiang [18]. In Vietnam, the disease is most prevalent in northern regions, particularly the Red River delta (e.g., Nam Dinh and Ninh Binh provinces), with prevalence ranging from 0.2% to 37.5%, while

*Opisthorchis viverrini* predominates in southern and central regions [19–21]. South Korea has shown a declining trend due to control programs, although endemic foci persist in river basins such as the Nakdong River [22]. In Russia, approximately 3,000 cases have been reported, mainly in the Amur River basin [14, 15]. Japan, once endemic, has largely controlled the disease since the 1960s through improved sanitation and public health measures. Transmission occurs through ingestion of raw or undercooked freshwater fish containing infective metacercariae, and infection risk is strongly associated with dietary habits as well as demographic and socioeconomic factors, including age, gender, education, and hygiene practices [23–26] (Table).

Year	Milestone	Description	References
1877	First identification	<i>Clonorchis sinensis</i> was first identified in humans by Kenso Ishisaka in Japan	[10]
Late 19th century	Nomenclature	The parasite was initially named <i>Distoma sinense</i> by Cobbold	[10, 11]
1912	Second intermediate host	Cyprinid fish identified as the second intermediate host (Harujiro Kobayashi)	[11]
1915	Endemicity recognized	Clonorchiasis reported as endemic in Korea and Taiwan	[11]
1918	First intermediate host	Freshwater snails ( <i>Parafossarulus</i> spp.) identified as the first intermediate host (Masatomo Muto)	[11]
Early 20th century	Life cycle elucidation	Three-host life cycle (snails, fish, mammals) fully clarified	[12, 13]
1960s	Control in Japan	Significant reduction in disease due to improved sanitation and public health measures	[14]
2000s–present	Global epidemiology	Estimated 15–35 million infected and 200–600 million at risk worldwide	[4, 16, 17]
Recent decades	Geographic distribution	High prevalence in China, Vietnam (Red River delta), Korea, and Russian Far East	[14, 15, 18–22]
Recent years	Epidemiological trends	Declining prevalence in South Korea, but persistent endemic foci remain	[22]
Current	Transmission factors	Infection associated with consumption of raw/undercooked fish and influenced by socioeconomic and behavioral factors	[23–26]

## Morphology

The adult liver flukes of the three species have a similar morphology, characterized by a flattened and lance-like shape [27]. Numerous rows of spines are placed in a uniform pattern, nearly encircling the body surface. The tail tegument lacks the central electron-lucent bodies and many rod-shaped dense granules found in the body's tegumental syncytium. The oral cone has modified spines and four rows of claw-like teeth. Both morphologically and probably functionally, these teeth are different from the other body spines. Laterally, there are 30 to 37 papillae with substantially longer cilia. Four pairs of papillae are seen on the tail. Based on their location and structure, these papillae appear to play a tango-or rheoreceptive role. The oral sucker is surrounded by another kind of sheathing papillae. The cuticular tegument forms a characteristic sac-like structure at the base of the tail by expanding laterally [28].

The sizes of *Clonorchis sinensis* at various stages of life are given in Table 2.

**Table 2.** Human liver fluke (*Clonorchis sinensis*) sizes at various stages of life

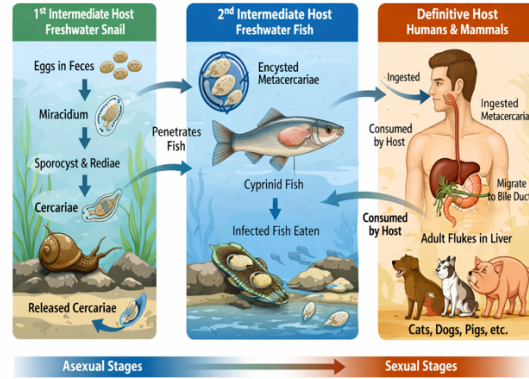
Life Stages	Size	References
Adult	10–25 mm × 3–5 mm	[29]
Egg	27–35 μm × 11–20 μm	[29]
Cercaria	Body: 154 μm × 75 μm; tail: 392 μm × 26 μm	[27]
Metacercaria	201 μm × 167 μm	[27]

### Life Cycle of *Clonorchis sinensis*

*Clonorchis sinensis* is a zoonotic liver fluke with a complex life cycle involving three hosts—freshwater snails, cyprinid fish, and humans or other fish-eating mammals (Table 3, Figure 1). The parasite alternates between sexual and asexual reproduction, producing thousands of eggs per day in the definitive host [15, 16, 30]. Infection in humans is associated with hepatobiliary diseases, including cholangitis, cholelithiasis, liver fibrosis, and cholangiocarcinoma [16, 31, 32].

