



PHARMACOLOGICAL ANALYSIS OF HERATOPROTECTIVE PLANTS

Urazbayeva Shakhreizoda Oybek kizi

**Tashkent Pharmaceutical Institute, Department of Pharmaceutical
Work Organization, assistant, Uzbekistan**

Zakhidova Lola Tishaevna

**Senior Researcher of the Department of Pharmacology and Toxicology,
Candidate of Biological Sciences, Institute of Chemistry of Plant
Substances, Academy of Sciences of the Republic of Uzbekistan. E-mail:
lola.zakhidova@bk.ru, ORCID.**

<https://doi.org/10.5281/zenodo.17524598>

ARTICLE INFO

Received: 29th October 2025

Accepted: 30th October 2025

Online: 31st October 2025

KEYWORDS

It has been proven that the flower is effective in combating gallbladder, liver, gastritis, meteorism, gas, colitis, spasms, etc., as well as in the treatment of the urogenital system;

ABSTRACT

Hepatoprotectors are substances that help protect the liver and restore its functions. Plant-derived hepatoprotectors are recognized as a natural source, and their effectiveness has been proven in various studies. This thesis analyzes some plants used as hepatoprotectors and their active components.

Hepatoprotectors are substances that help protect the liver and restore its functions. Plant-derived hepatoprotectors are recognized as a natural source, and their effectiveness has been proven in various studies. This thesis analyzes some plants used as hepatoprotectors and their active components.

Hepatoprotective plant species:

-Matricaria (Roychechak) is considered an effective remedy for gallbladder liver inflammation.

Rose (Rose) - stands out for its high antioxidant content. - Silybum marianum (Black reed): The active substance called silymarin helps neutralize toxins in the liver and restores cells.

- Artichoke (Cynara scolymus): Has other hepatoprotective properties and plays an important role in liver detoxification.

- Dandelion (Taraxacum officinale): Stimulates liver function and increases bile production.

Chamomile (Latin: Matricária) - Romashka normalizes the activity of the nervous system, relieves tension and stress, improves sleep, appetite.

It has been proven that the flower is effective in combating gallbladder, liver, gastritis, meteorism, gas, colitis, spasms, etc., as well as in the treatment of the urogenital system;

Rose (Rosa) - Rose contains vitamins C, B-2, P, E, K that are extremely necessary for human health. It is also rich in carotene, sugars, fats, organic acids, flavonoids, pectin, mineral

salts, and other substances. The fruit contains mineral salts such as potassium, iron, manganese, phosphorus, calcium, and magnesium.

According to the great scientist and physician Abu Ali ibn Sina, all types of rosehip have cleansing and thinning properties.

Rosehip flowers, fruits, seeds, leaves, and roots have been widely used in folk medicine since ancient times. Infusions and decoctions made from the fruit are used in folk medicine to treat pulmonary tuberculosis, rubella, typhoid fever, gallbladder inflammation, gastrointestinal, kidney, and bladder diseases.

Its fruit gives energy to the body, improves metabolism, and its nuts are used for diuretic in the treatment of kidney and urinary tract diseases. An infusion and decoction made from the plant's roots are used among the people for stomach and liver diseases, and the powder is used as a remedy for wounds.

The benefits of artichoke (*Cynara scolymus*) for the liver are related to its ability to release antioxidants, toxins, and stimulate bile production. Artishok helps restore liver cells, protects against the effects of toxins, and helps reduce cholesterol.

Benefits of artichoke for the liver:

- Toxin removal: The substances in artichoke help cleanse the body, especially the liver and kidneys, from toxic substances and toxins.
- Restoration of liver cells: It can help restore damaged liver cells.
- Reducing cholesterol: Artishok reduces cholesterol and fat levels in the blood.
- Stimulating bile production: It improves bile formation and flow, which contributes to the breakdown of fats.
- Hepatoprotective and antioxidant effect: Artishok has antioxidant properties that protect the liver, protecting cells from free radicals.
- Improving metabolism: Artishok improves metabolism and has a positive effect on the overall functioning of the body.
- Care for diseases: Artishok is used in the early stages of cirrhosis of the liver, cholecystitis, hepatitis, and a number of other liver diseases. It can also be beneficial for liver protection during pregnancy.

Effects of active substances of these plants:

- Silymarin: Known for its antioxidant and anti-inflammatory properties. Protects liver cells and accelerates regeneration processes.
- Cynarin: Known for increasing bile production and improving liver function.
- Taraxasterol: derived from the dandelion plant, helps reduce liver inflammation and prevent damage.

Hepatoprotective plants play an important role in maintaining liver health. Their natural origin and effectiveness have been proven in numerous studies. In the future, the clinical use of these plants and the search for new hepatoprotective substances should be continued.

References:

- 1.Saller, R., et al. (2001). "Silymarin in the Treatment of Liver Diseases." *Phytomedicine*.
- 2.Kren, V., Walterová, D. (2005). "Silybin and silymarin - New Effects and Applications." *Biomedical Papers*.

3. Lichtenstein, A. H., et al. (2006). "The Role of Artishoke Extract in the Management of Hyperlipidemia." *Journal of Nutrition*.
4. Chatterjee, S., et al. (2011). "Hepatoprotective activity of Taraxacum officinale against paracetamol-induced liver damage." Journal of Ethnopharmacology
5. <https://uz.wikipedia.org/wiki/Romashka>
6. <https://www.samdu.uz/cy/news/52529#:~:text=%D0%90%D1%80%D1%82%D0%B8%D1>

