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Матеріали

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ФАРМАЦЕВТИЧНІ ТЕХНОЛОГІЇ, СТАНДАРТИЗАЦІЯ ТА ЗАБЕЗПЕЧЕННЯ ЯКОСТІ ЛІКАРСЬКИХ ЗАСОБІВ

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AYURVEDIC MEDICINE RESOURCES FOR THE TREATMENT OF JOINT DISEASES

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Introduction. The Ayurvedic approach to treating joint diseases involves restoring the balance of the three basic energy principles: cleansing the body of toxins, improving digestion and general health and includes about 6,000 remedies. Treatment may include dietary changes, exercise, yoga, massage, taking natural remedies for the treatment of joints and bones and other methods of therapy.

There is a significant number of diverse Ayurvedic remedies which are used like dietary supplements. They are widely used as components of sports nutrition, ethnomedicine etc. Ayurvedic medicine offers many natural remedies for the treatment of joints, based on herbs, minerals and oils. They help reduce inflammation, strengthen cartilage and improve joint mobility.

The aim is to analyze Ayurvedic remedies used for the treatment of joint pathologies.

Materials and methods. Content analysis of available sources of popular and scientific medicine, online trading platforms, distributor websites. Systematic analysis of the obtained data with segmentation by manufacturing countries, release forms.

Results and their discussion. One of the most common and effective remedies is *Ashwagandha* (more than 100 offers in Ukraine) based on withanolides and alkaloids of the roots of *Withania somnifera* (*Solanaceae*). It exhibits powerful anti-inflammatory and antioxidant properties, reduces pain in arthritis and rheumatic diseases, improves tissue regeneration and reduces stress. Another effective remedy is *Shallaki Boswellia Serrata* (*Burseraceae*), the bark of which contains boswellic acids is a natural inhibitor of inflammatory enzymes, which reduces pain in arthritis, helps with osteoarthritis and rheumatoid arthritis, improves flexibility and mobility of joints. *Guggul* - resin *Commiphora wightii* (*Burseraceae*) contains guggulosterones which reduce inflammation and promote cartilage regeneration, effective for gout, arthritis and degenerative joint diseases. As components of adjuvant therapy, *Eranda Tailam* - castor oil is used in Ayurveda. It is used as a means for removing toxins (Ama) that cause inflammation, helps with rheumatoid arthritis, gout and back pain. Multicomponent *Yogaraj Guggulu* improves metabolism and promotes the removal of toxins from the joints, effective for gout, arthritis and osteochondrosis. A mixture of triphala with sulfur *Simhanada Guggulu* with the addition of *Guggul* and *Eranda Tailam* has a powerful cleansing and anti-inflammatory effect. There is also a significant number of complex and combined remedies in the form of capsules, powder, resin.

Conclusions. The conducted studies have demonstrated a significant diverse range of Ayurvedic remedies for the prevention and treatment of joint diseases. Considering that they are at the level of dietary supplements, it is promising to carry out work on their introduction into scientific medicine.