

THE TREATMENT AND PREVENTION OF DERMATOLOGICAL SYMPTOMS CAUSED BY VIRUSES BASED ON MEDICINAL PLANTS, PHYTO AND PHARMACOTHERAPY.

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Abstract: *In the treatment of skin diseases, depending on their causes, course, symptoms and severity, a course is conducted with solutions, ointments, pastes, powders, which affect the whole body and local application method. In dermatology, more antiseptics, anti-inflammatory, etc. are used locally, along with medicinal plants with anti-allergic, sedative, in some cases antipyretic, diuretic, general strength-enhancing effects. Some symptoms of skin diseases continue with skin itching, and medicinal plants are used against these symptoms. For example, elderberry, birch, gazanda, chirgybog, bojmadaran, chamomile, igri, and gozapanja, beech, and walnut bark are used for wounds that are oozing with decay. In addition to these, in order to increase the body's general resistance to the disease, it is recommended to include adaptogens that increase general tone, including eleuterococcus ginseng, radiola, limonnik, aralia, anioxpanakis, in the treatment complex.*

Key words: *Dermatoses, phytotherapy, skin diseases, inflammation, virus, herpes, medicinal plant, tincture, symptom, surface application.*

INTRODUCTION

Skin disease is a disease of the whole organism, which is not limited to the changes that occur in it, but is manifested by various general symptoms, subjective and objective endogenous and exogenous symptoms are usually distinguished. Skin diseases caused by viruses include dermatosis, cold sores (herpes), belt-like warts, warts, and others. Under the influence of flu viruses, reddening of the skin on the lips, nose, and face, formation of blisters, and the formation of crusts are observed. Later, the crust will grow, leaving no scar on the skin. Antiviral and anti-inflammatory medicinal plant preparations are prescribed for drinking and topical application, including Asian yellow tea (burdock), lemongrass, marmarak, calendula, decoction made from medicinal plants. is given. In case of simple herpes and lichen planus, rash, aloe vera, aloe vera, sarsabil, walnut effectively help to treat the pathological process. Phytopreparations of the above-mentioned

medicinal plants intended for application to the surface for drinking can be used in other forms of viral dermatoses besides colds (grass, ring-shaped lichen).

To make a tincture of sarsabil roots, they usually take a tablespoon of dried raw material in a glass of boiling water. When preparing the decoction, the same amount of raw materials is poured into 1.5 cups of water, they are first boiled, and then kept on low heat for another 2 minutes. To prepare a decoction of the herb, you need 2 tablespoons of dry raw materials and half a liter of water. The herb is first boiled for 5 minutes, then left to cool. Drink half a glass three times a day. Although many of the medicinal effects of the underground and above-ground parts of the plant are the same, there is a certain tradition of using sarsabil decoctions and tinctures in the treatment of diseases in folk medicine. Tinctures of sarsabil rhizomes are used in kidney stone disease, nephrolithiasis, difficulty urinating, cystitis, epilepsy, and tachycardia. In the second case, dry grass 2 teaspoons is added to a still hot decoction of roots 350 ml and closed for 2 hours. This tool is taken 2 tablespoons 3 times a day before meals to restore heart rhythm.

Sarsabil is a popular topic of pharmaceutical and medical scientific research today, one of the reasons for this is the wide and effective use of sarsabil in folk medicine in different countries, this plant has an excellent reputation as a universal remedy. Today, scientists are actively testing the many therapeutic properties that sarsabil is famous for. And one of the most popular is the topic of the effect of sarsabil extract on brain activity and the state of the nervous system. The effect of Sarsabil extract on memory and acetylcholinesterase activity in the scopolamine-induced amnesia model was studied in an experiment with 60 mice divided into 6 groups. Three of them received low (1.6 ml/kg), medium 8 ml/kg and high 16 ml/kg doses of the extract.

CONCLUSIONS

The results showed that the moderate dose significantly improved cognitive impairment in mice in the novel object recognition test and several other tests. Analysis of biochemical parameters confirmed behavioral parameters and showed that sarsabil stem extract protects learning and memory function in mice by increasing cholinergic nervous system activity. Perhaps such an extract can prevent cognitive impairment in age-related diseases such as Alzheimer's disease. Fermented sarsabil extracts reduce mental stress and improve sleep efficiency in healthy older men under psychological stress. Medicinal sarsabil extract and tincture in dermatological diseases shows its high efficiency effect in acne and many other skin diseases in adults.

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