

**MEDICINES USED FOR HEPATO-BILIARY DISEASES IN THE REPUBLIC OF
UZBEKISTAN**

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In Uzbekistan, as of 2017, about 3.5 million people were registered with a diagnosis of gastrointestinal tract. On average, its growth is observed by 2.65%. However, over 10 years, the number of patients has increased by 22.4%. This determines the need to develop comprehensive approaches to their treatment, including the use of herbal medicines that have a wide range of therapeutic and preventive effects, have low toxicity, mild action, are able to quickly eliminate exacerbation symptoms, prevent relapses and promote the restoration of impaired functions of the gastrointestinal tract. The possibility of rational combination of medicinal plants with each other and with synthetic drugs allows to expand their therapeutic capabilities and reduce the incidence of side effects of medicines. mental therapy.

The advantage of herbal medicine is the possibility of longterm use of the ras- tenium without significant side effects, compatibility with many drugs and with each other. Phytotherapy It is designed for use at home and does not require any special equipment.

Another advantage of this method of treatment is the polyvalent action of plants. As a rule, one medicinal plant has multiple effects.

The gastrointestinal tract responds better to phytote than other body systems - rapeutic treatment. This is quite natural, since many medicinal properties of plants (antimicrobial, wound healing) (epithelializing, hemostatic) are most fully manifested when applied locally, directly affecting the mucous membrane of the gastrointestinal tract. In addition, by correcting the function of the digestive system with the help of some effects of medicinal herbs (choleretic, laxative, choleretic, etc.), it is possible to achieve an improvement in the condition of patients with pathology of the heart, lungs, joints and other diseases.

Phytotherapy at different stages of the disease has its own indications and features, which are as follows:

- at the initial stage of diseases, herbal medicine has limited use due to its mild effect on the body and the long development of therapeutic effects;
- at the height of the disease, it can be used as a supportive treatment method to increase the body's defenses, enhance the effect of essential drugs and reduce their side effects;
- At the stage of recovery, phytotherapy takes a leading place, especially in chronic diseases, as it can be used for a long time and combines well with synthetic drugs.

The potential possibilities of herbal medicine are enormous, since plants have many medicinal properties: pain-relieving, tonic and calming, normalizing stimulating the work of the cardiovascular system, gastrointestinal tract, anti-inflammatory, diaphoretic, antimicrobial, etc. It should be noted that each herb has not one, but numerous properties,

which allows it to have a beneficial effect on the entire body as a whole. In addition, herbs normalize metabolic processes in the organism, hormonal background. Plants not only do not suppress the body's defenses, but on the contrary, are active against many strains of microorganisms that have already acquired resistance to antibiotics and are able to strengthen human immunity, thereby helping him to cope with the disease. It is these properties of the effect on metabolism, hormonal and immune status that are used in the treatment of various chronic diseases. However, it should be noted that all this is true only with their competent and correct use. The stages, sequence, continuity and duration of the use of herbal preparations are very important. Herbal preparations have their own characteristic features - gradual, slow development of the therapeutic effect, soft, moderate action.

Diseases of the hepatobiliary system are caused by various infections, intoxications of endogenous and exogenous nature (hepatotropic poisons, alcohol, food poisoning, etc.), circulatory disorders, nutritional disorders (protein-vitamin starvation) and metabolism (metabolic liver diseases), immune disorders, side effects of drugs (toxic, allergic, toxic-allergic), etc.

an important role in the treatment of hepatobiliary system diseases. There are 3 groups of herbal choleric agents: choleric, cholekinetic, cholelasmolytic.

True choleric stimulate the formation of bile and bile acids: calamus rhizome, barberry roots, burdock, mint leaves, birch, immortelle flowers, tansy, calendula, goldenrod herb, mountain centaury, wormwood, coriander fruits, corn silk (infusion and liquid extract), choleric herbal preparations: "Allochol" - tablets containing condensed bile 0.08 g, thick garlic extract 0.04 g, thick bee - beer extract 0.005 g, activated carbon 0.025 g, excipients up to a total weight of 0.21 g; "Berberine bisulfate" tablets containing the alkaloid berberine, obtained from the roots of common barberry;

