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СОҒЛИҚНИ САҚЛАШ ВАЗИРЛИГИ

ТОШКЕНТ ФАРМАЦЕВТИКА ИНСТИТУТИ

ИБН СИНО ЖАМОАТ ФОНДИ

**АБУ АЛИ ИБН СИНО ВА ЗАМОНАВИЙ ФАРМАЦЕВТИКАДА
ИННОВАЦИЯЛАР**

VII ХАЛҚАРО ИЛМИЙ-АМАЛИЙ АНЖУМАН
МАҚОЛАЛАР ТЎПЛАМИ



**АБУ АЛИ ИБН СИНО И ИННОВАЦИИ
В СОВРЕМЕННОЙ ФАРМАЦЕВТИКЕ**

СБОРНИК МАТЕРИАЛОВ
VII МЕЖДУНАРОДНОЙ НАУЧНО-ПРАКТИЧЕСКОЙ КОНФЕРЕНЦИИ

ТОШКЕНТ - 2024

2-SEKSIYA.

INNOVATSION DORI PREPARATLARI, KOSMETIKA VA BIOLOGIK FAOL QO‘SHIMCHALARINI ISHLAB CHIQISH, ULARNING SIFATINI TA’MINLASH

РАЗРАБОТКА ИННОВАЦИОННЫХ ЛЕКАРСТВЕННЫХ ПРЕПАРАТОВ, КОСМЕТИЧЕСКИХ СРЕДСТВ И БАД К ПИЩЕ, ОБЕСПЕЧЕНИЕ ИХ КАЧЕСТВА

AKNEGA QARSHI SURTMA TEXNOLOGIYASI

Habibullayeva N. H., Ziyamuhamedova M.M., Nurmatova S.M.

Toshkent farmatsevtika instituti

Mavzuning dolzarbligi: Bugungi zamonda, kasalliklar rivojlanib o‘zining o‘zgacha yangi simptom va belgilari bilan namoyon bo‘lmoqda, chunki kasallikka sabab bo‘luvchi omillar ham tobora o‘zgarib bormoqda. Bu esa kasalliklarga yangi zamonaviy va samarali yechimni, davolash usuli va yangi dori preparatlarini talab qilmoqda. Akne kasalligi ham shular jumlasidandir. Dori shakli uchun surtma tanlanishi esa, tarkibiga turli xil moddalarni kiritish mumkinligi, mahalliy va rezorbtiv ta'sirga ega ekanligi, dori vositasini terida, to'qimalarda, organizmning biologik suyuqliklarida yuqori kontsentratsiyada bo'lishiga erishishi, yuborish qulayligi, iqtisodiy tejamkorligi surtma dori shaklini naqadar ahamiyatligini ko'rsatadi.

Tadqiqotning maqsadi: Yuqoridagilarni inobatga olgan holatda, tuklibargli xandeliya suyuq ekstrakti, dorivor tirnoqgul nastoykasi, to'q qizil exinatseya quruq ekstrakti asosida aknega qarshi surtma texnologiyasini ishlab chiqish tadqiqotning asosiy maqsadini tashkil etadi.

Usul va uslublar: Surtma dori texnologiyasini yaratish uchun biz tomonimizdan quyidagi tarkibli surtma tayyorlandi:

Tarkib /Polimer	Glitserin	Exinatseya	TBXSE	Tirnoqgul	Toza suv
1. Karbopol 4.0	10.0	0.5	10.0	10.0	100.0 gacha
2. NaKMS 6%li asos 100.0 gacha	10.0	0.5	10.0	10.0	100.0 gacha
3. 5% Jelatinli asos 100.0 gacha	10.0	0.5	10.0	10.0	100.0 gacha
4. Kollagen 5.0	10.0	0.5	10.0	10.0	100.0 gacha
5. Kollagen 10.0+NaKMS 2%li asos 100.0 gacha	10.0	0.5	10.0	10.0	100.0 gacha
6. Metilselluloza 6% asos 100.0 gacha	10.0	0.5	10.0	10.0	100.0 gacha
7. Polivinil spirt 15% asos 100.0 gacha	10.0	0.5	10.0	10.0	100.0 gacha
8. Kollagen 10.0+NaKMS 1%li asos 100.0 gacha	10.0	0.5	10.0	10.0	100.0 gacha
9. Kollagen 10.0	10.0	0.5	10.0	10.0	100.0 gacha
10. Emulsion asos 100.0gacha	10.0	0.5	10.0	10.0	100.0 gacha

Avval polimerlar o'lchab olingan suvda xossalariga qarab,30-40 daqiqa, 24 soat va 12 soatga bo'ktirishga qoldirildi. exinatseya 0,5 quruq ekstrakti spirt-suv-glitserin (1:3:6) asosda eritib qo'shildi va suv hammomida polimerlar to'liq bo'ktirildi, bo'kish uchun suv hammomi harorati 7080°C dan yuqori qilindi, so'ng massa ustiga 10,0 glitserin solindi va bir xil massa hosil bo'lguncha aralashtirildi, so'ng suv

hammomidan olinib ustiga tukli bargli xandeliya suyuq ekstrakti 10,0; dorivor tirnoqgul nastoykasi 10,0 solindi va bir xil massa, surtma hosil bo'lguncha aralashtirildi.

