



Thus, in ischemia-reperfusion kidney injury, the use of the investigated derivatives of sulfur-containing amino acids (ademetionine and glutathione) in the prophylactic regimen significantly limited epithelial cell damage, as evidenced by an increase in GFR, diuresis, a decrease in retention azotemia and proteinuria in treated animals.

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THE PLACE OF HERBAL REMEDIES IN PHARMACOTHERAPY

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Despite the rapid development of the pharmaceutical industry and the production of synthetic drugs, interest in herbal remedies is steadily increasing. According to WHO, about 80% of the population of the planet prefer herbal preparations despite the fact that only 7% of all flora (more than 23 thousand of plants) is used for phytotherapeutic purposes.

The aim of the work was to analyze the phytodrugs in the pharmaceutical market and to determine their place in pharmacotherapy.

Today, about 60% of all medicines on the Ukrainian pharmaceutical market are made from medicinal plants. According to the analysis of the over-the-counter medicines range, the amount of herbal remedies is 30% and medicinal plant raw materials - 5%, which is mostly represented in the form of teas. However, about 500 species of medicinal plants are used to obtain herbal remedies.

Phytodrugs have the best performance in the ratio "Efficiency / Safety" because they have no contraindications and side effects and in no case can harm the body if used under the doctor's control. Preparations of different plants blend well together, often enhancing each other's actions. Also, phytodrugs have good compatibility with synthetic drugs, allowing them to significantly increase the therapeutic effect of treatment during their reasonable combination.

One of the main benefits of herbal treatment is to have a healing effect not only on the individual organ but also on the body as a whole. The same qualities of herbal remedies make it possible to use them for a long time, especially in chronic disease treatment.

Phytotherapy does not give immediate results, its use requires patience and accuracy. It should also be noted that herbal remedies are not appropriate to use in acute conditions and as a basic drug in the underlying disease, so phytotherapy requires a serious scientific approach, as self-treatment using medicinal plants is dangerous.

Considering all the advantages and counterbalances, we can assume that herbal remedies are an additional component in the treatment of the underlying disease, which will reduce polypragmasia. Their use for disease prevention should prevail in the choice of medicines within the framework of pharmaceutical care.

Therefore, the development of phytotherapy is a priority in the population health improvement, prevention of acute and chronic diseases and improvement of life quality. However, a reliable pharmaceutical supervision program should be offered in each case.

Fedotova M.S.

MENTAL HEALTH OF THE UKRAINIAN POPULATION: THE STATE, PROBLEMS AND THE WAYS TO SOLVE

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Mental, neurological, and addictive disorders are common in all the regions of the world, affecting every community and age group across all developed countries. While 14% of the global burden of disease is attributed to these disorders, most of the people affected - 75% in many low-income countries - do not have access to the treatment they need. Mental disorders are one of the top public health challenges in the European Region, affecting about 25% of the population every year. According to the survey, 2.3% of Ukrainians suffer from mental disorders and behavioral



disorders. In all countries, mental health problems are much more prevalent among the people who are most deprived.

According to WHO, the main factors affecting the mental health of the population can be divided into two groups: 1. Protective factors: social capital and social security, a healthy mother's lifestyle during pregnancy, a healthy childhood situation, a healthy state of affairs at work and at home, healthy lifestyle; 2. Risk factors: poverty, poor education, disorders, big debts; fetal hypotrophy, childhood abuse, poor parental relationships, inherited mental health problems (including genetic factors that cause chemical imbalances in the brain and, as an example, depressive disorders); unemployment, job insecurity, industrial stress; abuse of alcohol or drugs; situations related to the impact of emergencies and extreme stress. It should also be emphasized that a fairly complex relationship between physical and mental disorders has been confirmed. Untreated psychiatric disorders lead to adverse effects of comorbid somatic diseases.

Therefore, evaluating the level of all these indicators, we can conclude that mental health of the Ukrainian population is unsatisfactory. In addition, there is a lack of staff and financial resources, and there is no National Mental Health Policy. Speaking about particular steps to improve the mental health of the population of Ukraine, taking into account its current state and trends, all those events occurring in Ukrainian society, without proper national legislation and policy in the field of mental health, with the establishment of a well-functioning public health system where mental health should occupy one of the leading places, the country can not do without. Otherwise, the state of mental health will deteriorate in the near future, the levels of morbidity and prevalence of not only mental and behavioral disorders, but also of other classes of diseases, mortality, and suicide rates will increase, and then life expectancy should not be counted on. The state of mental health of the population also requires the development and adoption of the State Program for the Mental Health of the Population of Ukraine, which should be comprehensive and multi-sectorial with clear tasks for each sector within their competence.

The WHO Director-General has identified mental health for accelerated implementation within WHO work covering 2019-2023. This WHO Special Initiative seeks to ensure universal health coverage involving access to quality and affordable care for mental health conditions in 12 countries to 100 million more people. The initiative will advance policies, advocacy and human rights, and scale-up quality interventions and services for people with mental health conditions, including substance use and neurological disorders. For continued scale up and global learning, WHO will implement this work in 12 priority countries, working in partnership with Member States, local, and international partners, as well as organizations of people with life experience. We hope this special WHO initiative will touch our country as well and it will help solve problems in this area.

Hudz N.A.

INVESTIGATION OF CERTAIN ASTERACEAE PLANTS FATTY ACID COMPOSITION

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Recently, much attention has been paid to the study of medicinal plants' lipophilic complexes, part of which is fatty acids, which play an important role in the life activities of a human body. The plants of the Asteraceae family, such as yacon (the *Smallanthus sonchifolius* (Poepp. and Endl.) H. Robinson), stevia rebaudiana (Bertoni) Hemsley and cat's paw (*Antennaria dioica* (L.) Gaertn.), contain the complex of biologically active substances, among which a significant place is given to lipophilic components (fatty acids, carotenoids, chlorophylls, etc.). In the sources of scientific literature, there is not enough information about the studied species' fatty acid composition. Therefore, the objective of our research is to study the lipophilic fractions of stevia leaves, yacon root tubers and leaves, cat's paw herbs, and to determine the content of fatty acids in their composition.