

The Effect of Biologically Active Additives on the Human Body

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ABSTRACT

Dietary supplement is a biologically active supplement, an addition to food. Useful substances come with food, but it is difficult to compensate for all needs with products alone. With a chronic lack of vitamins, trace elements, macronutrients, biosorbents, micronutrients, homeostasis is disrupted, and with it the work of individual organs and systems. In addition, there are substances that the body cannot produce, but urgently needs them. Biologically active additives are a source of substances to make up for potential nutritional deficiencies. Supplementing your diet with dietary supplements, you can restore and maintain some body functions. According to scientific research, regular use of dietary supplements reduces the risk of developing deficiency conditions by 80%.

Nutraceuticals include vitamins and vitamin—like agents - precursors of vitamins, amino acids, macro and microelements, polyunsaturated fatty acids, carbohydrates (monosaccharides and disaccharides), fiber, and some enzymes. Their action is aimed at preventing diseases, inhibiting the aging of the body, increasing life expectancy, maintaining the operability of organs and systems, and improving overall health. Nutraceuticals work on the principle of cumulative effect. To achieve the result, the bioactive agent should be drunk for a long time. However, after the end of their intake, their concentration in the body remains even longer.

The group of parapharmaceuticals includes biological products containing such components
peptides

bee products (honey, propolis, royal jelly);

organic acids;

plant antioxidants (bioflavonoids);

glycosides;

essential oils;

nitrogen-containing organic compounds (alkaloids);

bile.

Biologically active additives are sold in pharmacies, but each package indicates that it is not a

drug. There are three differences between pharmacological preparations and dietary supplements:

Composition. Most drugs are xenobiotics — substances that are foreign to the body. They work effectively, but they are created artificially. Dietary supplements consist of natural ingredients. They are compatible with cells, tissues, and biochemical processes.

Action. Medical preparations have a directed effect — the treatment of the disease, the destruction of infectious agents, cancer cells, etc. At the same time, they work quite aggressively, so they often cause side effects. Dietary supplements improve overall health by making up for the lack of essential substances. They are non-toxic, act gently, do not provoke side effects.

The area of legislation. Medicines undergo clinical trials and state registration. In order for the drug to become a medicine, the Ministry of Health must recognize it as effective and safe. Registration of dietary supplements is within the competence of Rospotrebnadzor, which also conducts research, but proves and guarantees only the safety of a dietary supplement. Dietary supplements can be said to be equated with food.

ACTIVE CORAL CALCIUM

A complex of high-quality and high-performance minerals based on calcium. The product is developed from Marine shallow corals that wash the coast of Okinawa island: the main virtues: normalize the acid-base balance in the body; ensures the production of hormones and enzymes; replenishes iodine deficiency; ensures the absorption of calcium;

improves muscle contraction ability; is responsible for conduction of impulse in the nervous system; strengthens bone tissue and prevents osteoporosis.

Calcium deficiency in the body results in:

- ✓ blood production activity decreases, anemia occurs;
- ✓ osteoporosis, loss of bone mass, bone fractures are observed;
- ✓ the acid medium fruit that accelerates the aging process in the body is exceeded;
- ✓ the ability of muscles to contract worsens.



****COENZYME QH ****

A biologically active additive with an extremely powerful antioxidant effect, quenches the active forms of oxygen, oxidizing and damaging cells, prevents the development of various diseases. Ensures the production of cellular capacity, which is necessary for the functioning of the body. It has the property of regenerating all organs in the human body. In fatigue, it quickly regenerates the body, normalizes the heart rate, increases the body's endurance and restores muscle function. It has no side effects and is not considered a prohibited doping product. Because of coenzyme QH, most athletes consume large amounts of coenzyme QH. Increases the body's stress tolerance. Many diseases of the cranial brain arise as a result of damage to nerve tissues by active oxygen forms (free radicals). Coenzyme QH protects the mitochondria of the cranial brain, the positive effect on its general condition is detailed. Eliminates tumors, headaches, cold limb syndrome. These problems are caused by circulatory disorders. Coenzyme QH enhances the pumping function of the heart. Improves skin: prevents collagen breakdown in skin cells, increases elasticity; has a strong antioxidant effect, effectively protects skin cells from oxidation; promotes skin cell regeneration. Main functions: by regulating metabolic processes in the liver, after drinking relieves numbness; prevents rapid heartbeat and shortness of breath;

Prevents inflammation of the gums and periodont disease.