Surtma asoslarining dori moddalari bilan mutanosibligini, qo'ng'ir rangli idishlarga qadoqlanib, 2 kunga salqin joyda qoldirildi. Surtmalarda qavatlanish kuzatilmadi. So'ng surtmaning optimal tarkibini tanlashning birinchi bosqichida surtmalarning fizik-kimyoviy ko'rsatkichlaridan bir xilligi, termova kolloid turg'unligi o'rganildi.

Natijalar: Olingan natijalarga ko'ra, NaKMS 6%li asosda tayyorlangan surtma nisbatan quyuq, NaKMS 1% li va kollagen 10% li asosdagi surtma esa oquvchan, Kollagen 5%, 10% li asosda va polivinil spirt asosidagi talabga javob bermadi. NaKMS 2% va kollagen 10% li asos o'zgarishi, Metilselluloza asoslida suyuqlanish, NaKMS 1% li, kollagen 10% li, jelatin glitserinli, karbopol va emulsion asosda tayyorlangan surtmalarda o'zgarish kuzatilmadi. (qatlamlarga ajralmadi). Tajribaning birinchi bosqichidan so'ng 4, 5, 6, 7, 9- tarkibli surtmalar beqarorligi tufayli keyingi tekshiruvlar obyektidan chiqarildi. Keyingi izlanishlar uchun 1, 2, 3, 8, 10 tarkibli surtmalar tanlab olindi.

Xulosa: Tuklibargli xandeliya, dorivor tirnoqgul, to'q qizil exinatseya asosida aknega qarshi surtma tarkibi tanlandi va texnologiyasini ishlab chiqildi.

EFFECTS OF LETTUCE SEED MEDICATION ON INSOMNIA, A RANDOMIZED DOUBLE-BLIND CLINICAL TRIAL

Ghazaleh Heydarirad¹, Mojgan Tansaz¹, Amir Mohammad Mortazavian²

1: Department of Traditional Medicine, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran

2: Department of Food Science and Technology, Faculty of Nutrition Sciences and Food Technology, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

Introduction:

Insomnia, a prevalent subjective sleep complaint, manifests as persistent difficulties with sleep initiation, maintenance, or non-restorative sleep. Prevalence estimates vary, with rates ranging from 30% to 50% in the general adult population (1). Poor sleep quality and insomnia can impact functional status, as well as risk for other systemic diseases such as hypertension, cardiovascular disorders, gastrointestinal disorders, impairment glucose tolerance, etc (3,2). In clinical practice, long-acting benzodiazepines are commonly prescribed for insomnia management. However, patients often grapple with side effects such as daytime drowsiness, dizziness, lightheadedness, and cognitive impairment (4). Conversely, short-acting hypnotic agents may lead to drug tolerance, dependence, recurrent insomnia, and daytime anxiety. Consequently, a significant number of patients turn to herbal, traditional, and natural remedies to address sleep disturbances and insomnia, opting for herbal medicine over conventional medications with hypnotic effects (5).

Lettuce is one of the vegetables that Avicenna, one of the most prominent Iranian scientists, has recommended to improve sleep in different ways, such as eating green leaves of lettuce with oxymel or taking medicines made from lettuce (leaves or seeds) to improve sleep (6).

This study aimed to evaluate the efficacy of lettuce seed syrup in breast cancer patients who suffer from insomnia.

Methods: The study was a double-blinded randomized clinical trial. Fifty breast cancer patients with insomnia were enrolled. Participants were randomly allocated to lettuce seed syrup (5 mL twice daily), or placebo syrup at the same dose for four weeks. The Pittsburgh Sleep Quality Index (PSQI) was used to evaluate sleep quality before and after the intervention.

Results: The mean of the total PSQI score decreased significantly in participants used lettuce seed syrup ($p=0.014$) in comparison with placebo group. Also, there were statistically significant improvement in the mean scores of subject sleep duration ($p=0.038$), quality sleep ($p=0.002$), habitual sleep efficacy ($p=0.029$) and sleep disturbance ($p=0.032$) in participants who used lettuce seed syrup.

Conclusions: Lettuce seed syrup can improve self-reported sleep quality in participants of this study. Vast trials are needed to indicate in diverse samples of participants to learn if these funds are generalizable.

Keywords: breast cancer; insomnia; lettuce; Persian medicine; sleep disorder.