



# RELEVANCE OF THE DEVELOPMENT OF HOMEOPATHIC DRUGS ON THE BASIS COFFEA ARABICA



**DRUG TECHNOLOGY DEPARTMENT**  
National University of Pharmacy, Kharkiv, Ukraine

## INTRODUCTION

Disruption of human sleep is a worldwide problem. According to World Health Organization statistics, 40 % of the population suffers from insomnia, and 15 % from chronic insomnia. Non-medicinal methods include sleep hygiene, psychotherapeutic approaches, and physical therapy.

Medicinal preparations based on valerian root, dog nettle, peony and other plants are known. An ideal hypnotic should restore physiological sleep, be effective and safe for different groups of patients, be able to provide a quick effect, ensure optimal sleep activity and restore work capacity, not cause respiratory depression, memory impairment and other side effects, not cause addiction, physical and psychological dependence, risk of overdose. In the treatment of mild insomnia, most of these requirements are met by herbal preparations - they have a mild hypnotic effect, restore the processes of self-regulation and cause side effects.

Medicines with the specified mechanism of action include a group of homeopathic drugs, the important advantages of which are high clinical effectiveness and the absence of side effects. Modern experimental studies of homeopathic medicines confirm the relevance of developing a new domestic homeopathic medicine for the treatment of sleep disorders.

## AIM

The goal of our work was to find a relevance of the development of a homeopathic medicinal product based on Coffea Arabica.

## MATERIALS AND METHODS

Medicinal plant Coffea Arabica, matrix tincture of Coffea Arabica  $\theta$ , dilution of Coffea Arabica C1, dilution of Coffea Arabica C2, homeopathic granules of Coffea Arabica C3. Research methods-literature research.

## MAIN RESULTS

The analysis of information sources showed that the qualitative and quantitative determination of active biologically active substances in a homeopathic medicinal product is usually carried out in the highest concentration of the drug (i.e. in the original matrix tincture, base drug) or in the case when the drug contains dilutions up to C2 - C3. In this case, active substances are identified after special methods of concentration: evaporation, combustion, sintering of substances, etc. If the composition of homeopathic medicinal product includes components in high dilutions, the drugs are evaluated according to the general quality indicators characteristic of the dosage form.

Thus, when assessing the quality of homeopathic preparations, the quality control of the starting materials (starting substances, homeopathic matrix tinctures, base preparations) and compliance with the technological process acquires important importance.

## CONCLUSIONS

The relevance of the creation of a homeopathic drug for the treatment of insomnia, which includes medicinal plant material Coffea Arabica, has been established. The rationality of using homeopathic potency C3 in complex pharmacotherapy of this pathology has been proven.

**Yankova Ye.Ya., Kharchik N.I., Kovalyova T.N**