BG Pulse Journal USA
ISSN:1947-2536 http://www.bgpulseusa.com/index.php/bg
BG PULSE JOURNAL

UDK 585 A-15

SCIENTIFIC AND PRACTICAL RESEARCH AND RECOMMENDATIONS USING TRADITIONAL MEDICINE FOR THE TREATMENT OF INTESTINAL INFLAMMATION

Samarkand State University of Architecture and Civil Engineering,
Associate Professor of the Department of Architecture
Abdumonnonov Makhsud
m.abdumonnonov@samdaqu.edu.uz,
Khudzhamov Ziyavuddin
(z.xujamov@samdaqu.edu.uz),
Masariddinova Nilufar
(n.masariddinova@samdaqu.edu.uz),
Maxmudova Sabohat Abdusattorovna
(maxmudova.saboxat@samdaqu.edu.uz),
Vokhidov Abror Baxodirovich
(abror.vokhidov@samdaqu.edu.uz),
Saparov Xazratkul Rayimkulovich
(khazartqul.saparov@samdaqu.edu.uz)

Annotation: The first to recommend the use of medicinal plants and herbs in medicine was the Greek physician Hippocrates (460-377 BC), who used 236 medical books in practice.

The great physician, philosopher, mathematician Abu Ali Ibn Sina wrote in his book "Laws of Medicine" about the composition of medicinal herbs and their use. This scientific article examines the medicinal herb "Golden Root" (radiola), for use in the treatment of intestinal inflammation and other diseases in humans.

Keywords: Golden root (radiola), medicinal herbs, gastritis, internal bleeding, laws of medicine, tincture, gastric mucosa, immunity, external bleeding.

The use of medicinal herbs was known about 6000 thousand years BC and it is known that they were first used in the eastern countries.

The great Greek physician Hippocrates (460-377 BC), the great physician, philosopher, mathematician Abu Ali Ibn Sina (980-1037) and hundreds of great physicians recommended the treatment of many diseases with the help of golden root.

Systematic scientific research of Rhodiola rosea began only in the 1870s, but this plant has been known in folk medicine for several centuries. There are many traditional recipes that use the golden root.

In folk medicine, golden root is especially valued for senile weakness, impotence, as well as anemia, pulmonary tuberculosis, liver disease, diabetes, and female diseases (metrorrhagia, menorrhagia, amenorrhea). It is used for anemia caused by prolonged uterine and external bleeding.

BG Pulse Journal USA
ISSN:1947-2536 http://www.bgpulseusa.com/index.php/bg
BG PULSE JOURNAL




Fig. 1. Root part of golden root.




Fig.2. Golden root plants.

In addition, the golden root (radiola rosea) is used in the treatment of cardiovascular, gastrointestinal, skin diseases, pulmonary tuberculosis, bone fractures and many other diseases, as an antipyretic, tonic (table 1). Externally, it is used in the form of lotions or ointments for the treatment of wounds, conjunctivitis, skin rashes, and narivas (Fig. 1 and Fig. 2).

Comparison of golden root and ginseng. **Table 1.**

Golden root	Ginseng
Latin name: Rhodiola rosea	Latin name: Panax ginseng
A plant of the oilseed family	Plant of the Aral family
It grows mainly in cold climates such as mountainous areas.	Grows mainly in tropical and temperate zones
Used to strengthen the body, improve physical endurance and adapt to stress	Used to boost immunity, reduce stress levels and improve cognitive function
Important active components are rosavins and salidrosides	Important active components are ginsenosides and ginsengins

In general, golden root and ginseng have different biological properties and are used for different purposes, but both plants can have a positive effect on human health when used correctly.

Golden root (or Rhodiola rosea) is a plant that grows in the cold climates of the Northern Hemisphere. It has adaptogenic properties, helps the body cope with stress and physical overload. Golden root is also a stimulant of the immune system and improves cognitive functions.

Ginseng, on the other hand, is a root powder of a plant from the family Oral. It is grown in the warm and humid conditions of East Asia, mainly in China and Korea. Ginseng is also an adaptogen, but has a wider range of applications. It helps overcome physical and psychological fatigue, improves immunity and increases energy.

The difference between the two supplements can also be found in their effects on the body. Ginseng is often used to increase energy and physical performance, while golden root can be useful in stressful situations and to improve memory and concentration. Both products can be useful in improving overall health and well-being.

When it comes to choosing between golden root and ginseng, the best option is to consult with a doctor or homeopath. Every body is different, and only a professional can determine which supplement is best for you.

