



**TOSHKENT FARMATSEVTIKA INSTITUTINING  
85 YILLIGIGA BAG'ISHLANGAN  
“FARMATSEVTIKA SOHASINING BUGUNGI HOLATI:  
MUAMMOLAR VA ISTIQBOLLAR”  
MAVZUSIDAGI III XALQARO ILMIY-AMALIY ANJUMANI  
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**МАТЕРИАЛЫ III МЕЖДУНАРОДНОЙ НАУЧНО-  
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«СОВРЕМЕННОЕ СОСТОЯНИЕ ФАРМАЦЕВТИЧЕСКОЙ  
ОТРАСЛИ: ПРОБЛЕМЫ И ПЕРСПЕКТИВЫ»**

**ABSTRACT BOOK OF THE 3<sup>RD</sup> INTERNATIONAL  
SCIENTIFIC AND PRACTICAL CONFERENCE DEDICATED  
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**Actuality.** How to lose weight quickly and easily? This question torments not only women, but also men. For people trying to lose extra pounds, using various dietary supplements can seem like a magical solution. In fact, obesity is caused by the fact that the number of calories consumed by the body exceeds the number of calories consumed. All methods of obesity treatment, including drugs BFQs, are aimed at blocking the demand for food, reducing energy intake or increasing energy expenditure. Without any physical effort and various painful diets, just by using these magic pills you will lose extra kilos. How simple and easy! Phrases like - attract people suffering from obesity and cause them to be taken arbitrarily. In addition, the composition of the "magical" seductive substances according to the advertisement:

Reduces appetite- (bee pollen, fennel),

Gives a feeling of quick satiety - (guar gum, psyllium),

Accelerates metabolism- (caffeine, guarana, complex of B vitamins),

Improves bowel function- (sano bars),

Cleanses the body of toxins (dried parsley, celery leaves),

It reduces the production of fat in the body and dissolves fat - (green tea, flax seed) seems at first glance to be a 100% natural and harmless product.

The manufacturers of these products develop bright advertising, promising to achieve significant results in the shortest possible time. If the composition of slimming substances was actually like this, then the number of people suffering from obesity would decrease and the health of the population would improve significantly. Despite the risks and negative health effects, the demand for these products continues to grow, especially among people who do not follow a healthy diet. The effect of slimming substances, which are currently widely distributed in our country, especially in social networks, which are presented as "magical power" for weight loss, has not been scientifically and clinically proven. These are: B7, Turboslim, Bilight, KodS, FATZORb, Chitosan Evalar, Chocolate Slim, Fiber Slim Lipotrim, Magic beans, Enzymeiz, Bomb, Actinidia, San Jiu Zheng, Coconut weight loss, and others. Many dietary supplements do not contain complete information about the composition, origin of the drug, manufacturer, storage conditions, method of administration, side effects, etc.

Most diet pills contain appetite suppressants. The most popular of these are sibutramine, amphetamine, phentermine and ephedrine. All of these are included in the list of powerful and narcotic drugs whose circulation is restricted in Uzbekistan.

**The purpose of the study.** The aim was to study the toxicological significance of sibutramine substance according to the literature review.

**Methods and techniques.** Sibutramine is an anorexigenic drug that increases the feeling of satiety. It is a serotonin and norepinephrine reuptake inhibitor that works in connection with the central nervous system.

In 1997, sibutramine, proposed as an antidepressant, was reported as an anti-obesity drug in experimental trials. Currently, it is used as a complex drug for the treatment of obesity and for weight maintenance in type II diabetes mellitus, together with metformin, as well as as a slimming substance in the composition of biologically active substances under different names. In 2001, independent clinical trials were conducted in different countries of the world. Obese volunteers took sibutramine and lost an average of 10 kg in 6 months. Based on the results obtained from patients taking this drug, the description for sibutramine is as follows.

**Results.** It is not recommended to take laxatives containing sibutramine during pregnancy and lactation, in case of mental disorders, cardiovascular diseases, congenital heart defects, chronic heart failure, arterial hypertension, kidney and liver failure.

It is strictly forbidden to take sibutramine medicine for people with mental illnesses!

Long-term use of the drug Sibutramine causes dependence on this drug, nausea and vomiting, indigestion, skin rashes, swelling, chest pain, difficulty breathing, blurred vision, causes back pain, disorientation, impaired movement control, anorexia, impotence and infertility. This is not all the negative consequences of taking sibutramine. In addition, during experiments on animals, cumulative, mutagenic and teratogenic effects of sibutramine were revealed, which caused fetal malformations.

Insomnia, nervousness, suicidal tendencies, dizziness, headache, aggression, changes in heart rhythm, increased blood pressure, and weakness have been reported when sibutramine is discontinued from long-term treatment. Therefore, doctors recommend gradually reducing the dose of sibutramine when stopping treatment.

Today, as a result of clinical studies, it has been confirmed that laxatives containing sibutramine, pure or in combination, cause diseases of the heart and blood vessels and many internal organs. Therefore, according to the decision No 818 of the Cabinet of Ministers of the Republic of Uzbekistan on September 27, 2019 "On the regulation of the trade of powerful substances in the Republic of Uzbekistan" the sibutramine (position No. 60) is included in the list of strongly acting substances and its free circulation is restricted.

**In conclusion,** it can be said that, it is better to prevent the disease than to cure it. Therefore, it is recommended to follow a healthy lifestyle by eating healthy food.

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