

PHYTOTHERAPY ELDERLY PATIENTS

Burian K.O., Piminov O.F., Shulga L.I., Kvitchata G.I.

The Institute of Pharmacy Professionals Qualification Improvement
of the National University of Pharmacy, Kharkiv, Ukraine
storm_kate@mail.ru

A significant feature of human society at the present stage of its development was the increasing life expectancy of people and the increase of diseases mediated by age. "Age-related" diseases are usually associated with deficiency of the activity of the brain and is manifested by impaired memory, reduced mental alertness, impaired vitality and sound mind. It is noted the progression of dysfunction of the mechanisms of regulation of various organs and systems, reduced the activity of adaptive mechanisms that lead to the development of numerous pathologies. Disease of the elderly are particularly more severe than in young and middle age, their number increasing one patient, which exacerbates and accelerates the onset of old age. It is obvious that such patients need constant pharmacotherapy and constant increase in the number of accepted drugs. But it is well known that the simultaneous use of two or more drugs may lead to unusual individual reactions to the medicinal substance. In addition, elderly patients rarely perform the mode of taken medicines as prescribed by doctor. All this leads to low efficiency of drug therapy, the development side effects, the reducing compliance of patients. All of this against the backdrop of significant economic costs.

Nowadays is increasing the importance phytotherapy, which value is restoring the health of elderly patients, and not just common knowledge. Phytotherapy is attractive low risk of adverse reactions, well tolerated by patients, the wide availability, and that is very important now – low cost. Multimodal action of medicinal plants is with mediated biologically active substances, which are rich in (alkaloids, glycosides, coumarins, essential oils, vitamins, resins and others), but not always safe. Therefore, specialists pharmacy for dispensing to patients medicinal plants are required to implement pharmaceutical care, designed to pre-empt the occurrence of side reactions and increase the efficiency and safety of herbal medicine. Should take into account numerous factors determining the selection of medicinal plants, the stage of the disease and the nature of its course, the interaction between medicinal products and medicinal plants, to carry out an individual approach to the patient (age, gender, etc), adjust the dose, to explain the technology of preparation of the pharmaceutical form of medicinal plants, as well as the mode of its application. The extension of knowledge in the field of herbal medicine and its security is an important focus for the modern pharmacy specialists. This necessity is due to the increasing demand for herbal drugs.