

CLINICAL JUSTIFICATION FOR THE USE OF PHYTO TEA "ANTIOXIDANT" IN PATIENTS WITH TOXIC LIVER DAMAGE

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Abstract

Background: The broad development of the chemical industry, the use of pesticides in agriculture has led to an increase in hepatitis. At the same time, different substances in their structure can cause liver function failure.

Objective: The objective of this work was to assess the functional state of the liver of animals poisoned with the pesticide Bagira, using in their diet dishes made from local food and additional introduction of a complex of local herbal medicines into the diet.

Methods: The study involved patients with toxic hepatitis who had industrial contact with chemicals. The total number of patients was 80 males, aged 35 to 78 years.

Results (Findings): Based on the results of our research, the antioxidant phyto tea helps to eliminate cytolytic, cholestatic, inflammatory syndrome, improve the protein-synthetic function of the liver, improve the functional activity of the liver, remove toxins from the body, maintain the function of organs and systems. It is a natural, safe, powerful antioxidant.

Conclusions: 1) Studies have shown that patients diagnosed with chronic hepatitis have disorders of the functional state of the liver, as well as the gastrointestinal and nervous systems.

2) Change of biochemical indicators indicates a violation of metabolic, protein-synthetic, biliary, antitoxic functions of the liver: increase of bilirubin fractions, the activity of alanine transferase (ALT), AST, the level of alkaline phosphatase, gamma-glutamyltransferase (GGT) in serum.

3. The use of phyto tea "Antioxidant" in patients with toxic liver damage contributed to the increase of liver functional activity.

Keywords: Toxic hepatitis, liver, phyto tea "Antioxidant", patients, biochemical indicators.

Introduction

Wide development of the chemical industry, the use of pesticides in agriculture led to an increase in hepatitis morbidity. The liver performs metabolic, excretory, hemostatic, antitoxic functions, regardless of the route of entry and the place of poison application in the body [4, p. 80]. In this case, substances of the different structure may cause a disturbance of the functional state of the liver [5, p. 93; 2, p. 36].

The beneficial effect of the gifts of nature on the human body has been proved long ago. The main thing is to be able to find in a green storeroom what is necessary and what positively affects our health [1, p. 35]. Since ancient times, people have tried to find a cure for their illnesses among the plants that surrounded them. Made tinctures of all kinds of roots, flowers, herbs and bark, made potions and boiled potions, which we call phyto tea, to get rid of disease and to be saturated with the power of natural [3, p. 6; 7. p. 52].

The problem of maintaining public health and, above all, the working population is one of the most important tasks of human ecology [1, p. 10; 6. p. 11]. The recommended phyto tea is suitable for the prevention of hepatitis, and also has a very beneficial effect on the general state of the human body. Phyto tea is saturated with strength, promotes the removal of toxins, normalizes the work of all internal organs [7, p. 52; 8. p. 50].

Purpose of work. Study of hepatoprotective efficiency and tolerability of phyto tea "Antioxidant" in patients with toxic hepatitis.

Methods. Patients with toxic hepatitis who had industrial contact with chemicals participated in the study. The total number of patients was 80 male, aged 35 to 78 years, who were hospitalized in the clinic of the Scientific Research Institute of Sanitation, Hygiene and Occupational Diseases of the Ministry of Health of Uzbekistan, who gave their written informed consent to participate in the research. All patients are divided into two groups. The main group of 50 patients who took only standard treatment in addition to the standard one - "Antioxidant" phyto tea and the control group of 30 patients who took only standard treatment. All patients were on inpatient treatment for 10 days. After the end of inpatient treatment, the main group continued to receive the "Antioxidant" phyto tea in outpatient conditions for 20 days. Patients of the study group received the phyto tea "Antioxidant" inside ½ cup 3 times a day

with meals. Phyto tea was prepared 1 filter packet was poured on 200 ml of boiling water and insisted for 15 minutes. The duration of the course was 30 days.

