

EFFECTS OF DIET ON HIRUDOTHERAPY

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✓ *Resume*

The article presents the results of a survey of patients in whom the authors conducted hirudotherapy in combination with a special diet. The absence of such an approach to the treatment of hirudotherapy in the literature studied by us indicated its relevance, which was the reason for the study.

Key words: Diet, hirudotherapy, illness, age, vitamin.

ВЛИЯНИЕ ДИЕТЫ НА ГИРУДОТЕРАПИЮ

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✓ *Резюме*

В статье представлены результаты анкетирования пациентов, которым авторы проводили гирудотерапию в сочетании со специальной диетой. Отсутствие такого подхода к лечению гирудотерапии в изученной нами литературе указывало на его актуальность, что и явилось поводом для исследования.

Ключевые слова: Диета, гирудотерапия, болезнь, возраст, витамин.

ПАРХЕЗНИНГ ГИРУДОТЕРАПИЯГА ТАЪСИРИ

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Муаллифлар томонидан махсус пархез билан биргаликда гирудотерапия ўтказган беморлар шртасида силов натижаларини таълили келтирилган.

Муаллифлар томонидан ўтказилган илмий таҳлилий тадқиқот оригиналиги ва илмий асосланганлиги билан долзарб бўлиб, олинган натижалар илмий асосланганлиги билан долзарбдир.

Калит сўзлар: Пархез, гирудотерапия, касаллик, ёшга боғлиқ, витамин.

Relevance

In the modern world, hirudotherapy is an extremely relevant method of treating many diseases. On the one hand, this is due to the wide range of bioterapy methods, and on the other hand, the high risk of various complications from the use of synthetic drugs. Treatment with medical leeches, or hirudotherapy, is one of the most ancient examples of the use of the healing powers of wildlife in medical activities. Avicenna in the treatise "Canon of Medical Science" paid much attention to medical leeches. Even then, the active use of medical leeches for medical purposes began in concussion, kidney, liver, and joint diseases, in the treatment of tuberculosis,

epilepsy, hysteria, and many other diseases. Analyzing the experience of using medical leeches for medicinal purposes, we found the results of numerous studies that indicate the high effectiveness of hirudotherapy in the treatment of various diseases. Hirudotherapy is one of the most ancient methods of treating various pathological conditions, which affects the rheological properties of blood, lipid metabolism and the human immune system. Treatment with leeches leads to diverse and versatile effects, the main of which are anti-ischemic, neuroprotective, anesthetic, anti-inflammatory and bactericidal. According to studies conducted with the use of

hirudotherapy in various fields of medicine (neurology, neurosurgery, cardiology), hirudotherapy has minimal contraindications and side effects, which is very important for elderly and senile patients.

Conducting a study of the literature, we did not find in any of them a reminder of the diet during treatment with a medical leech. Diet therapy is strictly coordinated with hirudotherapy. Therapeutic nutrition was prescribed in the form of special diets according to the nosological unit of the disease.

We specifically identified patients who were prone to obesity, had a history of hypertension, coronary heart disease, and patients with metabolic disorders. We paid attention to patients aged 35-45 years. Sometimes diet therapy is the main method of treatment; sometimes it serves as a mandatory therapeutic background, on which all other methods, including specific and hirudotherapy, are used. Patients with atherosclerosis limited the content of animal fat, cholesterol-containing substances, simple carbohydrates (glucose, fructose), table salt, vitamin D and extractive substances with an abundance of lipotropic factors (cottage cheese, oatmeal, soy, etc.), vitamins C, B1, B6, P, PP, cell membranes (fruits, vegetables), sitosterols, phosphatides (vegetable oils), sea products. In the treatment of patients with hypertension and chronic cardiovascular insufficiency, a diet containing no more than 2-3 g of table salt, enriched with potassium, magnesium and vitamins, and containing a physiological norm of proteins, fats and carbohydrates, is used. Against the background of this diet, a magnesium diet is periodically prescribed for a short time, designed for the depressive effect of magnesium salts.

