

EFFECTS OF GARLIC PEEL INFUSION IN COMPLEX THERAPY

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Relevance. Garlic peel is a record holder for the content of pectin and quercetin. Pectin substances cleanse the digestive tract of slags and toxins, remove excess fluid from the body, improve digestion, activate metabolism, accelerate the process of fat breakdown, which is especially beneficial for weight loss. Quercetin is a biochemical substance, a member of the vitamin P group. A powerful antioxidant: slows down oxidative reactions, prevents the destructive effect of free radicals on living cells. It also has cardioprotective, anti-inflammatory, anti-edematous, antispasmodic, anti-allergic effects, and diuretic properties. Other substances have also been found in garlic peel: water; beta-carotene; vitamin A; vitamins B1, B2, B4, B5, B6, B9; nicotinic and ascorbic acids; vitamin E; vitamin K; vitamin PP; macroelements calcium, potassium, sulfur, chlorine, phosphorus, magnesium, sodium, silicon; microelements boron, iodine, aluminum, vanadium, lithium, cobalt, iron, manganese, copper, nickel, molybdenum, fluorine, strontium, rubidium, selenium, chromium, zinc; starch and dextrans; saturated fatty acids; omega-3 and omega-6 fatty acids. Properties of quercetin which is present in large doses in onion peel - a flavonoid with P-vitamin activity - is known as a substance with cardioprotective, capillary-stabilizing, antioxidant, membrane-stabilizing, anti-edematous, anti-inflammatory effects. Quercetin improves myocardial function, as it increases the energy supply of cardiomyocytes, due to the antioxidant effect and improved blood circulation, as it prevents blood thickening, reducing the likelihood of blood clots, inhibits the synthesis of thromboxane. Thus, the use of garlic peel for prevention and for complex treatment of cardiac patients prevents complications caused by cardiac diseases.

Purpose and objectives of the study. The use of garlic peel infusion in complex therapy and for preventive purposes for the treatment of cardiac diseases.

Materials and methods. To achieve the set objectives, we conducted our research in the Bukhara Regional Multidisciplinary Clinical Hospital in the cardiology department. For this, we selected 25 patients with various cardiac diseases aged 45 to 70 years, and these patients were divided into 2 groups: the first group of patients, consisting of 12

patients, took only drugs for the treatment of cardiac diseases, and the second group of patients, consisting of 13 patients, took a combination of garlic peel infusion, 50 ml 3 times a day for 14 days (subsequently continued for up to 8 weeks).

Results. Of the total number of 13 patients in the 2nd group, 12 (92.3%) of them had satisfactory results of complex therapy with garlic peel. As a result of the examination, the effectiveness of drug therapy in patients of the first group was 83.3%, that is, in 10 out of 12 patients, the treatment was effective.

Conclusions. Based on the preliminary data of this study, it can be concluded that the use of garlic peel for complex and preventive purposes allows to increase the effectiveness of treatment. An additional advantage of this appointment is that with a combination of drug therapy with garlic peel, the cardioprotective effect of the latter is enhanced.