without UCTD, only small PVH were observed (6 patients). The revealed changes were statistically significant ($p = 0.046$, $\chi^2 = 3.982$, $df = 1$).

Conclusion. The presence of UCTD is the background to the formation of PVH in young patients. Small-sized PVHs are observed both in comorbid pathology (PVH and UCTD) and in the isolated course of PVH. However, the formation of hernias of moderate size is observed in patients with combined pathology (PVH and UCTD). Thus, a congenital defect in the structure of the connective tissue due to UCTD contributes to the development of PVH and the formation of larger hernias. Hernioplasty of the anterior abdominal wall with a mesh implant is the optimal method of surgical treatment of ventral hernias, which allows stopping the degenerative processes at the site of the hernia on the background of weak connective tissue.

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STUDY THE EFFECTIVENESS OF THE USE OF HERB ASHAWAGANDHA (WITHANIA SOMNIFER*)* IN PATIENTS WITH HASHIMOTO THYROIDITIS AND COEXISTING CHRONIC NONSPECIFIC ARTHRITIS

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Hashimoto thyroiditis (HsT) is an autoimmune disease that affects the thyroid gland with the development of hypothyroidism at later stages. Actually HsT is one of the most common cause of hypothyroidism.

Therefore, the HsT as part of comorbid pathology is of current interest.

Methods. In total of 72 patients selected. Age varied from 32 to 60 years. Selected patients included both female and male with Hashimoto Thyroiditis (mild form) and coexisting chronic nonspecific arthritis. The patients were divided into two groups, first group of 51 patients receive the Ashawagandha (Withania somnifera) with standard medications and second group of 21 patients receive only standard medications, which include Diclofenac sodium and L-thyroxine (12.5-25 mcg per day).

We used powdered roots of Ashwagandha with honey and ghee (clarified butter).

Results and discussion. Our study showed a positive effect of Ashwaghandha. In both groups results compared show that in 68% patients use Ashwaghandha the general well-being and blood pressure restored to normal faster. Combination of Withania somnifera along with Diclofenac sodium demonstrated satisfactory results in the treatment of arthritis. Arthritis associated pain has been decreased in 98% of cases. Thus, the mobility of the joints has increased too. But Ashwaghandha use has accelerated this process for a few

days in 38% of cases. Only 2 patients (1%) had insignificant increase of pain symptom.

Ashawagandha (Withania somnifera) is a very admired shrub from Indian Ayurvedic medicine. Ayurveda has regards the root with many therapeutic benefits. Use of Ashwagandha is known to help in many conditions like anxiety, stress since it is tonic and various kinds of nervous debility. Ashawagandha is available as powder (churna) can be taken with water, honey, ghee. It improves the reproductive system function, supports a healthy sexual and reproductive balance, also possesses potent antioxidant properties that help protect against cellular damage caused by free radicals. The biologically active chemical constituents of Withania somnifera are alkaloids such as anaferine, cuseohygrine etc. steroidal lactones withaferins. The sitoindosides VII-X and Withaferin-A have significant anti-stress activity at acute models of experimental stress.

For thousands of yeas used as a Rasayana in Indian Ayurvedic medicine. It is used in Indian household remedy by Indians. The root of Ashwagandha is regarded as tonic, aphrodisiac, sedative, anthelmintic, astringent, thermogenic and stimulant. The Withania somnifera root is used in combination therapy for snake bite treatment as well as in scorpion-sting.

It also helps goiter. Ashwaghandha increases the thyroid hormone and helps in increasing of blood pressure. The effects were prominent in the patients and required lesser dose of L-thyroxine.

Withania somnifera using prevents the decrease of adrenal cortisol at stress. Ashwagandha was found to be useful in the prevention of NSAIDs induced GIT toxicity in patients who used the plant ashwaghandha. Extracts of the Withania somnifera or it root powder has shown anti-arthritic and anti-inflammatory effects. This promotes healthy joints. The substances found in this plant such as: Withaferin A and 3-b-hydroxy-2,3-dihydrowithanolide F. The anti- inflammatory property of Ashwagandha shown to provide relief in the pain and swelling in joints. It also has anxiolytic effect. Ashwagandha has similar level of anxiolytic effect to that of lorazepam.

This herb also has anti-cancerous properties (Ashwagandha was found to be very useful in experimental carcinogenesis in the crude form. It prevented lung-adenomas). It shows positive effects in sexual disorders like premature ejaculation and erectile dysfunction, sexual weakness and infertility. From the roots of Ashwagandha significantly reversed cognitive defects in Alzheimer's disease.

Conclusion. Based on available data we may recommend to use Ashwaghandha as part of complex treatment in hypothyroidism coexisting with chronic nonspecific arthritis. It is also a potent tonic. It is useful for many types of diseases such as dementia, memory loss, Parkinson, stress induced diseases.

Thus, our investigation shows that the traditional use of Ashwagandha at complex treatment has a logical basis.