

**PREPARATION AND STANDARDIZATION OF BIOACTIVE ADDITIVES WITH
DIURETIC EFFECT BASED ON LOCAL HERBAL RAW MATERIALS. BITTER
WORMWOOD PLANTS AND ANCHORS**

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ANNOTATSIYA:

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KALIT SO'ZLAR:

permanent place,
mucous membrane,
cardiovascular
ailments

The following research methods used in the development of biologically active food additives were used in the work. Sampling in the study of dietary supplements was carried out by random sampling. The color of the tablets was determined visually; taste and smell, appearance were determined by the organoleptic method. The average tablet weight, disintegration, fracture strength, abrasion resistance, and chromogenic complex content were determined according to GF (State Pharmacopoeia) XI. Determination of the content of micronutrients and minor biologically active components of dietary supplements: vitami- new A, E, B2, B3, B6, C, D3, folic acid, iron, manganese, calcium, chromium, Artemisiaabsinthium or wormwood belongs to the Asteraceae family and is found everywhere in wastelands, buildings and roads, in weeds and ditches in Central Asia, the Caucasus, Western Siberia and the European part of the continent of Eurasia. This herbaceous perennial grows rapidly and is often undeservedly mistaken for a weed, which is far from the truth.

Bitter wormwood has slightly ribbed erect stems reaching a height of half a meter and up to a meter. They branch in the upper part and have a greyish-silver pubescence. Wormwood blooms in July or August. Her flowers are collected in yellow spherical small baskets. Landscaping of the premises. In other cases, the herbaceous plant is left in a permanent place and not transplanted, but only the growing roots are "chopped off" to the depth of the shovel. Reproduction Wormwood is propagated by cuttings and seeds. The first method involves collecting seeds and sowing them in boxes. When the seedlings begin to grow, they are thinned. This allows you to get strong and strong specimens. 3-4 weeks after thinning, they are planted in the open ground or previously in containers, and only then to a permanent place of growth.

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A compound found in a type of wormwood has proven promising in the treatment of tuberculosis, a recent study by Penn State University has shown. This is not the first useful property of the plant found, wormwood has long been used as a medicine all over the world. And its most famous type, wormwood, is an herb that is freely sold in pharmacies. It is believed that it improves digestion, has antiseptic and antibacterial properties. At the same time, wormwood contains a poisonous substance that can do more harm than good.

A 2016 paper reported that people with osteoarthritis who took 150 milligrams of wormwood extract per day for 12 weeks had fewer joint pain symptoms than those who took a placebo. But only 42 people participated in the study, and those who took a higher, 300-gram dose did not get any effect. A 2017 study also reported that people with rheumatoid arthritis experienced less pain when wormwood extract was used together with leflunomide and methotrexate (two common medications for rheumatoid arthritis). But this work did not show that wormwood itself has any effect on the disease.

The prickly fruits of the anchors can enter the inter-hoof spaces of grazing sheep (goats), injure soft parts, cause suppuration, and cause lameness. In some cases, minor wounds may become more complicated, become phlegmonous, and spread to the joints, causing purulent arthritis. There are observations that the fruits of anchovies, when swallowed with grass, can injure the mucous membrane of the scar, mesh; when chewing— the oral cavity.

Currently, medicinal products of plant origin are increasingly used in medical practice due to their low toxicity, easy digestibility by the body, the possibility of long-term use without significant side effects, and the simplicity of manufacturing dosage forms. In addition, medicinal plants and, especially, their optimal combinations - collections have a complex effect on the body due to the mobilization of various groups of biologically active substances contained in them. They are not perceived as foreign and, unlike synthetic drugs that are not rejected by the body's defense systems. Isolation of biologically active substances by obtaining extracts increases the pharmacotherapeutic effect due to the maximum yield of active substances. The advantages of dry extracts include ease of use, shelf life, dosage accuracy, and the ability to create various dosage forms based on it. Modern pharmaceutical science is constantly looking for new effective medicines with diuretic effects, since this group of drugs is the basic one in the treatment of such diseases. - diseases such as chronic circulatory failure , nephrotonic syndrome, cirrhosis of the liver, hypertension, glaucoma, asthma, pulmonary edema, acute and chronic renal failure. Taking into account the specifics of herbal mixtures in comparison with certain types of medicinal plant raw materials and the need of clinical medicine for new, effective and safe diuretics, the Department of Pharmacognosy of the Tashkent Pharmaceutical Institute has developed a new herbal collection "Meliflos", recommended by as a diuretic for use in cardiovascular diseases in patients with increased blood clotting. The above facts confirm the relevance of the creation of medicinal forms of the Meliflos collection that are convenient to use, I distinguish- they have sufficient biological availability and stability during storage .

