

Method for producing a medicine in the form of a solution for internal use with anti-inflammatory action based on pomegranate fruit extract involves extraction of plant raw materials. Pomegranate fruits are weighed, raw materials are pressed, 96% ethanol is added in a threefold amount relative to the extract, filtered, the filtrate is concentrated 10–20 times in a vacuum evaporator at a temperature of 50–60 °C, the calculated amount of L-arginine, L-citrulline, myo-inositol, and betaine are weighed, and L-arginine, L-citrulline, myo-inositol, betaine, and purified water are gradually added to the pomegranate fruit extract while stirring constantly until a homogeneous mixture is obtained. Wherein, the solution includes the following ratio of components, wt. %: sodium benzoate – 0.1–0.2, betaine – 0.5–5.0, citric acid – 0.5–5.0, L-citrulline – 0.5–5.0, L-arginine – 1.0–5.0, myo-inositol – 1.0–5.0, pomegranate fruit extract – 20.0–70.0, purified water to 100.0.