

THE EFFECT OF MEDICINAL PLANTS ON THE INFLAMMATORY PROCESS

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Abstract: To date, it is known from the literature that over 3000 essential oils are used in medicine for various diseases and syndromes. Along with the fact that these substances are harmless to the body, have an antimicrobial effect, it is also interesting that they have anti-inflammatory and antioxidant effects. It was revealed that the pharmacological effect of essential oils depends on the concentration.

INTRODUCTION

Inflammatory processes and foci of inflammation, which occur due to various reasons, are an important problem and the subject of study in all fields of medicine and pharmaceuticals. Pathogenic factors of inflammation can be various, exogenous (biological, physical, etc.) and endogenous. Due to the COVID-19 pandemic, many patients often develop inflammatory diseases such as arthritis and arthrosis, resulting in the gradual destruction of connective tissue.

METHODS

Inflammation is a local or general pathological process, a complex protective reaction of the body against the effects of harmful factors that cause the disease. Inflammatory processes are observed in many diseases and pathological conditions. In the pharmacotherapy of the inflammatory site, along with nonsteroidal and steroid anti-inflammatory drugs, sometimes antibiotics, sulfanilamide drugs, drugs belonging to different chemical groups are recommended. Recently, changes in the immunological reactivity of microorganisms, a sharp increase in pathogenic microbe strains that are resistant to antibiotics lead to a complicated course of inflammatory processes. This, in turn, causes difficulties in the treatment of the main disease. Therefore, pharmacotherapy of inflammatory processes is considered one of the urgent tasks of medicine today.

RESULTS

Due to the relatively small number of adverse effects on the body, medicinal plants are now being used in the treatment of various inflammatory processes. Medicinal plants and preparations made from them contain a lot of biologically active substances. It improves the functioning of the digestive system and can have various other pharmacological effects. Medicinal preparations used in phytotherapy are used in the form of tinctures, decoctions, infusions, solutions and ointments. Methods such as inhalation, baths, compresses, aromatherapy are used as therapeutic procedures. The advantage of phytotherapy over traditional treatment methods is that medicinal plants have a mild pharmacological effect on the body. In addition, the duration of their effect, the possibility of easy use with synthetic drugs, the simplicity of preparation of medicinal forms, the complex effect of medicinal plants on the body are also positive aspects of phytotherapy. treatment of the disease with the help of phytotherapy is not without its drawbacks. They are as follows:

- difficulty in determining the dose.
- the impossibility of treating all diseases with only medicinal plants.
- the connection of the pharmacological effect with the season of harvesting the plant, storage conditions, and the process of preparation of the drug form.
- achieving the expected result for a long time.

Nevertheless, ongoing research shows that phytotherapy should be an integral part of the treatment of various diseases. For example, there are many medicinal plants that have a positive effect on inflammatory processes. The group of herbs is one of them. Because they are the plants with the richest content in terms of biologically active substances. contains essential oils, microelements, antioxidants, estrogen hormones, phytoncides, preservatives, carotene and other biologically active substances and ensures that their effect on the body is multifaceted. Therefore, baths with khoya are effective in various inflammatory processes, strengthening the immune system, removing toxins from the body, It is recommended for osteochondrosis, bronchial asthma, neurodermatitis, kidney diseases and metabolic disorders. Terpenoids in their composition are of great importance in demonstrating the complex pharmacological effects of herbal plants on the body. Terpenoids participate in many physiological and biochemical processes. pine, elm, fir, and cedar trees. Today, there are many essential oils used in medicine that contain terpenoids. For example: cineole, the main component of eucalyptus oil, enthol, camphor, citral, farnesol, chlorophyll.

DISCUSSION

Medicines such as validol, camphor, turpentine, retinol, cholecalciferol, and tocopherol, which have been used in medicine for a long time, belong to the group of terpenoids and their derivatives. Studies show that terpenoids increase the effectiveness of the antimicrobial effect several times when using preservative drugs together with antibacterial agents. Antitumor, anti-tumor, pain-relieving, anti-inflammatory effects have been reasonably explained by scientists. The use of terpenes as an additional remedy in the treatment of inflammatory processes, together with reducing the dose of non-steroidal anti-inflammatory drugs, allows to reduce their side effects. Menthol, geraniol and thymol diclofenac sodium iontophoresis. It has been proven in the researches to strengthen it. This thing can be used in physiotherapy of inflammatory diseases of the musculoskeletal system.

In order to study the effect of herbal preparations on the inflammatory process and their effect on the pharmacological effect when used together with synthetic drugs, 10 patients who were being treated in an outpatient setting at the Medical Health Center of KTXK "Donish-farm" were selected. 2 of them were diagnosed with acute bronchitis, 3 with chronic bronchitis. The main complaints are weakness, cough and sometimes high body temperature. Antibiotics and sulfonamide drugs were recommended to all of them by the attending physician. Two of the patients were prescribed aromatherapy and a herbal bath with additional eucalyptus oil. Another patient was treated in an inpatient setting for bronchial asthma. , but complained that the cough was still annoying. This patient was only prescribed broncholytic and antitussive drugs. Four patients diagnosed with musculoskeletal disorders were prescribed non-steroidal anti-inflammatory drugs. Two of them were given an additional clove bath and safflower oil to apply to the joints. gel was recommended. The observations showed that the symptoms of the disease were quickly eliminated in the patients who were prescribed preparations based on herbal plants. The general conditions of these patients also improved.

In conclusion, it should be said that the importance of phytotherapy in the treatment of various pathological changes, including inflammatory processes, is incomparable. The use of medicinal plant preparations together with synthetic drugs not only increases the pharmacological effectiveness, but also can eliminate the side effects of drugs on the body.

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