

TREATMENT OF INTERVERTEBRAL DISC HERNIATION IN MODERN MEDICINE

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Annotation: *This article provides information about some unique methods of treatment of spinal hernias in modern medicine. In addition, it is advisable to determine the chemical composition and structure of synthetic drugs used in the treatment of spinal diseases by modern instrumental methods and, taking into account their side effect on human health, in some cases use traditional medicine methods.*

Keywords: *herniated disc, modern medicine, methods of treatment of herniated disc, chemical composition of synthetic drugs, manual therapy, gyrotherapy.*

Аннотация: *В данной статье представлена информация о некоторых уникальных методах лечения грыж позвоночника в современной медицине. Кроме того, целесообразно определять химический состав и строение синтетических препаратов, применяемых при лечении заболеваний позвоночника, современными инструментальными методами и, учитывая их побочное действие на здоровье человека, в ряде случаев использовать методы народной медицины.*

Ключевые слова: *грыжа диска, современная медицина, методы лечения грыжи диска, химический состав синтетических препаратов, мануальная терапия, гиротерапия.*

Introduction. To the list of diseases that are currently very common and the number of patients is increasing every year, you can add a herniated disc.

A herniated disc is a complex of very subtle diseases. Even the wrong diet, the wrong lifestyle and the wrong load only increase the likelihood of a hernia [1].

Literary review. Intervertebral disc herniation is the second most common surgical operation after the cecum [2].

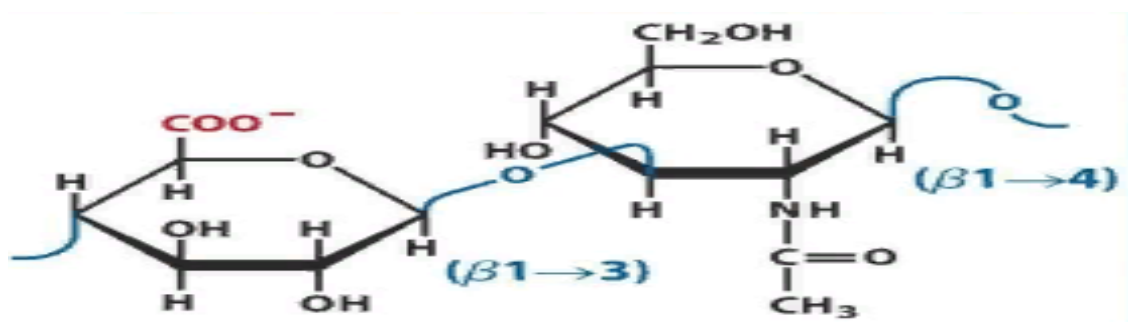
The World Health Organization (WHO) reports that osteochondrosis is pandemic. At the same time, WHO does not hide that the number of diagnoses of spinal disc herniation is increasing in parallel. The most important step in the treatment of a herniated disc depends on the correct diagnosis. In some cases, it is often observed that the treatment of small tumor nodes in the spine leads to poor results due to the lack of special attention to the differences between a tumor formed in the spine and a lumbar hernia. After an accurate diagnosis of a herniated intervertebral disc using computed tomography, it is necessary to begin treatment.

The results of the study.

Recently, with the help of modern medicine, the treatment of lumbar hernia with various synthetic drugs, as well as their side effects, can be observed in many patients.

For example: the main active component of the drug Fermatron is the sodium salt of hyaluronic acid (Fig. 1).

Hyaluronic acid was first isolated from the vitreous body (hyaloid) of the eye and was named hyaluronic acid because it contains uronic acid in its molecule. It is preserved in all types of connective tissue, as well as in the shells of some microorganisms. The hyaluronic acid molecule (Fig. 3) is an unbranched chain, the basis of which is a disaccharide site consisting of residues of glucuronic acid and N-acetylglucosamine, alternately connected by a β -1,3-glucuronoside bond:



