

USEFUL PROPERTIES OF THE DRUG YODOFOL

Axmedov Shamshod Jamshidovich

Faculty of Medicine, International University of Asia, Uzbekistan

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To improve the body, to more actively resist illness and quickly cure illnesses, doctors recommend methods that restore the balanced functioning of all systems of the body, stimulate its natural forces, and heal itself food, biologically active additives (BAA), vitamins, etc. Today, more and more doctors are working towards the goal that in case of many chronic illnesses, in addition to traditional medicinal methods, the use of herbal medicines and dietary supplements is also effective. Nutritional scientists confirm that dietary supplements are the main source of micronutrients, and advocate the need for a wide supply of dietary supplements, which are concentrates of natural or identical natural biologically active substances, them for immediate use or introduction to the warehouse of grub products and separation for correction of the chemical warehouse ration of grub. There is also a shortage of iodine in the human body, which leads to iodine deficiency illnesses. However, dietary supplements are not a panacea for all sorts of illnesses, even if the stinks do not cure, and without adding basic treatment and do not belong to the register of medicinal properties. We carried out quality control of the biologically active supplement Yodofol tablets, which is used to improve the function of the thyroid gland as a dietary supplement to the diet for the purpose of preventing iodine and folic acid deficiency, especially in women who plan to become pregnant, during pregnancy and breastfeeding, as well as for enrichment of the diet of the population living in regions with an insufficient amount of iodine in the environment. Methods of identification of the active substances of biologically active supplements - potassium iodide and folic acid - were proposed, and methods of their quantitative determination were also developed.

Purpose: to study the prevalence and severity of iodine deficiency in pregnant women, determine its role in the development of gestational complications and the possibility of their prevention and treatment with Yodofol.

Materials and methods. A clinical and laboratory examination and analysis of the course of the first and second trimesters of pregnancy were carried out in 70 patients with confirmed iodine deficiency, who were randomized into two groups. Group A (experimental) included 35 pregnant women who received Yodofol for 6 weeks, group B (comparison) consisted of 35 pregnant women who received placebo for 6 weeks.

Research results. It was found that in women of group A, the occurrence of signs of threatened miscarriage was recorded significantly less often than in group B - 4 (11.43%) and 18 (51.43%), respectively ($p = 0.0006$). In group A, while taking Yodofol, all patients had normal levels of iodine concentration in the urine - 186.5 (159.1; 229.7) mcg/l, while in group B the median value of iodine was 56.7 (45.8 ; 67.9) $\mu\text{g/l}$ ($p < 0.0001$). By the end of the second trimester, the diagnosis of manifest hypothyroidism was confirmed in 1 (2.86%) patient in group A, which is statistically significantly less than in group B - 8 (22.86%), $p = 0.0013$.

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