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NATURAL TREATMENT OF DIGESTIVE SYSTEM DISEASES

Kokand University, Andijan Branch
Faculty of Dentistry
Student: **Saparov Ozodbek Ne'matjon ogli**
Scientific Adviser:
Khodjayeva Muqaddaskhon Sati-Makhmatovna

Annotation: The main organs of the digestive system in this article, their functions are the biological and chemical processes that take place in this system, as well as the importance of a healthy diet is mentioned. Article Popular Science written in style, it is for schoolchildren, student-youth and the general public designed. How students digest food in the human body through the Material be and realize how important these processes are for health reach.

Key words: . Digestion, stomach, intestines, enzyme, liver, pancreas, healthy nutrition, energy, digestive system.

Annonatsiya: Mazkur maqolada ovqat hazm qilish sistemasining asosiy organlari, ularning vazifalari, bu tizimda sodir bo‘ladigan biologik va kimyoviy jarayonlar hamda sog‘lom ovqatlanishning ahamiyati haqida so‘z yuritiladi. Maqola ilmiy-ommabop uslubda yozilgan bo‘lib, maktab o‘quvchilari, talaba-yoshlar va keng omma uchun mo‘ljallangan. Material orqali o‘quvchilar inson organizmida oziq-ovqat qanday hazm bo‘lishi va bu jarayonlarning sog‘liq uchun qanchalik muhim ekanligini anglab yetishadi.

Kalit so`zlar: Ovqat hazm qilish, oshqozon, ichak, ferment, jigar, me’da osti bezi, sog‘lom ovqatlanish, energiya, hazm tizimi

Аннотация: В этой статье рассматриваются основные органы пищеварительной системы, их функциями являются биологические и химические процессы, происходящие в этой системе, а также говорят о важности здорового питания. Статья научно-популярная написан в стиле, предназначенном для школьников, студенческой молодежи и широкой публики предназначено. Через материал читатели узнают, как переваривается пища в организме человека и осознавая, насколько важны эти процессы для здоровья достаточно.

Ключевые слова: Пищеварение, желудок, кишечник, фермент, печень, поджелудочная железа, здоровое питание, энергия, пищеварительная система.

Have you ever wondered how the food that enters the human body turns into energy? Naturally, the answer lies within the digestive system. Today, proper nutrition — an essential component of a healthy lifestyle — directly affects the correct functioning of this system. This system, forming the foundation of a healthy life, not only ensures the delivery of necessary nutrients to the body but also supports the elimination of harmful waste products. Therefore, this article discusses in detail the structure, functions, importance, and health significance of the digestive system.

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The first stage of digestion begins in the oral cavity. Here, food is chewed with the help of the teeth and mixed with saliva. Enzymes present in saliva help break down certain substances. This process continues as the food passes from the mouth to the pharynx and then through the esophagus into the stomach.

The stomach is one of the central components of digestion, where food is chemically broken down with the help of gastric juice. This juice contains substances such as pepsin and hydrochloric acid, which play an essential role in protein breakdown. The partially digested mass that leaves the stomach, called chyme, is then directed into the small intestine, where the main processes of digestion occur.

In the small intestine, fats, proteins, and carbohydrates are completely broken down. Bile produced by the liver emulsifies fats, facilitating digestion. Meanwhile, the pancreas secretes various enzymes that help fully break down food components. As a result, nutrients are absorbed through the intestinal walls into the bloodstream. The next stage of digestion continues in the large intestine, where water and certain minerals are absorbed, and the remaining waste is formed into feces.

Beneficial bacteria present in the large intestine not only synthesize certain vitamins but also play an important role in strengthening immunity.

The digestive system plays a crucial role in maintaining health. When the system malfunctions, various diseases may develop, such as:

- **Abdominal pain** — caused by numerous digestive diseases, including gastritis, stomach ulcers, and sometimes gastric cancers;
- **Intestinal disorders** — including polyps, abdominal diseases, chronic inflammatory bowel diseases, and others;
- **Malabsorption** — some people may be unable to absorb nutrients and vitamins properly due to digestive disorders, which may lead to malnutrition and impaired bodily development.

The continuous and well-coordinated functioning of the digestive system provides the human body with vital energy, building materials, and protective mechanisms. When this system is disrupted, various diseases such as gastritis, ulcers, dysbacteriosis, and others may develop. Digestive system disorders hold a significant place among internal diseases, especially due to their wide prevalence among young and working-age individuals.

