

Involuntary Nighttime Urination. (Herbal Treatment)

Xaydarov M.

Student of 421-group of pharmacy faculty

Imamova Yu.A.

Assistant of the Department of Pharmacognosy and Pharmaceutical Technology
Samarkand State University

Introduction: The article discusses the use of medicinal raw materials and their use in medicine. Phyto preparations are currently prescribed very often. Preparations obtained from medicinal raw materials belong to the category of biologically active additives.

Key words: urination, psychotherapy, feeling of insecurity, aromatic bitterness, congestion.

Relevance: Uzbekistan is rich in medicinal plants. Currently, phytotherapy treatment has become very relevant. Herbal medicine is beneficial and safe. Plants contain vitamins, glycosides, essential oils, various elements, etc. Medicinal herbs can also cure nighttime urination in children. To do this, you need to consult a doctor.

In children who experience nighttime urination after the age of three years, it can occur on a nervous background. Therefore, at such a time, psychotherapy helps the child. Psychotherapy takes a long time to heal. Sometimes, scolding the child, parents complicate the treatment. Treatment takes a lot of time and patience. Punishing a child is inappropriate because the child does not urinate intentionally. In order for the child to be self-confident (a feeling of insecurity can be the cause of the development of many diseases) and be joyful, parents should not be too strict and rude.

Materials and methods: Parents scolding the child when going to bed can increase his illness and anxiety, you need to show lightness and understand your child. Parents should not show their conflicts in front of the child. The child should feel safe and confident at home.

Results: When a child urinates at night, herbal mixtures can be added to psychotherapy, such as:

St. John's wort perforated 50g

Yarrow herb 50g

Horsetail herbs 50g

The infusion is prepared as follows 1 tablespoon of the herbal mixture is poured into a glass of water and boiled over low heat for 10 minutes, filtered through four layers of gauze, and brought to 200 ml with boiled water. Take 1/3 of the infusion per day, depending on age.

Hypericum perforatum.

Discussion: Hypericum perforatum is a perennial herbaceous plant, widespread in Eurasia, from the Atlantic coast to Siberia, Mongolia and China. It is found in North Africa, as well as in the mountains of Central Asia. St. John's wort grows in forests and clearings, in sparse forests and among bushes. Hypericum herbs are harvested during the flowering phase of the plant.

St. John's wort is used for rheumatism, gout, tuberculosis, bleeding, liver diseases, hemorrhoids and various inflammatory processes, including furunculosis. St. John's wort can be used for nighttime urination in children.

Achillea millefolium.

Perennial plant 60 cm high. As a raw material, grass is harvested, as well as yarrow flowers and harvested in the flowering phase. Yarrow herb is used as a hemostatic agent. Aromatic bitterness in the

composition of yarrow regulate digestion and enhance the secretion of acorn juice, cause anti-inflammatory, bactericidal, anti-allergic and wound-healing effects.

Equisetum arvense.

Perennial spore herbaceous plant up to 40 cm high, with a long creeping rhizome. In early spring, reddish, juicy and unbranched shoots about 20 cm high develop, bearing one spore-bearing spikelet at the top. Collect green vegetative shoots, cutting them at a height of about 5 cm from the soil surface. The herb contains flavonoids, phenolcarboxylic acids, ascorbic acid, carotene and other. Decoctions of horsetail are used as a diuretic, in heart diseases accompanied by congestion, as well as in inflammatory processes of the bladder and urinary tract.

Conclusion: Recommendation for parents. Children who take St. John's wort medicines should not be exposed to the sun for too long, as the hypericin contained in St. John's wort can cause a reaction to ultraviolet rays.

Acknowledgement: It is not recommended to take herbal drinks spontaneously. You can take them only after examination and after consulting a doctor.

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