

USING NATURAL REMEDIES FOR THE PREVENTION OF GALLSTONE DISEASES

Jo'raboyev Ahmadjon Anvarjon og'li

Kokand University Andijan branch

student: [tel: 998990470522](tel:998990470522)

E-mail: a39497308@mail.ru,

Abstract: *Natural remedies are widely used in the prevention of gallstone disease, accumulation of salts in the gallbladder. Preparation and consumption of herbs and tinctures from plants such as ginger, lemon, aloe, artichoke, field tea, cinnamon prevents the disease.*

Key words: *Bilurbin, ginger, chemical composition, licorice, cholecystitis, chamomile, tube without tube.*

Gallbladder disease is a general term for disorders that affect the liver and gallbladder. These diseases cause problems in the liver, gallbladder, and bile ducts, often associated with gallstones, infections, or liver disorders. Prevention and treatment methods include medications, natural remedies, and surgical options. Treatment with medicinal herbs has also shown effective results in traditional medicine. Medicinal plants are widely used in traditional medicine for gallbladder diseases. Gallstone disease is often treated with synthetic, natural medicines, and herbs. I believe natural remedies should be prioritized. In Uzbekistan, gallbladder disease (cholecystitis) is quite common, and the number of people suffering from this disease is increasing yearly. In addition to synthetic drugs, natural remedies should be used. Medicinal herbs like mushrooms, ginger, aloe, cinnamon, and infusions containing black seed, mountain basil, peppermint, and licorice root are effective for both the treatment and prevention of gallbladder disease. This article provides information on healing plants.

What causes gallbladder disease? The main reasons include poor diet, hereditary factors, the use of drugs that disrupt cholesterol and bilirubin metabolism, excess weight, elevated cholesterol levels in the blood, digestive tract diseases, and stomach surgeries. These factors can lead to bile duct inflammation. Stones that accumulate in the gallbladder disrupt the flow of bile. To prevent this, treatment using natural medicinal plants is explored.

In recent years, there has been a growing demand for safe remedies that improve human health. Proper use of raw materials from medicinal plants and understanding the products derived from them is one of the objectives in modern medicine. Commonly used medicinal plants include ginger, chamomile, aloe vera, mushrooms, green tea, various spices, and rosehip. These plants are beneficial not only for gallbladder disease but also for overall health.

Ginger: Ginger is effective against inflammation in gallbladder disease. Its root contains essential oils (1.5-3%), organic acids (up to 70%), rare amino acids, and vitamins C, A, D, B1, B2, B3, B4, B6, and B12, as well as minerals such as calcium, phosphorus, magnesium, iron, and copper. For prevention, drinking ginger tea, especially when combined with cinnamon, helps protect the liver and treat gallstone disease.



Aloe: The aloe plant is a promising medicinal plant that contains numerous beneficial compounds. In terms of vitamins, aloe is particularly rich in vitamins A, C, E, and B12. As for minerals, aloe vera is abundant in calcium, magnesium, zinc, chromium, selenium, sodium, iron, potassium, copper, and manganese. It also contains over 20 amino acids, including 7 essential ones. Aloe vera is rich in enzymes, monosaccharides like glucose and fructose, and polysaccharides such as glucomannan, mannan, and acetylated mannan. It aids digestion and helps treat inflammation in the bile ducts.



Artichoke: The artichoke plant is valuable for its rich composition and versatile benefits, containing vitamins, minerals, and antioxidants. Uses: It supports the digestive system, aids the liver and gallbladder, and reduces issues like bloating and a feeling of heaviness after eating. Artichoke helps protect the liver and assists in detoxification. It is rich in silymarin, a compound that helps regenerate liver cells. Artichoke extract stimulates bile production, which aids in the digestion and absorption of dietary fats. By promoting healthy bile flow, artichoke extract may improve fat metabolism, contributing to weight loss, including the reduction of abdominal fat. Abdominal fat, also known as visceral fat, accumulates around the organs in the abdominal cavity and is often associated with an increased risk of health conditions such as cardiovascular disease, type 2 diabetes, and metabolic syndrome. Many people aim to reduce abdominal fat to improve their appearance and overall well-being.



