THE USAGE OF CALENDULA AND INULA HELENIUM, WHICH ARE CULTIVATED IN UZBEKISTAN, IN TRADITIONAL MEDICINE FOR GASTROINTESTINAL DISORDERS

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Abstract:*Information on ulcerative colitis is given in this article. The article addresses non-specific ulcerative colitis treatment criteria, classification, clinics, and diagnostic methods based on international recommendations. Therapy indications and recommended doses for inula helenium, calendula, achillea, plantago, hypericum, and bidens based on severity stages are given, along with the Truelove/Witts and Mayo score criteria for assessing the severity stages of non-specific ulcerative colitis.*

Keywords: *calendula, inula helenium, ulcerative colitis.*

Introduction. There are 50 to 80 cases of ulcerative colitis for every 100,000 individuals. Patients between the ages of 20 and 40 have the highest frequency of the illness. One Increased sensitivity to antibiotics is a result of the high incidence of ulcerative colitis in the colon, including in ulcerative colitis patients. Intestinal toxicity, nausea, vomiting, and perforation are among the toxic responses and intestinal problems that can result from this illness. Following surgery for ulcerative colitis, a series of lymph node preventative procedures were not implemented.

The severity of the UC exacerbation is assessed using the Truelove and Witts (1955) criteria, which are supplemented by M.H. Levitan. Another choice is the Mayo Index, a severity assessment instrument created by the Mayo Clinic. The Mayo index is calculated by adding the frequency of bowel movements, rectal bleeding, endoscopic examination findings, and the physician's overall evaluation.

The regularity of stools: The typical frequency of bowel motions for this patient is 0. 1. The issue of whether more biological agents, immunosuppressants, or surgery are required must be addressed. Signs that are mild, moderate, or severe Stool frequency < 4 times per day > 4 times per day > 6 times per day There is hardly much evidence of rectal bleeding. pronounced . For two of the four days, the temperature is normal (<37.8°C > 37.8°C).

The effectiveness of drugs previously taken (during the last exacerbation and before the prescribed therapy was started). the presence of problems. To treat UC, two fundamental drug classes are utilized: Preparations of aminosalicylic acid (sulfasalazine, mesalazine). The glucocorticoid. Preparations of 5-aminosalicylic acid (5-ASA) topical use of mixtures such as calendula, achillea, inula helenium.

Topical treatment is advised for distal colitis (proctitis, proctosigmoiditis, or left-sided ulcerative colitis) and as part of a combination therapy for common colitis as the inflammatory process in ulcerative colitis always affects the distal intestine.

Results obtained.

Determination of vitamins in the sample extract. A chromatogram of the sample extract (1, 2 Pictures) was taken and, based on the results, the amounts of vitamins in the 100 g sample were calculated with the formula below and brought in Tables.

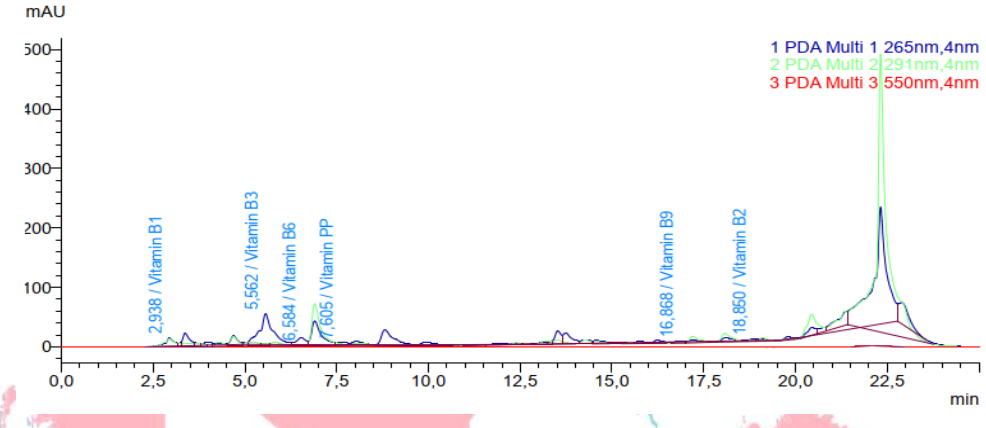


Figure 1. Chromatogram for the determination of vitamins in the sample extract.

