



## FEATURES OF THE TREATMENT OF PSYCHOLOGICAL DISORDERS IN PATIENTS WITH HEART DISEASES

*Shakhlo Salomovna Kodirova*

Bukhara State Medical Institute

### ✓ *Resume*

*The article discusses the features of the clinical course, development, relationship of psychological disorder with the severity of diseases of the cardiovascular system. Depression and anxiety are the main leading factors in the development and aggravation of coronary heart disease. The role of the psychological state in the development of diseases of the cardiovascular system is significantly large. The use of antidepressants to stabilize the psychological state today is an integral part of the treatment of heart diseases. Herbal preparations have no side effects and do not have a negative effect on the muscle tissue itself, like some tricyclic antidepressants.*

*Keywords: antidepressant, CHD, anxiety, depression.*

## ОСОБЕННОСТИ ЛЕЧЕНИЯ ПСИХОЛОГИЧЕСКИХ НАРУШЕНИЙ У БОЛЬНЫХ С ЗАБОЛЕВАНИЯМИ СЕРДЦА

*Кодирова Шахло Саломовна*

Бухарского государственного медицинского института

### ✓ *Резюме*

*В статье рассматриваются особенности клинического течения, развития, взаимосвязь психологического расстройства с тяжестью заболевания сердечно-сосудистой системы. Депрессия и тревога являются основными ведущими факторами развития и отягощения ИБС. Роль психологического состояния в развитии заболеваний сердечно-сосудистой системы значительно велика. Применение антидепрессантов для стабилизации психологического состояния на сегодняшний день является неотъемлемой частью лечения болезней сердца и сосудов. Препараты растительного происхождения не имеют побочных действий и не имеют отрицательного воздействия на саму мышечную ткань, как некоторые трициклические антидепрессанты.*

*Ключевые слова: антидепрессант, ИБС, тревога, депрессия.*

## YURAK KASALLIKLARI BO'LGAN BEMORLARDA PSIXOLOGIK KASALLIKLARNI DAVOLASH XUSUSIYATLARI

*Qodirova Shahlo Salomovna*

Buxoro davlat tibbiyot instituti

### ✓ *Rezyume*

*Maqolada klinik yurak - qon tomir tizimi kasalliklarining xususiyatlari, rivojlanishi, psixologik buzilishlar bilan bog'liqligi ko'rib chiqilgan. Depressiya va havotirlik- yurak tizimi kasalligining rivojlanishi va og'irkik darajasi oshishining asosiy omillaridir. Yurak-qon tomir tizimi kasalliklarini rivojlantirishda psixologik holatning o'rni juda katta. Bugungi kunda psixologik holatni barqarorlashtirish uchun antidepressantlardan foydalanish davolanishning ajralmas qismidir. O'simlik preparatlari nojo'ya ta'sirga ega emas va ba'zi trisiklik antidepressantlar kabi mushak to'qimalariga salbiy ta'sir ko'rsatmaydi.*

*Kalit so'zlar: antidepressant, YUIK, havotirlik, depressiya.*



## Relevance

Mental health problems are already considered diseases of the 21st century, especially depression, which, according to the authors, may become the most common disease in the world by 2030. The World Health Organization warns that depressive disorder is already the second cause of lost working days in the world. And the Covid-19 pandemic scenario increases the occurrence of this and other mental illnesses. Untimely diagnosis of psychopathological disorders leads to its chronic course and reduces the quality of life of patients and serve as a trigger for exacerbation of diseases of the cardiovascular system. Suicide attempts are the final stage of depression [4, 5, 6, 8, 20]. Half of the deaths of all suicides are accounted for by patients with depressive disorders, who in turn make their indelible contribution with their results [10, 12, 15].

