

EVALUATION OF THE CLINICAL EFFICACY AND SAFETY OF THE ‘AS LUPINUS’ DIETARY SUPPLEMENT

Charoskhon Sanjarbek kizi Abdujabborova

Lecturer, Department of Folk Medicine and Pharmacology, Fergana

Public Health Medical Institute, Uzbekistan

ORCID: <https://orcid.org/0009-0000-3150-3039>

abdujabborovacharosxon55@gmail.com

+998500079772

ABSTRACT. *This thesis investigates the clinical efficacy and safety of the “As Lupinus” dietary supplement in patients with diabetes mellitus and inflammatory gastric diseases. Based on the results of a study involving 200 patients, the metabolic and anti-inflammatory effects of the supplement were identified.*

Keywords: *As Lupinus, diabetes mellitus, gastric inflammation, clinical study, dietary supplement, glucose, metabolism.*

INTRODUCTION. Currently, diabetes mellitus and gastrointestinal diseases are widely распространены, and the use of natural biologically active supplements in their treatment is considered a relevant issue. Therefore, studying the clinical efficacy of the “As Lupinus” supplement, developed based on Japanese pagoda tree and lupin plants, has important scientific and practical significance.

MATERIALS AND METHODS. Clinical studies were conducted in several private clinics in the Fergana region. A total of 200 patients (aged 12–60 years) participated in the study:

- 100 patients with diabetes mellitus
- 100 patients with gastric inflammation

The patients were divided into three groups:

1. Standard therapy + “As Lupinus”
2. “As Lupinus” only
3. Standard therapy only

Study duration: 30 days

Control parameters:

- Blood glucose level
- General blood and urine analysis
- Insulin and C-peptide
- FEGDS and pH-metry
- Clinical questionnaires

RESULTS. According to the obtained results, in patients with diabetes mellitus:

- In the combination group (standard therapy + “As Lupinus”), significant improvement was observed within 15 days; after 30 days, blood glucose levels decreased notably, overall condition improved, and no adverse effects were observed.

- In the group receiving only “As Lupinus,” the effect was slower but positive; in some cases, mild headache was reported.

In gastric inflammation:

- Inflammation decreased, gastrointestinal function improved, and the best results were observed in combination therapy.

By age groups:

- Faster effect in patients aged 12–40 years (10–20 days)
- Slower but stable effect in patients aged 40–60 years

DISCUSSION. The study results showed that biologically active compounds in “As Lupinus” normalize metabolic processes, reduce blood glucose levels, and exert anti-inflammatory effects. Notably, its efficacy significantly increases when used in combination with standard medications.

CONCLUSION

1. “As Lupinus” dietary supplement is an effective adjunctive remedy in diabetes mellitus and gastric inflammation.
2. The supplement demonstrated the highest clinical efficacy when used in combination therapy.
3. No serious adverse effects were observed during the 30-day study, confirming its safety.
4. “As Lupinus” can be recommended as a promising dietary supplement suitable for a wide age range.

REFERENCE:

1. Abdullayev, A. S. (2025). COMPARISON OF AGE-RELATED CHARACTERISTICS OF CEPHALOMETRIC INDICATORS: FRONTAL CHORD (N–B) AND PARIETAL CHORD (B–L) IN ARTIFICIALLY DEFORMED AND NORMAL SKULLS. *World of Medicine and Biology*, 21(93), 147-151.
2. Davlatovich, A. D., & Mishra, S. (2025). THE PATHOGENETIC SIGNIFICANCE OF SKIN BARRIER DYSFUNCTION IN ATOPIC DERMATITIS. *GLOBAL TRENDS IN SCIENCE AND INNOVATION*, 2(1), 233-239.
3. Ашуров, Д. Д. (2025). ИНВАЗИВНЫЕ МЕТОДЫ ЛЕЧЕНИЯ ВИТИЛИГО. In *International Conference on Modern Science and Scientific Studies* (pp. 304-307).
4. Davlatovich, A. D. (2025). CLASSIFICATION OF TATTOOS AND TATTOO REMOVAL. *Web of Medicine: Journal of Medicine. Practice and Nursing*, 3(2), 431-434.
5. Kamoldinovich, X. D. (2024). Intravenous Administration of Contrast Agents and Its Characteristics. *Miasto Przyszłości*, 48, 119-31.

