

PROBLEMS OF INTERACTION OF DRUGS
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Relevance: Optimization of pharmacotherapy is not only due to the introduction into the medical practice of new high-performance drugs, but also through their rational use. One of the factors in increasing the effectiveness of pharmacotherapy with oral administration of drugs is their rational combination with products.

Purpose : Study of the interaction of drugs with food.

Results: In pharmacotherapy, most drugs are prescribed orally, and when they are ingested, various interactions can occur, both with each other and with enzymes and food ingredients, which can affect the pharmacological effect of the drug. Drugs have not only pharmacodynamic parameters, but also pharmacokinetic parameters, such as absorption, metabolism and clearance.

In some cases, the simultaneous intake of drugs with products is beneficial, but more often its pharmacological activity decreases or even is lost due to direct or indirect interaction with the contents of the stomach and intestines.

Some food products (alcohol, milk and dairy products, grapefruit, juices, products containing citrates, coffee and tea) can not only reduce or increase the effect of a certain drug on the body, but also completely change it, causing irreparable harm to human health.

Irrational combined use of drugs without consulting a doctor can lead to the following consequences:

1. Weakening or inactivation of the medicinal properties inherent in this drug;
2. The appearance in drugs of a new, not typical for them, biological activity;
3. The manifestation of new properties in drugs that make this drug toxic, oncogenic and allergenic, ie. the appearance in the drug of a sum of properties that make it possible to consider the former drug as an undesirable agent harmful to the body.

Introduce: The correct combination of drugs and pshti, taking into account the correction of the time of their administration, allows you to increase the effectiveness of drugs, reduce their doses, and also avoid side effects, ensuring the safety of the pharmacotherapy.

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