



PROSPECTS TO DATE FOR OBTAINING A MEDICINAL PREPARATION IMPROVING METABOLISM ON THE BASIS OF MEDICINAL PLANTS

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Abstract

Nowadays, one of the global muomas facing the world health organisation is considered to be the increase in the scale of various pathological conditions as a result of metabolic disorders in the human body. It should be mentioned here that the main causes of metabolic disorders in the human body are primarily considered to be limited human mobility in the age of new technology, and the main diet of products consumed by cyniatogan consists of chemical synthesis products. Methods of treatment with bioactive substances of natural plants to improve metabolism in the human body have become much more popular nowadays.

We know that more and more drugs derived from bioactive substances of plant origin have been appearing on the pharmaceutical market in recent years. The main reason for this is consumer awareness of the long-term health benefits of natural ingredients. Due to the growing global demand for herbal medicines, many countries are increasingly focusing on the production of new types of plant-based medicines.

Keywords: medicinal plant, Garcini cambogia, Sano, Chitosan, L-carnitine, green coffee.

Introduction

Due to various diseases caused by impaired absorption of the substance in the human body, the most common types of which at present are rickets, spasmophilia, hypotrophy, exudative diathesis, allergies, fungal skin diseases, helminthiasis and the most common constipation. Atonic laying occurs when the general tone of the body dies down, when affected by infectious disease and prolonged lying down, when the blood of a person is reduced and exhausted, practically not excreting residues, but eating well digested light food (sugar, dairy products, eggs, meat). Atonic laying often becomes habitual when a person is engaged in mental labour and moves little, when





the dietary regime is disturbed. The regularity is observed even when the desire is given back and not loosened when the need for emptying arises. Hadeb enema and the use of surga medicines cause atonic constipation. Spastic constipation occurs when the circular muscles of the bowel break down long (spasm).

Currently, the global pharmaceutical manufacturing industry, according to 2023 statistics, in improving the metabolism of the substance is in the lead in the production of metformin, sibutramine, orlistat, rosuvastatin, atorvastatin, fenofibrate mainly from synthetic drugs of chemical composition. In comparison with the type of drugs produced in the drug industry, we can see 46 types of ampoules, 33 types of capsules, 17 therefore, 507 types of tablet-type original medicinal products, metabolites

Pharmaceutical plants Abbott Laboratories, AstraZeneca, Berlin-Chemi, Biocodex, CATALENT UK SWINDON ZYDIS, Dr.Volz, Johnson & Jonson, Solgar, Alsi pharma, KRKA worldwide have the lion's share of the annual production of drugs used to treat metabolic and metabolic diseases derived from synthetic methods. Consider in total, 546 types of drugs used to improve metabolism are prescription based A type 114 covers over-the-counter drugs and bioactive supplements. [2].

The use of different types of synthetic drugs in the treatment of constipation also causes various serious problems in the human body. Nowadays, the production of types of drugs produced from naturally derived bioactive substances is one of the major objectives of the global pharmaceutical market.

After several studies on the development of a natural component formulation consisting of medicinal plants with antioxidant action, with immunity enhancement and increase of metabolism substance, bringing complex benefits to the human body, combined with the prevention of constipation, the role and use of the following plants in medicine has been thoroughly studied: garcinia cambogia, sano, chitosan, L-carnitine and green coffee.

Garcinia cambogia (*Garcinia gummi-gutta*) is a tropical fruit tree. It is native to Southeast Asia and India, one of more than 300 species of *Garcinia* in the family Clusiaceae Trees and shrubs in the *Garcinia* family are commonly referred to as succulent trees. Their fruit is sometimes called monkey fruit. *Garcinia cambogia* contains several active compounds such as hydroxycitric acid (HCA) that may be beneficial to human health.

Unlike chemical stimulants often used in weight loss products, *Garcinia Cambogia* does not affect the central nervous system. This means that *Garcinia Cambogia* does not cause insomnia, irritability, changes in blood pressure or heart rate, and its effectiveness does not diminish over time. *Garcinia* does not contain addictive





substances and can be used for long periods of time. Garcinia, when taken over time, has the ability to slow down fat production and help the body utilise fat efficiently.

Sano (lot. CASSIA ACUTIFOLIA DEL leaf is a medicinal remedy. Psalm leaves contain anthraglycosides, flavonoids, resinous substances and other biologically active substances. It has a laxative effect. The drug causes chemical irritation of receptors of the intestinal mucosa, which reflexively increases its peristalsis. Psalm leaves contain anthraglycosides (glucoaloe emodin, glucorin, sennosides A and B), flavonoids, resinous substances, mucus, macro - and microelements and other biologically active substances (glucoaloe emodin, glucorin and B), flavonoids, resinous substances

Chitosan (lot. CHITOSAN ('Chitosan') - Chitosan, an aminopolysaccharide derived from crustacean shells, is a natural source of a special lipophilic form of dietary fibre. Chitosan has established itself as a unique substance that binds and removes fats from food from the body, as well as an unprecedented natural product that helps lower blood cholesterol levels. Chitosan combines with vitamin C and citric acid in the digestive system to form a stable gel that acts as a 'fat sponge' that prevents fat from being absorbed into the bloodstream. To maintain metabolism, the body switches to utilising its own fat stores and primarily uses 'bad' cholesterol and fat deposits [3]. Chitosan also improves the body's absorption of calcium from food and reduces the concentration of excess chloride from food, which is important for maintaining normal blood pressure.

Chitosan also improves the body's absorption of calcium from food and reduces the concentration of excess chloride from food, which is important for maintaining normal blood pressure. Chitosan has all the properties of dietary fibre - it helps to improve intestinal motility and rapid elimination of metabolic products and toxic compounds entering or forming in the intestines.

L-carnitine lowers blood cholesterol levels and enhances fat metabolism. The muscles, liver, heart, kidneys are mainly fuelled by energy derived from the breakdown of fats through carnitine. L-carnitine activates fat metabolism, has anabolic, antihypoxic and antithyroid effects, stimulates regeneration and increases appetite [5].

Green coffee is a natural lavio coffee that is not roasted, so they retain all the beneficial properties and vitamin composition. Green coffee is used to make drinks in diet because it speeds up metabolism, detoxifies the body and prevents the absorption of cholesterol and fats. The value of green coffee also includes less caffeine, the concentration of which is increased by heat treatment. Green coffee has a healing effect on the heart and circulatory system, strengthens the immune system, cleanses the body of heavy metals and calms and relaxes due to the essential oils it contains - a basis for use in coffee enhancement.





Conclusion:

As a result of our literature-based research, we plan to develop a capsule type technology for a capsule type preparation based on medicinal plants storing the bioactive substances above.

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