Another natural remedy is apple cider vinegar. Apple cider vinegar helps reduce inflammation in the gallbladder and improves bile flow. It contains acetic acid (CH_3COOH), water, minerals, vitamins, amino acids, enzymes, antioxidants, and organic acids.

Lemon: Lemon juice is rich in vitamin C and stimulates bile flow, helping prevent gallstone formation. Its components include water, ascorbic acid, citric acid, flavonoids, vitamins, minerals, organic acids, carbohydrates, and amino acids.

Liver cleansing: In the morning, squeeze a slice of lemon into a glass of non-carbonated mineral water and drink it on an empty stomach half an hour before eating. In the evening, heat mineral water to around 40 degrees Celsius (do not boil it). Add a teaspoon of red pepper and let it infuse for an hour. If there is no allergy, a teaspoon of honey can also be added. This drink is taken in small sips an hour before dinner. The treatment course lasts 10 days. Once every two weeks, a "tyubage" (a non-invasive liver flush) can be performed to cleanse the gallbladder and remove toxins. Pour 2 liters of mineral water into a pot, let the gas dissipate, and add the juice of two lemons. Drink 1 glass 2–3 times a day in large sips, then sit or lie on your right side, bringing the right knee close to the chest. Breathe slowly and deeply for 10–15 minutes. Drinking this mineral water between treatments can be continued. Avoid eating anything else on this day. Lemon cleanses the blood, liver, lymphatic system, and pancreas. For this, drink warm water with a slice of lemon squeezed into it on an empty stomach. For insect and snake bites: Rubbing a lemon slice on the bite area provides relief, and it is also a helpful remedy for snake bites.



Cinnamon: Cinnamon enhances bile flow and reduces inflammation. Its components include cinnamaldehyde, eugenol, coumarin, proanthocyanidins, cinnamyl acetate, phenolic acids, flavonoids, and safrole. It is important to consult a doctor before using cinnamon as a remedy for bile-related ailments. Traditional remedies can be used as supplements, but they cannot replace professional medical treatment.



Pumpkin: Pumpkin is rich in fiber, which improves digestion and promotes bile flow. Its composition includes carbohydrates, proteins, vitamins, minerals, dietary fiber, antioxidants, and fats. Pumpkin seeds contain anti-inflammatory compounds, which help reduce inflammation in the body. They are also rich in antioxidants, which protect cells from harmful free radicals and improve overall health. Pumpkin seeds may also benefit bile-related conditions due to these beneficial properties.



Tea: It is used for various stomach, intestinal, liver, and gallbladder disorders. Its composition includes organic acids such as tartaric acid, citric acid, and malic acid. It also contains glucose, fructose, and vitamins C, A, B1, B2, and B3. Minerals include calcium, iron, magnesium, phosphorus, and potassium.



Licorice root: Licorice root is used to regenerate damaged tissues in the liver and other organs, and is effective in treating cirrhosis and cancer. It contains glycyrrhizin, flavonoids, saponins, coumarins, polysaccharides, and phytosterols.



The natural remedies mentioned above have a significant impact on human life. To enhance our lives, we should turn away from synthetic drugs and make effective use of the resources nature provides.

The chemical composition of stone residues after burning primarily consists of calcium oxide (CaO) and other mineral oxides. The remaining stones typically result from the combustion of materials like limestone or marble, which are primarily made of calcium carbonate (CaCO₃). During combustion, carbonate is released and turns into calcium oxide. After burning, the stone residues may also contain other compounds and mineral oxides such as magnesium oxide (MgO), aluminum oxide (Al₂O₃), silicon dioxide (SiO₂), and iron oxide (Fe₂O₃). Using natural remedies can be very effective in preventing stones. Generally, simple methods such as drinking plenty of water, consuming fruits and vegetables, eating calcium-rich foods, avoiding foods high in oxalates and salt, doing regular physical exercise, and drinking herbal teas help prevent the formation of stones. Additionally, maintaining a healthy lifestyle and undergoing regular medical check-ups are essential.

REFERENCES:

1. S. Tursunov "Phytotherapy: Treatment with Plants"
2. S. Nishonova "Healing with Plants"
3. O. Khojayeva "Medicinal Plants"
4. "Healthy Lifestyle and Prevention of Gallstone Disease" – Author: M. Hamidov, health journal article.