



**APPLICATION OF "LINI SEMINA" IN MEDICINE FOR TREATMENT OF
GASTROINTESTINAL DISEASES TRACT**

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ABSTRACT

The use of preparations based on medicinal plants in folk medicine will not lose its importance and special attention is paid to the use

Key words

Flax seeds, laziness, Lini semina, medicinal use, peptic ulcer, colitis, enterocolitis, inflammation of the esophagus, astringent. these funds. Medicinal preparations based on flax seeds are enveloping products of plant origin, and in this review we consider flax seeds produced by the pharmaceutical company PharmaTsvet.

Introduction. The discoverer of the medicinal properties of flax seeds was Hippocrates, who told the world a recipe for a decoction of flax seeds that helps with stomach diseases. And in later times, flax seeds found use in folk medicine due to their softening, cleansing and bactericidal properties [1, 3-4]. In the 80s of the last century, nutritionists from around the world began to actively and deeply study the properties of flaxseed as a natural and healthy product. Well, in the 21st century, flax seed began to play a significant and important role in human dietary nutrition, thus taking part in the prevention and treatment of a number of diseases [1, 5-7]. This is confirmed by data: In Germany, more than 60,000 tons of flax seed are used in the baking industry annually (on average, about 1 kg per person per year). And in Canada, flax seed is no longer considered as a food additive, but as a separate food product, and therefore a special National Program has been adopted, recommending the inclusion of up to 12% of flax seeds in baked goods [1, 8-10].

Materials and methods of research. The materials of this study are medicinal plants Flax, a medicinal substance belonging to the group of medicinal plants and raw materials containing fatty oils.

Chemical composition. Flax seeds contain mucilage, fatty oil, proteins, vitamin A, organic acids, linamarin glycoside and other biologically active substances.

Research results. Flaxseed oil is obtained by hot pressing from crushed seeds. The color of the oil is light yellow with a brownish tint, the smell is characteristic,



the taste is pleasant [1, 11-12]. The oil consists mainly of two- and three-acid triglycerides of oleic, linoleic and linolenic acids. The acid number is not more than 5. The oil content in the seeds depends on the type of flax, growing areas and soil and climatic conditions, therefore it varies widely - from 24 to 44%. Even greater diversity is observed in the composition of the oil: as crops move from north to south, the amount of linoleic (from 60 to 25%) and linolenic (from 45 to 20%) acids decreases in the composition of triglycerides. In accordance with this, the iodine number also fluctuates: oil from the northern regions has a higher iodine number [2, 13-14].

For a long time, the use of linseed oil in medical practice was limited to the preparation of liniment for burns. The discovery of the ability of polyunsaturated fatty acids to accelerate the breakdown and remove lipids from the body immediately and dramatically increased the medicinal value of flaxseed oil [2, 15-16]. Moreover, it turned out that polyunsaturated fatty acids are the biological starting materials for the biosynthesis of prostaglandins in the human and animal body, which exhibit a variety of physiological effects. The drug linetol is obtained from flaxseed oil, which is a mixture of ethyl esters of linoleic (about 15%), linolenic (about 57%), oleic (about 15%) acids; the rest is saturated acids [2, 17-18]. Esterification of fatty acids improves the organoleptic properties of the oil; the drug is better tolerated. Linetol is used for atherosclerosis and as an ointment externally for burns, radiation injuries and other skin diseases [2, 19-20].

Flaxseed contains three types of valuable polyunsaturated fatty acids (Omega-3, Omega-6 and Omega-9), the correct balance of which is necessary for all vital processes of the human body. In terms of Omega-3 content, flax seeds are superior to all edible vegetable oils (this acid in flax seeds is 3 times more than in fish oil) [1, 21-22].

The amino acid composition of flaxseed protein is similar to that of soybean plant proteins, famous for their nutritional value. Flax seeds are an excellent source of plant fiber, the increased content of which in products helps reduce the risk of cancer and has a positive effect on the immune system [1, 23-24]. Due to the high content of polysaccharides, a decoction of flax seeds has an enveloping and bactericidal effect against gastritis and stomach ulcers [1, 25-26].

Lignans ("plant hormones"), which are 100 times more abundant in flax seeds than in other plant foods, are well known as antioxidants that prevent the development of cancer. They also have antibacterial and antiviral effects [1, 27-28].

Vitamins F, A, E, B. Flax seeds are an excellent external source of vitamin F, which is important for the body, which is actively involved in fat and cholesterol metabolism (this vitamin is not synthesized in the body). Vitamins A and E



("vitamins of youth") have a beneficial effect on the skin - it is thanks to them that flaxseeds have found use in many cosmetic recipes [1, 29-30].

In addition, flax seeds are an important source of selenium, which, in turn, prevents the development of tumors, cleanses the body of heavy metals, and helps improve vision and brain activity. Flax seed is also rich in lecithin, which is so beneficial for humans [1, 31-32].

For diseases of the digestive system, a decoction of flax seeds, due to its enveloping and softening effect, has a protective effect on the mucous membrane of the esophagus and stomach, and can be used to treat stomach ulcers and gastritis. Fiber, which flax seeds are rich in, primarily activates intestinal activity, helping a person cope with chronic constipation. This "laxative" effect of flax seeds is due to the fact that, by swelling in the intestines, they increase the volume of intestinal contents and thus stimulate emptying. Taking 50 grams of flax seeds daily for two weeks is an effective traditional medicine for treating intestinal diseases even in older people with weak immune systems. Regular consumption of flax seeds helps to significantly improve liver function, significantly inhibits the absorption of toxins, and helps cleanse the body of toxins [1, 33-34].

For cardiovascular diseases, flax seeds contain large amounts of Omega-3 polyunsaturated fatty acid, the presence of which in the body helps reduce blood cholesterol and blood pressure. This has found application in the prevention and treatment of atherosclerosis, stroke, heart attack, thrombosis and other disorders of the cardiovascular system [1, 35-36].

In case of cancer, flax seeds contain two important components that reduce the risk of hormonally dependent cancers - Omega-3 acid and "plant hormones" lignans [1, 37-38].

In diabetes mellitus, flax seeds have an enhancing effect on insulin; they are also used in the prevention and treatment of diabetes [1, 39-40].

In case of inflammatory diseases, omega-3 contained in flax seeds generally increases the overall immunity of the body, which prevents the occurrence and development of inflammatory processes. Compresses made from flaxseed soften boils and abscesses and are used in the treatment of joint diseases, and tinctures from flax seeds are used in the treatment of inflammatory processes in the mouth and throat [1, 41-43]. helps alleviate allergic diseases, improves kidney and thyroid function, normalizes hormonal balance in a woman's body[1, 47-49].

Conclusions. From the above information, we come to the conclusion that the drug produced by the pharmaceutical company "PharmaTsvet" has a number of beneficial properties for the gastrointestinal tract of the human body. An infusion of flax seeds has an enveloping, anti-inflammatory and mild laxative effect. Flax seeds swollen in water have a laxative effect. Prospects for further research involve



finding new properties and creating modern dosage forms with additional pharmacological properties of the medicinal plant.

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