D-glucuronate

N-acetyl-D-glucosamine

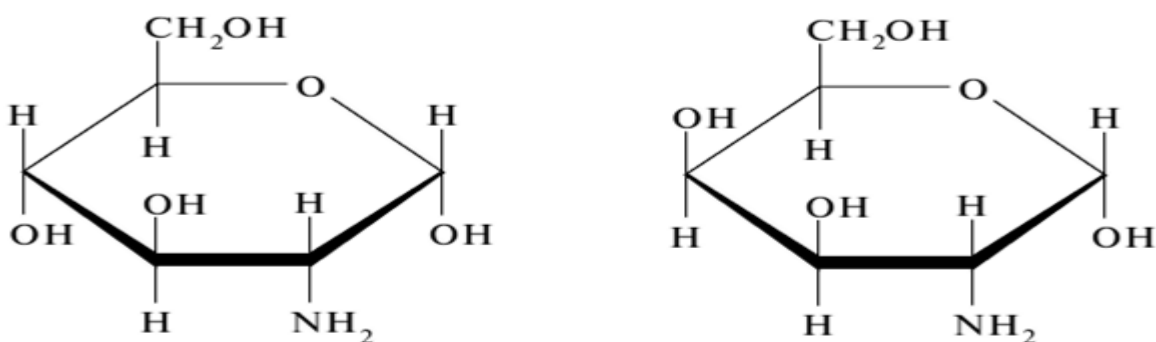
1-Fig. The structure of hyaluronic acid.

A side effect of the drug Fermatron is that soon after taking it, severe pain, fever, redness, swelling, allergic reactions – itching, rash, anaphylactic shock are observed.

The next drug is Artron. The active component of the drug Artron is glucosamine.

Glucosamine (Fig. 2) is a substance produced by the bone marrow tissue of the joints. It is part of chondroitin and is part of the synovial bone. Currently, in many countries it is customary to use it as a medicine, especially as a dietary supplement.

Glucosamine was first discovered by the German surgeon Georg Lederhosen in 1876, along with a concentration of chitin. It was determined by hydrolysis in HCl. In 1939, Walter Hauers introduced the structural formula of glucosamine. By its chemical structure, glucosamine is a monosaccharide.



Glucosamine

Galactosamine

Fig. -2. The structure of glucosamine.

Side effects of the drug Artron. Basically, it can cause diseases of the gastrointestinal tract: epigastric, flatulence, diarrhea, nausea, allergic skin diseases.

According to modern medical conditions, 15-20 different conservative methods of treatment of herniated intervertebral disc are known. We found it appropriate to touch on some of them.

Manual therapy is a dosed mechanical effect on blocked joints by special methods. This method is often used to restore the mobility of individual segments of the spine. [4]. Manual therapy is also a pathogenetically justified method of treating patients with reflex syndrome of spinal dystrophic pathology. [5].

One of the most important tasks of manual therapy is, first of all, to identify and eliminate the limitation of joint mobility, which is caused by the pain syndrome in the patient and is associated with the tension generated by reflexes in the periarticular muscles [6].

The treatment of spinal diseases is based on the correction of static disorders of the spinal column as a single biomechanical system, as well as the restoration of the function of blocked joints [7].

The main diagnostic methods of manual therapy are various palpations, sprains, as well as functional examination of joints.

These diagnostic methods are carried out taking into account the anatomical and functional features of the studied joints. [4,5].

In the treatment of herniated intervertebral discs with manual therapy, it is possible to use the secrets of subtle techniques, including various methods of influencing the skin, subcutaneous tissue and muscles.

At this time, the necessary conditions should be created to relax the muscles and reduce pain syndromes [4,5]. To do this, it is recommended to use various massages. At the same time, therapeutic gymnastics is also used in manual therapy.

In the treatment of diseases of the spine, in contrast to traditional physical therapy, manual therapy is characterized by a specific focus of exposure. This is achieved by choosing a starting position that ensures the movement is performed at a well-defined level.

Manual therapy is more effective in combination with massage, physical therapy, various types of physiotherapy (hydrotherapy, electrotherapy, etc.) [6].

The mechanism of action of manual therapy consists of two main aspects: the first is mechanical, and the second is associated with the restoration of normal function of blocked joints. [7].

Indications: manual therapy is used for vertebrogenic pains associated with the occurrence of functional blockages (lumbago syndrome, lumbago, thoracalgia, cervicalgia, dorsalgia, etc.), as well as for vertebral artery syndrome, Mener syndrome, migraine, vertebrogenic cardialgia and biliary dyskinesia [4,7].

Contraindications: acute spinal injury, tuberculous spondylitis, osteomyelitis, easily complicated oncological diseases, osteoporosis, osteochondrosis in minors, congenital spinal anomalies, serious diseases of nerves and internal organs [6,7].

Conclusion. It is considered expedient to determine the chemical composition and structure of synthetic drugs used in the treatment of spinal diseases using modern instrumental methods and, taking into account their side effects on human health, in some cases the use of traditional medicine methods. Because the treatment of spinal diseases with the help of traditional medicine is recognized, firstly, less harmful, and secondly, environmentally friendly, with a high degree of usefulness and relatively more effective with minimal negative impact on the body.

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