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YERYONG'OQ TARKIBIDAGI QANDLI DIABET KASALLIGINI DAVOLASHDA ISHTIROK ETUVCHI MODDALARNING KIMYOVIY TUZILISHI**ХИМИЧЕСКАЯ СТРУКТУРА ВЕЩЕСТВ, СОДЕРЖАЩИХСЯ В АРАХИСЕ, ПРИ ЛЕЧЕНИИ САХАРНОГО ЗАБОЛЕВАНИЯ****CHEMICAL STRUCTURE OF SUBSTANCES CONTAINED IN PEANUTS IN THE TREATMENT OF DIABETES DISEASE****Asqarov Ibrohim Rahmonovich¹, Nizomov Biloliddin Xusanboy o'g'li²****¹Asqarov Ibrohim Rahmonovich**

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Annotatsiya

Biologik faol moddalar tibbiyotda va kasalliklarning oldini olishda, shuningdek, yuqori darajadagi hayotiy faoliyatni ta'minlash uchun ishlatiladi. Ushbu maqolada yeryong'oq mevasining tarkibida uchraydigan biologik faol moddalar, ularning foydali xususiyatlari va kimyoviy tuzilishi haqida ma'lumotlar keltirilgan.

Аннотация

Биологически активные вещества используются в медицине и при профилактике заболеваний, а также для обеспечения высокого уровня жизнедеятельности. В данной статье представлена информация о биологически активных веществах, содержащихся в арахисе, их полезных свойствах и химическом строении.

Abstract

Biologically active substances are used in medicine and in the prevention of diseases, as well as to ensure a high level of vital activity. This article provides information on the biologically active substances found in peanuts, their beneficial properties and chemical structure.

Kalit so'zlar: Yeryong'oq, biologik faol moddalar, antoksidant, vitamin, mineral.

Ключевые слова: Арахис, биологически активные вещества, антиоксидант, витамин, минерал.

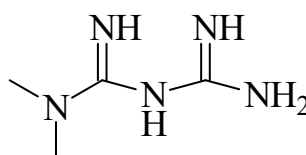
Key words: Peanut, biologically active substances, antioxidant, vitamin, mineral.

INTRODUCTION

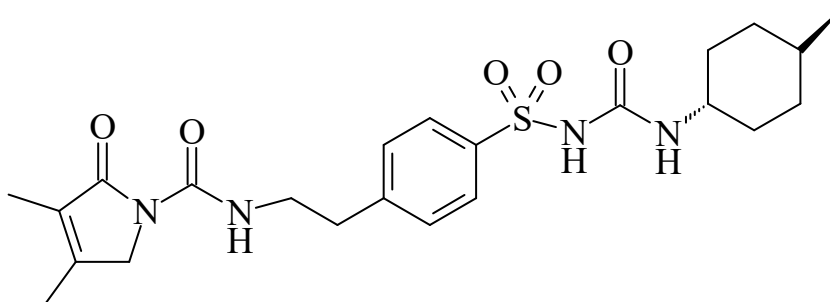
Today, most of the world's population suffers from diabetes. Currently, it is not possible to completely cure this disease, but it is possible to prevent it and prevent the deplorable conditions caused by this disease. This requires controlling blood sugar levels. A number of medications are available to help people with diabetes control their blood sugar levels. Metformin, asformin, diaformin, dioclazide, hepiride, diabetone are among them. Below we will get acquainted with the composition of some of them.

LITERATURE AND METHODS

Asformin. Turkey's Ali Raif Ilach San. Produced by A. Sh(ASFARM) company, it contains active substance: metformin hydrochloride (C₄H₁₂N₅) (1000 mg) and auxiliary substances: polyvinylpyrrolidone, microcrystalline cellulose, magnesium stearate. This medicine is used in type 2 diabetes: in cases where hyperglycemia is not controlled by diet and exercise, as an adjunct to diet and exercise to lower high blood glucose levels, type 1 diabetes: as an adjunct to insulin therapy to improve blood glucose control. In addition, it is used to help prevent diabetes and reduce its complications. Long-term use of Asformin can lead to decreased absorption and plasma concentration of vitamin B12, taste disturbances, nausea, vomiting, diarrhea, abdominal pain, loss of appetite, increased activity of liver enzymes, or increases after drug withdrawal. In rare cases, negative effects such as erythema, skin itching, urticaria may occur.

