

**TREATMENT OF ULCERATIVE COLITIS IN FOLK MEDICINE WITH
HYPERICUM, ACHILLEA MILLEFOLIUM, PLANTAGO, CALENDULA OFFICINALIS,
INULA HELENIUM AND MATRICARIA**

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Annotation. This article analyzes data on rejuvenation and an increase in the number of patients with Ulcerative colitis, one of the most common gastroenterological diseases in the world. The main attention is paid to the study of the factors contributing to the occurrence of this disease, the side effects of drugs used today to treat the disease on the human body. The biological activity of the food additive "Hypericum, achillea millefolium, plantago, calendula officinalis, inula helenium and matricaria", the chemical composition of medicinal plants used for its treatment, as well as on the methods of their use and mechanisms of action, recommended for the prevention and treatment of this disease, as well as the relevant conclusions were drawn.

Keywords: ulcerative colitis, hypericum, achillea millefolium, plantago, calendula officinalis, inula helenium.

In the later years of the 20th century, *Helicobacter pylori* and the determination of its place in the origin of diseases of the gastrointestinal system are considered one of the most important achievements of Medicine. *H. pylori* belongs to a series of slow "therapeutic" damaging "new" infections, mainly accompanied by diseases of the stomach and duodenum. According to the World Health Organization (who) in 2024, 1.09 million people in the world were diagnosed with gastric cancer, from which the death rate was 769,000. According to the WHO and Maastricht agreement, *H.pylori* is one of the main factors in the origin of diseases of the gastrointestinal system and gastric cancer (MS). According to epidemiological data, 60% of the world's population is infected with this microorganism. *H. the presence of pylori* is an extremely important etiopathogenetic factor in the origin of chronic gastritis, gastric ulcer disease, mucosal associated gastric lymphoma and for this reason, the optimization of eradication therapy, taking into account genetic factors in diseases of the stomach that have been diagnosed with *helicobacter*, is one of the complex and pressing problems of modern Clinical Gastroenterology.

A number of scientific studies are being carried out on the optimization of eradication therapy, taking into account genetic factors in diseases of the stomach. the proportionality of the specific clinical characteristics of *pylori*-associated diseases to various factors, with the bacterium taking into account the degree of damage, *Helicobacter* showed local indicators of qualitative and quantitative reactions of inflammation in the gastric mucosa in these diseases, and *Helicobacter* of particular importance in *pylori*-associated pathologies is the implementation of scientific research aimed at increasing the effectiveness of assessing morphological changes in the gastric mucosa.

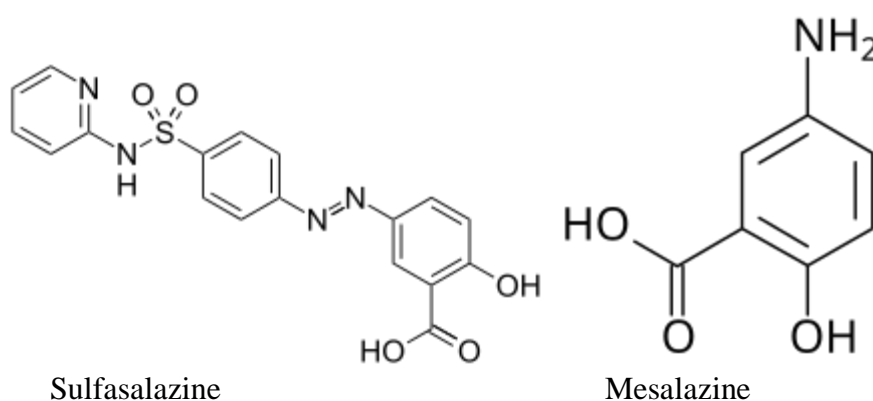
In Uzbekistan, medicine is assigned tasks aimed at early diagnosis, effective treatment, prevention and reduction of complications of chronic diseases. In this regard" improving the effectiveness, quality of medical care provided to the population in our country, as well as the

formation of a system of medical standardization, the introduction of high-tech methods of diagnosis and treatment, the creation of effective models of patronage service and dispensary, support a healthy lifestyle and Prevention of diseases" defined functions like. It follows from this that it is advisable to carry out scientific research in the direction of eradication therapy, taking into account genetic factors in diseases of the stomach that are associated with helicobacter.

The food digestion system functions to absorb and digest the nutrients that foods can absorb. These nutrients then spread through the bloodstream to the body. A variety of factors are responsible for the appearance of diseases in these organs: violation of proper nutrition, smoking in taste, experiencing stress disorders due to severe illness are among them.

The principles of treating ulcerative colitis are based on improving the quality of life of patients, achieving steroid-free remission, and reducing the risk of colorectal cancer. The use of 5-aminosalicylic acid (5-ask) products is effective in the treatment of mild to moderately severe ulcerative colitis. Sulfasalazine and Mesasalazines, both of which belong to 5-aminosalicylic acid, are synthesized as a synthetic drug.

Sulfasalazine and Mesasalazine have adverse effects if blood concentrations increase by 50 mg/L. It is used primarily to treat inflammatory bowel diseases, including ulcerative colitis disease.