**Table 3.** Life cycle of *Clonorchis sinensis*: Hosts, developmental stages, and key characteristics

Host	Species	Role	Habitat
1st intermediate host (Snails)	Parafossarulus manchuricus, P. anomalospiralis, Alocinma longicornis, Bithynia fushiana, B. misella, Melanoides tuberculata, others	Miracidia infect snails → develop into sporocysts, rediae, and cercariae	Prefer slow-moving or stagnant freshwater with abundant organic material [11, 17, 33-36]
2nd intermediate host (Fish)	Cyprinids: Pseudorasbora parva, Ctenopharyngodon idellus, Carassius auratus, Cyprinus carpio, Hypophthalmichthys nobilis, Saurogobio dabryi	Cercariae penetrate fish skin → encyst as metacercariae in muscle or subcutaneous tissue	Over 40 species in Korea; 102 species in China; 7 species in Russian Amur River [17, 30, 36-38]
Definitive host (Humans / Other mammals)	Humans, cats, dogs, pigs, rats, weasels, foxes	Ingestion of metacercariae → excyst in duodenum → migrate via ampulla of Vater to intrahepatic bile ducts → mature into adult worms (20–30-year lifespan)	Causes clonorchiasis; sexual reproduction produces >4,000 eggs/day; associated with hepatobiliary pathology and cholangiocarcinoma [14, 16, 30-32, 35, 39, 40]



**Figure 1.** Life Cycle of *Clonorchis sinensis* (Source: OpenAI)

### Clinical Manifestations and Pathogenesis

Clonorchiasis primarily affects the hepatobiliary system, and the severity of clinical manifestations is closely associated with worm burden, duration of infection, and frequency of reinfection [17, 30, 35, 41]. In early infection, patients may experience mild and nonspecific symptoms such as fever, fatigue, anorexia, epigastric discomfort, abdominal pain, and diarrhea, often accompanied by transient jaundice due to acute hepatitis or cholangitis caused by the metabolic products of juvenile *Clonorchis sinensis* [35, 41]. Many light infections remain asymptomatic. Chronic infection leads to progressive hepatobiliary damage, with symptoms including persistent abdominal pain, hepatomegaly, jaundice, and bile duct obstruction [17, 35].

Pathological changes include bile duct dilatation, periductal fibrosis, gallbladder wall thickening, sludge formation, and gallbladder enlargement [8, 42]. The host–parasite relationship may remain relatively stable in mild cases; however, prolonged or heavy infections result in significant morbidity. Severe and long-standing clonorchiasis is associated with complications such as cholangitis, cholelithiasis, cholecystitis, and cholangiectasis, ultimately leading to hepatic fibrosis and an increased risk of cholangiocarcinoma, one of the most serious outcomes [17, 31, 43, 44].

These complications arise mainly due to mechanical irritation, obstruction, and chronic inflammation of the biliary epithelium [45]. Dietary practices, particularly the consumption of raw or undercooked freshwater fish, play a central role in transmission and persistence of the disease in endemic regions, posing a major challenge for control and elimination efforts [26].

## Complications of *Clonorchis sinensis* Infestation

### Diagnosis and Treatment

Early infection stages usually do not have obvious clinical signs, resulting in delayed diagnoses. Adult *Clonorchis sinensis* worms can remain in the bile ducts for 20 to 25 years [17]. Moreover, clonorchiasis is often misdiagnosed due to its ambiguous clinical features, which include lethargy, vomiting, stomach pain, anaemia, and enlarged liver and spleen [14]. Imaging methods include tissue harmonic imaging (THI), computed tomography (CT), magnetic resonance imaging (MRI), and ultrasound have significant auxiliary diagnostic benefits and are used to evaluate the advancement of illness. However, these methods are not very sensitive, are vague, and may be difficult for employees with little experience to use. Furthermore, employing these techniques can be expensive [17].

