

“TREATMENT OF CARDIOVASCULAR DISEASES IN FOLK MEDICINE”

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Abstract: *It is free, formed during metabolic processes in the body radicals cause various diseases by affecting various biomolecules, including heart, blood - stimulates the occurrence of vascular diseases. Natural with antiradical activity products, especially through the use of food additives obtained from olives treatment and prevention of diseases is of great importance. In this thesis only treatment with natural products is provided.*


Keywords: *Atherosclerosis, myocardial infarction, ischemic heart disease, hypertension, blood pressure, antiradical activity, olives, olive oil.*

Diseases of the cardiovascular system are the most common diseases sometimes it is very difficult. Such diseases are mainly pain, shortness of breath in the area of the heart, heart it is accompanied by fast and uneven beats, swelling, spitting up blood, dizziness, pain. Pain often it is in the area of the heart, under the right and left ribs, in the leg. Cardiovascular diseases have a multifactorial etiology, for its development various risk factors, including hypercholesterolemia, hypertension, smoking, diabetes, incorrect related to diet, stress and physical inactivity Atherosclerosis is one of the vascular diseases, which is the narrowing of the main (large) vessels, dysfunction. Malnutrition, inactivity, stressful situations cause atherosclerosis will lead to.

Research on atherosclerosis shows that peroxides and others are the cause of this disease including dietary lipids in the arterial wall and serum to form substances may be related to free radical reactions. These compounds are endothelial causes cell damage and causes changes in the arterial walls. Another cardiovascular disease is myocardial infarction, which is a heart attack It is one of the most dangerous diseases. This disease is the coronary heart muscle it appears as a result of insufficient or no blood flow through the veins. Hypertension is another cardiovascular disease. This disease is heart blood – vascular pathology, unstable and irregular increase in arterial pressure, and later is a complex primary condition with organomorphological changes.

In cardiovascular diseases, a number of pentoxifylline, aspirin, idrinol, lorista synthetic drugs are used. A number of these drugs, like other synthetic agents it is said that there are side effects. For example, nausea, vomiting, itchiness and dizziness may occur, aspirin upset stomach, stomach ulcer, bleeding from the





stomach, and worsening of asthma, in rare cases with the use of Idrinol - tachycardia, decrease or increase in arterial pressure, skin itching, rash, skin rashes hyperemia, frequent use of lorista - dizziness, headache, insomnia.


In folk medicine, a number of natural products for the treatment of cardiovascular diseases, including "Majmui Rahmani", "Alkoman", "Astosh", "Shifaibosim", "Shifo" biologically active food- food additives are used. Olives also contain oleic acid, linoleic acid, oleuropein, vitamin E and various others Due to the presence of flavonoids, it has a beneficial effect on the above diseases. The damaging feature of free radicals is cardiovascular and inflammatory diseases, contributes to the etiology of many chronic health problems such as cataracts and cancer. Antioxidants prevent the formation of radicals, purify them or their by promoting the breakdown of tissues caused by free radicals prevents damage.

A free radical is an independent entity that has an unpaired electron in an atomic orbital can be defined as any molecular species that can be Free radicals are important by attacking macromolecules, causing cell damage and homeostatic disturbances Antioxidants are one of the biological mechanisms of resistance to oxidative stress is production. Antioxidants prevent oxidative damage to the target macromolecule, are substances capable of reducing or restoring. α - tocopherol is a powerful scavenger of peroxy radicals is a tool that protects cell membranes from lipid peroxidation. Flavonoids are polyphenolic compounds found in most plants. The beneficial effects of flavonoids on human health are mainly due to their powerful antioxidant properties is active. They are cancer, cardiovascular disease, arthritis, aging, cataracts, memory loss, A number of chronic and degenerative, such as stroke, Alzheimer's disease, inflammation, infection reported to prevent or delay disease.

Spices, various oils, teas, seeds, grains, cocoa as natural antioxidants peels, fruits and vegetables are used. Confirmed ascorbic acid, tocopherols, carotenoids, as well as flavonoids (quercetin, kaempferol, myricitin), catechins (carnosol, rosmanol, rosamiridiphenol) or various individual such as polyphenols and phenolic acids antioxidant activity of natural compounds containing antioxidants is high there are compounds. In particular, preparations extracted from the Euphorbia plant, cumin, sunflower basil and pepper in oil, a synthetic antioxidant stronger than butyloxytoluene, Japanese safflower and it was found to be almost twice as effective from the plant. Based on this, 1 olive oil antiradical activity (ARF); (plant name) stable free with respect to the radical DFPG (2,2-diphenyl-1-picrylhydrazyl).

DFPG method. In this work, to evaluate ARF, we stabilized by antioxidants kinetics of reduction of radical 2,2-diphenyl-1-picrylhydrazyl (DFPG) molecules we





used the spectrophotometric measurement method. The method is a stable chromogen of antioxidants based on the interaction with the radical 2,2-diphenyl-1-picrylhydrazyl (DFPG). With acetic acid standard solution of DFPG (5×10^{-4} M) in acidified ethanol 1:10 to obtain a working solution ratio diluted with ethanol. The resulting solution has an optical density of not more than 0.9 at 517 nm should have density. 50 μ l of the study plants per 5 ml of DFPG working solution the obtained extracts were added, mixed, and the kinetics of the decrease in the optical density of the solution was 30 was recorded at a wavelength of 517 nm for a minute.


Antioxidants can have different mechanisms of action, it is recommended to study their activity using different methods. In this work, ARF extracts was evaluated in relation to the free radical DFPG. It is grown from plants under investigation when the compounds were added to an aqueous solution of DFPG, the free radical molecules did not become radicals form, while the intense purple solution of DFPG is decolorized. Being studied shows the kinetics of the change in the optical density of the DFPG solution when adding the samples. 50 μ l each of the solution provided to compare the ARF of the test samples concentration was chosen for the extract. No. 1 samples showed very high ARF therefore, we diluted 1:100 with the appropriate solvent (DMSO).

Thus, the antiradical activity of plant extracts was studied. Most high antiradical activity found in water (olive oil) extract and aqueous (olive oil). Selected extract. Antiradical activity of medicinal plant extracts in the literature There is enough information about polyphenols and their maximum effect found in extracts containing the highest amount of flavonoids. And so, further work and creation of the ARF mechanism of components (polyphenols, flavonoids, (tannins, alkaloids, etc.) Detail the qualitative and quantitative composition of the extracts requires learning.

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