

TREATMENT OF DISEASES IN WOMEN WITH MEDICINAL PLANTS

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Abstract:

Treatment of women's ailments with medicinal plants is a common practice in traditional medicine. Phytotherapy is based primarily on the use of natural resources. Let's look at some of the most common diseases in women and medicinal plants that can be useful in their treatment.

Keywords: Phytotherapy, medicinal plants, women's diseases, natural treatment, medicinal composition, migration.

Introduction

Introduction: Phytotherapy is a separate branch of the science of medicinal plants, studied by scientists from all countries. People have used their healing properties since ancient times. The first evidence of the use of herbs for therapeutic purposes dates back to the 6th millennium BC. The founder of ancient medicine, Hippocrates, mentioned 236 species of medicinal plants in his works even in those distant times[1].

The German geographer Alexander Humboldt collected a rich herbarium in the field of biology and created plant geography as a branch of science, and also discovered a number of animals that were new to European science. And he studied the medicinal composition of about 3,600 plants[2].

To date, many people have acquired knowledge of phytotherapy, as a result of which plant materials began to be used more purposefully. Today, science knows well which medicinal herbs are suitable for strengthening women's health and how they affect the body. These natural helpers have enormous potential: they restore and improve the functioning of the reproductive system, tone,

energize, improve skin condition, resist the effects of stress, and increase the body's resistance to infections.

Main part: This is possible because many plants are natural phytoestrogens, that is, they serve as a source of the main hormones of the female body. Therefore, they are often used for problems related to menopause and menopause, conception, menstrual irregularities, anorexia nervosa, sexual dysfunction, osteoporosis, etc.

Phytoestrogens are similar in structure to natural estrogen and therefore have the ability to mimic its hormonal effects. The function of one's own estrogen is enhanced by the binding of phytoestrogens to the corresponding receptors in cells[3].

Along with medicines, medicinal herbs have a significant effect on the body, so they cannot be used without control. Before starting herbal therapy with the selected remedy, you should familiarize yourself with the contraindications, method of application and dosage, and check for an allergic reaction to it.

In this section, we have collected for you the most commonly used medicinal herbs to maintain and strengthen women's health, describing their properties, features of use and possible side effects, treatment, medicinal composition, migration[4].

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Methodology and Literature Review: We retrieved scientific articles documenting the use of traditional herbs in the study area. We used the research findings of Harlow and Campbell (2004) to categorize menstrual disorders and define premenstrual syndrome, and categorized the medicinal plants into four categories: 1) premenstrual syndrome; 2) dysmenorrhea; 3) amenorrhea; 4) menstrual disorders, including prolonged menstruation and irregular cycles such as excessive, heavy bleeding (menorrhagia/polymenorrhagia) or delayed, infrequent menstruation (oligomenorrhea)[6].

Also included in the literature reviews were "menstruation", "amenorrhea", "delayed menstruation", "difficult menstruation", "dysmenorrhea", "menstrual pain", "menstrual cramps", "menstrual colic", "hypermenorrhea", "excessive menstruation", "menorrhagia", "hypomenorrhea", "oligomenorrhea", "bad menstruation", "premenstrual syndrome", "menstrual disorder", "abnormal menstruation", and "metrorrhagia" were "herbs", "medicinal plants" and "Africa", "Asia", "Latin America", "Oceania", "Europe" or some countries in these geographical regions. Additional literature was found in the reference lists of the retrieved publications. We focused primarily on English literature published since 1980. Our geographical scope was based on the countries or regions. Our geographical review aimed to spread the geographical coverage across the continent as much as possible and used the most representative articles on the topic for each country region[7].

Conclusions and results: As a result of the writing process and scientific research, the medicinal properties of several plants found in the territory of the Republic of Uzbekistan were identified. Of these, Red Raspberry Leaf is a uterine tonic. It supports and tones the uterus before menstruation, relieves menstruation and pain. It is especially useful a week before menstruation. The leaves help get rid of endometriosis. It is considered the best tea.



In cardiology. A decoction of raspberry leaves helps to lower blood pressure. Scientists say that this effect is provided by the anti-inflammatory and antipyretic properties of food acids, as well as nicotinic acid. In obstetrics. It is believed that a decoction of raspberry leaves helps to reduce pain during childbirth. However, official medicine does not confirm these properties of the plant[8].

