

## **MODERN PHARMACY AND THE USE OF PLANTAGO MAJOR EXTRACT IN BURN TREATMENT AND SKIN REGENERATION**

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Modern pharmacy focuses on the use of natural ingredients with regenerating and antiseptic properties for the treatment of burns. Plantain extract (*Plantago major*), rich in flavonoids, phenolic carboxylic acids and iridoids, promotes accelerated skin regeneration, has anti-inflammatory and analgesic effects. The active components of the extract help to repair damaged tissues, prevent infections and accelerate the healing process, which makes it a promising tool for skin care affected by burns.

This research is aimed at developing an innovative gel that combines the regenerative and antiseptic properties of plantain extract. The antioxidant activity of the extract was evaluated by the DPPH method, and the ability of the gel to retain moisture was measured using various temperature conditions. During *in vitro* testing on skin cell cultures, the gel's positive effect on collagen production and accelerated healing was confirmed.

The results showed that the gel based on psyllium extract reduces inflammation by 35%, increases skin hydration by 25% and promotes faster healing of damaged tissues. The formula demonstrates high stability and resistance to oxidation, and does not cause irritation in dermatological tests.

Thus, psyllium extract has significant potential for use in therapeutic gels aimed at treating burns and accelerating skin healing. Due to its natural active substances, this product has a complex therapeutic effect and meets the high requirements for stability and safety for use in dermatology.