



PHYTOTHERAPEUTIC ASPECTS OF CORRECTION OF CHRONIC LESIONS OF THE LIVER AND GALLBLADDER IN THE SPECTRUM OF COMORBID DISEASES

ФІТОТЕРАПЕВТИЧНІ АСПЕКТИ КОРЕКЦІЇ ХРОНІЧНИХ УРАЖЕНЬ ПЕЧІНКИ І ЖОВЧНОГО МІХУРА В СПЕКТРІ КОМОРБІДНИХ ЗАХВОРЮВАНЬ

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Abstract. The features of treatment of chronic diseases of the hepatobiliary system on the background of comorbid processes caused by obesity are considered in the article. The positive results of the use of multicomponent phytochemicals containing extract of artichoke, solutions, dandelion, choline bitartrate and L-methionine are presented. The authors consider the creation of drugs of this type according to the state of health of the population and the World Health Strategy 2014-2023. “

Keywords: phytotherapy, correction, chronic liver and gallbladder lesions, comorbid diseases.

Ключові слова: фітотерапія, корекція, хронічне ураження печінки і жовчного міхура, коморбідні захворювання. Резюме. В статті розглянуто особливості лікування хронічних уражень гепатобіліарної системи на тлі коморбідних процесів, зумовлених ожирінням. Наведені позитивні результати застосування полікомпонентного фітозасобу, що містить екстракт артишоку, розторопші, кульбаби, холіну бітартрату та L-метіоніну. Автори вважають створення ліків подібного типу відповідним стану здоров'я популяції та «Стратегії Всесвітньої організації охорони здоров'я 2014-2023 рр.»

Introduction. The causative factors of the disease of the hepatobiliary system include: a diet disorder, physical and mental overload, heredity, viral and bacterial infections, parasitic infestations, etc. All of these factors lead to a violation of the structure and functions of the target organ and the quality of life of the patient, and in some cases to disability and death of the patients. The most common non-infectious epidemic of the 21st century is obesity and other pathological processes, induced by it, among which hepatobiliary system damage is one of early [4]. The comorbid complex is formed, which over the years acquires quantitative and qualitative expression, requires an in-depth understanding of all the more complex pathogenetic dependencies for the purposeful construction of a medical complex. As a rule, such situations predetermine the phenomenon of forced polypragmasy, and hence the threat of side effects and complications, especially for the use of synthetic medicaments [1, 2]. It is important that according to current trends of the progressive deterioration of the environment, the reduction of the biological content of modern food as the main form of biological protection against any inconvenience, including high rates of modern life and associated chronic stresses, one should expect a further population deterioration of the health of the nation. The World Health Organization (WHO) duly evaluated the current world situation for the preservation of the health of peoples and issued a recommendation paper of particular importance at the end of 2013: “The WHO Strategy for Traditional Medicine, 2014-2023” [3]. This document states, what is necessary for the profile ministries of the WHO member countries, the heads of medical, scientific and educational institutions to make adjustments to their training of personnel activity, which will also have knowledge of folk medicine (phytotherapy in this spectrum in different countries is 70-85%), research and production of herbal and biological medicaments, their wide introduction into clinical practice, exchange of experience, etc., and by 2023 it should become a global phenomenon. WHO believes that the combined use of modern synthetic and herbal medicines will provide a new, more effective and

economical stage in medical technologies, especially in the treatment of complicated patients, among whom individuals with comorbid processes will dominate.

The world's science and industrial formation has adequately responded to such vital realities and recommendations of the WHO. Nowadays in the world there is an annual increase in the pharmaceutical market of medicines of herbal or biological origin, including in Ukraine.

It is natural that the advantage is given to the production of multicomponent herbal medicines of multiorgan and polymetabolic action. They may have the status of a medicament or supplements of a specialized action.

One of these, that has recently appeared on the pharmaceutical market of Ukraine is “Hepanex” (Solepharm, Latvia). In the capsule of this product there is a dry extract of artichoke 200 mg, silymarin - 140 mg, medicinal dandelion - 30 mg, choline bitartrate- 100 mg and L-methionine - 20 mg.

The purpose of the work is to investigate the effectiveness of the use of “Hepanex” in the complex treatment of patients with obesity of I-II degree for comorbid steatohepatitis, chronic non-stone cholecystitis and irritable bowel syndrome.

