

**DIAGNOSIS AND TREATMENT OF VASCUMOTOR RHINITIS IN  
PATIENTS WITH ARTERIAL HYPERTENSION**

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*Resume,*

An integrated approach to the diagnosis and treatment of vasomotor rhinitis caused by alimentary status provides safe and effective relief of nasal obstruction symptoms for patients with various risk levels of hypertension.

**Key words:** vasomotor rhinitis, arterial hypertension, nasal obstruction.

**GIPERTONIYAGA CHALINGAN BEMORLARDA VAZAMOTOR  
RINITNI TASHXISLASH VA DAVOLASH**

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Arterial gipertenziga chalingan bemorlarda kelib chiqqan vazomotor rinitni tashxislash va davolashga kompleks yondashuv arterial gipertenziya xavfi har xil bo'lgan bemorlar uchun burun obstruktsiyasi alomatlarini xavfsiz va samarali bartaraf etishni ta'minlaydi.

**Kalit so'zlar:** vazomotor rinit, arterial gipertenziya, burun obstruktsiyasi.

**ДИАГНОСТИКА И ЛЕЧЕНИЕ ВАСКУМОТОРНОГО РИНИТА У  
БОЛЬНЫХ АРТЕРИАЛЬНОЙ ГИПЕРТОНИЕЙ**

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**Резюме,**

Комплексный подход к диагностике и лечению вазомоторного ринита, вызванного алиментарным статусом, обеспечивает безопасное и эффективное облегчение симптомов назальной обструкции для пациентов с различными уровнями риска артериальной гипертензии.

**Ключевые слова:** вазомоторный ринит, артериальная гипертензия, назальная обструкция.

**Relevance of the topic.** Vasomotor rhinitis (VR) is a runny nose that is mainly caused by conditions such as allergies or general inflammation. Proper diagnosis will be the most important step in the proper treatment and management of vasomotor rhinitis. Treatment of vasomotor rhinitis is aimed at controlling symptoms. As mentioned above, it is advisable to eliminate the factors that the symptoms cause[3,7].

Knowing how the symptoms of VR are going is considered extremely important because their causes often remain a mystery. It is known that several drugs that can be used to control these symptoms, including nasal spray, work well. According to WHO statistics, vasomotor rhinitis accounts for a quarter of chronic rhinitis cases.

The disease is most common in young people aged 20-40 years[6]. Vasomotor rhinitis is observed in almost 10% of the population. A quarter of these patients suffer from persistent symptoms of the disease, and half of the patients have moderate and significant symptoms of pathology.

The higher blood pressure in hypertensive patients, the worse the VR problem. Harmless to healthy people, vasoconstrictor hypertension from simple inflammation can lead to a sharp rise in pressure and crisis in a diagnosed patient[1,4,8]. Therefore, it is necessary to regularly undergo large-scale examinations, select the appropriate one for the medication and take urgent

measures based on the condition of blood pressure in VR and its level. Increased pressure as the nose knows is a determining factor when choosing a treatment regimen[2,9]. The most common treatment for vasomotor rhinitis is the use of nasal drops that have a narrowing effect on the vessels.

This allows you to limit the flow of plasma and fluid. But vasoconstriction with hypertension leads to a further increase in pressure in them, which can cause hypertonic crisis. Therefore, when choosing drops from a common cold with hypertension, care should be taken not to worsen health and condition. When choosing pharmacological drugs for any nosology, it is necessary to resort to their mechanism of action and taking into account the possible side effects, and a general cold snap in hypertension is no exception[6].

Currently, the pharmaceutical industry has a wide range of nasal products. Only a specialist with a specialized education, in this case an otolaryngologist, who is well aware of both the premorbid background and physiological characteristics of the patient, can choose the drug that best suits the clinical situation[2]. VR during pregnancy in a mother with hypertension should be treated especially carefully.

**Purpose of research.** Improving the effectiveness of the treatment of vasomotor rhinitis in patients with hypertension, developing a unified program for the treatment of VR in patients with AG, achieving the elimination of characteristic clinical manifestations and other complications, taking into account the effects of therapy.

**Research materials and methods.** We planned to study the data of a total of 70 patients between the ages of 18 and 50 (50 main groups had AG and were diagnosed with vasomotor rhinitis, 20 AG were not observed, but a control group consisting of VR-infected) who were being treated in the Otorhinolaryngology Department of the Andijan State Medical Institute clinic in 2023-2024.

