

Министерство здравоохранения Республики Узбекистан
Самаркандский государственный медицинский университет
Общественный фонд «Ибн Сино»

UZBEK JOURNAL OF CASE REPORTS
2022, Том 2.
(Специальный выпуск)

<https://doi.org/10.55620/ujcr.2.sp2.2022>



СБОРНИК МАТЕРИАЛОВ
I Международной научно-практической конференции
по традиционной (народной) медицине
«АБУ АЛИ ИБН СИНО (АВИЦЕННА) И ВЕЛИКИЙ ШЁЛКОВЫЙ ПУТЬ»



Самарканд 2022

Сборник материалов
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«Абу Али Ибн Сино (Авиценна) и Великий Шёлковый Путь»
является специальным выпуском журнала «Uzbek journal of case reports»
Том 2, 2022

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ANTIOXIDANT ACTIVITY OF THE ROOT PART OF RUMEX CONFERTUS

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Horsetail (*Rumex confertus* L.) and its species grow abundantly in almost all regions of Uzbekistan on the banks of streams and streams, on mountain slopes, in fields and crops as a weed, and elsewhere, especially temporarily, where there is sufficient moisture. In folk medicine, a decoction or tincture made from the roots, leaves and fruits of horseradish species is used in the treatment of diarrhea, dysentery, intestinal ulcers and other diseases. Scabies, tetanus and wounds are treated with juice squeezed from the dried leaves.

Because the horseradish plant is rich in vitamins, it has long been used as a remedy for tsina disease. The plant has also been used to treat skin diseases. Since herbal tinctures and decoctions are made in very simple ways, many can easily prepare it for themselves. At present, even in modern medicine it is recommended to take drugs of ordinary horseradish - tinctures, decoctions, powders and liquid extracts in gastritis - inflammation of the intestine (colitis, enterocolitis), diarrhea with blood from the intestine.

Antioxidant Activity. The DPPH was used to determine free radical scavenging activity as previously described by Shimada et al. About 3.94 mg of DPPH was first dissolved

in 100 ml of ethanol to a concentration of 0.1 ml. About 1 ml of DPPH solution was added to 3 ml of the samples with different concentrations (250, 125, 62.5, 31.25, and 15.62 µg/ml). For the control test, the same amount of ethanol was added. All the mixture was mixed well by shaking vigorously and left to stand for 30 minutes at a room temperature. After that, the UV-Vis spectrophotometer was used to measure the value of absorbance of each mixture at 517 nm. Calculation for the percentage of inhibition (I%) of the DPPH radical is as follows:

According to the study, the fractions and extracts of the *Rumex confertus* plant have high antioxidant properties as shown in the diagram below.

In summary, the antioxidant activity of the extracts and fractions of the *Rumex confertus* species belonging to the *Rumex* family was studied. According to the results obtained, showed activity above the standard. The goal is to isolate chemicals with antioxidant properties from the ethyl acetate fraction of the highly biologically active *Rumex confertus* plant and create local medicines that can meet the requirements of world standards, replacing drugs that are needed for future medicine and imported from abroad.

Table 1.

Antioxidant activity of extract and fractions of the aboveground part of the plant *Rumex confertus* % Inhibition = (A - B) / A x 100% (1)

Note: A = blank absorption B = absorption of test material.

Sample	DPPH scavenging activity (%)	Sample
1	<i>Rumex confertus</i> - 96% ekstrct	87,34±0.36
2	<i>Rumex confertus</i> -70% ekstract	81,96±0.57
3	<i>Rumex confertus</i> -petroil frac	69,23±0.54
4	<i>Rumex confertus</i> -chlarc frac	88,73±0.43
5	<i>Rumex confertus</i> - ethilac frac	81,34±0.36
6	<i>Rumex confertus</i> -But frac	94,46±0.84

FEATURES OF THE CLINICAL COURSE OF MULTIPLE SCLEROSIS, ASSOCIATED WITH COVID-19

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Objective: to study the features of the clinical course of multiple sclerosis, associated with COVID-19 and optimization of treatment.

Materials and Methods: 15 patients aged 18-25 years were studied at the Department of Neurology of the TMA. Of these, there were 9 men (60%) and 6 women (40%). Patients underwent clinical neurological examination and MRI over time. A comprehensive assessment of the neurological status of MS patients was carried out with a point assessment of the severity of neurological deficit according to the EDSS (Extended Disability Scale) scale.

Results: Analysis of etiological factors revealed a history of mild to moderate COVID-19 within 6 months prior to the onset of the disease. Indicators of the age-related debut of the disease, the age at the time of examination and the

duration of the disease clearly characterize multiple sclerosis as a disease of the young, most able-bodied age.

