

UDC 612.322

PLANTS WITH DIURETIC PROPERTIES

Akhmatokhunova Muhayo Kobiljonovna

Assistant, Department of Pharmaceutical Sciences, ASMI

Abstract. The plant world has long attracted the attention of doctors, pharmacists, and pharmacologists as an inexhaustible source of biologically active substances and medications.

Key words: diuretics, herbal remedies, uric acid, plant, kidneys.

Herbal medicines are usually characterized by a mild effect and a high degree of safety even with long-term use, and due to the significant amount of biologically active substances, their effect on the body, as a rule, is favorably multimodal in nature. The world flora is rich in plants that affect the excretory function of the kidneys (the most characteristic and deeply studied is the diuretic effect inherent in hundreds of species, although more than two dozen species exhibit antidiuretic activity).

There are also many plants that have nephroprotective properties that can protect the kidneys from numerous damaging influences, the frequency of which is steadily increasing in the modern world. Of undoubted interest are also medicinal plants that affect the metabolism of uric acid. Its disorders play an important role in the pathogenesis of not only gout, but also cardiovascular diseases, metabolic syndrome, and urolithiasis. The study of the active substances of these plants, their pharmacological properties, especially their mechanisms of action, is extremely important due to the widespread prevalence of kidney diseases and uric acid metabolic disorders.

Development of effective and safe medicines, regulating the excretory function of the kidneys remains an urgent task. We are talking primarily about diuretics. Drugs with such activity, including herbal ones, have long been used for widespread diseases of the cardiovascular, urinary and other systems. Even in the "Canon of Medical Science" by Abu Ali Ibn Sina (Avicenna), written

almost 1000 years ago, 124 plants with a diuretic effect are mentioned. Dioscorides' *De Materia Medica*, the main source of information on herbal medicine for many centuries, lists more than 200 medicinal plants used for diseases of the genitourinary system.

The diuretic effect of flavonoids is manifested in plants containing them in sufficiently large quantities. Plants with a pronounced diuretic effect include: horsetail, knotweed, blue cornflower, corn (stigma), etc. In terms of the degree of action, flavonoids are inferior to synthetic drugs, but they do not cause the complications typical of the latter. In addition, under the action of flavonoids, not only water is removed from the body, but also nitrogenous wastes, stone-forming acids and other metabolic products. Flavonoids are used for edema of various origins, chronic heart failure, hypertension, kidney disease, especially urolithiasis.

The following plants have diuretic properties: silver birch, wild strawberry, stinging nettle, common flax, field steelhead, dandelion, St. John's wort, common motherwort, tricolor violet, horsetail, lingonberry, juniper, smooth licorice, yarrow, erect cinquefoil, chamomile officinalis, bearberry, garden parsley, small-leaved linden, etc.

Lingonberries are called the berry of immortality, such is their beneficial effect on human health. It is collected and prepared in the fall. Lingonberries are used to treat a wide variety of diseases; the beneficial properties of lingonberry berries and leaves depend on arbutin (a glycoside with an antiseptic effect), antioxidants, organic acids, tannins, flavonoids and vitamins. The leaves are even considered more beneficial than the fruits. The healing properties of lingonberries have been used for hundreds of years. In this case, its leaves are most useful. Lingonberry is actively used in urology as a diuretic and a natural remedy against cystitis and urethritis. Its special value is that it simultaneously has antibacterial, anti-inflammatory, and diuretic effects, working in all main directions at once. Lingonberry infusion is usually prescribed in complex

therapy for inflammation of the bladder and urinary tract, as well as in other situations where a pronounced diuretic effect is required against the background of the inflammatory process. Lingonberries are often included in combination medications for cystitis.

The healing plant goldenrod has antiseptic, anti-inflammatory, wound-healing, antispasmodic and astringent effects. It is used for pyelonephritis, edema, chronic kidney and bladder diseases, and urinary disorders in the elderly. For bronchial asthma, sore throat, pulmonary tuberculosis. Externally, tincture of the roots in the form of lotions is used as a wound-healing agent for purulent wounds, cuts and ulcers, as well as for bone fractures.

For nephritis and pyelonephritis, 2 tbsp. 1. dried crushed leaves pour 0.5 liters of water. Keep in a water bath over low heat for 5 minutes. Cool, then strain. Take 0.5 cups 3-4 times a day half an hour before meals.

For kidney stones 2 tsp. Pour a glass of boiling water over dry crushed goldenrod herb, let it brew for 4 hours, then strain. Take 0.5 cups 4 times a day half an hour before meals.

For urinary problems, mix 1 tbsp. 1. chopped goldenrod herb, stinging nettle herb, yarrow herb, prickly steel root, fennel fruit and 1 tsp. crushed birch buds. Pour a glass of boiling water, let it brew for 6 hours, then boil over low heat for 15 minutes. Take 50 ml 5 times a day 15 minutes before meals.

References

1. С.Ю. Штрыголь, О.В. Товчига, О.О. Койро, С.И. Степанова. Лекарственные растения, почки и обмен мочевой кислоты. Монография. Харьков-2014, 424 с.
2. И.Н. Кузьменко, Н.Л. Колясникова. Лекарственные и ядовитые растения. Пермь ИПЦ «Прокрость» 2019, 104 с.
3. European Goldenrod // Herbal Medicines. —4th edition. —2013, 928 p.

4. Assessment report on *Soidago virgaurea* L. herba // European Medicines Agency. — 2008.
5. <https://cgon.rosпотребнадзор.ru/naseleniyu/zdorovyy-obraz-zhizni/poleznye-svoystva-brusniki/>
6. https://366.ru/p/vita-verde-brusnika-list-f-p-1-5g-20-211305/?utm_source=google.ru&utm_medium=organic&utm_campaign=google.ru&utm_referrer=google.ru