Radiola rosea has a rejuvenating effect on Drosophila, slowing down the aging of insects, and its extract and solidosite inhibit the growth of human bladder cancer cells. Radiola rosea has various pharmacological activities: antioxidant, antidepressant, anticancer, etc.

Chemical composition of radiola.

Rhizome and roots of Rhodiola rosea have a complex chemical composition. Substances of various classes have been identified:

✓phenol alcohol tyrazol and its glucoside salidroside (about 1%);
✓ flavonoids - derivatives of herbacetin, tricin and kaempferol;
✓cinnamic alcohol glycosides - rosavin (up to 2.5%), rosarin, rosin;
✓flavonolignan rhodiol;
✓monoterpenoids - rosiridol and rosiridine;
✓tannins (about 20%);
✓essential oil containing cinnamic aldehyde and citral;
✓organic acids;
✓lipids;
✓up to 10 different microelements and other compounds.

Numerical indicators of raw materials.

Whole raw material. Salidroside not less than 0.8% (spectrophotometric method); humidity not more than 13%; total ash not more than 9%; other parts of the plant (leaves, stems, including those separated during analysis) not more than 4%; organic impurity not more than 1%; mineral impurity not more than 3%.

Crushed raw material. Salidroside not less than 0.8%; humidity not more than 12%; total ash not more than 8%; particles not passing through a sieve with holes of 7 mm in diameter, not more than 10%; particles passing through a sieve with holes of 0.5 mm in size, not more than 2%; organic impurity not more than 1%; mineral impurity not more than 3%.

Yield of compound groups (mass % of extract) **Table 2**

№	Groups connections	Extract		
		Panax ginseng common	**Eleutherococcus prickly**	**Rhodiola rosea (golden root)**
1	Hydrocarbons	2.43	2.10	0.57
2	Carboxylic acids	18.96	4.99	8.08
3	Aldehydes	13.17	4.67	1.58
4	Alcohols	35.83	2.46	12.99
5	Ketones	2.51	12.83	2.59
6	Ethers	23.02	5.03	-
7	Glycosides	4.68	14.67	5.33
8	Sterols	2.78	8.52	0.94
9	Sulfur-containing	0.28	2.35	4.47
10	Nitrogen-containing	5.64	2.46	2.41
11	Silicon-containing	0.52	1.75	0.01
12	Phenols	0.87	31.16	34.23

From Table 2 it follows that the extract of common ginseng is characterized by a significant content of saturated and unsaturated carboxylic acids (18.96), mass % of the extract, their methyl esters (23.02), aldehydes, alcohols, nitrogen-containing heterocyclic compounds.

Rhodiola rosea and Eleutherococcus senticosus have a very significant content of di- and triatomic phenols (34.23 and 31.16 wt. % of the extract, respectively); an increased content of sulfur-containing organic compounds, and for Eleutherococcus - sterols (8.52), glycosides (14.67), ketones (12.83 wt. %), which is 3-5 times more than in ginseng extract. The presence of organic silicon compounds is not typical for Rhodiola rosea.

The observed differences in the chemical composition of the studied extracts of ginseng, eleutherococcus and radiola rosea are consistent with the physiological effects of preparations based on the latter on the human body.

The action of Rhodiola rosea ("golden root") is determined by the presence in it of a significant amount of the most common compounds: hydroquinone, pyrocatechol, pyrogallol, phenolic carboxylic acids (salicylic, vanillic, coumaric), phenolic alcohols, phenolic glycosides and flavonoids, which exhibit adaptogenic and immunostimulating action, which is also characteristic of Eleutherococcus.

Steroid compounds, glycosides, derivatives of cyclopentaneperhydrophenanthrene, identified in significant quantities in Eleutherococcus, have a cardiotonic effect; phenolic glycosides -

bactericidal; anthraglycosides - laxative. A common property of glycosides is their ability to increase diuresis.

The conducted research showed the advisability of detailing the structure of compounds that determine the chemical composition of the organic matter of common ginseng, eleutherococcus and Rhodiola rosea, and the relationship of the latter with the direction of the physiological action of the drugs.

Golden root normalizes the activity of the cardiovascular system (increases diastolic blood pressure in hypotension and reduces elevated systolic blood pressure, primarily reduces high heart rate and increases low blood pressure).

The underground part of the pink radiola was worth its weight in gold in eastern countries. Chinese emperors sent expeditions to Altai for it, where its main reserves are still located. Radiola was prescribed to restore strength after serious illnesses and as a tonic for low blood counts and impotence. In addition to the high cost of the root, its color in some places resembles gold - that is why the name "Golden Root" (Radiola) has become popular.