On clinical examination, in 80% of patients, juniper ataxia (80%), oculomotor disorders (26.6%), pyramidal insufficiency (in the form of paraparesis - in 67%), sensory disorders (60%) and pelvic disorders (73.3%) were observed. On MRI, all patients had demyelinating foci in the cortex, brain stem, cerebellum, and spinal cord. On the EDSS scale in patients, the total score was up to 6 points.

Patients received interferon beta therapy (Resigen) according to the scheme: 0.1 x 3 times a week, 0.25 x 3 times a week, then 0.5 x 3 times a week subcutaneously for a long time. In dynamics after 3 weeks of therapy, neurological symptoms significantly regressed (by 70%). The total EDSS score after the therapy was 2.5-3 points.

Conclusions:

1. According to the literature and this study, this study suggests that COVID-19 provides a trigger for multiple

sclerosis.

2. Therapy with interferon beta gives an effective result in multiple sclerosis, associated with COVID-19.

INDIGENOUS KNOWLEDGE, WISDOM AND VALUES FOR BETTER UNIVERSITIES WORLDWIDE: THE CASE FROM MEDICINE

Ather A

Introduction.

"Indigenous knowledge is an integral part of the culture and history of a local community.

We need to learn from local communities to enrich the development process". James D. Wolfensohn, President of the World Bank.



Figure 1.

Moghzanuladiva-Drug store, this photo is the outside wall of the store at Lucknow which was once a store of drugs



Figure 2.

The herbs from the drug store, raw drugs given in crude form to the patient and this recipe is a recipe from Galen but substitutes are used from local availability of herbs:place Lucknow

Abn majah in his Muwatta (sound by Albani) quotes "The well being of the whole person –emotionally, physically ,spiritually and mentally –is necessary for the believer to participate fully in life, fulfilling his or her duty towards Allah and towards society" 1, with this line I could comprehend with Amira Ayad 1 "When started working on with the entrepreneurship knowledge through indigenous knowledge and women health education through traditional practices of herbal and therapeutic medicine , it made me wonder why are we following practices derived from polytheistic belief systems ? Do we have no Islamic alternative? Why? did not our dear Prophet Mohamed (PBUH) say: I left among you what if you hold on to, you will never go astray, the book of Allah and my Sunnah (life practice) 1 With these lines there is a necessary to know the history of western medicine when we need to analyze why we have to have to incorporated indigenous knowledge ,wisdom and values for better universities , let us have a brief look on the timeline of the western medicine and

its foundation .According to Lindhlahr 2western medical practioners have adopted two opposing paths 'rationalism' and 'empiricism', rationalism being acquiring medical skills through reason and empiricism acquiring medical skills through experience . Western scientist concentrated on the study of structure and function of the organ , tissues and cells which they treated as mechanical models for example car , any disturbance in the car parts the part changed and can be used so the approach become a structural base and there was a lacuna of missing in the psychological part of it which can also be compared to the religious rebel in the west , the system of medicine with philosophy was guarded by religious heads and the rebel within the religion who were to compare that of modernatisation supported the thought of structural approach. Birth of AMA3 –American Medical Association in 1263 was for the promotion of art and science medicine for betterment of public health, and the same AMA in seventh circuit found a "nationwide conspiracy" to "eliminate a licensed profession".

CONCEPTUALIZING MANUSCRIPTS OF IBN SINA INTO PRACTICE THROUGH A DIPLOMA IN THE UNIVERSITY ACADEMICS

Gidon Gur

Cultural practices are generally norms in behaviors and standards that developed in ethnic groups and communities in ancient history. Cultural practices are often important aspects of identity for people to connect them with others of their religion, race or region. Cultural medical practices are among the most diverse cultural practices, and vary significantly around the world. Interpreting and understanding indigenous knowledge systems that are often veiled in ancient languages, rituals and cultural practices is a top priority for scholars, political leaders and conventional scientists searching for answers to the human survival questions of sustainability and effective responses to the adverse affects of climate change. The effort to recognize, understand and communicate indigenous and traditional knowledge across cultural boundaries is complicated by the sheer complexity of diversity among indigenous peoples and their location

in sometimes remote and inaccessible places.

A module is designed with the chapters like medicine and modern psychology and medicine and holistic healing are unique along with the chapter of recent development and this makes the book worth reading for the students along with clear thoughts of who is who in Greco arab Uyghur medicine which gives information on Hippocrates , Aristotle , alexander, galen , dioscorides, avicenna and Nicholas culpeper .

Indigenous knowledge has answers for need of today wellness and care , where the diversities of commoditization or essentialism is to be ascertained including philosophies would somewhere enable the remove the tag of colonism and they need to be centralized for catering to need of the community and present conditions. The dual word MEDICAL PLEURALISM which is supporting MEDICAL TOURISM