THE IMPACT OF THE DIETARY SUPPLEMENT "CALENDULA AND INULA HELIUM" ON STOMACH AND DUODENAL ULCERS

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Abstract: *This page discusses the chemical makeup of medicinal plants used to cure internal disorders and the significant role that phytotherapy and the diet table play in folk medicine for the treatment of ulcerative colitis patients.*

Keywords: *ulcerative colitis, antioxidants, clinical symptoms, therapeutic plants, and medicinal diet tables.*

Duodenal and stomach ulcers are among the most prevalent digestive system disorders worldwide. Even with the practical use of contemporary novel medications and treatment guidelines, treating gastropathies of various origins and stomach ulcers continues to be one of the most urgent issues. The population's high rate of gastropathies suggests that this issue has to be resolved. Both young individuals and the elderly are equally susceptible to the sickness. The illness progresses differently in older adults than in younger ones, and it can occasionally result in major consequences. Gastric-intestinal hemorrhage, peritonitis, its penetration into the pancreas, the formation of malignant tumors, and occasionally their fatality are the main complications that arise in gastric pathology.

The evaluation of the link between protective and aggressive factors in the stomach mucosa and the development of medications that prevent its violation are among the urgent issues. Because the pathophysiology of injury to the stomach's mucous membrane is complicated, the pharmacotherapeutic strategy to treating it also has to be continuously improved, according to a study of observations made worldwide. Numerous medications are utilized in medical practice today to treat gastropathy, however they fall short of what practicing physicians need. In this sense, developing novel, potent medications using locally sourced ingredients and implementing them into medical practice are very crucial.

Shock, intestinal irritability, and shortness of breath are possible symptoms. While some people may have these symptoms, others may not. Possible explanation for this might be that cardiac issues can cause unconsciousness. Many of them were slain as a result. Seizures or spasms might happen. The regular operation of internal organs might be disrupted by irritated intestines, which can result in diarrhea.

Ulcerative colitis, for instance, can result in diarrhea. Intestinal mucosal edema can result from ulcers and ulcers on the intestinal mucosa. It is possible for the temperature (boiling point) to be greater than the boiling point. Hearing loss, unconsciousness, or even death may result from this. Blood clots can develop as a result of intestinal inflammation.

The fact that some animal species are incapable of reproducing might be the cause of this. If you have diarrhea and feel exhausted, your body is requiring more fluids and nutrients, which can cause stuttering and weariness. Patients frequently suffer from dehydration, nausea, and chills. If respiratory are found in the gut, they can be seen in people with blood clotting issues. Sleeplessness brought on by persistent nausea, vomiting, and diarrhea might worsen a patient's health.

There are 5 species of the order boeimodaron found in Uzbekistan. Boeimodaron grows on Adirs and ridges, roadsides and forest edges. Carotene, vitamin K and vitamin C, bitter substances are found in the composition. Extract and tincture are used to treat diseases of gastrointestinal ulcers, to open appetite and stop bleeding. And the mineral composition of the plant is detailed in the table below.

Table 1.

Micro-and Macroelements of boymadaron

The amount of Micro- and macronutrients	**in 100 g of green mass (mg)**
Zn	3,48
Pb	0,01
Mg	116,00
Na	80,09
Fe	8,20
Cu	155,33
K	1618,00
Ca	606,00
Cd	0.01
Ni	1.07

In the process of treatment, the diet plays an important role. It is also forbidden to eat fried, fatty, spicy, salty and sour foods. At the same time, it is recommended to

eat more protein-rich products. In addition, the presence of flavonoids allows this plant to maintain the balance of the female hormone system in one norm, which is useful for all symptoms associated with the pre-menstrual phase, which is associated with irritability, mood swings and weakness. 30-50 drops are diluted in half a glass of water, 2-3 times a day, after meals. The recommended maximum daily dose is 120 drops. For external use: soak gauze and moisturize the skin with brown spots twice a day.

Conclusion: A doctor should be called right away if the aforementioned symptoms are caused by inflammation in the large intestine since they might be signs of the illness. Future consequences can be avoided and symptoms can be alleviated with early identification and treatment. Sore throat, cough (gastritis, cough-ichak ichak, flatulence); craving for food, as a result, leads to death. tablets for erythema, both antispasmodic and antispasmodic, help with muscle cramps, menstruation, colitis, as well as back and joint pain.

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