Also noteworthy is the plant-based diet proposed by Caldwell Esselstine, who has achieved significant improvement in the condition of many patients with coronary insufficiency.

Aim: to study the effect of hirudin on the body in combination with the diet.

Materials and methods

Patients with metabolic disorders were recommended a diet of dosed consumption of a variety of foods, daily many foods rich in fiber. These are fruits, vegetables, legumes, and cereals. All these products are low-calorie, rich in vitamins and minerals. Sweet, muffin, fried-excluded from the menu. All patients were forbidden to drink alcohol, as alcoholic beverages bring extra calories and no nutrients. In the diet, it was recommended to consume more water. Pure water contains 0 calories, and if you drink a glass of water 30 minutes before a meal, the feeling of satiety will come earlier.

The leech, biting the patient, releases hirudin into his blood and a number of other positive secrets that stabilize the blood clotting system, have a beneficial effect on the vascular wall, and improve microcirculation. This leads to improved blood circulation and oxygen supply to all internal organs.

In the treatment of hypertension leech effect is to reduce the volume of blood circulating in the bloodstream and, as the salivary glands, secretion has a very significant antihypertensive effect, reducing blood pressure. It is noted that the implementation of hirudotherapy changes the reactivity of the body; as a result, the sensitivity to the drug therapy is increased. Due to this, it is often possible to reduce the doses of the drugs used, and sometimes completely abandon their use.

Age	gender		Number of patients	Disease	The number of leeches	Number of sessions
	M	F				
35-40	132	60	192	Coronary artery disease, hypertension, metabolic disorders	5-15	5-9
40-45	150	76	226	Coronary artery disease, hypertension, metabolic disorders	5-15	5-9

Patients aged 35-40 years, including 132 men and 60 women with ischemic disease, hypertension, metabolic disorders after 5-9 sessions in the amount of 5-15 leeches during

treatment from 10 days to 1 month with a strictly prescribed diet, the general condition improved, the blood clotting system stabilized, pain in the chest subsided, shortness of breath and abnormal

heartbeat disappeared. Blood pressure decreased, mood increased, headaches and dizziness stopped bothering.

The treated patients aged 40-45 years, including 150 men and 76 women with ischemic disease, hypertension, and metabolic disorders, who received 5-9 sessions in the amount of 5-15 leeches in the period from 10 days to 1 month, significantly improved the general condition, pain or discomfort in the hands, left shoulder, elbows, jaw, or back disappeared. Difficulty in breathing and lack of air were stopped. Nausea, vomiting, and dizziness were not observed. The skin turned pink, the patients became more cheerful.

A small number of patients did not follow the diet we proposed. Their clinical improvement is less pronounced for a longer period of time, an average of 25-30 days longer than the previous group.

Conclusion: Such a diet and hirudin secreted by a medical leech normalizes lipid metabolism, the state of the vascular wall, the coagulation and anticoagulation systems of the blood, the functions of the circulatory apparatus, and other systems.

In all groups of patients, there was a positive dynamics of the clinical picture and the

therapeutic effect occurred from 5-9 sessions and lasted for 3 months. When studying the long-term results in outpatient settings, it was revealed that a more persistent antihypertensive effect and, accordingly, a good subjective state is achieved in patients with borderline arterial hypertension. As shown by the results of this study, treatment with leeches with a strict diet improves the general condition of the patient, correcting some pathological processes (inflammation, microcirculation disorders, hypoxia, etc.) hirudotherapy with a strict diet intervenes during the basic mechanisms of the development of the pathological process, controls the set of reactions that occur at different structural and functional levels of the formation of the disease.

Hirudotherapy with a strict diet has a normalizing effect on the vascular-motor center, the higher centers of the autonomic nervous system (reflexively), which, along with improving the adaptive capabilities of the cardiovascular system, leads to positive changes in peripheral and central hemodynamics.

Thus, the clinical sound of hirudotherapy is explained by the ability of leech enzymes to eliminate ischemia and hypoxia of tissues, as well as microcirculatory disorders that determine the basic mechanisms of disease development.

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