

## PLANTS THAT IMPROVE DIGESTION

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The article analyzes and describes the research on the use of some medicinal plants as a means for the treatment of diseases of the gastrointestinal tract of different species of animals, as well as in humane medicine.

As a remedy that improves the digestive process, plants that contain bitterness, which have a pronounced bitter taste, are used. These are neutral nitrogen-containing compounds. In therapeutic doses, urticaria irritates taste and olfactory nerve endings and reflexively enhances the function of salivary, gastric and pancreatic glands. Plants of this group are used to improve appetite, with disorders ejaculation for low secretion of gastric juice and dyspeptic phenomena.

It should be borne in mind that large doses of bitter substances do not increase, but, conversely, weaken the secretion and digestibility of gastric juice.

The bitter-nesses are used in the form of powders, infusions, decoctions, tinctures and fees 3 times a day. All medicinal plants containing bitter substances are divided into two groups.

The first group - so-called plants containing "pure" bitterness. The second group - plants containing aromatic bitterness, which in addition to the "pure" bitterness, contains essential oils.

To pure bitterness belong dandelion, shamrock, yellow tulip. To aromatic bitterness belong a bitter wormwood, Ayr cane, ordinary yarrow. Medicinal plants are often used as an unconventional medicine in the treatment of diseases of the gastrointestinal tract of different species of animals.

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