Unlike caffeine and other energy drinks, Rhodiola rosea has a mild tonic effect without disrupting control over the feeling of fatigue; its use does not deplete energy resources. At the same time, Radiola noticeably invigorates, so we recommend taking a decoction or tincture (which is made with a 40% alcohol solution. Fig. 3) from the root in the first half of the day. The active substances responsible for the effectiveness of Radiola are:



Fig. 3. Radiol setup.

Solidroside, rosavin, rosarin, organic acids (oxalic, citric, malic, golovic, succinic), flavinoids. "Golden root" also grows in the Zamin mountains of the Republic of Uzbekistan. Its roots of golden light will be able to prepare and receive.

The main use of decoctions and tinctures based on golden root is the treatment of colds, diseases of the upper respiratory tract. They are also effective for rapid recovery after severe infectious diseases. Radiola helps to normalize the thyroid gland, lowers blood sugar levels.

Decoction. Pour 1 liter of boiled water over 1 teaspoon of crushed root. Then simmer over low heat for 10 minutes. Infuse the decoction for at least 40 minutes at room temperature, then strain. Take 1-2 glasses a day (morning and afternoon) instead of tea. The course of treatment is 5 days. The course can be repeated after a week's break.

Tincture. Place 50 g of crushed root in a glass container and pour 500 ml of 40% medical alcohol or 40% vodka, close the lid tightly. Infuse the mixture in a dark, cool place for 3 weeks, then strain. The course of treatment can be continued after 2 weeks.

The use of this drug is to drink 1 tablespoon every day 30-40 minutes before breakfast in the treatment of inflammation of the gastric mucosa (gastritis). This process is continued for 5-10 days.

As a result, a number of people living in the city of Samarkand were treated by Ishkuvatov M.A., Agzamov Sh., Khalilova M.M., and teachers of the Department of Architecture Khudzhamov Z.S., Dzhumakulov F.U., and Berdiev M., which resulted in a positive response.

The lining of the stomach also becomes inflamed, similar to the inflammation of the duodenum.

Based on this, it should be noted that everyone is advised to beware of improper nutrition (culinary disorders) and nervous disorders.

As a result, it has been proven that drugs based on Radiola relieve fatigue, improve mental activity, increase concentration, strengthen the immune system and the body's protective functions. Also, Radiola tincture helps remove toxins and normalize metabolism. Drink alcohol tincture of Rhodiola rosea orally, adults and children from 12 years of age in the first half of the day, 15-30 minutes before meals. In the form of a liquid extract - 5-10 drops 2-3 times a day, for 10-12 days; in psychoneurological practice - up to 2 months, start with 10 drops 2-3 times a day and gradually increase to 30-40 drops. Liquid extract was used for children from 12 years of age and gave a positive result.

As a result of the study, it was possible to isolate several active compounds in the plant that are characteristic of this plant. They are responsible for the anti-stress and tonic effect of taking drugs based on the golden root. It is interesting that the concentration and ratio of substances in the roots of the radiola depends on the place where it grew; in total, the golden root contains more than 140 substances.

Golden root is not recommended for use by people with arterial hypertension, since drugs with Radiola increase blood pressure. You should refrain from taking extracts, decoctions and tinctures during insomnia and severe nervous excitement. The stimulating effect of golden root may aggravate these conditions. It is not recommended to use golden root during pregnancy and breastfeeding.

Guided by the experience of generations and modern research, we have selected a wide range of products that help people around the world maintain and increase their health.

References.

1. Abdumonnonov, M., Jumakulov, F., Suvonov, O., Saparov, K., Khudjamov, Z., Chiniyev, O., & Khudjakulov, D. (2024). Some scientific and practical research on using the experience of traditional medicine. In *BIO Web of Conferences* (Vol. 149, p. 01071). EDP Sciences.
2. Абу Али Ибн Сина «Медицинские законы».
3. Abdumonnonov, M. Mirza Ulugbek (Muhammad Taragai) Was Taken to the Side on the Universal Significance of Research Work. WEB OF SEMANTIK. Universial Journal on Innovative Edication. Volume 2.,Issine 3. Year 2023., 377-383
4. Негматов Э., Избасаров У.К., Избасаров Ш.К., «ЛЕЧЕНИЕ-ЦЕЛЕБНЫМИ ЛЕКАРСТВЕННЫМИ РАСТЕНИЯМИ». Самарканд 2012.