### Microscopic Testing

A *Clonorchis sinensis* infection can be confirmed by stool eggs. Stool testing is inexpensive and requires no sophisticated technology, but it demands experienced, labour-intensive, and troublesome workers [16, 17]. Hong et al. found that whereas FECT was more vulnerable in detecting cases of very mild illnesses, the KK approach was more trustworthy in detecting clonorchiasis [46]. Further investigation showed that the direct smear and KK method were appropriate for the thorough demographic screening of clonorchiasis [47]. However, it is simple to confuse the eggs of *Clonorchis sinensis* with those of other flukes, including Heterophyidae, Opisthorchiidae, and Lecithodendriidae [17, 46].

### Serological Testing

Serological methods can be used to detect clonorchiasis. Blood samples may be able to identify a specific *Clonorchis sinensis* antibody or antigen. Serum samples may include a particular antibody or antigen of *Clonorchis sinensis*. Due to sensitivity limitations and the tiny amount of antigen present, the recognition of a particular antibody is more frequently used than the detection of an antigen. However, Nie et al. demonstrated that there is a strong correlation between ELISA optical density and egg counts (EPG) and that an immunomagnetic bead enzyme-linked immunosorbent assay (ELISA) system based on IgY (egg yolk immunoglobulin) (IgY-IMB-ELISA)

appears to be a sensitive and specific assay for the detection of circulating antigen in human clonorchiasis [48].

### Molecular Testing

DNA-based diagnostic methods can also be used. Among the PCR techniques that have been employed are FRET-PCR, multiplex PCR, PCR-RFLP, conventional PCR, and real-time PCR [16, 49]. The use of real-time PCR (targeting the parasite specific transcribed spacer 2 sequence) to detect *Clonorchis sinensis*-specific DNA in fecal samples has recently been assessed in an effort to provide a novel, sensitive method of diagnosing the sickness. Stool samples and DNA controls from a variety of intestinal microorganisms were used in the PCR-based test. Additionally, it had an internal control to identify any amplification inhibition brought on by the faeces in the sample [50]. Omics, which encompasses transcriptomics, proteomics, and genomes, can aid in our molecular understanding of *C. sinensis* migration, parasitism, and pathogenicity. This will be enormously beneficial for the creation of novel and efficient clonorchiasis management and prevention approaches [51]. Molecular techniques have been established for the identification and differentiation of snail larval stages in addition to their use in the diagnostics of human feces [52, 53], and metacercariae in fish [54].

## Pharmacological Testing

### Praziquantel

When clonorchiasis is detected early and the species is appropriately determined, praziquantel (PZQ) is an effective therapy [55]. PZQ is an effective treatment for clonorchiasis when it is diagnosed early and the species is correctly identified [55]. Furthermore, using PZQ may cause mild and transient adverse effects such as migraines, lightheadedness, feeling sick, throwing up, fatigue, diarrhoea, and hypersensitivity [15, 56, 57]. Therefore, more drugs to treat clonorchiasis should be developed. Tribendimidine is broad spectrum anthelmintic drug. It has demonstrated remarkable effectiveness in treating *Clonorchis sinensis* in vitro as well as in rats and rodents [58, 59].

### Albendazole

A broad-spectrum medication that works well contrary to nematodes and cestodes, albendazole also works well compared to liver flukes [60].

