



**PREVENTION OF GERIATRIC DISEASES AND SYNDROMES IN
THERAPEUTIC PRACTICE USING THE INNOVATIVE
PHYTOPREPARATION SARSABIL.**

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ABSTRACT

Today, in medical practice, more than 100 medicinal plants and about 600 medicinal plants and their various forms of tincture, decoction, tincture, dry and liquid extract, tablet, solution for injection and other phytopreparations are used in the practice of medicine. They are different in terms of their pharmacological effect, the place and mechanism of action, and their use. Treatment, correct and rational use of medicinal plants and their phytopreparations is effective in disease prevention if approached with new methods. The fact that the tincture of the Sarsabil plant is highly effective in many diseases, especially therapeutic diseases, and the fact that this plant is our local medicinal plant also motivates us to produce new products.

Key words

Asparagus, sparja, sarsabil extract, efficacy, pharmacological effect, saponin, vitamin, diuretic, antiallergic, nastoyka, tincture, innovative.

Intraduction: Asparagus officinalis L. – perennial herbaceous plant of the lily family 150 cm high. Asparagus is distributed on throughout the European part of Russia, in the Caucasus, in Central Asia and Western Siberia cultivate like a vegetable. Wild asparagus has a bitter taste therefore inedible. Cultivated shoots asparagus has good taste and is rich in vitamins. They are used to prepare salads, soups and dryer Store in a tightly closed glass or wooden container is 2 years old. The aerial part contains taraxanthin, flavoc-santhin, lutein, triterpene alcohols, vitamins C, A, BP iron, calcium and phosphorus. Roots-taraxasterol, pseudotaraxasterol, beta-sitosterol, stigmasterol, taraxol, a lot of inulin, rubber, fatty oil, consisting from glycerides palmitic, oleic, linoleic, lemon balm and cerotic



acids. Dandelion roots and leaves have diaphoretic, choleric, diuretic, sedative, expectorant, antiallergic, antipyretic, antisclerotic, laxative and antihelminthic effects, stimulate appetite, improve the overall condition of the skin. An infusion of the root is prescribed for furunculosis, skin rashes, acne and other conditions. To prepare the infusion, 1 tablespoon of crushed roots pour 1 cup hot water, simmer for 15 minutes, cool 45 minutes and strain. Take 1/3-1/2 cup 3 times a day 15 minutes before meals, warm. For the prevention of atherosclerosis, dry dandelion roots, ground in a meat grinder. Take 1 tablespoon 3 times a day. On they taste bitter, so the raw materials are not chewed, and slowly coat it with saliva and swallow it. You can take them with honey or any sweet syrup.

Sarsabil has been widely used in medicine in the Mediterranean region since ancient times. It grows in Samarkand, Bukhara, Fergana and Tashkent regions of Uzbekistan. As a result of pharmacological and toxicological studies, phytopreparations of plant products have been found to have a wide range of therapeutic properties in the treatment of tachycardia and heart diseases, which boosts the immunity of liverwort. Cardiovascular diseases are the most common diseases, some of them are widespread on the earth and the complications are fatal or seriously affecting health, ischemic heart disease (IHD), heart attack (rheumocarditis), and other diseases. causes heart failure. Atherosclerosis in this disease occurs as a result of the breakdown of fat exchange in the inner intima layer of the arterial blood vessel wall, and as a result, the elasticity (elasticity) of the blood vessel wall is disturbed, it hardens, and the space narrows. If the tissue blood supply worsens and such a change occurs in the blood vessels of the brain, heart, and kidneys, life-threatening diseases (insulin, angina pectoris, myocardial infarction, etc.) occur. The root and extract of the medicinal plant sarsabil, which grows naturally in Samarkand, is very effective.

Sarsabil buds contain a lot of asparagine and arginine, a small amount of carotene, lysine. In medicine, sarsabil has diuretic and relaxing, analgesic, antispasmodic, anti-inflammatory and anti-edematous properties. In addition, it strengthens the formation of blood, stimulates the formation of blood cells and helps in anemia. Sarsabil extract has a high effect on the nervous system and activates mental functions, expands the walls of blood vessels, lowers arterial blood pressure, improves the functioning of the liver and kidneys, stimulates the immune system and the digestive system. In medical practice, more than 100 folk remedies use about 600 medicinal plants and their various forms (infusion, decoction, nastoika, dry and liquid extract, powder, tablet, solution for injection and other phytopreparations). They differ in their pharmacological effects, these medicinal plants and their phytopreparations are distributed in therapeutic doses to the symptoms of the disease.



