

## **A New Anabolic Preparation “Ecdyphyt” from *Serratula coronata* L.**

Alexey V. Kudrin, Alexander G. Berdin, Islambek Karilkhan,  
Saken S. Al'zhanov, Dina D. Kusainova, Zhanara R. Toregozhina,  
Pavel V. Tarlykov, Gauhar Kh. Tuleuova, Sergazy M. Adekenov,  
Kairolla D. Rakhimov

*Institute of Phytochemistry, MES RK,  
Gasaliev str., 4, 470032, Karaganda, Kazakstan  
Fax: +7 (321 2) 43 3773  
E-mail: [arglabin@phyto.kz](mailto:arglabin@phyto.kz)*

A technology for refining of extractive compounds sum of *Serratula coronata* from hydrophobic and hydrophilic components and obtaining one of them as dried powder convenient for the manufacture of solid medicinal forms has been developed. The dried refined extract contains as major components phytoecdysteroids (20-hydroxyecdysone, ajugasterone C, 25S-inokosterone, ecdysone, 5-deoxykaladasterone) in the quantity of 5% of the extract and polyphenolic compounds (luteolin, apigenin and their glycosides).

The standardizing have been carried out in accordance with the Pharmacoepea requirements and the pharmacoepea article for dried *Serratula coronata* extract (named “Ecdyphyt”) has been prepared. Quantitative determination of the active compounds has been done on the basis of reverse phase HPLC. Studies for specific and nonspecific toxicity and anabolic and adaptogenic activity have been carried out in accordance with the requirements of Pharmacology Committee of the Ministry of Health RK.

As a result of the pharmacological investigations of the extract, optimal and safe dose (40 mg/kg) and duration of treatment (2-3 weeks) to provide anabolic and adaptogenic activity and prevent side effects have been recommended. Some aspects of the extract's side effects (such as gonaditropic activity in male rats) have been reported in the course of safety studies.