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INTERACTION BETWEEN DRUG SUBSTANCES AND NUTRIENT PRODUCTS

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ANNOTATION: *The reform of the health care system is defined as one of the priority tasks of providing the population with unharmed, effective medicines in state programs, establishing productive use of existing medicines. It is understood that the interaction of food and drugs-the effect of nutrients contained in food or food on medicinal properties. Pharmacologist can act as a consultant for medical personnel in the selection of the need from the available multi nodular medicines Omani, depending on the presence of concomitant diseases in the body of patient , as well as to increase its consumption with natural products, since the use of medicines, interaction with other drugs, is one of the important issues today.*

Key words: medication, Abu Ali ibn Sina,prescription,healer, feed,mechanism of action, appetite.

Famous healers of his time Abu Ali ibn Sina, Iranian Abu Bakr Muhammad bin Zakariyaar-Razi, Khorezm Abu Abdullah Muhammad ibn Ahmad Al-Beruni and others are known all over the world. The great scientist Abu Rayhon Beruni wrote his work "As-saydana" in the last years of his life, that is, "medicine in medicine". In this game, about 750 of the medicinal plants used in Eastern medicine of that time are considered. To date, it is important to know the mode of consumption of medicinal products and their interaction with food products. Also, both prescription and over-the-counter medications can affect the way your body uses nutrients in food. In addition, some foods or nutrients contained in the food can affect the effects of medications. Interaction of drugs and nutrients - the effect of this drug on the nutrient content of food or food. Drugs interact with food and nutrients in several ways. Medications can reduce appetite or alter the absorption, metabolism, or excretion of nutrients. Interaction of food and drugs - the effect of nutrients in food or food on medicinal properties. Dietary nutrients can be influenced by drugs by changing their absorption or metabolism. The food you consume can affect the medications you are taking faster, slower, or even interfere with their performance. Such interactions can lead to

nutritional deficiencies of the medication or cause concern about how your diet can change the way the drug works. This does not mean that if you take medications, you should use vitamin and mineral supplements. Taking medications for a short period of time, such as ten days of treatment, is less likely to affect your eating habits. However, the use of certain medications for months or years can affect your eating health.

Children, the elderly, pregnant women, people with malnutrition and people with chronic disease are at greater risk of taking medications that affect their food health. To introduce more foods rich in vitamins and minerals, changing the diet is better than taking vitamin or mineral supplements. The fact is that excessive intake of vitamin and mineral supplements can affect the effect of the drug. Medicines, both prescription and non-prescription, can affect how the body uses nutrients. For individuals who take medication for a long time, the interaction of medication nutrients can lead to a lack of vitamins or minerals.

Medicines can reduce appetite, or prescription drugs and equipment are sitting at the table.it can cause nausea, vomiting, unpleasant taste or dry mouth . This can affect the health of your diet by eating the wrong foods.

Example: appetite suppressants are drugs that directly affect food consumption by suppressing appetite.

Example: several drugs and treatment against cancer can cause nausea, vomiting, pain or dry mouth, which leads to poor food intake.

Medicines can reduce the absorption of nutrients.

Example: laxatives can reduce the absorption of many vitamins and minerals. Laxatives cause rapid movement of food in the body, which leads to poor absorption of nutrients.

Example: some anticonvulsants can reduce the absorption of folic acid.

Medicines can slow the production of nutrients.

Example: vitamin K is produced by bacteria in the intestine. Antibiotics kill harmful bacteria, but they can also kill beneficial bacteria, including bacteria that produce vitamin K in the intestine.

Drugs can interfere with the body's ability to metabolize nutrients.

Example: some anticonvulsants alter the activity of liver enzymestirib, folate increases the metabolism of vitamin D and vitamin K.

Medicines can increase the loss of nutrients.

Example: diuretics remove excess fluid from the body. Some diuretics, along with liquid, can also increase potassium loss. Potassium is very important in the proper functioning of the heart and other muscles. Food and nutrients can also change the effectiveness of the drug in many ways. Food can increase or decrease the absorption of the drug. Less absorption than the prescribed dose can reduce the effect of the drug. If absorbed more than the prescribed dose, increasing the dose increases the likelihood of the effect.

Example: dietary calcium can be associated with antibiotic tetracycline. As a result, the body does not absorb the necessary amount of antibiotic.

Example: if the stomach is empty, the drugs are absorbed into the body faster. Gaster if there is food in it, the drug slows its absorption. Sometimes it is necessary to take medications together with food. Other medications should be taken on an empty stomach, an hour or two before meals. It is important to read the instructions in order to know whether the medication should be taken with or without food.

Food or nutrients can interfere with the metabolism of the drug or its effect on the body.

Example: in the elderly and fermented foods there is a chemical substance called tyramine, which interacts with a drug that is an inhibitor of monoamine oxidase. This noise can lead to dangerously high blood pressure.

Example: vitamin K can reduce the effectiveness of some anticoagulant drugs.

To remove drugs from the body, you may need food or nutrients.

Example: liver enzymes prepare medicines for removal from the body. These ferments require nutrients to function properly. If the necessary nutrients are not present, the drugs can remain active in the body for longer than expected.

Alcohol and drugs do not mix well. Alcohol can have a negative effect on drugs, as well as on nutrients. Alcohol can slow down the metabolism in the body. As a result, the drugs can remain active in the body for longer than expected. In some cases, the spacing between

alcohol and drugs can be disastrous. The main rule is no The nutritional supplements themselves can cause the interaction of drugs and nutrients. An excessive amount of vitamins and minerals acts as a medicine instead of nutrients. An excessive amount of nutrients can interact with other nutrients or even become toxic. It can prevent the absorption of a large amount of zinc, copper and iron. Similarly, a large amount of iron can interfere with the absorption of zinc. It is important to follow the instructions for taking medications. Many people do not take prescription or over-the-counter medications correctly. Compliance with the instructions for taking the drug can affect how the drug works or how it works.

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