

Medicinal plants of the Baikal natural territory, which are part of the adaptogenic remedy “TsentaFit”

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Abstract

In many countries, a new direction of pharmacology is actively developing – stimulating therapy, the purpose of which is to create drugs that do not treat, but preserve and strengthen health. Adaptogenic drugs are such drugs aimed at treating and preventing diseases associated with increased fatigue, stress, anorexia, colds, and also to speed up the healing process after the acute phase of the disease.

This work presents the results of the distribution of medicinal plants growing on the Baikal natural territory (the Republic of Buryatia, the Irkutsk region and the Trans-Baikal Territory) and which are part of the complex plant-based adaptogenic remedy «TsentaFit». The composition of this product includes the herb *Serratula centauroides* L., the fruits of *Rosa davurica* Pallas, the rhizomes with roots of *Inula helenium* L., the herb *Echinacea purpurea* (L.) Moench and the leaves of *Bergenia crassifolia* (L.) Fritsch. Among these plants, the leaves of *Bergenia crassifolia*, the aerial part of *Serratula centauroides*, and the fruits of *Rosa davurica* in various plant communities were studied. A commodity analysis was carried out for the raw materials of *Bergenia crassifolia*, *Serratula centauroides* and *Rosa davurica*. The phytomass, biological and exploitation resources of raw materials of these plants are determined.

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