In gynecology. Raspberry leaves are used to reduce lower abdominal pain during menstruation and reduce the intensity of bleeding. To do this, take in equal proportions: raspberry leaves, strawberry leaves, yarrow herb, oak bark and silverweed. To prepare the infusion, you need a tablespoon of the mixture poured with a glass of boiling water. Insist it in a thermos for 6 hours. Then boil the infusion under a closed lid for 15 minutes over low heat, cool and strain. Take hot, one glass a day. The course of treatment is one week.

In proctology. Raspberry leaves are used to treat hemorrhoids. The condition improves due to the presence of tannins and food acids in them. Together, they have an anti-inflammatory effect. Raspberry leaves (2 teaspoons) are poured with boiling water (250 ml), covered with a lid and infused for 2 hours. Strain the finished product and enter 40-60 ml into the anus. The procedure is carried out using a syringe. Repeat the microclyster procedure once a day before going to bed. The course lasts 14-21 days[9].

In dermatology. Raspberry leaves are an excellent remedy for acne. The effect is achieved by reducing inflammation. In addition, an infusion of raspberry leaves helps to improve the health of the whole body. However, it is not possible to completely get rid of acne with the help of raspberry leaves alone.



Chamomile is a well-known medicinal plant. Humanity has long noticed the beneficial effects of chamomile on the human body. Therefore, herbalists and healers used it to help a patient regain strength after a serious illness or to calm a person with nervous disorders. How is chamomile useful for women?[10].

Due to the unique properties of the plant, its ability to have a beneficial effect on the female body, chamomile is popularly called the "maiden flower". Let's dwell on the properties of this medicinal flower, which

are confirmed by modern medicine.

Reduces pain during menstruation. A study conducted in 2010 showed that regular drinking of chamomile tea for a month helped to get rid of painful cramps associated with menstruation. Women who participated in the study noted a decrease in irritability and anxiety, which can

accompany premenstrual syndrome and can also be associated with pain. Further studies have confirmed the ability of chamomile tea to relieve menstrual pain[11].

Prevents and slows the development of osteoporosis. Osteoporosis is a disease characterized by a progressive decrease in bone density. The development of osteoporosis leads to a change in posture, bending, and an increased risk of fractures. Both sexes suffer from the pathology, but the risk is significantly higher in women and is associated with the onset of postmenopause. A number of researchers associate osteoporosis with the effects of the hormone estrogen.

A study conducted in 2004 showed that chamomile tea has antiestrogenic properties. An experiment conducted in a limited number of women showed an increase in bone density[12].

In medicine, chamomile is indicated for the treatment of the following diseases:

- Diseases of the biliary tract.
- Acute and chronic diseases of the gastrointestinal tract, inflammation of the mucous membrane (gastritis, enteritis, colitis).
- Respiratory diseases characterized by swelling of the mucous membranes, cough and bronchospasm.
- Inflammation of the genitourinary system.
- Diseases caused by any allergens (gastritis, bronchial asthma, eczema).
- Sleep disorders, insomnia.
- Toothache.
- Flatulence, stomach cramps.
- Hepatitis.
- Malaria.
- Painful menstruation.
- Uterine bleeding, as well as postpartum metrorrhagia.
- In addition, taking chamomile in the form of a decoction or infusion is useful for appetite, fatigue and intense physical activity.
- Stomatitis, periodontitis, gingivitis, tonsillitis - in the form of a rinse solution.
- Hemorrhoids - as microclysters.
- Inflammatory processes of the eyes - as a rinse.
- Joint diseases (gout, arthritis, rheumatism)

Chamomile is also recommended as part of complex therapy. In inflammatory processes of the skin, thermal injuries. It is recommended to use chamomile for no more than three months. If no improvement is observed, the treatment program should be reviewed[13].

Conclusion

1. The effectiveness and safety of treating diseases with medicinal plants is not always guaranteed. In case of specific diseases or complaints, it is very important to consult a doctor. Before using medicinal plants, you should take into account your allergies to the same plant or interactions with other drugs. You should also take into account the time and manifestations of the preparation of plants in a sincere and professional way.

2. Despite some of the benefits of plants, you should not overuse it. This is an interference with the normal microflora of our body, so you should not use it regularly. Douching with chamomile during menstruation is strictly prohibited. Women over 40 should also take care of their health and not resort to this method of treatment. Pregnancy is also a contraindication for douching, regardless of the menstrual cycle.

3. Tea with raspberry leaves. This drink can be used to relieve weakness caused by the disease. It slightly lowers body temperature.

4. The above-mentioned medicinal plants, locally known as chamomile and raspberry leaf, are also found in Uzbekistan, which makes them suitable for use in medicine and at home.

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