

The 8th International Medical Congress for Students and Young Doctors

The concentration of flavonoids and polyphenols was calculated from a standard curve plotted with known concentration of rutin and gallic acid.

Conclusions. There is a need for further chemical study of plant materials *Hyperici flores* and *Hyperici semina*, therefore, these parts of the plant can be used as future vegetal products.

Key words: *Hypericum perforatum*, polyphenols, flavonoids, seeds.

426. VEGETAL PRODUCTS WITH HYPOCHOLESTEROLEMIC ACTIVITY

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Introduction. Cholesterol is a waxy, fat-like substance that's found in all the cells in our body. The body needs some cholesterol to make hormones, vitamin D, and substances that help in digesting. High-density lipoprotein (HDL), sometimes called „good cholesterol” carries cholesterol from other parts of the body back to the liver. HDL has been shown to have a variety of functions that may contribute to its cardiovascular protective effects, including the promotion of macrophage cholesterol efflux, anti-inflammatory, and antioxidative effects. Low-density lipoprotein (LDL) called „bad cholesterol” in a high level leads to the buildup of plaque in the arteries. LDL has now largely replaced total cholesterol as a risk marker and the primary treatment target for hyperlipidemia.

Aim of the study. The selection of vegetal products with hypocholesterolemic activity in light of the chemical compounds and usage in medicine.

Materials and methods. Analysis of bibliographical data concerning the selected vegetal products, and their products with hypocholesterolemic activity according to the chemical compounds.

Results. Medicinal plants can be used for the treatment and prevention of hyperlipidemia in conjunction with lifestyle changes. From medicinal plants with hypocholesterolemic activity, we mention those rich in polyholosides – *Lini semina* (*Linum usitatissimum* L.) with Detoxi Plus product; *Laminariae stipites* (*Laminaria saccharina* L.) with Laminarie, VD, Lamivit, No-Colest; steroid saponosides: *Dioscoreae rhizomata cum radicibus* (*Dioscorea nipponica* Makino) with Polisponinum and Diosponinum; bitter substances – *Taraxaci radices*, *T. herba*, *T. folia* (*Taraxacum officinale* L. Weber ex F.H.Wigg) with Antitox, Detoxiphyt, Normoponderol, and polyphenol compounds – *Cynarae folia* (*Cynara scolymus* L.) with Cholesterin products and *Cichorii herba* (*Cichorium intybus* L.) with Cortelax and Rhamnolax.

Conclusions. Medicinal plants can serve as accessible sources in the treatment of hypercholesterolemia due to vegetal products rich in polyholosides, steroid saponosides, bitter substances, and polyphenol compounds.

Key words: vegetal products, hypocholesterolemic activity.

427. THE TOTAL POLYPHENOL CONTENT IN AERIAL PARTS AND ROOTS OF *BERTEROA INCANA* L.

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