"Tanatsehol" - tablets containing the sum of flavonoids from the flowers of common tansy; "Holagogum" - capsules containing celandine extract 0.04 g, turmeric extract 0.02 g, spinach extract 0.05 g, peppermint oil 0.005 g, turmeric oil 0.005 g, phospholipids 0.1 g; "Holagol" - a total preparation containing the coloring matter of turmeric rhizome 0.0225 g, buckthorn bark 0.009 g, magnesium salicylate 0.18 g, essential oil 5.535 g, alcohol 0.8 g, olive oil up to 10 g; "Hoflax" - 100 g of instant tea contains 37.5 g of dehydrated extract of the following composition: spinach leaves 10.5 g, milk thistle fruits 4.5 g, silverweed herb 12.5 g, celandine herb 40.5 g, yarrow herb 12.0 g, licorice root 43.5 g, co-rhubarb 15.0 g, dandelion root and herb 12.0 g, turmeric rhizome extract 0.4 g, aloe extract 1.2 g, turmeric oil 0.076 g;

"Kholosas" is a syrup prepared from a concentrated aqueous extract of the fruits of the dog rose, a member of the Rosaceae family, and sugar; "Flacumin" - tablets containing a sum of flavonol aglycones obtained from the leaves of the leather sumac; "Flamin" - tablets containing an extract (sum of flavonoids) from the flowers of the sandy immortelle.

Hydrocholeric increase bile secretion due to the water component: medicinal valerian, valerian preparations, mineral waters. Cholekinetic increase the tone of the

gallbladder, relax the bile ducts, sphincter of Oddi, eliminate stagnation of bile in the gallbladder and enhance the process of its emptying: These are vegetable oils (corn, olive, sunflower); calamus rhizome, barberry roots, dandelion, immortelle flowers, cornflower, calendula, chamomile, bogbean leaves, knotweed herb, yarrow, coriander fruits, rose hips.

Cholespasmolytics relax the smooth muscles of the gallbladder, bile ducts, that is, they eliminate spasms: these are arnica flowers, calendula, rhizome with valerian roots, elecampane, St. John's wort, immortelle, peppermint leaves, combination drugs: "Holagol", "Conva flavine", "Flacumin". The high efficiency of herbal preparations is due to the complex of biologically active substances. A connection has been established between the choleric properties and the presence of flavonoids, essential oils, saponins and other substances. The mechanism of their action is complex and is apparently associated with direct stimulation of the secretory function of hepatocytes; with an increase in the osmotic gradient between bile and blood and increased filtration of water and electrolytes into the bile ducts; with stimulation of receptors in the mucous membrane of the small intestine, which promotes activation of the autocrine regulatory system and enhancement of the formation of bile. Extracts from medicinal plants rich in magnesium ions can stimulate the secretion of cholecystokinin by the epithelial cells of the duodenum. This effect can be due to the cholekinetic action of drugs based on arnica, immortelle, rose hips, fennel. Reflexive increase in the release of cholecystokinin is caused by bitters (marsh cinquefoil, dandelion, yarrow, etc.). The combined use of plants with different mechanisms of cholekinetic action allows to achieve a very pronounced effect. In addition to the choleric effect, most plants have antimicrobial, anti-inflammatory and antihypoxic properties, some of them are effective hepatoprotectors. In liver diseases, it is necessary to provide the body with sufficient amount of vitamins, minerals and organic substances. Their source can be medicinal plants, vegetables and fruits (pomegranate, walnut, nettle, blackberry, cherry, strawberry, viburnum, cranberry, lemon, raspberry, rose hips, blueberries, pumpkin, melon, squash, cabbage, potatoes). Biologically active substances of medicinal and food plants, in addition to preventing the development of vitamin deficiency, contribute to the improvement of the internal environment of the body, alleviate the course of many diseases, promote rehabilitation and convalescence after illnesses, block the formation of harmful metabolic products in the body and are a means of protection against incoming toxic substances.

"Rosanol" - preparation based on rose oil - has an antispasmodic effect; "Uroksan" - a solution containing fir oil 8 g, peppermint oil 2 g, castor oil 11 g, wild carrot seed extract 23 g, hop cone extract 33 g, oregano herb extract 23 g.

The development of combined agents that combine bile acids and plant extracts with a broad spectrum of action in one preparation seems to be very promising, which makes it possible to increase the effectiveness of treatment. However, since the choice of such drugs is currently very limited, collections of recipes from medicinal plants.

Thus, herbal medicine can help with It can be easily used for the prevention and complex treatment of hepatobiliary diseases.

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