

**МІЖНАРОДНА НАУКОВО-ПРАКТИЧНА КОНФЕРЕНЦІЯ  
INTERNATIONAL SCIENTIFIC-PRACTICAL CONFERENCE**

**СУЧАСНІ СВІТОВІ ТЕНДЕНЦІЇ РОЗВИТКУ  
НАУКИ, ОСВІТИ, ТЕХНОЛОГІЙ ТА СУСПІЛЬСТВА**

**MODERN WORLD TRENDS IN THE DEVELOPMENT OF  
SCIENCE, EDUCATION, TECHNOLOGY AND SOCIETY**

**Збірник тез доповідей  
Book of abstracts**



**28 червня 2023 р.  
June 28, 2023**

**м. Кропивницький, Україна  
Kropyvnytskyi, Ukraine**





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УДК 378.1

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### **CORRECTION OF STRESS-DEPENDENT EATING DISORDERS**

Eating disorders are complex mental health conditions that require professional medical care. Eating disorders lead to poor health due to nutrient deficiencies. Malnutrition can lead to a weakening of the immune system and exacerbation of gastrointestinal diseases, which leads to a deterioration in general performance. Excess weight contributes to the development of such diseases as hypertension, atherosclerosis and ischemic heart disease, chronic cholecystitis, diabetes, etc. In addition, eating disorders can interfere with the harmonious development of the personality, which can lead to serious psychosocial problems [1]. Stress has a significant impact on eating behavior, leading to both overeating and undereating. When people are stressed, their bodies release cortisol, a hormone that can increase appetite and encourage the consumption of high-calorie foods. This response is thought to be an evolutionary adaptation that helped our ancestors survive in times of food scarcity. However, in this day and age, when high-calorie foods are widely available, this response contributes to weight gain and other health problems. Stress can also lead to emotional overeating, where people use food as a coping mechanism for negative emotions such as anxiety, depression, and boredom. Emotional eating is often associated with eating unhealthy foods and can lead to weight gain and other health problems over time. On the other hand, some people experience loss of appetite or malnutrition in response to stress. This response is thought to be related to the body's fight-or-flight response, which can suppress appetite during times of danger or stress [2, 3]. Eating disorders are often complex mental disorders that require professional diagnosis and treatment. Although medicinal plants may have some potential benefits for supporting overall health and well-being, however, they should not be used as a substitute for evidence-based treatment for eating disorders. With this in mind, some medicinal plants have been traditionally used for their potential effects on appetite, digestion and metabolism, which may indirectly support the treatment of eating disorders when used in conjunction with medical treatment..

Research has shown that St. John's wort (*Hypericum perforatum*) is a flowering plant that has been used for centuries to treat depression and anxiety. It has been shown to increase serotonin levels in the brain, which can improve mood and reduce anxiety. Some studies have shown that St. John's wort may be beneficial for people with bulimia nervosa. Medicinal ginger (*Zingiber officinale*) is a root commonly used as a spice and in traditional

medicine. May be helpful for people with eating disorders that include vomiting or nausea. Some studies have shown that ginger supplements can reduce nausea and vomiting in people with anorexia nervosa and bulimia nervosa.

Hot water ( $t=80-90^{\circ}\text{C}$ ) and ethanol of various concentrations are often used as an extractant. Experimental data known today show that for the complete yield of extractive substances and the amount of flavonoids, the most optimal extractant is ethyl alcohol 70%. Based on this, the dry extract from the rhizome of *Zingiber officinale* L., with the roots of Valerian *Valeriana officinalis* L, the herb *Hypericum perforatum* L, the flowers of *Chamomilla recutita* L and the root of *Panax ginseng* L was obtained by standard two-stage extraction technology. crushed to 2-3 mm, immersed in an extractor and 70% ethyl alcohol was added at a ratio of raw materials and extractant of 1:12, taking into account the absorption coefficient of raw materials. Extraction was carried out by the method of dynamic fractional maceration at a temperature of 60 °C for 1 hour. The dosage form was chosen - hard gelatin capsules. Next, encapsulation and dedusting were carried out, filling of capsules No.3. Thus, the optimal composition of the encapsulated mass was selected and the subsequent study of the technological properties, based on the obtained optimal composition, the average weight of the capsules was determined, which is equal to 0.28 g and the size of the most optimal gelatin capsule based on volume No. 3. A drug was developed to correct behavior in stressful conditions based on medicinal plant raw materials, research on pharmacotherapy, phytotherapy, and the availability of drugs on the pharmaceutical market of Ukraine [4].

Medicinal plants have been studied, which are a promising source for their use in the production of phytopreparations to influence appetite under conditions of stress.

The optimal technology for the production of hard gelatin capsules in industrial conditions and the method of quality control have been developed. Based on the optimally selected quality composition, the developed drug can be used in clinical practice to correct eating behavior under conditions of stress.

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