The comprehensive examination included - the collection of complaints and anamnesis, the study of blood biochemical parameters: Alaninamin Transferase (ALT), Aspartate Enzyme Transferase (AST), bilirubin, alkaline phosphatase (alkaline phosphatase), gamma-glutamine transpeptidase (GGT), cholesterol, thymol sample, amylase [9, p. 12].

Results. Patients were monitored continuously for 30 days, and laboratory tests were determined before and after treatment.

Complaints of pain in the right foothills were made by all patients, bitterness in the mouth, nausea, bloating of the abdomen, constipation or diarrhea disturbed most patients of the study and control groups.

Blood biochemical analysis was used to determine indicators such as Alanine Alanine Transferase (ALT), Aspartate Transferase (AST), bilirubin, alkaline phosphatase (ALP), gamma-glutamine transpeptidase (GGT), cholesterol, thymol sample, amylase. Figures 1 and 2 show the dynamics of serum biochemical indices in patients in the studied group and the control group.

When analyzing the results of the study of liver function in a significant number of patients before treatment, increased levels of total bilirubin, enzymes, ALT, AST, alkaline phosphatase, cholesterol were observed in the study group.

As can be seen from Fig. 1, patients who received the phyto tea "Antioxidant", significantly reduced levels of cholesterol, bilirubin. After 4 weeks of therapy, the activity of AST and ALT decreased significantly and did not differ from that of healthy individuals. The concentration of total bilirubin decreased, the activity of ALT decreased significantly and did not differ from their indicators in the control group.

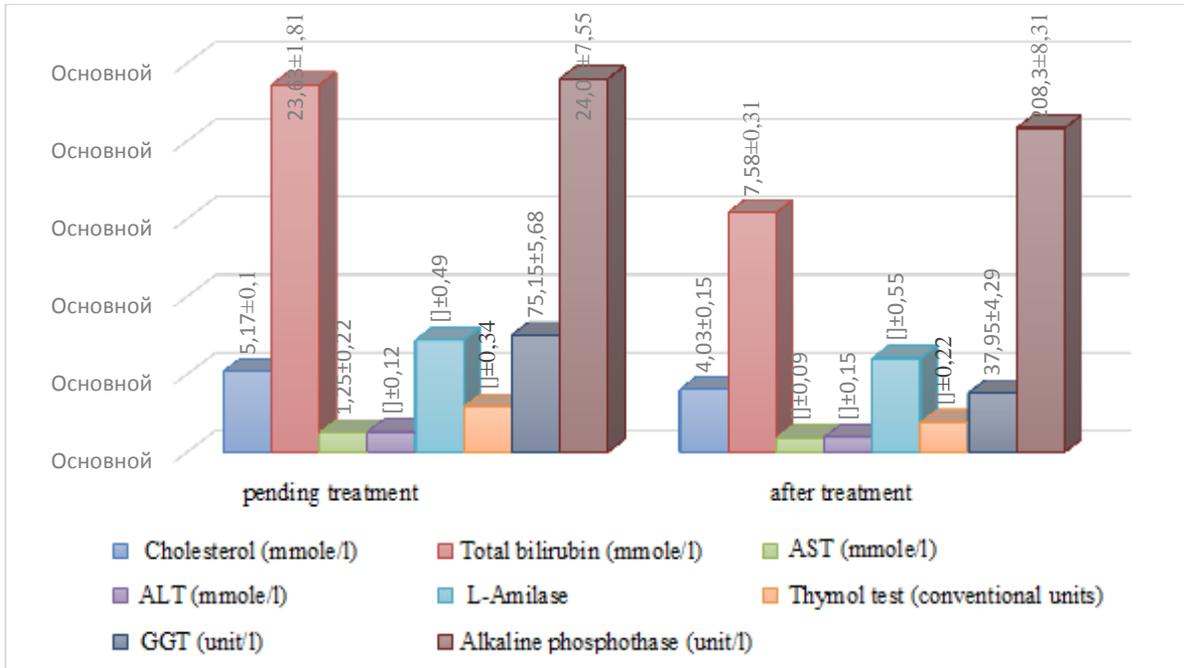


Figure 1: Dynamics of serum biochemical indices in patients who received the "Antioxidant" phyto tea (M±m) n=50

As it can be seen from Fig. 1, patients who received dietary supplements had significantly reduced levels of cholesterol, bilirubin and GGT, while in the control group only cholesterol levels were decreased (Fig. 2).

