

TREATMENT OF COMPLICATIONS OF INFLAMMATION OF THE STOMACH AND INTESTINES USING METHODS OF FOLK MEDICINE.

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ЛЕЧЕНИЕ ОСЛОЖНЕНИЙ ВОСПАЛЕНИЯ ЖЕЛУДКА И КИШЕЧНИКА МЕТОДАМИ НАРОДНОЙ МЕДИЦИНЫ.

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ABSTRACT

In this article, we will discuss the complications of inflammation of the stomach and intestines in the body and treat them in the direction of folk medicine. Stomach-intestinal disease is a type of disease related to the gastrointestinal tract, that is, the esophagus, stomach, small intestine, large intestine, and rectum, and accessory organs of digestion, liver, gall bladder, and pancreas. At the same time, we studied the ways to prevent this disease and to treat it after it is contracted, and we gave the necessary recommendations.

АННОТАЦИЯ

В этой статье мы обсудим осложнения воспаления желудка и кишечника в организме и лечим их по направлению народной медицины. Желудочно-кишечные заболевания — это тип заболеваний, связанных с желудочно-кишечным трактом, то есть пищеводом, желудком, тонкой, толстой и прямой кишками, а также вспомогательными органами

пищеварения, печенью, желчным пузырем и поджелудочной железой. В то же время мы изучили способы профилактики этого заболевания и лечения его после заражения, дали необходимые рекомендации.

Key words: Organism, stomach, intestine, inflammation, complication, throat medicine, esophagus, gastrointestinal tract, small intestine, large intestine, gall bladder, pancreas.

Ключевые слова: Организм, желудок, кишечник, воспаление, осложнение, горло, пищевод, желудочно-кишечный тракт, тонкий кишечник, толстый кишечник, желчный пузырь, поджелудочная железа.

Introduction

A peptic ulcer is an open wound in the lining of the stomach sometimes similar ulcers appear in the part of the intestine behind the stomach. In this case, it is a duodenal ulcer. Both types of stomach ulcers are called peptic ulcers. They appear, develop and are treated according to the same scenario. Therefore, the concept of peptic ulcer can be called an exact synonym of gastric ulcer. Peptic ulcers are very common. For example, one in ten people in the United States suffers from this disease. The older you are, the higher your risk of developing a stomach ulcer. This disease is especially common in people over 60 years old. Stomach contains acid that helps digestion. But it can also digest the walls of the organ. To prevent this, the inner mucous part of the stomach is covered with a layer of protective cells that it actively produces. If for some reason this layer is destroyed, the mucus decreases, and the acid starts to eat away at the stomach wall. In this way, a wound is formed. Stomach diseases are diseases that affect the stomach. Inflammation of the stomach due to infection of any cause is called gastritis, and when other parts of the gastrointestinal tract are involved, it is called gastroenteritis. When gastritis becomes chronic, it is associated with several diseases, including atrophic gastritis, pyloric stenosis (narrowing of the opening from the stomach to the first part of the small intestine (pylorus), and stomach cancer. Another common condition is peptic ulcer disease. Ulcers damage the

lining of the stomach, which protects the stomach tissue from stomach acids. In most cases, peptic ulcers are caused by infection with the bacterial *Helicobacter pylori* (a gram-negative, microaerophilic, helical (spiral) bacterium that is normally found in the stomach).¹

In 1890, Ivan Petrovich Pavlov was appointed to the founding commission of the Military Medical Academy, and physiology five years later. "Small stomach" or "separated stomach" surgery has attracted a lot of attention. In his experiments, he developed anesthesia and many techniques to relieve the discomfort of the animal. In 1935, at the request of Pavlov, a statue of a dog was erected near the Institute of Experimental Medicine in St. Petersburg in memory of those used in the experiment.

What to do to prevent peptic ulcer? There is no guarantee that the wound will not appear clearly. But there are several ways to reduce the risks: Avoid taking non-steroidal anti-inflammatory drugs (NSAIDs) unless necessary. If fever or pain relief is needed, choose the lowest effective dose of NSAIDs. All this will be written in the instructions. Take NSAIDs with food. Discuss with your therapist which pain reliever is the safest for you. You can find an alternative to non-steroidal anti-inflammatory drugs.

Analysis and results

- 1) Lemon water One of the herbal recommendations for treating intestinal infections, lemon water helps clear inflammation in the intestines.

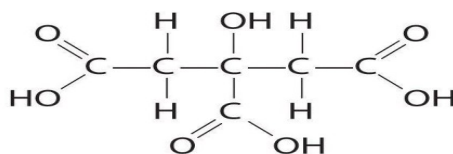


Figure 1. Citric acid

- 2) Garlic It is recommended to eat 2 cloves of raw garlic a day to treat intestinal infection at home.

¹ Davidson's principles and practice of medicine., Illustrated by Robert Britton., 21st Nicki R. Colledge: , Edinburgh: Churchill Livingstone/Elsevier, 2010.

3) Ginger Antibacterial substances contained in ginger prevent the spread of infection.

4) Turmeric It is effective in preventing infection that occurs and spreads in the intestines.

5) Honey water Water with honey helps to clean the infection in the intestine.

6) Peppermint tea Peppermint tea is a herbal tea that relaxes the bowels. It clears the infection and inflammation in the intestines, and helps the intestines to function in a healthy way.

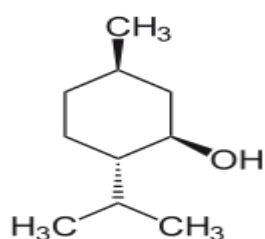


Figure 2. A chemical active ingredient in the peppermint plant

7) Potato water Peel and wash 1 potato, then grate it, strain the juice from the grated potato and eat it.

8) Flaxseed Flaxseed is a natural herbal supplement that relaxes the bowels and facilitates digestion during intestinal infections.

9) Homemade yogurt Homemade yogurt, which facilitates the removal of bacteria from the intestines, helps to get rid of infection by strengthening the immune system.

10) Onion It is recommended to eat raw onions to clear inflammation in the intestines.

Conclusion-In conclusion, the human body is a complex system. At the same time, its normal vital activity is ensured only by the condition of the optimal level of three components. This is not only a biological, but also a mental and social basis of health. All of them are closely connected with each other, in a dialectical unity. For example, biological health is directly related to social health, and social health is directly related to biological health. Similar relationships exist

between other components. The medical basis of health lies in the adoption of preventive measures divided into three levels. The first is intended for all categories of adults and children. The goal of such prevention is to improve the health of people throughout their lives. And the main tools of this stage are the development of recommendations for maintaining health, using folk recipes, maintaining a healthy lifestyle, etc. The second level of prevention of medical diseases is designed to identify various indicators of human predisposition and existing risk factors. Such work is carried out in combination with the collection of information about genetic characteristics and the conduct of a certain lifestyle. In other words, the work of doctors in this case is not aimed at treating a certain type of illness. It is aimed at the secondary prevention of pathologies. As part of tertiary care, doctors are working to prevent relapse in patients throughout the community.

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