

EFFICIENCY OF NON-DRUG METHODS IN THE TREATMENT OF PATIENTS SUFFERING WITH RHEUMATOID ARTHRITIS WITH NSAID-INDUCED GASTROPATHY

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Introduction:

In the last year, the number of patients with autoimmune diseases has increased, due to the general "aging of the population, the number of elderly patients is increasing, representing the main circle of people regularly taking NSAIDs among them.

The purpose of the study is to study the effectiveness of the use of non-drug methods in the treatment of gastropathy with NSAIDs among patients with RA.

Research objectives: To determine the effectiveness of the use of non-drug methods in the treatment of gastropathy with NSAIDs among patients with RA

Materials and Methods: We examined 40 patients who had a significant RA, with an average degree of activity, and all patients were ill with Covid. All patients take NSAIDs. The average age of patients was 41+ 15, 8 years. Gastrointestinal pathology was detected by a thorough clinical examination. All patients underwent endoscopic examination. The patients were divided into 2 groups. Group 1 patients receive Rematex (NSAIDs of Uzbek production) - at a dose of 100 mg / day for 15 days, group 2 - 20 patients who received NSAIDs - a balanced diet was prescribed. For a diet, meat products, alcoholic beverages, legumes are excluded from the diet. Gymnastics for arthritis is carried out during the rehabilitation period or at a time when there are no acute pains. The course of therapeutic exercises in each case is selected individually. The first classes were held under the supervision of a specialist. Manual therapy is an excellent way to prevent overlapping joint lesions. Bandages, orthoses and other orthopedic devices were used to protect diseased joints. Any of the orthopedic devices can be worn during the acute stage of the



disease. So, a tight bandage will not allow the joint to swell and reduce pain. Another important fact is that the bandage minimizes unnecessary movements that put a load on the joint. Sea salt weighing eight kilograms was mixed with 200 ml of water. This mixture was used for taking a bath. An ointment from birch buds was used. Young birch leaves and buds are most effective; however, dried ones can also be used. The ointment was mixed and left in a cold place. Patients used daily at bedtime, rubbing into sore spots.

Conclusions: in patients of the 2nd control group, a long remission and improvement in general condition were observed.