Ground anchors are an annual herbaceous plant from the spring-leaved family. The stem is branched, spread over the ground, 10-60 cm long. The leaves are opposite, short-stemmed, pinnate with 5-7 pairs of small oblong, insular leaflets. The flowers are solitary, axillary, on short pedicels, yellow. The fruit is dry, disintegrating into five stellate hard nut-shaped fruits, set with 2-4 sharp thorns on the outside. It blooms in April-May, bears fruit in June-August. It grows in weedy places, in oases and bogar, by roads, on the slopes of rivers and sayas, in the semi-desert belt, sometimes semi-steppe throughout Uzbekistan. For medicinal purposes, the aboveground part is used – the grass is harvested during the flowering period of the plant and dried in the shade.

Mention in the writings of abu ali ibn sina

Ibn Sino, describing the features of the wild and garden species of anchors, notes that they knit, promote maturation and soften. They help with tumors in the throat, with long-standing ulcers, with rotten ulcers of the gums, with difficulty urinating and colitis, crushes stones in the kidneys and bladder. In folk medicine, a decoction and infusion of the grass of ground anchors were used as a laxative, diuretic and general tonic for gonorrhea, headache, and eye inflammation.

Modern application

In scientific medicine, it has been experimentally revealed that liquid extract of anchovies increases diuresis and enhances gastric secretion. In addition, the plant has an anti-sclerotic effect, which is associated with the content of steroid saponins in the herb. The drug tribusponine lowers cholesterol in the blood. The official drug tribusponine is used in medical practice in the complex treatment of atherosclerosis.

Today, the choice of dietary supplements is so huge that you can meet your various needs: improve athletic performance, speed up fat burning, maintain and strengthen your health, improve the condition of your hair and nails ... The range is really huge and you can't argue with that. However, recently the demand for herbal supplements has been growing, and preparations with such an interesting and promising plant as tribulus terrestris or simply tribulus have become the focus of attention. How does it work, is it suitable for everyone, and who should take it at all? In this article, we will take a closer look at the properties of tribulus, its effect on the body, and give recommendations for use. As always, it won't be boring! What is tribulus? Tribulus terrestris (also known as creeping anchors) is an annual shrub that can be found in warm regions of Europe, Asia, Africa and China. Since ancient times, it has been used in traditional Chinese and Ayurvedic medicine (1) to treat various diseases: impotence, infertility, cardiovascular ailments and more. Modern studies confirm that tribulus extract contains many different active compounds (steroid saponins, flavonoids, alkaloids) that favorably affect the functioning of central systems, improve sexual function, support and strengthen overall health.

The introduction of market relations into the economy of the Russian Federation in the last two decades and its entry into the world market have had a positive impact on an

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increase in the consumption of vegetables and fruits by the population, and consequently on an increase in the consumption of vitamins, including vitamin C. Since this increase mainly affected the financially well-off segments of the population, vitamin deficiency in general continues to persist at the present time time is primarily spent by pensioners, as well as in large and low-income families, especially in depression- large-scale regions. In addition, recently, due to sanctions, the price of a number of vegetables and especially fruits has increased, which has led to a reduction in their consumption even in the rich autumn-summer period of the year, and consequently to vitamin deficiency. In the spring and winter period, not only because of the price, the amount consumed decreases, but also their quality decreases during greenhouse cultivation. Thus, according to the Japanese National Institute of Nutrition, the content of vitamin C and carotene in highly productive varieties of vegetables and fruits grown using intensive agrotechnical techniques, using fertilizers, herbicides, fungicides and intensive watering is 10-20 times (!) lower than in those grown using environmentally friendly "green" technologies in the open ground. At the same time, it is known that the adult population of the Russian Federation eats less than 18% of the minimum recommended by the WHO (400 g/day) of fresh vegetables and fruits.

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