The healing effect of medicinal plants depends on their biologically active substances. The chemical structure of these substances is different, and they have different pharmacological effects. In the medicinal plant, biologically active substances are formed in the first and second processes, in the first one, proteins, lipids, carbohydrates, enzymes and vitamins are synthesized, and in the second one, alkaloids, glycosides, active compounds, essential oils, additives, pectins, coumarins, including phytoncides and others. In addition to these, the plant contains biologically active and pharmacologically indifferent substances. All these and other medicinal properties of Sarsabil have been used by mankind for centuries in various therapeutic practices. Today, most of them have been confirmed in laboratory experiments on animals, and some in clinical studies involving humans. Coumarin and saponin, found in many plants, are present in sarsabil, and asparagine in the roots of the plant was first isolated from medicinal sarsabil. They have a positive effect on the human body. Sarsabil extracts in capsules, tablets and other forms of domestic and foreign manufacturers are freely available along with other herbal supplements with biologically active components. The instructions for them recommend the use of sarsabil drugs as an adaptogen, immunomodulator, diuretic, tonic and cleansing agent.

Dietitians specializing in eco-nutrition "recommend" sarsabil for the treatment of liver, prostate, bladder, kidneys, as well as diabetes, gout, atherosclerosis and heart pathologies. In folk medicine, sarsabil rhizomes are used in the early stages of hypertension and venous insufficiency. In addition, it is prescribed to create a diuretic effect and eliminate inflammation of the urinary tract. To reduce toothache, doctors recommend chewing pieces of fresh sarsabil root. However, often the raw material obtained from the underground part of the plant is used in the form of decoctions and infusions. To make a tincture of sarsabil roots, they usually take a tablespoon of dried raw material in a glass of boiling water. When preparing the decoction, the same amount of raw materials is poured into 1.5 cups of water, they are first boiled, and then kept on low heat for another 2 minutes. To prepare a decoction of the herb, you need 2 tablespoons of dry raw materials and half a liter of water. The herb is first boiled for 5 minutes, then left to cool.

Drink half a glass three times a day. Although many of the medicinal effects of the underground and above-ground parts of the plant are the same, there is a certain tradition of using sarsabil decoctions and tinctures in the treatment of diseases in folk medicine. Tinctures of sarsabil rhizomes are used in kidney stone disease, nephrolithiasis, difficulty urinating, cystitis, epilepsy, and tachycardia. In the second case, dry grass (2 teaspoons) is added to a still hot decoction of roots (350 ml) and closed for 2 hours. This tool is taken 2 tablespoons 3 times a day before meals to restore heart rhythm.



Sarsabil is a popular topic of pharmaceutical and medical scientific research today, one of the reasons for this is the wide and effective use of sarsabil in folk medicine in different countries, this plant has an excellent reputation as a universal remedy. Today, scientists are actively testing the many therapeutic properties that sarsabil is famous for. And one of the most popular is the topic of the effect of sarsabil extract on brain activity and the state of the nervous system.

The effect of Sarsabil extract on memory and acetylcholinesterase activity in the scopolamine-induced amnesia model was studied in an experiment with 60 mice divided into 6 groups. Three of them received low (1.6 ml/kg), medium (8 ml/kg) and high (16 ml/kg) doses of the extract. Perhaps such an extract can prevent cognitive impairment in age-related diseases such as Alzheimer's disease. Fermented sarsabil extracts reduce mental stress and improve sleep efficiency in healthy older men under psychological stress.

Conclusions: The results showed that a moderate dose significantly improved cognitive impairment in mice in the novel object recognition test and several other tests. Analysis of biochemical parameters confirmed behavioral parameters and showed that sarsabil stem extract protects learning and memory function in mice by increasing cholinergic nervous system activity.

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