



TREATMENT OF RHEUMATOID ARTHRITIS WITH HERBAL MEDICINES

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Relevance

Rheumatoid arthritis (RA) is a chronic systemic connective tissue disease affecting the joints. The prevalence of RA among the older population of various geographical areas is on average 0.6–1.3%. The annual incidence in recent years remains at a high level - 0.02%. Women get sick 3-4 times more often than men. During pregnancy, remission often develops. In women, the peak incidence of RA occurs at 35-55 years, in men - at 40-60 years.

Purpose of the study. Improving the quality of traditional medicine and the treatment of rheumatoid arthritis based on natural preparations - phyto.

Materials and methods. This study was conducted on the basis of the regional commission hospital at the Samarkand Medical Institute at the Department of Sports Medicine, Traditional Medicine and Medical Rehabilitation, where 83 patients with rheumatoid arthritis took part, divided into 3 groups according to age. Group 1 consisted of people 10-20 years old, group 2 - 20-35 years old, group 3 - 35-50 years old.

Results and discussions. In this study, treatment was carried out on 83 patients, group 1 included 10, group 2 25, group 3 48, of which 28 were males, 55 were females. RA is a dangerous disease that can lead to early disability and shorten the life expectancy of patients. Therefore, in RA, especially in the elderly, it is necessary to use an arsenal of herbal medicine. After all, the effect of herbs is not only softer, but they are also more accessible with the current high cost of synthetic drugs. Several prescriptions have been used in the treatment of this disease.





- 2 tablespoons (6 g) of burnet roots and rhizomes are poured into 1 cup of hot boiled water. Heated in a water bath for 30 minutes, filter. The volume of the resulting broth is adjusted with boiled water to 200 ml. Take 1 tablespoon 5-6 times a day after meals;
- Needles of pine, fir, spruce are used in the form of infusions: pour 1 tablespoon with 1 glass of hot water, leave for 30 minutes. Take 1/3 cup 3-4 times a day (infusion of spruce needles - no more than 200 ml per day).

The most useful of the above recipes turned out to be 2, which helped in speeding up the treatment of RA, as the data show that in 76 out of 83 cases, infusions of pine and fir needles had positive effects.

Conclusions

At this post-pandemic time, natural drugs are both a budgetary and trustworthy option, which in practice show very good results, the proof of this is this study, which, both doctors and patients, are very satisfied with the results.

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