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THE USE OF MEDICINAL PLANTS IN FOLK MEDICINE FOR ULCERATIVE COLITIS, PEPTIC ULCER OF THE STOMACH AND DUODENUM

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Annotation
This article provides information on the importance of dietary supplements in traditional medicine, and on the biological significance of medicinal plants used as dietary supplements for the treatment of ulcerative colitis, hypericum, achillea millefolium, plantago, calendula officinalis, inula helenium and matricaria, chemical composition and vitamins, as well as the mechanism of action of these plants on the colon wall and their discussion.

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Introduction. The incidence of ulcerative colitis in the world is growing every day, especially in economically developed countries, where there is a rapid increase in the incidence. Ulcerative colitis is a disease accompanied by chronic inflammation of the colon, leading to partial or complete disability, mainly 20-40 years[12,7].

According to the World Health Organization (WHO), patients with ulcerative colitis complications are returning to the fact that more than 1.8 million people die each year. It is known that the prevalence of the disease in different countries averages from 24,3,3 to 214 cases per 100,000 people[4,6].

To date, the identification of factors affecting the course of ulcerative colitis, the development of therapeutic and preventive measures is one of the urgent problems that need to be addressed by industry workers. A number of scientific studies are being conducted in the world aimed at improving the effectiveness of immunological and infectious aspects of the pathogenesis of ulcerative colitis[9].

The development of the medical sector in our country is entrusted with a number of tasks aimed at bringing the medical system in line with the requirements of world standards, diagnostics, prevention and treatment of various somatic diseases. Improving the efficiency, quality and popularity of medical care provided to the population in our country, as well as the introduction of

high-tech methods of early diagnosis and treatment of diseases,is important for maintaining a healthy lifestyle and preventing diseases.

In this regard, the country's development strategy for 2022-2026 defines such tasks as " implementation of a set of measures aimed at protecting public health, building the capacity of medical professionals and implementing a program for the development of the health system[11].

The above-mentioned tasks serve to reduce the morbidity caused by the weakening of the protective barrier of the gastric mucosa, by creating and improving the use of biologically active drugs to develop measures aimed at reducing disability and mortality from peptic ulcer disease among various segments of the population.

As a first – line therapy for patients with mild to moderate ulcerative colitis, plants are most often used-hypericum, achillea millefolium, plantago, calendula officinalis, inula helenium and matricaria. Important features of the mechanism of action of the medicinal plant are its work on inhibiting Cyclooxygenase and lipoxygenase, which leads to a decrease in the formation of anti-inflammatory prostaglandins and leukotrienes[8]. In addition, dentate-billed, hornwort, and clove have antioxidant properties.

Basic treatment of ulcerative colitis side effects such as stuttering, headache, dyspepsia, skin rash, rhinitis, abdominal pain, constipation are not observed with the use of medicinal plants. When using medicinal plants for ulcerative colitis, non-steroidal remission can be achieved, and complications such as peritonitis, intestinal bleeding, anemia, intestinal obstruction due to the formation of strictures, scars, can be prevented. Medicinal plants improve the quality of life patients with ulcerative colitis when used in the main drug therapy [10].

Tincture of medicinal plants can be drunk and used in enema forms. If remission of mild to moderate ulcerative colitis is achieved, the patient should be prescribed maintenance therapy for at least 2 years, during which time medicinal plants are prescribed to patients with ulcerative colitis. Thus, to achieve remission in ulcerative colitis of mild to moderate severity, it is recommended to use rectal forms of first-line medicinal plant therapy [7].

Hypericum, achillea millefolium, plantago, calendula officinalis, inula helenium and matricaria 2 spoons on 1.5 liters of boiled water. After two hours of infusion, strain and drink 0.5 liters per day. After 1.0 liters of cleansing enema, make an enema. These medicinal plants have proven effective in the treatment of ulcerative colitis, gastric ulcer and duodenal ulcer and are included in the recommendations for the treatment of mild to moderate colitis [5].

Table 1. Macro- and microelements of medicinal plants

Name of macro- and microelements		**Withobsession of elements in 100 g of green mass (mg)**					
		Achillea millefolium	**Hypericum**	**Plantago**	**Inula helenium**	**Calendula officinalis**	**Matricaria**
Zinc	**Zn**	3.48	0.71	0.91	0.39	3.78	2.06
Selenium	**Se**	80	5	4.5	364	420	5.48
Ferrum	**Fe**	8.20	0.11	6.07	0.4	8.1	3
Manganese	**Mn**	84.3	2.2	1.21	1.8	3,861	1.37
Copper	**Su**	155.33	0.34	144	0.08	2,655.655	0.49
Potassium	**K**	3070	168	552	2500	3780	187
Calcium	**Ca**	1090	7.3	186	100	900	28
Magnesium	**Mg**	116	0.25	36	750	270	99
Sodium	**Na**	80.09	0.18	59	75.4	405	7
Sulfur	**S**	23.7	0.18	87	127	153	38
Phosphorus	**P**	43	48	50	150	423	95

As can be seen from the table above, this plant has a relatively high content of calcium, potassium, magnesium, phosphorus, selenium and copper, which provides replenishment of the elements necessary for the human body.



When taking tincture, the plant is more absorbed in the small intestine, and part of it enters the large intestine intact, so for adequate therapy it is necessary to drink tincture hypericum, achillea millefolium, plantago, calendula officinalis, inula helenium and matricaria, also take forms and apply in rectal forms of medicinal plants, as in the form of monotherapy for colitis, and in the combined case of generalized and left-side lesions of the colon.

Medicinal plants have a curative effect with local activity on the intestinal mucosa.

Thus, various pharmacological forms optimize delivery to the affected part of the stomach, intestines, minimizing systemic absorption, which ensures maximum therapeutic effectiveness at the lowest possible dose of the drug and, thus, reduces side effects [1].

Medicinal plants have a curative effect through several mechanisms:

1. Antibacterial activity: Medicinal plants act on anaerobic bacteria and inhibit their growth. These bacteria contribute to the inflammation and damage seen in colitis and inflammatory bowel diseases.

2. Reduced inflammatory reactivity: Medicinal plants help modulate the inflammatory response by reducing the production of anti-inflammatory substances such as cytokines and reactive oxygen species. This anti-inflammatory effectcan help ease the symptoms associated with colitis.

3. Regulation of the immune system: Medicinal plants also affect the immune system by modulating the activity of immune cells involved in the inflammatory process. This regulation helps restore immune balance and reduce inflammation in the colon.

Medicinal plants play a crucial role in the treatment of colitis and inflammatory bowel diseases. However, it should be noted that the effectiveness of medicinal plants may vary depending on individual factors, including the specific condition and severity of the disease [3].

Conclusion. Hypericum, achillea millefolium, plantago, calendula officinalis, inula helenium and matricariaplants have proven to be effective in treating colitis. Thanks to its mechanism of action, it helps calm inflammation and reduce symptoms in people with the condition.

It is important to note that medicinal plants should be used under the guidance of medical professionals. They can determine the appropriate dosage and monitor possible side effects.

Hypericum, achillea millefolium, plantago, calendula officinalis, inula helenium and matricariaplants are most effective for treating colitis, and other aspects of colitis treatment should also be considered. This includes lifestyle changes such as eating a healthy diet, reducing stress, and exercising regularly.

The use of medicinal plants in galls in addition to the main treatment of colitis has improved the quality of life.

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