antifibrotic effect of Taraxacum Officinale we evaluated the blood pressure levels, hydroxyproline and liver aspartate and alanine transaminases (AST and ALT), superoxide dismutase, and α-smooth muscle actin (α-SMA).

**Results:** Administration of dandelion decoction for 5 months in our patients showed mild reduction of blood pressure levels as well as premarkers of hepatotoxicity and progression to liver fibrosis. The prognosis of chronic liver diseases depends mainly on the degree of biochemical marker present. Further, this trial revealed that administration of Taraxacum officinale promote the mild or complete regression of fibrosis and the enhancement of hepatic regenerative capabilities. 93,8% of patients in this trial were able to maintain a blood pressure reading lower than 140\90mmHg. 81,3% of patients showed reduction in aspartate transaminase and alanine aminotransferase to upper limit of normal range. Hydroxyproline was decreased to 1.30 μg/mL. There were little to no differences in results of males and females.

**Conclusions:** Dandelion has proven its antifibrotic and antihypertensive properties. Preventing the progression of fibrosis to the cirrhotic stage improves prognosis for the patient. Due to the outstanding results of the study, doctors can take monotherapy with dandelion broth at the stage of initial changes in the liver or as a primary prevention in the presence of risk factors for hepatic pathology against the background of hypertension. In other cases, family doctors can assess the individual state of a patients, subsequently making recommendations for the use of Taraxacum Officinale in addition to pharmalogical drugs. There is substantial proof of hepatic regeneration as well as a diuretic and therefore antihypertensive effect. Taraxacum Officinale is an inexpensive and advantageous phytomedicine in the therapy of hypertension and chronic liver injury.

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## THE CLINICAL EFFECT OF HERBAL THERAPY "GARCINIA KOLA" IN NIGERIAN OBESE PATIENTS WITH OSTEOARTHRITIS AND CONCOMITANT BRONCHITIS

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**Introduction**. Garcinia kola popularly known as "bitter kola" in Nigeria due to its bitter taste is a type of plant grown in the tropical rain forest in Africa, that is west African countries. The seed of this plant has been of maximum use to African descents over the years as traditional medicine because of its amazing health benefits which includes; balancing blood glucose, aids weight loss, vasodilatory effect on the smooth muscles of the

bronchus, alleviate arthritis because of its antioxidant and analgesic effect, helps reduce intra ocular pressure, and also helps with male infertility. Garcinia kola is also a great source of various vitamins ranging from A, B, C, calcium, iron, and fiber.

**Relevance of Research**. Osteoarthritis is a common pathology that involves inflammation of the bone joint and cartilage. This disease affects major joints in the body causing stiffness and massive pain and if not medically managed properly it leads to disability. This disease occurs mostly in aged people and in about 60-70% of the world's population. It is more common in women than in men. In Nigeria the prevalence of osteoarthritis is about 20.6%. The management of this ailment is very costly especially when the need of joint replacement arises, therefore leaving needy individuals without help. It is no news that obesity contributes to osteoarthritis by impacting more pressure to these already delicate joints.

Garcinia kola contains phytochemical such as flavonoids, alkaloids, phenols and tannins which contributes to its anti-inflammatory, anti-oxidant, analgesic, and a bronchodilatory effect. It also helps in weight loss by decreasing appetite and stimulating thirst therefore increasing water intake.

**The aim of the research** is to estimate the effect of garcinia kola in obese patients with osteoarthritis and concomitant bronchitis.

**Materials and methods**. 38 patients 25 women and 13 men were recruited randomly with an average age of 40-60years. All patients were obese with a history of osteoarthritis, 26 had concomitant bronchitis. The place of the study was Obafemi Awolowo Teaching University, Osun state, Nigeria. Patients were grouped into 2 groups A and B. Group A were contained 19 patients (13 with concomitant bronchitis and 6 without), group B contained 19 patients (13 with concomitant bronchitis and 6 without). All patients had to undergo an allergic test before the commencement of this experiment. Group A was given bottles of already boiled and strained bitter kola made into tea and was instructed to take a cup of it daily. While the other group(B) were given pharmacological treatment. Patients were asked to use their treatments every day for 10 weeks.

**Result**. The findings of this experiment after 10 weeks of daily usage from group A patients revealed; a reduction in total body weight of patients by an average of 6.3kg, total relief of pain in the joints, and patients with concomitant bronchitis reported to have a significant decrease in cough, and a good feeling in general. Group B patients also reported to have a relief in joints but a bit of pain was still recorded no changes in body weight and patients with concomitant bronchitis felt relieve.

**Conclusion**. This experiment shows the medicinal effect of garcinia kola and proves that its introduction in patients yielded positive results, it helped in weight loss, to relieve cough and pain under a short period. Considering how readily available and cost-effective bitter kola is, it is wise to imbibe this

method in patients with obesity, osteoarthritis and bronchitis. Ongoing research is still on to find if there is any adverse effect of garcinia kola.

**Karaya O.V.**

## METHOD OF TREATMENT OF CHRONIC ACALCULOUS CHOLECYSTITIS WITH HYPERKINETIC TYPE OF GALLBLADDER DISKINESIS IN COMBINATION WITH HYPERTENSION

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Epidemiological studies show that the course of diseases of internal organs is not unique. There is a comorbidity of diseases, each of them might affect the course of the others and that is most often observed. Practical medicine must work out appropriate treatment methods which are able to influence the pathogenetic mechanisms in various comorbid pathologies.

Diseases of the gastrointestinal tract are very common among diseases of internal organs, and chronic non-calculous cholecystitis occurs in 367-446 cases per 100,000 population. According to statistics, every sixth Ukrainian has high blood pressure. Hypertension leads to severe complications (stroke, myocardial infarction, chronic renal disease) which take the first place among the causes of mortality in developed countries.

The combination of such diseases is quite common, which is the result of deterioration of socio-economic conditions, stressful situations, tobacco and alcohol abuse, poor nutrition etc. Therefore, a combination of chronic non-calculous cholecystitis and hypertension is often observed, which affects the course of each diseases and causes the intersection of several pathogenetic mechanisms.

There is widespread use of antispasmodic medications for improving the contractile function of the gallbladder muscles in hypermotor dyskinesia. Mebeverine hydrochloride is known as a modern myotropic antispasmodic drug. The pharmacodynamic of Mebeverine is associated with its ability to reduce the permeability of smooth muscle cells for Na +, blocking the depot filling extracellular Ca + and reducing the outflow of K +. In addition, the presence of hypertension requires prescription of antihypertensive drugs, in particular beta-blockers or Angiotensin converting enzyme blockers, the dose of which is discussed personally in each case.

**The aim of the study** was to develop appropriate treatment methods for patients with chronic non-calculous cholecystitis with hyperkinetic type of gallbladder dyskinesia in combination with hypertension.

**Materials and methods of research.** 36 women, aged 26 to 65, were monitored. Mebeverine hydrochloride was used in the complex treatment of