It is also used to treat rheumatoid arthritis and other types of inflammatory arthritis. In metabolism, sulfasalazine is converted to sulfapyridine. Its concentration in the blood should be checked every three months.

In rare cases, sulfasalazine can cause severe depression, restlessness, paresthesia, seizures, tremors, seizures, infertility. Sulfasalazine ingests cause folate acid deficiency and megaloblastic anemia. Therefore, in addition to this drug, the combination of biologically active additive zutburum, sorrel and reddening relieves the above side effects. The plant world of our country is colorful, charming in ideation. Found in our nature, the species hypericum, achillea millefolium, plantago, calendula officinalis, inula helenium and matricaria are common in Central Asia, growing in fields, roadsides, cultivated fields, grasslands, ditches and riverbanks, gardens, as well as cultivated fields as a weed. It is found in almost all regions of Uzbekistan.

The above tasks serve to reduce the incidence of diseases caused by weakening of the protective barrier of the gastric mucosa by creating biologically active drugs and improving their use to develop measures aimed at reducing the incidence of disability and death from gastric ulcer disease among different segments of the population.

As a first – line therapy for patients with mild to moderate ulcerative colitis activity, medicinal plants are most often used- hypericum, achillea millefolium, plantago, calendula officinalis, inula helenium and matricaria. Important features of the mechanism of action of medicinal plants are its ability to thin out cyclooxygenase and lipoxygenase, which leads to a decrease in the formation of

anti-inflammatory prostaglandins and leukotrienes. In addition, hypericum, achillea millefolium, plantago, calendula officinalis, inula helenium and matricaria have antioxidant properties.



Side effects such as Stuttering, headaches, dyspepsia, skin rashes, rhinitis, abdominal pain, constipation, which occur in the main therapy of ulcerative colitis, are not observed when medicinal plants are used. When using medicinal plants, ulcerative colitis can achieve nonsteroidal remission, complications can be prevented by intestinal obstruction due to the appearance of peritonitis, intestinal bleeding, anemia, strictures, scars. The basic therapy of medicinal plants improves the quality of life of patients with ulcerative colitis when used together with medication.

Medicinal herbal decoctions can be drunk and applied in enema forms. When remission of mild to moderate severe degrees of ulcerative colitis is achieved, the patient should be prescribed supportive therapy for at least 2 years, during which the medicinal plants are prescribed to patients with ulcerative colitis. Thus, in order to achieve remission with mild to moderate ulcerative colitis, first-line therapy of medicinal plants which rectal forms of the drug are recommended to be used.

- Take hypericum, achillea millefolium, plantago, calendula officinalis, inula helenium and matricaria from each of the 2 spoons and infuse into 1.5 liters of boiling water. After standing for two hours, strain and drink for 0.5 liters of milk. 1.0 liters of cleansing enema is followed by enema. These medicinal plants have been shown to be effective in patients with ulcerative colitis therapy, gastric and 12-finger intestinal ulcer disease, and are included in recommendations for the treatment of mild to moderate activity colitis.

The tincture is drunk 30 minutes after meals, 2 tablespoons 2-3 times a day for 7-10 days. In addition to hypericum, achillea millefolium, plantago, calendula officinalis, inula helenium and matricaria in medicine, the middle hypericum, achillea millefolium, plantago, calendula officinalis, inula helenium and matricaria Plantago media L. (leaf with hairy short band on two sides), hypericum, achillea millefolium, plantago, calendula officinalis, inula helenium and matricaria lanceolata L. (leaf lanceolate) plants are also used.

A decoction of plant seeds (sometimes mixing roasted seeds into sugar) is used to treat blood mixture constipation (especially in children), cough, fever, blood spit and other diseases. In a bowl, add 3 tablespoons of freshly cut and grated leaf, mix it with sugar or honey and cover with a lid and put on a warm plate. The separated juice is drunk 4 times a day half an hour before meals with a teaspoon of the aforementioned diseases.

Conclusion.

That being said, as a result of a consistent study of the chemical composition and medicinal properties of quince leaf, a positive result can be obtained by using the leaves of this plant in the prevention and treatment of the above-mentioned ulcerative colitis diseases.

Due to the high content of vitamin C in quince fruit and leaf, the participation of vitamin C in collagen synthesis can slow hypericum, achillea millefolium, plantago, calendula officinalis, inula

helenium and matricaria down aging, reduce the risk of developing chronic diseases, protect the body from inflammation during inflammation, help fight infectious diseases, strengthen immunity, improve the absorption of iron microelements to the body, it is considered a joke of nature, characterized by its unique properties, such as helping to intestinal flora normalize, reducing the risk of developing cardiovascular diseases. The consumption of decoctions made from quince leaf helps to strengthen the immune system, normalize body weight and keep the skin healthy. Taking into account the fact that dry raw materials-based remedies, including juicy and alcoholic decoctions of hypericum, achillea millefolium, plantago, calendula officinalis, inula helenium and matricaria leaf, do not adversely affect the human body, it is necessary to carry out the work and practice of medicinal products prepared on the basis of hypericum, achillea millefolium, plantago, calendula officinalis, inula helenium and matricaria leaf addition.

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