In addition to the positive dynamics of biochemical indicators, all patients in the main group noted an improvement in overall health. After the course of treatment, there was a significant improvement in clinical symptoms of the disease in the form of relief of severity and pain in the right subcostal. The disappearance of nausea, feelings of bitterness and dry mouth, headache, irritability in comparison with the control group was also noted (Fig. 3). After the treatment. Control group

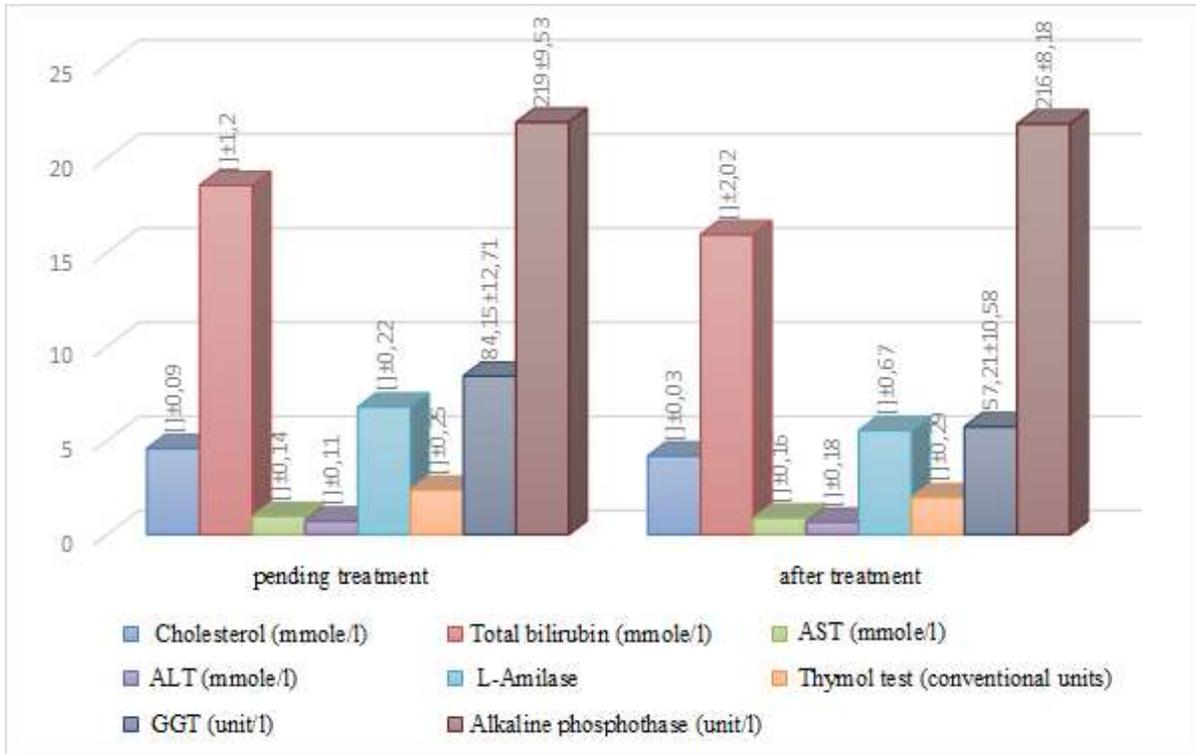


Figure 2: Dynamics of serum biochemical indices in control group patients
 (M±m) n = 30

