

THE IMPORTANCE OF TRADITIONAL MEDICINE IN THE PREVENTION OF VITILIGO DISEASE

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As the number of people in the world increases, naturally the occurrence and types of diseases also increase. Vitiligo is also one of the diseases that is becoming increasingly difficult to cure today. Disease prevention, elimination of causes and treatment are important.

The article provides brief information about the antioxidant activity of some natural plants used in folk medicine and their importance in medicine, especially in the prevention of vitiligo. The relevance of the problem of vitiligo is due to the widespread prevalence of this disease among the population, its significant impact on the psychosocial state of patients, and the lack of reliable methods of therapy. Today, the prevalence of vitiligo is 0.5-2% of the population and remains a serious problem in dermatology, since there is no specific treatment for this disease.

In folk medicine, preparations of St. John's wort and garlic, prepared on their basis, are used for the prevention and treatment of various skin diseases - vitiligo, neurological disorders, ringworm, bedsores.

We know that vitiligo is an autoimmune disease, but so far all the reasons given have not been proven. What is clear is that in vitiligo, the adverse effects of free radicals (free forms of oxygen) are very high. In the pathogenesis of vitiligo, increasing the activity of the enzyme tyrosinase reduces the activity of free radicals. Copper and zinc elements perform this task well. Field flower and garlic onion

contain copper, zinc, group B vitamins, and are considered to have high antioxidant activity.

Effective results are achieved in the prevention and treatment of vitiligo due to the high antioxidant properties of St. John's wort and garlic, as well as the richness of their composition. In this case, we suggest the following order of application: - 500 mg of St. John's wort (extract or talc) and 214 mg of garlic (extract or talc) in the daily diet will prevent vitiligo.

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