



SELECTION OF APPROACHES TO THE DEVELOPMENT OF MODERN COMBINED PHYTOBUSTERS OF ADAPTOGENIC ACTION

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Introduction. The challenges of today are the powerful stress of modern life (nervous overstrain, sedentary state of life, tension of vision and spine, etc.). This was complicated by military actions on the territory of our country.

The advantage of adaptogens over sedatives is that they do not soothe, but adapt the human body to adverse environmental factors, including both physical and psychological stress. This is the most relevant for ordinary Ukrainians and the military. It is possible to use as prophylactic agents for several months.

Purpose. Based on the analysis of the domestic market of medicinal raw materials and other means of adaptogenic action, choose approaches to creating an effective domestic complex or combined means.

Materials and methods. Content analytics of available sources of information, including Compendium, State Register of Medicines, online trading platforms.

Results and their discussion. Known adaptogenic plants are representatives of the *Araliaceae* family (*Aralia mandchurica*, *Panax ginseng*, *Exinopanax elatum*, *Eleuterococcus senticosus*), *Crossulariaceae* (*Rhodiola rosea*), *Schisandracaceae* (*Schisandra chinensis*), *Asteraceae* (*Rhaponticum carthamoides*).

The medicinal plant raw materials of these plants are underground organs, except for *Schisandra chinensis*, which has fruits and seeds. These plants are not ordinary representatives of natural biocenoses of Ukraine, that is, raw materials are mainly imported. Also powerful adaptogens are punts (young antlers of deer), mummies and bee products (royal jelly, propolis, perga, flower pollen).

Today in the pharmaceutical market there are adaptogenic A13A agents according to the ATC classification: liquid extracts of *Schisandra chinensis*, *Eleuterococcus senticosus* and *Rhodiola rosea*, tinctures of *Panax ginseng*, *Aralia mandchurica*, *Exinopanax elatum*. In addition, a significant market segment is



represented by dietary supplements based on the above-mentioned types of medicinal raw materials (mainly foreign production of capsules and tablets).

Conclusions. Taking into account the areas of native distribution of plants and the level of cultivation of adaptogen plants in Ukraine, we believe that it is advisable to pay attention to bee products with the addition of a number of vitamins and mineral compounds.

At the same time, it is appropriate to diversify the composition of the developed basic phytobuster by adding other groups of biologically active compounds.