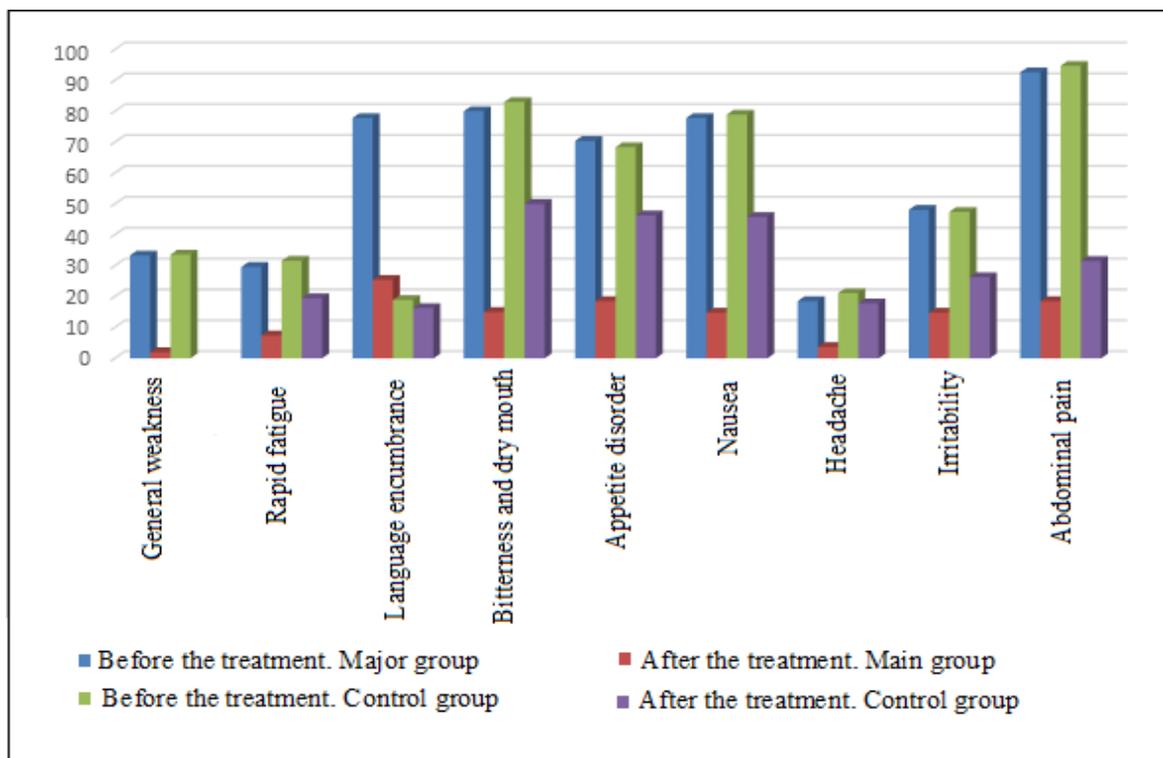


Figure 3: Dynamics of clinical symptoms in patients with toxic hepatitis

The study shows that the treatment of chronic hepatitis with the use of phyto tea "Antioxidant" leads to rapid improvement in the general condition of patients, the disappearance of clinical, objective signs of the disease, normalization of quality of life.

Reception of broth of phyto tea "Antioxidant" by 1/2 cup three times a day for 30 days contributed to the disappearance of abdominal pain, dyspeptic manifestations. An objective indicator of the effectiveness of therapy is the dynamics of the main parameters of the quality of life of the patients under study. At the end of the therapy we use phyto tea. "Antioxidant" at repeated testing, positive dynamics of indicators on all studied scales is established. The level of quality of life indicators in the study group of patients has approached the values obtained from healthy individuals. Portability of phyto tea "Antioxidant" is good, no side effects were observed.

Conclusions:

1. Studies have shown that patients diagnosed with chronic hepatitis have disorders of the functional state of the liver, gastrointestinal and nervous systems.

2. change of biochemical indicators indicates a violation of metabolic, protein-synthetic, biliary, antitoxic functions of the liver: increase of bilirubin fractions, the activity of alanine transferase (ALT), AST, level of alkaline phosphatase, gamma-glutamyltranspeptidase (GGT) in serum.

3. The use of phyto tea "Antioxidant" in patients with toxic liver damage contributed to the increase of liver functional activity.

Conflict of interest. All authors state that there is no potential conflict of interest that should be disclosed in this article.

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