The main types of digestive system diseases include:
achalasia of the esophagus, chronic gastritis, functional dyspepsia, gastric ulcers and erosive lesions, hepatitis, liver cirrhosis, biliary dysfunction, cholangitis, and others. These diseases may result from improper diet, consumption of low-quality foods, alcohol abuse, smoking, stress, anemia, kidney disease, heredity, and other factors.

Anyone may develop a digestive disorder. The most common diseases include esophageal disorders, gastritis, hepatitis, pancreatitis, functional dyspepsia, and inflammatory diseases of the small or large intestines (enteritis, colitis, proctitis).

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Digestive system diseases — particularly those affecting the stomach, small and large intestines, pancreas, liver, and gallbladder — are very common in the modern world, especially among urban populations. According to some data, more than 50% of people in our country suffer from various forms of gastritis. Pathologies such as pancreatitis, cholecystitis, gastric and duodenal ulcers, gastroesophageal reflux disease, dysbacteriosis, food poisoning, and others are also widespread.

To sustain life and support the body's development, humans regularly consume natural products and foods. Many medicinal plants are widely used in treating digestive system diseases. These include plantain-based preparations for inflammatory conditions such as chronic hypoacid gastritis and gastric or duodenal ulcers. The combined use of fresh juice from greater plantain is effective for treating chronic, hard-to-heal colitis and ulcers.

Marine plants are also used for treating digestive diseases. For example, **laminaria** and **laminarid** are used as mild laxatives for chronic constipation and to normalize stomach function. In China and Japan, laminaria has long been used as a dietary agent.

Due to their astringent compounds, **sea buckthorn leaves** are used to treat esophageal and gastric mucosal inflammation, as well as ulcers. The medicinal sea buckthorn oil is extracted from the pressed fruit using sunflower oil.

Calendula flowers, harvested when fully open, are widely used for treating various wounds and diseases. Calendula-based preparations such as “Caleflon” accelerate ulcer healing, reduce inflammation, and are widely used for treating gastritis and duodenal ulcers. Yarrow and other medicinal herbs are also used for similar digestive disorders.

In everyday life, coriander seeds are commonly used to stimulate appetite, improve digestion, and act as a cholagogue. Peppermint leaves and essential oil preparations help reduce nausea, prevent vomiting, and improve digestion. Chamomile is used for intestinal spasms and diarrhea.

Certain tree-based medicinal plants are also used: for example, birch buds and leaves serve as cholagogues for cholecystitis and other disorders. Activated charcoal (carboline) is used for bloating, colitis, hyperacidity, and poisoning.

Peptic ulcer disease is one of the most common digestive disorders. Among these, gastritis is the most widespread somatic disease. It develops due to exogenous and endogenous factors or their combination. As a result, disturbances in secretory and motor functions may occur. Long-term nutritional habits associated with nervous stress play a significant role in the development of gastrointestinal disorders.

A lack of dietary fiber, insufficient fresh vegetables, and excessive consumption of fast food and unhealthy meals increase the risk significantly. Similarly, both skipping meals and overeating can lead to numerous digestive problems. Rapid-result diets, fasting, and extreme restrictions negatively affect health and may accelerate the development or complications of diseases.

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The human organism is a complex biological system that needs energy and nutrients to live, grow and function. The source of these substances is food. However, our body cannot use food directly in the state of consumption. It is necessary to digest it, that is, the process of decomposition, absorption and assimilation. The digestive system exists precisely for this reason, it provides the body with the necessary substances and releases waste products outside.The human organism is a complex biological system that needs energy and nutrients to live, grow and function. The source of these substances is food. However, our body cannot use food directly in the state of consumption. It is necessary to digest it, that is, the process of decomposition, absorption and assimilation. The digestive system exists precisely for this reason, it provides the body with the necessary substances and releases waste products outside.Structure of the digestive system:the digestive system consists of several organs that work together. This system includes the following main parts: 1. Oral cavity2. Larynx and esophagus (swallow)3. Gastric 4. Small intestine (duodenum, middle part of the intestine, end of the small intestine)5. Colon (blind intestine, colon, rectum)6.his system includes the following main parts: 1. Oral cavity2. Larynx and esophagus (swallow)3. Gastric 4. Small intestine (duodenum, middle part of the intestine, end of the small intestine)5. Colon (blind intestine, colon, rectum)6. Digestive glands - liver, pancreas, salivary glands, etc.