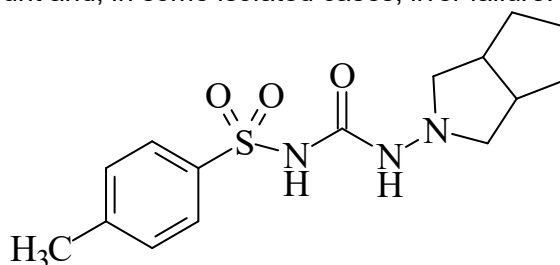
**Metphormin**

Hepiride. It is a medicine produced by Nobel Pharmsanoat LLC, which contains the active substance: glimepiride ($C_{24}H_{34}N_4O_5S$) and auxiliary substances: lactose monohydrate, sodium starch glycolate, polyvinylpyrrolidone, microcrystalline cellulose, magnesium stearate, yellow iron oxide and indigo carmine. This drug is used in combination with metformin in the treatment of the second type of diabetes, in cases where it is impossible to achieve normalization of the concentration of glucose in the blood, in combination with insulin, in order to transfer the patient from another oral hypoglycemic drug to glimepiride. In addition, hepiride rarely causes thrombocytopenia, leukopenia, hemolytic and aplastic anemia, erythrocytopenia, leukocytopenic vasculitis, loss of appetite and metabolic disorders, transient visual disturbances, sometimes nausea, vomiting, abdominal pain. It can also have negative effects such as pain, diarrhea, increased activity of liver enzymes, cholestasis, hepatitis, itching, skin rash.



Glimepirid

Diabeton. It is a medicine produced by Les Laboratoires Servier Industrie of France, which contains the active substance: gliclazide (60 mg) ($C_{15}H_{21}N_3O_3S$) and auxiliary substances: lactose monohydrate, maltodextrin, hypromellose, magnesium stearate and anhydrous silicon dioxide. This medicine is used to treat a certain form of diabetes (type 2 diabetes) in adults when diet, exercise, and weight loss alone are not effective enough to control blood sugar levels. In addition, diabetone can have side effects like other drugs. The most common side effect is low blood sugar (hypoglycemia). In addition, as a result of impaired liver function, yellowing of the skin and eyes, rash, redness, itching, hives, sore throat and fever, abdominal pain, vomiting, digestive disorders, diarrhea and constipation, side effects such as changes in blood cell count and, in some isolated cases, liver failure.



