

TO THE QUESTION OF DEVELOPMENT AN EXTEMPORANEOUS SEDATIVE SPECIES

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Introduction. To date, “classical neurasthenia” is not often diagnosed. More commonly, anxiety, depression, and somatoform disorders with signs of asthenia are found. Thus, in a prospective epidemiological study of mental disorders, which was conducted in Zurich for 10 years, neurasthenia was detected in 1 % of young people. In this case, women were diagnosed 1.5 times more often than men. In a World Health Organization multicenter study that included GPs, the incidence of neurasthenia averaged 1.7 % (1.3-5.2 %). However, neurasthenia with concomitant psychiatric disorders, mainly depressive and anxious, was found to be 3 times more frequent (5.4 % on average). Contrary to popular belief about the short duration of neurasthenia and the insignificance of its consequences, the course of the disease is quite difficult.

The **aim** of this work is theoretical justification of the composition of extemporaneous sedative species.

Materials and Methods. As the objects of research were used: Motherwort herb, Mint leaves, Valerian rhizomes and roots and Licorice roots.

Results and Discussion. The therapeutic strategy for neurasthenia has several directions. Depending on the variant of the disease, drugs with a stimulant or sedative effect are selected: phytopreparations, nootropics, and tranquilizers, at high risk of depression development – antidepressants. Neurasthenia is a commonly prescribed herbal medicine, in particular to improve cognitive function, daily activity and social adaptation of patients with dementia and moderate cognitive impairment. Motherwort preparations are non-toxic, have a calming effect on the central nervous system, sedative properties, lower blood pressure, slow down the heart rate, increase the strength of heart contractions, and have anticonvulsant activity in the experiment. Infusion prepared from Mint leaves is taken in case of neurosis, nervous tremor, and heart rhythm disturbances. Mint also lowers blood pressure and heart rate. Experimental and clinical data characterize Valerian, Licorice and their preparations as an effective sedative, mild hypnotic and antispasmodic drugs.

Conclusions. In our view, the combination of the above medicinal plants in a dosage form of extemporaneous species can be an effective sedative agent for use in the treatment of neurasthenia.

DEVELOPMENT OF THE TECHNOLOGY AND ANALYSIS OF HOMOEOPATHIC MEDICINES ZINGIBER

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Introduction. The searching and studying of plant raw material there is an actual question for the creation of new homoeopathic medicines because in the treatment of some diseases by antibacterial medicines takes place side effects and allergic state of patient. For this reason, it is the perspective of conducting researches on creation of homoeopathic medicines Zingiber (Ginger). Ginger is a medicinal plant that has been widely used in Chinese and Ayurvedic medicines all over the world and has a long history of use in traditional systems of medicine. The medicines of Zingiber use as an antiemetic, antipyretic, analgesic, antiarthritic and anti-inflammatory agent.