

Rare Medicinal Herbs Used in Kidney Diseases Found in Uzbekistan

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Abstract: Currently, the attention of most scientists is focused on medicinal plants. No matter how effective the new drugs produced by the chemical and pharmaceutical industries are, medicinal herbs growing in our forests and fields are highly valued by hundreds of thousands of our doctors and patients. The healing properties of most medicinal plants have been carefully studied by pharmaceutical companies recognized by scientific medicine. Although 35-40 percent of the drugs sold in pharmacies are drugs obtained from natural plants, the use of these natural drugs in medical institutions is very low, 5-10 percent. In addition, trace elements present in plants are better absorbed by the human body, because they are found in plant materials in "biological" concentrations [1, 2].

Chronic kidney disease is one of the urgent problems in Uzbekistan, as well as in the whole world, and it is among the diseases of social importance due to the high mortality rate and large financial costs. Primarily among the working-age population, it causes disability in the military, manufacturing industry, and the able-bodied population in general. As a result, the labor force in the country will decrease and economic growth will lag behind.

Keywords: SBE-chronic kidney failure, BK-kidney diseases.

Enter

The NHANES-[3] study found that the prevalence of chronic kidney disease is as high as 5% in the general population. And a further study of this problem (NHANES III study) showed that the prevalence of SBK among people aged 20 and older reaches 14% (about 19.2 million people). Among patients, CBK stage I was observed in 3.3%; CBK stage II is confirmed in 3.0%, CBK stage III in 4.3% and CBK stage IV-V in 0.4% of the population.

Acute pyelonephritis accounts for 14% of all kidney diseases and occurs mainly in women [5]. Within a year, recurrence of the disease is observed in 30% of cases [6]. The main method of treatment is adequate antibacterial therapy, and a course of treatment with modern antibiotics of 10-14 days is considered sufficient [7]. Herbal medicines are traditionally used to improve the effectiveness of treatment of patients with pyelonephritis. The polyvalent effect of herbal preparations containing a large number of biologically active substances contributes to the early recovery of the disease and prevention of the recurrence of the disease [4].

Phytotherapy is of great importance in the medical conservative treatment of urolithiasis, which today is recommended by some experts not only as an auxiliary tool, but also as the main approach to the treatment of urolithiasis. [8, 9]. The reason for this, in our opinion, lies in the high potential anti-lithogenic effect of phytopreparations. Due to the diversity of their phytochemical composition, many plants may have versatile effects promoting litholysis and/or

lithokinesis (removal of uroliths from the kidneys without destruction) [8, 9, 10,11]. Another species of kidney tea (Orthosiphon grandiflorum) also significantly reduced calcium oxalate crystallization in the experiment, which was accompanied by increased levels of catalase and superoxide dismutase in kidney tissue [12]. However, it is interesting that other authors did not find significant anti-lithogenic activity of kidney tea (Orthosiphon grandiflorum) in modeling experimental oxalate nephrolithiasis [13].

In general, there is a lot of information about medicinal plants in the scientific literature, and it is necessary to be careful not to use all of them in the same way in the treatment of patients. According to the results of various observational studies, medicinal products made from natural plants may not always achieve the results we expect, or even have the opposite effect. A clear example of this is the controversy over the plant Orthosiphon grandiflorum. This can happen for two different reasons.

- 1. Disproportion between the medicinal plant being taken and the patient's living conditions
- 2. The medicinal plant being taken depends on the macro-microelements and pesticides in the soil where it grows.

Therefore, it is appropriate that we use medicinal plants that grow in Central Asia.

Tribulus terrestris L.



Fig. 1 Tribulus terrestris L.

