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BELARUSIAN PLANTS AS A COMPLEMENT TO DRUG THERAPY

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Medicinal plants are a valuable source of biologically active compounds that have been used in traditional medicine for centuries. The incorporation of herbal medicine into clinical practice offers significant potential for preventing the development of many diseases and, when combined with synthetic medications, provides a gentler effect on the body and reduces the risk of adverse reactions.

Synthetic agents such as etamsylate are commonly used to stop bleeding. They can be supplemented with stinging nettle (*Urtica dioica*) leaves and yarrow (*Achillea millefolium*) herb. Nettle leaves are rich in vitamin K, chlorophyll, and tannins, which promote blood clotting. Yarrow contains the alkaloid achilleine and essential oils, which accelerate the coagulation process.

Synthetic mucolytics, such as mucaltin, are widely used in the treatment of respiratory diseases. Effective herbal supplements or alternatives with expectorant properties include plantain leaves (*Plantago major*) and oregano (*Origanum vulgare*). Plantain leaves contain iridoid glycosides, which increase bronchial secretions and facilitate expectoration. Origanum is rich in phenolic compounds with antiseptic and secretolytic properties.

Brittle buckthorn bark (*Frangula alnus*) is used as a complement to laxatives such as senadexin. The main active components of buckthorn bark are anthraquinone glycosides. These compounds are hydrolyzed in the large intestine, where they enhance peristalsis and inhibit water reabsorption, producing a laxative effect.

Motherwort (*Leonurus cardiaca*), peppermint (*Mentha piperita*), and lemon balm (*Melissa officinalis*) can be used as a supplement to sedatives such as Afobazol. The drug's effect is primarily a combination of anti-anxiety and mild stimulating (activating) effects. The medicinal plants mentioned above act as stimulants.

The diversity of the pharmacognostic components of Belarusian flora and the development of the pharmaceutical industry in our country open up new possibilities for the treatment of various diseases by adding plant components to therapy.