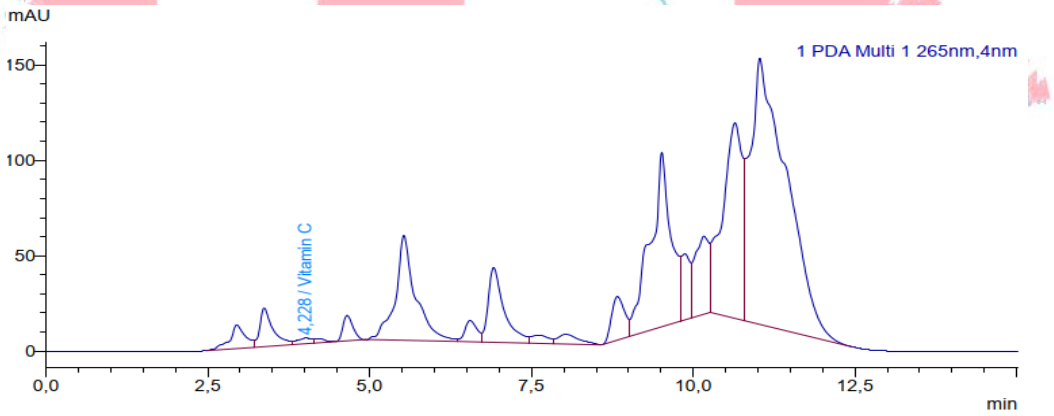


Figure 2. Chromatogram for the determination of vitamins in the sample extract.

Table 1.

The amount of vitamins in the extract and the capture Times.

Vitamin	Capture time, SEC	concentration, mg / l 100 g	sample quantity, mg
Vitamin B_1	2,938	6,631	16,578

Vitamin B_3	5,562	35,897	89,743
Vitamin PP	7,605	2,925	7,313
Vitamin B_9	16,868	0,642	1,605
Vitamin B_2	18,85	0,956	2,390
Vitamin B_6	6,584	0,849	2,123
Vitamin B_{12}	0	0	0,000
Vitamin C	4,228	0,889	2,223

Clinical investigations have shown that when administered as enemas and rectal suppositories at a dose of 6–15 g per day, inula helenium and calendula are highly successful in achieving remission in patients with mild to moderately severe instances of procto sigmoiditis, proctitis, and left-sided colitis. Rectal medication delivery almost always has a better therapeutic impact than oral medication administration when treating left-sided lesions; the greatest benefit is seen when calendula and inula helenium are administered in both oral and rectal forms.

Enemas with 15 g of inula helenium and 60 ml of calendula can be used for mild to severe forms of ulcerative colitis, especially if the lesion is limited to the rectum and sigmoid colon. The contents of the enema are administered daily right before bed. The second dose of a 100 ml (12 g) enema can be given either in the morning of the next day or after the first dose has been eliminated from the intestines.

The efficiency of calendula and inula helenium when given rectal is equivalent to that of corticosteroids when given orally in enemas, according to some research, which was discovered when distal colitis treatment alternatives were evaluated.

Conclusion: In addition to systemic and topical corticosteroids, it's important to note that enemas containing inula helenium and calendula exhibit a consistent therapeutic impact, even when used to treat individuals who have not responded to oral therapy with these herbs. The chemical composition and nutritional value of calendula growing in Uzbekistan's natural climate were examined, samples of calendula flowers were collected, and literary data were examined. Regarding maintenance treatment with localized versions of calendula, inula helenium.

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