

**MEDICAL PLANTS USED FOR DISEASES OF THE GASTROINTESTINAL
SYSTEM**

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Diseases of the digestive system occupy a leading place in the system of general non-communicable diseases of a person, which in turn leads to serious complications. An increase in gastroenterological diseases associated with malnutrition, chronic stress, etc. has been observed. In European countries, the prevalence of these diseases is 26-27 cases per 100,000 population. In the USA, this figure is 40-50 per 100,000 population, and in Uzbekistan, it is 60-70 cases per 100,000 population. This determines the need to develop comprehensive approaches to their treatment, including the use of medicinal herbal preparations that have a wide therapeutic and prophylactic effect, low toxicity, mild effect, help to quickly eliminate symptoms of exacerbation, prevent relapses and restore functions in pathologies of the gastrointestinal tract. The possibility of rational combination of medicinal plants with each other and with synthetic drugs allows to expand their therapeutic potential and reduce the frequency of side effects of drug therapy. The advantage of herbal medicine is the possibility of long-term use of plants without significant side effects, compatibility with many drugs and with each other. Medicinal plants are intended for use at home and do not require any special equipment. Another advantage of this method of treatment is the polyvalent effect of plants. As a rule, one medicinal plant has several effects. The gastrointestinal tract is more effective in the treatment of medicinal plants than other organs of the body. This is quite natural, since many medicinal properties of plants (antimicrobial, wound healing, epithelializing, hemostatic) are fully manifested through their direct effect on the mucous membrane of the gastrointestinal tract when applied topically. In addition, the beneficial properties of medicinal plants (cholesterolemic, laxative, etc.) during the treatment of the gastrointestinal tract can improve the condition of patients with pathologies of the heart, lungs, joints. Treatment with medicinal plants at different stages of the disease includes the following indications and features:

- limited use of medicinal plants in the initial stages of diseases, due to their mild effect on the body and the long-term development of the therapeutic effect;

- it can be used as a supportive treatment during an exacerbation of the disease

increase the body's defenses, enhance the effect of important drugs

funds and reduce their side effects;

- The use of medicinal plants during the recovery phase of the disease takes a leading position, especially in chronic diseases, as it can be used for a long time and combines well with synthetic drugs.

The potential for the use of medicinal plants is very large, since medicinal plants have many healing properties that are unique in their own way: analgesic, tonic and sedative, normalizing the functioning of the cardiovascular system, gastrointestinal tract, anti-inflammatory, diaphoretic, antimicrobial, etc. It should be noted that each herb has not one, but a large number of properties, which allows it to have a beneficial effect on the entire body as a whole. In addition, herbs normalize metabolic processes and hormonal balance in the body. Plants are active against many microorganisms that have developed resistance to antibiotics and are able to strengthen human immunity, thereby helping to fight the disease. It is these properties - 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 when used correctly and correctly. The stages, sequence, continuity and duration of the use of herbal medicines are very important. Diseases of the hepatobiliary system are caused by various infections, poisonings of endogenous and exogenous origin (hepatotropic poisons, alcohol, food poisoning, etc.), circulatory disorders, nutritional disorders (protein-vitamin starvation) and metabolism (metabolic diseases of the liver), immune disorders, toxic effects, toxic effects of all drugs, side effects. The use of medicinal plants for the above toxic poisoning, inflammation of the mucous membrane, diseases of the hepatobiliary system is very effective.

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