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PHYTOTHERAPY – FROM RAW MATERIALS TO FINISHED PRODUCTS

Phytotherapy is a kind of treatment where herbs are used as drugs. Phytotherapy based on experience and studies achieved during thousands years about herbs, minerals, nature. Phytotherapy evolve due to herbs and minerals were the only available cure for a long time. In few last decades phytotherapy has been developing very active, but their share in whole drugs market constantly reduced. This old medical branch more and more attracts medical doctors the same as public healers and scientists. Till 50's in XX century cure from herbs occupy about 70-80% of all drugs. Now they occupied only 30% of them. That's why phytotherapy should take appropriate place in clinical practice.

Using of herbs in medicine is due to the presence in their composition of biologically active substances, such as active substances which cause a physiological effect even in very small quantities. These active substances are synthesized by the plants from inorganic minerals in soil, water, and carbon dioxide from air. Synthesis is carried out by plants under the influence of light energy. The most important bioactive plant substances are: glycosides, enzymes, vitamins, lipids, organic acids, coumarin, alkaloids, resins, essential oils and tannins.

Phytotherapy has its own methodology and principles, the same like any other science: it is focused on individual treatment, characterized by adequate

clinical symptoms at different stages of the disease, provides systemic principle: treatment of the main and concomitant diseases, potentiation: the simultaneous use of components and drugs, the continuity of treatment : long-term use with short interruptions or replacement, complexity of measures: combination with synthetic drugs. It is used as an independent method of treatment (necessarily under the supervision of a phytotherapist), and in the complex treatment of many diseases. In order to achieve the desired result you must adhere to the basic rules: to start therapy after the established diagnosis, the doctor must appoint a treatment, medicinal plant material should be bought through the pharmacy network (only in this case the purchased raw materials will be collected, dried, stored, transported according to the rules and approved respectively, quality control), only pharmacopoeia medicinal plant material can be recommended.

During the existence of mankind, the experience of using phytopreparations has gained a considerable amount. In the Ukrainian market, herb drugs are available in packs and filter packages. In pharmacies, herbal preparations are represented by: extracts (liquid, thick, dry), infusions, broths, infusions, phytochemicals, herbal collections and in the form of mucus. With proper application, herbal preparations have a milder action, less toxic than synthetic, they do not cause addiction and allergies. Moreover, plants not only do not inhibit the body's defenses, but, on the contrary, are activates against many strains of microorganisms, have already acquired resistance to antibiotics, and can increase the immunity of a person, thus helping them to cope with different kinds of diseases.

References

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