



**ILMIY VA  
INNOVATSION  
TERAPIYA**

**SCIENTIFIC >>> >>>  
AND INNOVATIVE  
THERAPY**

МИНИСТЕРСТВО ЗДРАВООХРАНЕНИЯ  
РЕСПУБЛИКИ УЗБЕКИСТАН

**SCIENTIFIC AND INNOVATIVE  
THERAPY**

**ИЛМИЙ ВА ИННОВАЦИОН  
ТЕРАПИЯ**

**НАУЧНАЯ И ИННОВАЦИОННАЯ  
ТЕРАПИЯ**

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## STUDYING THE HYPOGLYCEMIC PROPERTIES OF MULBERRY LEAVES Infusion IN HYPERLIPIDEMIA

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**Relevance.** In folk medicine, all parts of the mulberry tree are used (berries, leaves, flowers, bark, root). Avicenna in his "Canon of Medicine" emphasized that the use of mulberries contributes to longevity and maintaining efficiency until old age. In the East this plant is called the "tree of life". The medicinal properties of mulberry leaves are due to their rich composition, they contain a large amount of essential oil, microelements, vitamins and nutrients. The leaves are valued for the following bioactive components present in the composition of retinol, carotene, thiamine, niacin, riboflavin, vitamin C, rutin. The leaves have a powerful anti-inflammatory, diuretics, choleric and healing action.

**Purpose of the study.** The study of the effect of mulberry leaf infusion on the state of carbohydrate metabolism in the hyper cholesterol diet (HCS D) in white rats in the experiment.

**Materials and research methods.** An infusion of mulberry leaves (1:10) was prepared in accordance with the requirements of the RF SP XIV. The experiments were carried out on 30 outbred rats of both sexes weighing 190-220 g. The animals were divided into 3 groups. Group 1 consisted of intact rats treated intragastrically (i.v.) with distilled water at a dose of 5 ml/kg of body weight for 30 days; group 2 - control (untreated) animals with HCHDM, which were injected intravenously with distilled water at a dose of 5 ml/kg of body weight according to the same scheme; 3rd group - experimental animals with HCS D treated with infusion of mulberry leaves (1:10) at a dose of 5 ml/kg of body weight according to the same scheme. The rats were kept on a cholesterol diet for 30 days. Treatment with infusion of mulberry leaves was started on the 7th day after the animals gained weight. At the end of the experiment, after a preliminary 14-hour fast, blood was taken to study the sugar in the blood serum of the experimental animals.

**Results of the study and their discussion.** The experiments showed that in the control (untreated) series of animals with HCHDM, the level of sugar in the blood serum was  $10.3 \pm 0.6$  mmol/l compared with the intact series of  $4.4 \pm 0.03$  mmol/l i.e. increased by 134% ( $P < 0.001$ ). In the experimental series, where animals with a hypercholesterol diet intragastrically received an infusion of mulberry leaves (1:10) at a dose of 5 ml/kg of body weight, the concentration of sugar in the blood serum was  $5.3 \pm 0.09$  mmol/l compared with the control series  $10.3 \pm 0.6$  mmol/l, respectively, the sugar level decreased by 121% ( $P < 0.001$ ).

**Conclusions.** Thus, the experiments prove that the infusion of mulberry leaves (1:10) has a positive effect on carbohydrate metabolism in hyperlipidemia, which can be recommended in complex therapy in patients with metabolic disorders.

## STUDY OF PSYCHO-EMOTIONAL STATUS OF SPORTS WOMEN IN RELATION SHIP WITH OPTIMIZATION OF THEIR HEALTH PROTECTION SYSTEM

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The aim of the work is to develop a differentiated approach to the prevention, treatment and rehabilitation of emerging disorders of reproductive health and the psycho-emotional status of female athletes.

**Materials and research methods.** In accordance with the purpose and objectives of the work, a comprehensive examination of 50 athletes aged 17 to 24 years old, whose sports experience is from 5 to 10 years, was divided into 2 groups: the first group included 25 athletes involved in rowing, the second group included 25 athletes based in weightlifting. Groups were formed depending on the nature of physical activity in a particular sport. A comprehensive examination of women was carried out with an assessment of medical and social factors: questionnaires, psychological testing, morphological examination (physique, height and body weight), ultrasound examination of the uterus and appendages was used. A psychological examination of athletes was used, which included a study of the level of personal and situational anxiety using the Spielberger-Khanin method, the Boyko express test, the strength of nervous processes, which were determined using the NS-Psychotest hardware-software complex using the Tapping test method.

**Research results.** In the groups of female athletes involved in various sports, there were significant differences in the number of diagnosed extragenital diseases: in the first group (rowing), respiratory diseases prevailed (6%), in the second group 2.0% ( $p < 0.05$ ); genitourinary system (11.0%) versus 4.0% in the second group ( $p < 0.05$ ); in the second group (weightlifting, gymnastics) diseases of the musculoskeletal system and connective tissue prevailed (16.0%), in the first group 8.0% ( $p < 0.05$ ). Among the diagnosed gynecological diseases, the main place is occupied by vulvovaginitis - 9.7% in the first group, and salpingo-oophoritis in the second - 12.3%. Among the diagnosed gynecological diseases, the main place is occupied by vulvovaginitis - 9.7% in the first group, and salpingo-oophoritis in the second - 12.3%. The average age of menarche in female athletes exceeds 14 years ( $14.6 \pm 1.3$  years). Late onset of menarche in the second group  $15.2 \pm 1.5$  years (weightlifting, gymnastics). There are differences in menstrual dysfunction (amenorrhea) in history (2%). In the study of the personality characteristics of female athletes, 20.0% of athletes were found to have mild anxiety-depressive disorders, 9.0% - of moderate severity. The female athletes of the first group showed the predominance of the tone of the parasympathetic division of the autonomic nervous system to a greater extent. When determining the strength of nervous processes in the first group of 9 subjects (36%), the nervous system was identified as strong, and the frequency of occurrence of extragenital diseases in athletes with a strong nervous system was 0.02%; genital diseases 0.03%; in 10 (40%) female athletes of average strength, the nervous system, the frequency of occurrence of extra genital diseases in these female athletes was 0.05%, genital diseases 0.04%. At the same time, in female athletes with medium-weak manifestation of the nervous system, the frequency of occurrence of extragenital and genital diseases was relatively higher: in 6 (24%) on the border between weak and medium (medium-weak), these female athletes had the highest frequency of occurrence as extra genital and genital diseases. In the second group of female athletes, 6 (24%) nervous system was defined as strong, 11 - as medium strength, 8 - on the border between medium and weak. With a weak nervous system, fatigue due to mental or physical stress occurs faster than with a strong one.

**Conclusion.** Our study will allow in the future to develop a scientifically based system of preventive, diagnostic and therapeutic and rehabilitation measures to preserve the health of athletes, as well as criteria for the risk of developing psycho-emotional disorders by studying the properties of the nervous system according to psychomotor indicators and a program of psychological correction in athletes.