1. Digestion in the oral cavity: the digestion process begins in the oral cavity. Food is crushed using teeth, mixed with saliva separated from the salivary glands. The saliva contains the enzyme amylase, which begins to break down starch into ordinary sugar — maltose. At the same time, the food is mixed in the mouth using the tongue and brought to a comfortable position for swallowing.

2. Esophagus (swallow):ingested food gets through the esophagus into the stomach. This process is carried out using peristalsis — the movement of successive muscle contractions. In the esophagus, food is not digested, but only transported.

3.Me dada digestion: the stomach is a member that temporarily stores food and chemically processes it. The gastric walls secrete gastric juice, which contains hydrochloric acid (HCl) and the enzyme pepsin. Hydrochloric acid kills germs and activates pepsin. Pepsin, on the other hand, begins to break down proteins into a state of peptides..Me dada digestion: the stomach is a member that temporarily stores food and chemically processes it. The gastric walls secrete gastric juice, which contains hydrochloric acid (HCl) and the enzyme pepsin. Hydrochloric acid kills germs and activates pepsin. Pepsin, on the other hand, begins to break down proteins into a state of peptides. The gastric muscles mix food and bring it to a state of liquid mass called chymus.4. Digestion and absorption in the small intestine:xim us twelve fingers from the stomach pass into the intestine. Here are the juice of the pancreas and the herb (which produces liver). shiladi.Me daosti diaper juice contains the enzymes amylase, lipase, trypsin, which break down carbohydrates, fats and proteins, respectively.The grass, on the other hand, puts the oils in an emulsion state, by splitting them into tiny droplets, making them enzymatic.Here are the juice of the pancreas and the herb (which produces liver). shiladi.Me daosti diaper juice contains the enzymes amylase, lipase, trypsin, which break down carbohydrates, fats and proteins, respectively.The grass, on the other hand, puts the oils in an emulsion state, by splitting them into tiny droplets, making them enzymatic.The walls of the small intestine separate the intestinal juice from itself, the enzymes in it decompose substances into the final products — converts into

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glucose, amino acids, fatty acids.These substances are absorbed into the blood and lymph vessels through the suction hairs (villi) on the intestinal wall. Thus, the bulk of nutrients is absorbed precisely in the small intestine.5. Colon and excretion of waste: unabsorbed residues pass into the colon.onverts into glucose, amino acids, fatty acids.These substances are absorbed into the blood and lymph vessels through the suction hairs (villi) on the intestinal wall. Thus, the bulk of nutrients is absorbed precisely in the small intestine.5. Colon and excretion of waste: unabsorbed residues pass into the colon. Here, water and some mineral salts are reabsorbed, resulting in the formation of solid debris. Beneficial bacteria that live in the colon (e.g. E. coli) is involved in the synthesis of vitamin K and other useful substances. The waste is then excreted through the rectum.6. Role of digestive glands: salivary glands – produce an enzyme that breaks down starch in the mouth.Liver - produces grass, to break down these fats tayyorlaydi.Me the daosti gland is a source of enzymes that break down all the main nutrients.Intestinal glands-provide the final stage of decomposition.7.he waste is then excreted through the rectum.6. Role of digestive glands: salivary glands – produce an enzyme that breaks down starch in the mouth.Liver - produces grass, to break down these fats tayyorlaydi.Me the daosti gland is a source of enzymes that break down all the main nutrients.Intestinal glands-provide the final stage of decomposition.7. The importance of the digestive process:thanks to the digestive process, complex nutrients are transformed into a form suitable for the body. Then: proteins → are converted into amino acids,fats → fatty acids and glycerin,carbohydrates → glucose.These substances are used by the body for cell construction, energy generation, hormone and enzyme synthesis.

Conclusion

In conclusion, the importance of the digestive system is immense. Through it, the body receives nutrients necessary for energy, tissues, and organ function. In my opinion, every individual should care about their health and pay attention to proper eating habits. Avoiding fast food and unconventional meals, eating in moderation, and consuming more fruits and vegetables significantly contribute to the healthy functioning of the digestive system.

As the saying goes, “A healthy body is the guarantee of a healthy mind.” Therefore, taking care of the digestive system is not only essential for physical health but also forms the basis of mental well-being. Research and studies have shown that medicinal plants are highly effective in treating gastrointestinal disorders. In particular, we have studied numerous plants with wrapping, astringent, acid-reducing, and antibacterial properties. Analysis of the research indicates that in 80–90% of cases, patients’ overall condition improved and normalized.

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