****SUPER OMEGA****

Highly effective BFC, which is molded to cleanse the blood, improve blood circulation and lower blood pressure. *Used in the following cases:- in oncological diseases;

-When the limbs rub; - overweight; - in osteoporosis; - in wounds and non - ending wounds in the body; - Dysbacteriosis as a super OMEGA *properties: - reduces cholesterol levels in the blood; - strengthens the immune system; - improves metabolism;

prevents the proliferation and spread of cancer cells; - improves the functioning of the brain, slows down the development of atherosclerosis; - reduces the likelihood of heart attacks and strokes; - helps to reduce weight; - refreshes cells and saturates them with oxygen; - prevents diabetes mellitus; - reduces side effects in radiochemical therapy; - prevents premature aging;

*Product composition: - squalene; - nattokinase; - diacylglycerol; - fish oil (Omega-3); alkoxyglycerol.



The choice of the product depends on the scope of application. Today you can find biologically active supplements for all occasions. In spring and autumn, when the body needs help to resist seasonal infections, dietary supplements can be used to increase immunity. If it was not possible to avoid the disease, dietary supplements for colds will help to recover faster. Before taking a dietary supplement with medications, you need to consult a doctor. Dietary supplements can accelerate the excretion of the drug or worsen (slow down) its absorption, which is fraught with a decrease in the therapeutic effect.

With intense physical exertion, sports activities, means for an active lifestyle will help to increase endurance. Many of them contain taurine — an amino acid that eliminates crepature, muscle spasms.

the study of the physiological effect of various biological additives on the body and their pharmacological properties is engaged in micronutrientology (from nutrient - nutrient, nutrition – nutrition).

Biologically active substances can be useful:

People planning the onset of pregnancy.

In this case, as a rule, both a woman and a man are recommended to take a course of zinc, selenium, omega-3, folic acid, vitamin D. Let's take a closer look at each of them. In men, zinc supports the normal synthesis of male sex hormones, helps sperm mature and improves their quality. In women, this trace element stabilizes the hormonal background, increases fertility.

Selenium is a strong antioxidant, protects the DNA of female and male germ cells, and creates a favorable environment for ovulation. Folic acid has a beneficial effect on the formation of motile spermatozoa with the correct structure, contributes to the maintenance of sperm motility in the vagina, is necessary for the proper development of the embryo after fertilization of the egg. Vitamin D blocks the rejection of the embryo by the mother's immune system, is an antioxidant and protects the cells of the reproductive system from destruction by free radicals.

Pregnant and lactating women. The list of supplements will be about the same as when preparing for conception.

For people with weak immunity. With reduced protective resources of the body, therapists often prescribe additional intake of vitamin C, D, as well as zinc and selenium.

In prolonged stressful states. For example, glycine is very often recommended to be taken by teenagers, on whose shoulders lies a large burden of responsibility for studies, exams, success in

sports.

Elderly people. The natural processes of aging of the body, going in conjunction with chronic diseases, as well as impaired absorption of nutrients from food, require additional intake of biological additives.

Before taking any supplements, a doctor's consultation is necessary, since every detail is important: combination with other substances, dosage, duration of the course.

To avoid the appearance of undesirable symptoms and side effects, it is necessary to remember the following rules:

- ✓ do not self-medicate;
- ✓ buy supplements based solely on the doctor's recommendation;
- ✓ do not replace dietary supplements with medicines.

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