**Research results.** With hypertension, the runny nose often develops against the background of inflammation, the body temperature does not always rise. It is

highly undesirable to use vasoconstrictors for hypertensive patients - they increase the pressure. Antipyretic drugs are allowed when there is a high fever. Drops with a vasoconstrictor effect, which quickly relieve nasal swelling and reduce the manifestation of vasomotor rhinitis, have high efficiency.

Mechanical removal of germs from the nasal mucosa quickly relieves such unpleasant symptoms as prunes, allergies, and helps to restore normal health after being in dusty rooms, limiting contact with harmful factors.

The patients examined were Guruh composed of the first degree of hypertension, and the effectiveness of treatment in them was 52%. The effectiveness of treatment in patients with AG secondary and VR was 29%; in those with tertiary hypertension, the rate was 19%. From this it can be concluded that the higher the AG and the lower the effectiveness of treating VR if it poses a risk to the patient's life will be. From Anamnesis, we can see that the drug Aqua lor is more effective than other drugs in patients with arterial hypertension. In this case, we can see that the effectiveness of treatment of VR in AG li patients was 57%, while the effectiveness of treatment in patients with AG non-existent but VR from Anamnesis was 43%.

From this we can conclude that the above-mentioned drug improves the condition of human blood pressure and, in turn, also has a good effect on VR by reducing the pressure of the nasal mucosa. Washing the nasal cavity with Aqualor helps to mechanically eliminate pathogenic organisms, improve the condition of the mucous membrane and quickly relieve health. Effective in the prevention, treatment, independent or complex treatment of VRni, apricot, infectious diseases. Aqua lor is one of the most popular drugs on the market. Previously, independent solutions were often used in the treatment of vasomotor rhinitis, but this was not due to their high efficiency, but to the lack of alternatives.

When preparing a solution at home, it is difficult to accurately calculate the concentration of active substances - a weak agent will be ineffective, a high concentration can lead to side effects. Bottled water is not ideal for mucous

membranes, whitening water is more irritating. Conventional vasoconstrictor drops are not suitable for hypertensive patients.

The only way to quickly eliminate inflammation of the nasal mucosa is to drip hormonal drops. When choosing pharmacological drugs for any nosology, it is necessary to resort to their mechanism of action and taking into account the possible side effects, and a general cold snap in hypertension is no exception. The most common treatment for vasomotor rhinitis is the use of nasal drops that have a narrowing effect on the vessels.

This allows you to limit the flow of plasma and fluid. But vasoconstriction with hypertension leads to a further increase in pressure in them, which can cause hypertensive crisis. VR during pregnancy in a mother with hypertension should be treated especially carefully. Since the main pathogenetic connection of rhinitis in any Genesis is swelling of the nasal mucosa, the most complex intranasal drugs in their composition contain drug preparations or vasoconstrictors.

Locally applied sympathomimetics have an adrenaline-like effect, as a result of which reversible spasm of blood vessels is observed, which ensures the restoration of nasal breathing in a short time. Taking high doses of sympathomimetics can lead to the development of systemic vasoconstriction, which is accompanied by an increase in blood pressure, disruption of the heart muscles.

With the first symptoms of vasomotor rhinitis - runny nose, tremors and an increase in body temperature, hypertensive patients are advised to take a bed regimen. Traditionally, for hypertensive patients, decoctions in rhinitis are not suitable, since the vasoconstrictor effect spreads to the vessels and capillaries of the body. Narrowing of blood vessels increases the load on the heart.

**Conclusion.** With the initial symptoms of vasomotor rhinitis - the end of the nose and an increase in body temperature, hypertensive patients are advised to take preparations under the conditions of bed regime. To eliminate nasal swelling, drug preparations containing the contained hormone are prescribed, when they are taken

regularly, the nasal discharge decreases, and breathing through the nose is normalized. It is recommended to use reflector therapy methods to treat vasomotor - rhinitis, especially its neurovegetative type.

This will require novocaine blockade into the nose and reflexotherapy with a needle and will show its good effect. It is also recommended to add calcium and hydrocortisone to the nose to use ionophoresis clilish, or galvanizing, diathermy clilish methods of vegetative nodules of the neck.

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