6. Xojiraxmatov, D. K. (2023). THE IMPORTANCE OF COMPUTED TOMOGRAPHY IN THE DIAGNOSIS OF URETEROLITHIASIS AND ITS COMPLICATIONS. *Procedia of Engineering and Medical Sciences*, 7(12), 31-34.
7. Makhmudov, N. I., Dekhkanov, K. M., Botiraliev, A. B., Mirzamatov, N. I., & Khozhirahmatov, D. K. (2023). Results the use of minimally invasive surgical methods for the treatment of patients with polytrauma in the Fergana branch of the Rncemp. In *BIO Web of Conferences* (Vol. 65, p. 05035). EDP Sciences.
8. Маматханова, Г. (2021). Оптимизация медицинской учетной документации и внедрение электронных систем в здравоохранение. *Общество и инновации*, 2(8/S), 61-67.
9. Исмаилов, С. И., & Маматханова, Г. М. (2022). Электронный документооборот как важнейший фактор повышения эффективности управления здравоохранением. *Eurasian journal of medical and natural sciences*, 2(8), 38-45.
10. Mamatxanova, G. M., & Ismailov, S. I. (2021). Optimization of medical records and implementation of electronic systems in healthcare. *The American Journal of Medical Sciences and Pharmaceutical Research*, 3(01), 193-198.
11. Маматханова, Г. М., & Ашурова, М. Д. (2020). КОМПЛЕКСНАЯ ОЦЕНКА ДЕЙСТВУЮЩЕЙ ЭЛЕКТРОННОЙ БАЗЫ ПЕРВИЧНЫХ УЧЕТНО-ОТЧЕТНЫХ МЕДИЦИНСКИХ ДОКУМЕНТАЦИЙ В УЧРЕЖДЕНИЯХ ПЕРВИЧНОГО ЗВЕНА ЗДРАВООХРАНЕНИЯ. *Экономика и социум*, (2 (69)), 506-512.
12. Маматханова, Г. М., & Шерматова, Г. Т. (2021). Оптимизация медицинской учетной документации и автоматизация отчетностей.
13. Abduvaliyeva, F. T., Azizova, F. L., Akromov, D. A., & Sherkuziyeva, G. F. (2022). APPROVAL AND ECOLOGICAL-HYGIENIC ASPECTS OF WATER SUPPLY TO POPULATION POINTS.

14. Azizova, F. A. F. (2022). The role of local water sources in the centralized supply of drinking water to the population. *British medical*, 2(4), 175-180.
15. Ахмадалиев, Р. У., Турдиев, Ш. М., Абдувалиева, Ф. Т., & Саидова, С. А. (2020). ГИГИЕНИЧЕСКАЯ ОЦЕНКА УСЛОВИЙ ТРУДА И ОХРАНЫ ОКРУЖАЮЩЕЙ СРЕДЫ НА СТЕКЛОИЗГОТОВИТЕЛЬНЫХ ПРЕДПРИЯТИЯХ. *Новый день в медицине*, (4), 151-154.
16. Azizova, F. L., & Abduvaliyeva, F. T. (2021). Ecological and hygienic aspects of optimization of water supply of the population. *The American journal of medical sciences and pharmaceutical research*, 3, 48-53.
17. Pattoyevich, G. A. (2025). IRON DEFICIENCY ANEMIA IN CHILDREN: EARLY DIAGNOSIS AND MODERN TREATMENT APPROACHES. *Web of Medicine: Journal of Medicine. Practice and Nursing*, 3(5), 494-501.
18. Pattoyevich, G. A., & Nilufar, M. (2026). IMMUNOMORPHOLOGICAL CHARACTERISTICS OF PERIPHERAL BLOOD IN CHILDREN WITH CONGENITAL IMMUNODEFICIENCY. *FRONTIERS OF KNOWLEDGE AND INTERDISCIPLINARY DISCOVERY*, 2(1), 90-96.
19. Pattoyevich, G. A. (2025). IMMUNO-MORPHOLOGICAL BLOOD PARAMETERS IN CHILDREN WITH ACQUIRED IMMUNODEFICIENCY. *GLOBAL TRENDS IN SCIENCE AND INNOVATION*, 2(1), 255-261.
20. Asqarov, I., & Abdujabborova, C. (2025). ANALYSIS OF THE BIOLOGICAL ACTIVITY OF THE FOOD ADDITIVE" AS LUPINUS". *Scientific journal of the Fergana State University*, (2), 195-195.
21. Абдужабборова, Ч. С. (2024). ИСПОЛЬЗОВАНИЕ ЛЮПИНА В НАРОДНОЙ МЕДИЦИНЕ И РЕЦЕПТАХ. "Fizikaviy va kolloid kimyo