**Table 4.** Diagnostic methods for *Clonorchis sinensis*: principles, advantages, and limitations

References	Diagnostic Method	Principle / Sample	Advantages	Limitations
[17]	Imaging techniques (THI, CT, MRI, Ultrasound)	Visualization of hepatobiliary abnormalities (bile duct dilation,	Non-invasive; useful for assessing disease progression and complications	Low sensitivity for early infection; non-specific findings; operator-dependent; expensive; requires technical expertise
[16, 17, 46, 47]	Microscopy (Stool examination: direct smear, Kato-Katz (KK), Formalin-ether concentration technique (FECT))	Detection of parasite eggs in stool samples	Inexpensive; widely used; no advanced equipment required; suitable for field surveys	Low sensitivity in light infections; labor-intensive; requires trained personnel; eggs may be confused with other trematodes
[48]	Serological testing (ELISA, IgY-IMB-ELISA)	Detection of specific antibodies or circulating antigens in blood	Higher sensitivity than microscopy; useful in early or light infections; can correlate with infection intensity (EPG)	Cannot always distinguish past vs. current infection (antibody detection); limited antigen levels; possible cross-reactivity
[16, 49, 50]	Molecular methods (PCR, real-time PCR, multiplex PCR, PCR-RFLP, FRET-PCR)	Detection of parasite DNA in stool or biological samples	Highly sensitive and specific; capable of early detection; useful for species differentiation	Expensive; requires specialized equipment and expertise; not suitable for routine field use
[51]	Omics-based approaches (genomics, proteomics, transcriptomics)	Molecular profiling of parasite biology and host-parasite interaction	Provides deep insight into pathogenesis; potential for novel diagnostics and targets	Not yet routine diagnostic tools; costly; mainly research-based
[52-54]	Detection in intermediate hosts (snails and fish) using molecular tools	Identification of larval stages (cercariae/metacercariae)	Useful for epidemiological surveillance and transmission studies	Not applicable for direct human diagnosis; requires laboratory facilities

## Prevention and Control Strategy

Clonorchiasis control relies on an integrated approach, including environmental management, health education, and chemotherapy [61]. Health education involves raising public awareness through school programs, television, informational posters, and community campaigns, promoting safe dietary practices such as avoiding raw or undercooked freshwater fish [61-63]. Mass or selective chemotherapy with PZQ has been widely used in endemic regions. In moderately endemic areas, one or two selective treatments combined with health education are sufficient, whereas highly endemic areas require repeated mass or selective treatment every six to twelve months, achieving high egg reduction and low reinfection rates [56]. In a Korean endemic village, biannual PZQ therapy effectively reduced infection prevalence.

Emerging strategies include alternative anthelmintics such as tribendimidine, which show higher efficacy and fewer side effects than PZQ, and fish vaccines combined with safe aquaculture practices, offering a potential solution to reduce transmission and ensure freshwater fish safety [13]. Recommendations from various agencies for the prevention of clonorchiasis are exhibited in Table 5.

**Table 5.** Key prevention recommendations from different agencies

Agency	Recommendations	References
CDC	Avoid fermented or uncooked freshwater fish; cook thoroughly (internal temperature >63 °C) or freeze (≤ -20 °C for 7 days; ≤ -35 °C for 15 hours)	[7]
WHO	Implement food safety measures and public health strategies in veterinary practice; improve efficacy and safety of anthelmintics to manage morbidity	[64]
NHFPC	Improve access to hygienic sanitation and anthelmintics; raise awareness of health and parasite prevention; increase proportion of trained medical staff in local communities	[65]

## Conclusion

Clonorchiasis remains a significant public health challenge in East Asia, driven by cultural dietary practices and persistent transmission through freshwater fish. Infection with *Clonorchis Sinensis* can cause progressive hepatobiliary damage, including bile duct inflammation, fibrosis, gallstones, and a strong risk of cholangiocarcinoma. While praziquantel remains an effective treatment, high reinfection rates in

endemic regions highlight the need for integrated control strategies combining chemotherapy, health education, improved sanitation, and safe aquaculture practices. Emerging interventions, including alternative anthelmintics such as tribendimidine and fish vaccination, offer promise in reducing transmission. Strengthening surveillance, community awareness, and food safety measures is essential to minimize disease burden and prevent long-term complications in endemic populations.

## Author Contributions

Asra Nawab handled writing – original draft, visualization, methodology, investigation, formal analysis, data curation, and conceptualization. Dr. Ghulam Murtaza managed writing – review & editing, visualization, validation, supervision, resources, project administration, funding acquisition, and conceptualization. Iqra Moomina, Bareera Fatima, Shazia Parveen, and Nimra Akhtar collectively contributed to writing – review & editing, investigation, data curation, formal analysis, visualization, methodology, and validation as specified in their respective roles.

## Conflicts of Interest

The author(s) declare(s) that there is no conflict of interest regarding the publication of this paper.

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## Appendix A. Data Availability

Data will be made available on request

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