

RELEVANCE OF CREATING A COMPLEX HERBAL PRODUCT FOR THE PREVENTION OF "CHRONIC FATIGUE SKIN SYNDROME"

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Introduction. Over the past decades, a new pathology of the modern world has formed, a disease that occurs in civilized countries, associated with the characteristics and way of life of the population of large cities, the general environmental situation and neuropsychic pressure, which includes the concept of chronic fatigue syndrome (CFS).

The aim of the study is to develop the composition of a herbal remedy using dry extracts of several medicinal plant materials.

Research methods. To achieve the goals set, a review of literary sources and materials from the Internet was used and conducted.

Main results. Chronic fatigue syndrome is a disease of unknown etiology, expressed by general weakness, decreased performance. Along with this, patients complain of headaches, myalgia, arthralgia, memory loss, depression, sleep disorders. In some cases, subfebrile temperature, sore throat, enlarged cervical lymph nodes. Many clinicians are of the opinion that CFS has a viral etiology, and psychiatrists adhere to the theory that mental illnesses with subsequent changes in the immune and endocrine systems and the development of the corresponding symptom complex are primary in the development of CFS. The main principle of CFS treatment is complex treatment, including normalization of rest and exercise; unloading and dietary therapy, prescription of vitamin preparations, therapeutic exercise, autogenic training, immunocorrection with a pronounced adaptogenic effect, daytime tranquilizers, nootropic agents, enterosorbents and other symptomatic drugs.

Conclusions. Based on the above, it is advisable to develop a complex drug for the symptomatic treatment of CFS. Currently, the nomenclature of medicinal products does not include drugs that have a tonic, anti-inflammatory and metabolism-improving effect at the same time. This task is met by a medicinal product of multicomponent composition of plant origin. Herbal medicinal products contain a complex of biologically active substances (BAS) in a natural composition and have a soft and gentle effect. In this regard, it seems relevant and timely to develop and create a standardized medicinal product of plant origin with a targeted theoretically and experimentally substantiated effect aimed at preventing and treating CFS.