Material and methods. Under the ambulatory observation, there were 55 patients with obesity of the I-II degree, comorbid steatohepatitis, chronic non-stone cholecystitis in the period of moderate exacerbation, irritable bowel syndrome at the age of 37-62 years, among which women dominated (36 - 65, 45%). In addition to routine methods, in the diagnosis of diseases, dynamic ultrasonography of the abdominal organs, biochemical studies of: blood glucose, bilirubin and fractions, activity of ALT, AST, LDH, LF, GGPP, creatinine, urea and lipidogram in the blood in the beginning and after 1 month of treatment were used. Anthropometric data, body mass index (BMI) and type of obesity were also determined.

All patients were adherent to diet 5 for Pevsner, 25 of them as a hepatoprotective agent were prescribed a well-known preparation

"Hepabene" in standard dosage (comparison group), 30 patients received multicomponent "Hepanex" 1 capsule twice a day before meals for 4-6 weeks. Both groups of patients were representative in the age-sexual and morbid parameters. The data is processed statistically.

Results. All patients in both groups of studies complained of dull moderate pain in the right hypochondrium or discomfort, dry mouth, moderate bloating, bloating in the abdomen, general weakness, and unstable fecundity. According to anthropometric data, almost in all patients, the abdominal type of obesity I-II degree was detected. Ultrasound examination of the abdominal cavity revealed a moderate hepatomegaly with increased echogenicity of the parenchyma, signs of chronic hypotonic cholecystitis, and a slag phenomenon (a biliary precipitate from $\frac{1}{4}$ to $\frac{1}{2}$ of the area of the gallbladder) and uric acid diathesis. According to the data of biochemical studies, discovered only increase of activity of ALT, AST, GGTP in 1,5-2 times and in 36 patients with dyslipidemia (increase levels of total cholesterol, low density lipoproteins, triglycerides, decrease levels of low density lipoproteins and an increase in the index of atherogenicity within 3, 3-4.1 units).

After 30 days of treatment, the overall clinical results in both groups of patients were close. However, patients in the main group 3-5 days earlier stabilized intestinal emptying, quality indicators of life (sleep, mood, tolerance to physical activity, better life motivations) were the best.

According to ultrasound examination, the weak positive changes in the liver in both groups were the same, but the phenomena of the slag phenomenon and uric acid diathesis in the main group decreased more than in 2 times in the comparison group - only a tendency to decrease

was observed. According to the data of the biochemical complex of research also obtained the same type of data, but the activity of GGTP in the main group decreased to normal values, in the comparison group - even exceeded the normal values by 60%.

The tendency towards normalization of lipidogram in patients of the main group according to the atherogenic index, which in patients with values of 3.3-3.5, was normalized, was the best, but its decrease of 3,6-4,1 was only for 10-12%. In the comparison group patients for the same period the tendency was insignificant.

So, with similar mechanisms of action of both hepatoprotective and choleric agents, "Hepanex" had some advantages: a significant reduction in the manifestations of the slag phenomenon and uric acid diathesis, better effect on the semiotics of the irritable bowel syndrome, on the manifestation of dyslipidemia, intestinal endogenous intoxication (according to the activity of GGPP) and quality indicators of life. This benefit is probably due to extracts of artichokes (extra choleric, anti-toxic and diuretic actions), choline bitartrate (enhances phospholipid synthesis, improves lipid metabolism), dandelion extract (choleric, anti-inflammatory, anesthetic, diuretic and sedative), L-methionine (enhances synthesis of protein, nucleic acids, hormones, lipotropic, regenerative actions) [5].

Conclusion: The modern multicomponent medicine "Hepanex" is an effective and perspective treatment complex for the treatment of patients with lesions of the hepatobiliary system, including in the spectrum of the most common in this discomfort of comorbid processes, such as obesity, irritable bowel syndrome, uric acid diathesis.

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LASER STOKES-POLARIMETRY OF THE ERYTHROCYTES SUSPENSION AT COMORBID COURSE OF CORONARY ARTERY DISEASE, DIABETES MELLITUS TYPE 2 AND ANEMIA

ЛАЗЕРНА СТОКС-ПОЛЯРИМЕТРІЯ ЕРИТРОЦИТАРНОЇ СУСПЕНЗІЇ ПРИ ПОЄДНАНОМУ ПЕРЕБІГУ ІШЕМІЧНОЇ ХВОРОБИ СЕРЦЯ, ЦУКРОВОГО ДІАБЕТУ 2 ТИПУ ТА АНЕМІЇ

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