Blackthorn plant is a medicinal weed belonging to the Zygophyllaceae family. It grows in Central Asia, in the deserts, plains, along roads and railways, on the banks of rivers and streams, and in fields in the Caucasus, Altai and Eastern Siberia. In Uzbekistan, thistle plant is more common along railway tracks, roadsides on the banks of streams and rivers, and on gravel and small stony areas. To moisture not so much turn off not , Dry is also good in the environment grows . Iron man in the plant people in medicine long from years since using will come . For now come while scientific in medicine also his edges manifestation is happening and even more pharmaceutical in the industry necessary medicines is being prepared . Iron man of the plant land top part contains steroid saponins , garman alkaloid , up to 0.6% It is rich in flavonoids , coumarins , vitamin C up to 160 mg% .

Many countries people in medicine wide used [14]. People in medicine impotence treatment for is used [14]. Iran is a nation in medicine - urine driver , laxative as , fowls for , syphilis in treatment . In Nepal, it is used in urogenital infections [15], in Indian medicine - in radiculitis , pelvis and sacred of members in inflammation , dry in a cough and breath get in diseases is used [16]. Traditional china in the treatment of eyes , swelling , abdomen space swelling ,

pathological pains and sexual dysfunctions treatment for is used . In Shern-Nong Pharmacopoeia Tribulus terrestris L. very valuable drug as present done [14].

Iranian scientists in 2016 Tribulus of terrestris L ethanol extract type 2 diabetes played in women placebo with in comparison glucose the amount efficient respectively reduce it showed [17]. Hypoglycemic effect The mechanism is probably thin intestinal α - glucosidase activity inhibition to do with depends [18, 19]. Light α - amylase inhibitory effect was also determined [18].

Tribulus terrestris of natural reserves use level not , mostly road in the years and railway _ on the collars growth in consideration take the car commute in the part near is located from the regions spare as use medicine also prohibited by _ The reason is this in the regions plants in the organs different character thief metals Accumulation is observed _ _ _ substances a person organism for very harmful is considered That's why for , of the plant natural populations increase and agrotechnics work output is required .

Horseradish - Rumex



Fig. 2 A-shavel Tribulus terrestris L. growing on the side of V-road.

Horse sorrel roots are widely used in folk medicine. The rich chemical composition of the plant sorrel (Rumex L.) defines a wide range of preparations based on these plants. Sorrel is used as an astringent, laxative, anti-inflammatory, diuretic, antiseptic, hemostatic and choleretic source of biological effects, and also normalizes the level of bilirubin. The antioxidant properties of horse sorrel are experimentally confirmed by the content of phenolic and polyphenolic compounds with antimutagenic and anticarcinogenic activity, which participate in oxidation-reduction reactions, as well as in the processes of neutralization of reactive oxygen species. [20]. Horse sorrel-Rumex confertus Villd., water sorrel-R. aquaticus L., ordinary sorrel - R. acetosa L., curly sorrel-R. crispus L. All types of sorrel belong to the family of ordinary plants. They are all Central in Asia occurs . Pains _ on the edge , in the fields , among the crops grows . Rumex in some lands it is grown as a crop all year round during is grown . Various from Rumex salads it is prepared, pies and soups are cooked from it is prepared. Z is stable, people and scientific very popular in medicine . Vitamin C in flowers determined . of Rumex in the roots mucus , anthraquinone determined from this besides, chrysophanous acid, tannin, caffeic acid, flavonoid vitamin, vitexin like substances in the composition saves - [21]. The whole plant is rich in potassium oxalate. Sorrel stores Fe, Mn, Si, P salt concentrates - [23].

Consumed sorrel roots stop bloody diarrhea, cure jaundice, stop bloody discharge from the uterus, stop menstruation. If you grind the roots and apply it externally or mix it with vinegar, it will heal the Afghan ulcer, nail cracks. When applied externally, this remedy also dissolves spleen tumors. Sorrow root wine or their decoction, when consumed, helps with mechanical jaundice, dissolves bladder and kidney stones, stimulates menstruation - [22].

Sorrel root tincture has been successfully used in the treatment of hypertension. Tincture (1:10) is taken 10-15 drops before meals, 3 times a day. It significantly lowers systolic and diastolic blood pressure, has a sedative effect, controls urine – [24]

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