fanlarining fundamental va amaliy muammolari hamda ularning innovatsion yechimlari” Xalqaro ilmiy-amaliy anjuman.

22. ABDUJABBOROVA, C. (2024). O'TKIR ZAHARLILIGINI ANIQLASH" LUPINUS AS. UNIVERSAL Учредители: Ilm Fan Fidoiylari Mchj, 1(9), 151-157.

23. Mamatqulova, S. A., & Abdujabborova, C. S. qizi.(2024). LYUPIN O'SIMLIGI KIMYOVIY TARKIBI VA XALK TABOBATIDA QO'LLANILISHI. Educational research in universal sciences, 3(3), 73-79.

24. Mukhtarjanovna, I. G. (2023). Developing the Principles of Studying and Treatment of Vaginal Dysbiosis During Pregnancy. Texas Journal of Medical Science, 16, 67-68.

25. Mukhtarzhanovna, I. G. (2024). Development of Principles of Study and Treatment of Vaginal Dysbiosis During Pregnancy. In International Congress on Biological, Physical And Chemical Studies (ITALY) (pp. 112-115).

26. G'aniyevna, J. B. (2025). OREGANO-AS. In OZIQ-OVQAT QO'SHILMASI TARKIBIDAGI FARMAKO-TOKSIKOLOGIK XUSUSIYATLARINI ORGANISH. In International Educators Conference (pp. 208-214).

27. Jumanova, B. (2023). CHEMICAL COMPOSITION OF THE MARMARAK MEDICINAL PLANT (SALVIA OFFICINALIS) AND USE IN PEOPLE'S MEDICINE. B ACADEMIC RESEARCH IN MODERN SCIENCE (T. 2, Выпуск 26, сс. 158–162). Zenodo.

28. Jumanova, B. G. (2025). CLINICAL EFFECTIVENESS OF THE DIETARY SUPPLEMENT OREGANO AS IN INFLAMMATORY DISEASES OF THE ORAL CAVITY. Advances in Science and Environment, 1(12), 12-14.

29. Sattievna, D. G. (2024). FARG'ONA VILOYATIDA REPRODUKTIV YOSHDAGI AYOLLARNI KONTRASEPTIV VOSITALARNI QO'LLASH

USULLARI HAQIDAGI XABARDORLIK DARAJASINI O'RGANISH.

Лучшие интеллектуальные исследования, 14(2), 239-243.

30. Йулдошева, Д. С., Ёкубов, Ф. Ф., & Рахматов, С. А. (2024).

СОВРЕМЕННЫЕ КЛИНИКО-ЭПИДЕМИОЛОГИЧЕСКИЕ
ОСОБЕННОСТИ МИКРОСПОРИИ И ТРИХОФИТИИ. IMRAS, 7(1), 689-
693.

31. Kumar, S. (2025). PATHOPHYSIOLOGICAL BASIS OF
AUTOIMMUNE PROCESSES IN VITILIGO. GLOBAL TRENDS IN
SCIENCE AND INNOVATION, 2(1), 315-322.

32. Sobirjonova, G. (2022). FORECASTING OF AGRICULTURAL
PRODUCTS INCLUDED IN THE CONSUMER BASKET. Science and
innovation, 1(A7), 839-841.

33. Shakhzodakhon, S. (2025). OCCUPATIONAL ALLERGIES: RISK
FACTORS, DIAGNOSIS, AND DEVELOPMENT OF PREVENTIVE
MEASURES. In Scientific Conference on Multidisciplinary Studies (pp. 275-
281).