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ПРОБЛЕМИ ТА ДОСЯГНЕННЯ СУЧАСНОЇ БІОТЕХНОЛОГІЇ

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Development of orodispersible tablets with dry peony extract

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Stress is our body's natural response to the challenges and demands we face every day. Prolonged nervous tension leads to sleep disturbances, digestive problems, and increases the risk of developing anxiety, depression, and other mental disorders. Today, there are a large number of synthetic drugs that eliminate the symptoms of the disease, but they have a large number of side effects. Preparations based on medicinal plant raw materials are widely used in traditional and official medicine as sedatives for the treatment of this pathology. They are safe, unlike synthetic drugs. As the active pharmaceutical ingredient, we chose dry peony extract, which relieves emotional tension and anxiety, helps you fall asleep faster and makes your sleep more sound without causing heaviness, helps the body adapt to stressful situations, reducing physical manifestations of stress, improves the functioning of the autonomic nervous system, and relieves muscle tension. The body needs immediate help when treating stress. One of the most innovative forms for treating stress and anxiety disorders is orodispersible tablets. Speed of action and convenience become decisive factors when the patient is in a state of acute stress or panic. During acute stress, many people experience a sore throat or a feeling of "lump" (dysphagia), which makes it difficult to swallow a regular tablet. The orodispersible form dissolves on its own under the influence of saliva, making it an ideal choice for patients with such symptoms. A person in a state of severe stress, panic attack or on the way does not always have access to water. The orodispersible form can be taken discreetly and instantly in any situation. This removes the additional "household" stress of finding a glass of water. Thus, the development of orodispersible tablets based on medicinal plant raw materials, namely with dry peony extract, is a promising direction for the treatment of stress-like conditions.