



THE IMPORTANCE OF COMPLEX TREATMENT IN HAIR LOSS

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Annotation

The key is to choose the right treatment for hair loss. In the treatment of patients with hair loss use immunocorrective drug "Immunomax", "Jenshin root tincture", multivitamin-mineral complex "Vitazor" with omega-3 fatty acids in a 1% complex, and Minoxidil 5% lotion. found suitable.

Keywords: Hair Loss, Immunomax, Vitazor, Jenshen Root Tincture, Minoxidil 5% Lotion.

Relevance of The Topic

Hair loss is a chronic inflammatory disease of the hair follicles, characterized by pathological hair loss on the scalp, face, and rarely on the body and limbs due to various effects on the hair follicles. The incidence of focal alopecia in patients with a dermatological profile ranged from 2-5% to 8-12%. Hair loss affects 2-12% of patients who seek help from a dermatologist. The risk of developing the disease during life is 1.7%. Despite many studies, focal alopecia remains a disease with an unclear etiology and insufficiently studied pathogenesis. Of course, hair loss is a multifactorial disease with polyetiological features. Increasingly, researchers believe that focal alopecia is a tissue-specific autoimmune disease with a genetic predisposition; therefore, hereditary predisposition and many other factors that contribute to this hereditary





predisposition are considered. The effect of anti-inflammatory cytokines, including transformative growth factor balance, on the development and course of hair loss is being studied. It is known that pathological changes in hair loss affect not only the hair follicles, but also the connective tissue of the dermis. affects tissue structures, primarily blood microtomers. (Myadelets O.D., Adaskevich V.P., 2006). Recent studies have also shown that perifollicular angiogenesis depends on the expression of vascular endothelial growth factor, which is one of the most important mediators of hair follicle (SF) growth and is the matrix cells of the vascular network. and stimulates the proliferation of endothelial cells.

In the pathogenesis of hair loss, IL-10 and transforming growth factor play an important role in maintaining immunity in the perifollicular zone, separating it from antigens formed in melanogenesis or other processes associated with the anagen phase. (Wollina U., Lange D, et al., 1996). Thus, the question of the role of cytokines in the pathogenesis of hair loss remains open.

Despite the abundance of methods available in the treatment of hair loss, the treatment of hair loss as before poses great challenges to the health of the practical population. Many methods of treatment are determined by the diversity of etiological and pathogenetic factors. Hair loss occurs in people of all ages and affects 1-2% of people and is equally common in men and women. Currently, systemic and topical drugs are used in the treatment of focal alopecia: non-specific irritants, contact allergens, hair growth stimulants, immunosuppressants, various physiotherapeutic treatments, as well as all types of adjuvant therapy. Immunosuppressive agents containing glucocorticosteroids, cyclosporine, PUVA, and contact irritants have been adequately studied, with most authors pointing to the main pathogenetic group of the strongest therapeutic effects in focal alopecia (Averbakh E.V., 1985; Suvorova K.N. ; eva, Gadzh18, Gadj.N. Tosti A. et al., 2006). However, the course of the disease is often unpredictable and existing treatments do not always help to restore hair

So, there are still questions about hair loss treatment. The growth of torpid forms, the ineffectiveness of existing treatments, their frequent recurrence, and the need for dermatologists to seek and improve existing therapies of existing therapies that have an impact on key pathogenetic relationships. In recent years, drugs containing the ginseng plant have been widely used in medicine. These drugs increase the body's resistance to disease, strengthen the immune system; normalization of blood pressure, stabilization of the general condition; improving skeletal muscle tone; increases human activity, activates the work of the intestines, improves metabolic processes in the body. Its positive effects when used in various fields of medicine have





been noted by many authors, but it has not been used in the complex treatment of focal alopecia.

In this regard, it is interesting to study the possibility of using ginseng root, macro and micronutrient vitamins, immunomax in order to increase the effectiveness of treatment.

The Purpose of The Topic

The development of a pathogenetically based method of treatment of hair loss is based on the use of a set of drugs: immunomax intramuscularly, Vitazor and ginseng root tincture is prepared orally and local lotion from ginseng root, as well as Kirkland Minoxidil 5% lotion and their effectiveness.

Scientific Novelty

The structure of clinical forms of hair loss in the population of Samarkand region was studied. Therapeutic complex, multivitamins with micro and macro elements, oral and topical, lotion based on ginseng root and Minoxidil 5% lotion pathogenetic method of treatment of focal alopecia The effectiveness of the proposed method has been confirmed by clinical and laboratory research methods.

Materials and Research Methods

104 patients with various forms of hair loss were examined and treated.

The criteria for including patients with hair loss in the study group were:

Informed consent of the patient to participate in the study and compliance with the Doctor's instructions on prescribed therapy;

Complaints of hair loss;

Age 18 to 60 years;

The duration of the disease is more than 2 months;

Male and female;

Criteria for exclusion from the study:

Under 18 and over 60 years of age;

Taking immunocorrective, hormonal drugs and macro-microelements in the last 6 months;

All forms of alopecia except hair loss;

Complaints of thinning hair lasting less than 2 months.

Positive serological tests for the presence of syphilitic infection.

Positive results of laboratory test for pathogenic fungi from the scalp.

Presence of thyroid disease.





Presence of alcohol or drugs.

The patient has no desire to continue the study.

Worsening of the patient's general condition in the background of therapy.

Presence of allergic reactions to the components of the drug or the development of serious side effects during treatment.

Clinical and morphological examination of patients includes examination of skin, hair, nails, visible mucous membranes, and lymph nodes. Disease history (sex, age, course of the disease, frequency of recurrence, possible triggers, previous approaches to therapy and their effectiveness) were studied.

Collection of genetic data was performed by questioning family members of the patient and conducting a clinical examination.

The effectiveness of therapy is determined by the results of clinical manifestations, as well as the results of a set of biochemical and immunological tests. The immune status study was performed twice before and after the end of therapy.

Immunity analysis took into account the relationship with the form, duration, and course of the disease.

Conclusions

An important issue in the treatment of hair loss is to choose the optimal treatment. The severity of the condition in patients with hair loss, micronutrient and immune disorders, as well as the need for the use of drugs in the complex treatment of patients with microtumor damage in the foci of the disease. In order to more fully influence the pathogenetic mechanisms of hair loss, it is advisable to use an immunocorrective drug "Immunomax", "Jinsheng root tincture", multivitamin-mineral complex "Vitazor" with omega-3 fatty acids in a 1% complex. Minoxidil 5% lotion was found to be appropriate. The effect of treatment in the main group came very quickly. In all patients in the main group with a progressive course of the pathological process, hair loss ceased 10 days after the start of treatment. Patients reported terminal hair growth in the foci on days 10 and 20 after the start of treatment. Significant improvements in the form of revitalization of the follicular apparatus and the appearance of vellus hairs in lesions, eyebrows in the beard and mustache area, re-growth or partial growth of eyelashes in men have been reported in patients with primary and secondary severity. (84% of patients), less so in patients with grade III-IV severity (5 patients, 28%). Subsequent monitoring of patients treated with Immunomax, Vitazor, ginseng tincture was conducted for 1 year. This showed a significant increase in the period of relapse, an increase in the severity of dermatosis, and an increase in sensitivity to various therapeutic modalities.





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