Gliklazide

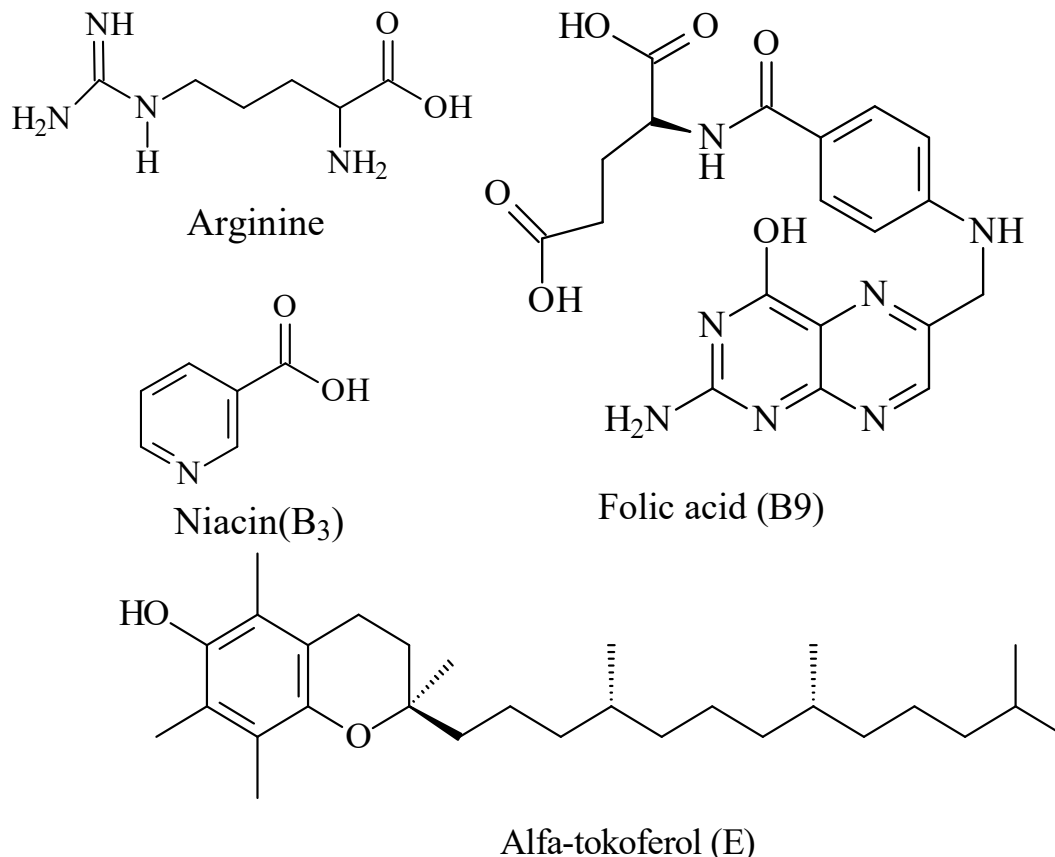
RESULTS AND DISCUSSIONS

As can be seen from the above information, synthetic drugs have both beneficial and negative effects. Taking this into account, it is urgent to create medicines and food supplements made from natural products. On the basis of peanut fruit, it is possible to create medicines and food additives that control the amount of sugar in the blood.

Peanut is a product rich in important nutrients. 100 g of peanuts provide 570 kcal of energy. It contains vitamins B1, B2, B3, E, minerals such as manganese, magnesium, phosphorus, iron, potassium, various fatty acids, amino acids, alkaloids, resins and glycosides. In addition, they contain about 25 g of protein per 100 g, which is higher than that of walnuts. We can see that peanuts contain several biologically active substances that affect human life. Biologically active substances are used in medicine and in the prevention of diseases, as well as to ensure a high level of vital activity. Its healing properties are explained by these substances [1,2,6,7].

Eating peanuts or peanut butter does not raise blood sugar. Consuming them in large quantities with a glass of juice can stabilize blood sugar levels. The fiber in peanuts also helps lower blood sugar. This property can be explained by the presence of magnesium and fatty acids. Another study conducted by the Harvard School of Public Health found that eating more peanuts and peanut butter may help

reduce the risk of diabetes in women. In addition, eating peanuts daily for 24 weeks can improve the health of people with diabetes. Unsaturated fats, fibers, arginine, niacin, folate and vitamin E provide this feature of peanuts[3,4,5].



Niacin (B3) in peanuts has unique antipellagric properties, and in the body, nicotinic acid is converted into nicotinamide, which transports hydrogen, fats, proteins, amino acids, purines, tissue respiration, carbohydrates - glycolysis and carbohydrates is included in the coenzymes of dehydrogenases involved in metabolism. plays an important role in the processes of glycogenolysis and biosynthesis. It normalizes the concentration of blood lipoproteins and lowers cholesterol, thereby helping to control sugar levels.

CONCLUSION

As you can see from the above information, peanuts are a food rich in many useful substances. It can replace many medicines. The use of synthetic drugs is certainly effective in the treatment of diseases, but it also has a number of side effects. Therefore, you should be careful when using them. Adding peanuts and peanut products to your daily diet and regularly consuming them in moderation can help prevent and treat diabetes and many other diseases. The main thing is that peanuts and products made from them are natural and do not have a harmful effect on the human body. The composition of peanuts is rich in natural compounds useful for the human body, so it is important to create and implement medicinal food supplements based on them.

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