5. Abdumonnonov, M. PAYARIQ TUMANI COSHTEPA MFY DA JOYLASHGAN "CHOSHTEPA" ARXEOLOGIYA YODGORLIGINI SAQLAB QOLISH. ILG`OR MUXANDISLAR VA ARXITEKTORLAR.BARQAROR RIVOJLANISH ILM-FAN VA T`LIMNI MODERNIZATSIYA QILISH XALQARO ILMIY-AMALIY KONFERENSIYA TO`PLAMI. 08.11.2024 y. 399-401 bet.
6. Abdikhakimovich, Khujakulov Davron. "ASSESSMENT OF THE QUALITY OF LIFE OF PATIENTS IN MODERN MEDICINE." Talqin va tadqiqotlar ilmiy-uslubiy jurnali 1.17 (2023): 220-224.
7. Хужакулов, Д. А., and З. Т. Муратова. "Инфекции полости рта при ВИЧ-инфекции и СПИДА." Молодежь и медицинская наука в XXI веке. 2017.
8. Fazliddinovna, Boboqandova Mexriniso, Oripova Pokiza Olimovna, and Xudjaqulov Davron Abduhakimovich. "Innovative technologies in the training of future doctors." ACADEMICIA: An International Multidisciplinary Research Journal 12.4 (2022): 594-597.
9. Худоярова, М. Б., & Чекаева, Р. У. (2025). ДЕКОРАТИВНЫЕ ЭЛЕМЕНТЫ ДВОРЦА АБДУЛЛА-ХАНА В КАГАНЕ. SHOKH LIBRARY, 1(11).
10. Исламова, Д. Г., & Масаридинова, Н. (2021). КОНЦЕПЦИЯ РАЗВИТИЯ ТУРИЗМА В УЗБЕКИСТАНЕ. POLISH SCIENCE JOURNAL, 317.
11. Tursunov, S., Tursunova, D., Vakhidov, A., Khojamov, Z., Makhmudova, F., Masaridinova, N., & Bobobekov, B. (2024). Experimental studies on shear stiffness of soil under external loading conditions. In BIO Web of Conferences (Vol. 149, p. 01072). EDP Sciences.
12. Khudoyarova, M. B., Masaritdinova, N. A., & Makhmudova, S. A. (2024). ARCHITECTURAL TRENDS OF UZBEKISTAN IN THE PERIOD 1932 1990. Экономика и социум, (9 (124)), 201-206.
13. Abdirasulovna, M. N. (2023). Samarkand State University of Architecture and Construction. Multidisciplinary Journal of Science and Technology, 3(3), 398-400.
14. Abdusattorovna, M. S. (2025). MODERN SOLUTIONS IN THE ORGANIZATION OF RECREATIONAL AREAS IN SCHOOL EDUCATIONAL INSTITUTIONS AND FOREIGN EXPERIENCE. *Shokh Articles Library*, *1*(1).
15. Sabokhat, M., & Abror, V. (2025). INTERCONNECTION WITH DESIGN OBJECTS AND THE NATURAL ENVIRONMENT. *Shokh Articles Library*, *1*(1).
16. Sabokhat, M., & Abror, V. (2025). INTERCONNECTION WITH DESIGN OBJECTS AND THE NATURAL ENVIRONMENT. *Shokh Articles Library*, *1*(1).
17. Sabohat, M., & Firuza, M. (2022). Periods of Formation of Historical Structures of Architecture with Geometric Shapes. *Journal of Architectural Design*, *4*, 21-26.
18. Abdusattorovna, M. S. (2023). ZAMONAVIY SHAHARSOZLIKDA KO'CHA VA XIYOBONLAR LANDSHAFT ARXITEKTURASINI RIVOJLANTIRISH VA INNOVATSION LOYIHALAR KONSEPSIYALARNI QO'LLASH. *ARXITEKTURA, MUHANDISLIK VA ZAMONAVIY TEXNOLOGIYALAR JURNALI*, *2*(3), 30-34.
19. Ibraimovna, M. F. (2023). Analytical Research Work on the Palaces of the Timurids in the Medieval Period of Uzbekistan. *Central Asian Journal of Theoretical and Applied Science*, *4*(3), 7-10.
20. Ibraimovna, M. F. (2023). Analytical Research Work on the Palaces of the Timurids in the Medieval Period of Uzbekistan. *Central Asian Journal of Theoretical and Applied Science*, *4*(3), 7-10.