In folk medicine, various fees are used for anxiety and depression. For example, in case of disorders in the nervous system, basil is useful and valuable because it slows down the production of cortisol, the stress hormone. When a person experiences depression, the level of this substance in the body increases, adversely affecting brain cells, deepening the depressed state and even increasing the aging of the body. In addition, cortisol blocks the synthesis of other beneficial hormones, and basil counteracts this by increasing the production of endorphins. Motherwort has a sedative effect on the body by inhibiting the processes of excitation in the central nervous system, thanks to which it soothes, relieves insomnia and deepens sleep, eliminates anxiety and fear. Melissa is a source of a large number of useful substances: essential oils, tannins, organic acids, vitamins C and B, calcium, iron, potassium, magnesium, zinc, selenium. The sedative effect is already provided by the aroma of the plant itself. Infusion of lemon balm is used to calm the nervous system and bring sleep back to normal. Chamomile helps to activate the activity of the central nervous system, accelerate reflex functions, and is also used for neurosis, hysterical reactions. The plant eliminates signs of irritability and a generally depressed state caused by stress, depression and nervous tension. St. John's wort is one of the most powerful medicinal plants. It is used in both traditional and alternative medicine. It is believed that St. John's wort is an assistant in the treatment of 99 diseases. Depression and irritability are no exception. St. John's wort promotes the production of serotonin in the body - the hormone of happiness: due to this property, the normal psychological state of a person who is going through a period of depression is restored [1,22].

Depression, affecting somatic pathology, reduces life expectancy by about 10-15 years. The lack of practical skills in diagnosing and managing patients with depressive disorders by primary care physicians leads to late appointment of appropriate therapy, which in turn leads to aggravation of both somatic and psychological conditions.

**The aim of the study** is to improve the treatment of psychological conditions in patients with cardiac pathology by prescribing natural antidepressants.

## Materials and methods

The study included 120 patients (89 men and 31 women) suffering from coronary heart disease, whose average age was from  $49 \pm 2$  years. The exception were patients suffering from diabetes mellitus, with severe disorders of cerebral circulation, chronic heart failure in the decompensation stage. The patients included in the study underwent standard clinical, laboratory and instrumental studies conducted to diagnose diseases of the cardiovascular system, the remodeling processes were studied by evaluating the structural and geometric parameters of the left ventricular myocardium (LV) with echocardiography with Dopplerography. Of 120 patients, 85% suffer from hypertension, 31 from angina pectoris, 8% of patients had a previous myocardial infarction, and 1.2% of patients suffer from a repeated myocardial infarction. The age from 48 to 53 years is the heyday of career growth, activity, and improvement of social status. Making calculations based on gender indicators, men of this age period suffer from cardiovascular diseases more often than women. Moreover, men are more susceptible to psychological disorders, and it is sometimes very difficult for a practicing doctor to balance their psychological status. They forget, and sometimes even ignore the prescriptions of the attending physician.

## Result and discussion

Along with optimal drug therapy, we prescribed herbal tea for all patients in the form of additional treatment, including St. John's wort, valerian, melissa. We offered patients to drink a decoction of 100-150 ml 2-3 times a day, depending on the severity of the disease.

The dynamics of indicators of psychological status shows how patients who took optimal drug therapy and a combination of herbs in a complex had positive dynamics in indicators of psychological status (Tab №. 1).

**Table №. 1**

**Dynamics of indicators of psychological status in patients**

indicators	Anxiety on the HADS scale		HADS depression		Spielberger-Khanin Scale RA		The Spielberg-Khanin Scale of PA		Tsung Depression Scale	
	Before	After	Before	After	Before	After	Before	After	Before	After
Men (n=89)	6,7±0,1	5,8±0,2	33,4±0,2	30, 1±0,1	34,7±0,9	31,5±0,4	10,4±0,1	7,4±0,2	45,4±0,2	31,4±0,1
Women (n=31)	4,8±0,1	3,8±0,1	35,3±0,8	21,8±0,4	24,1±0,2	22,5±0,1	6,8±0,1	5,6±0,1	38,1±0,1	27,3±0,4

This unique natural complex has a positive effect on the central nervous system, increasing the production of serotonin.

Having no side effects on the cardiovascular system, this collection proved to be an antidepressant, with a sedative effect, and improving the condition of the myocardium itself, compared with tricyclic antidepressants of synthetic origin. Repeated examination of patients showed that along with the generally accepted standard therapy for the treatment of diseases of the cardiovascular system, sleep improved in all patients, anxiety attacks and depression decreased, the well-being of patients improved, nocturnal jumps in blood pressure, angina attacks disappeared, an incentive to live appeared, the quality of life improved. Also, the duration of the disease decreased on average from 15-17 days to 7-10 days.

**Conclusions**

Applying in practice the treatment of anxiety and depression in patients with diseases of the cardiovascular system of complex plant collection, we have achieved the desired result. As the data of the questionnaires showed, the level of depression and anxiety decreased by 1.2 and 1.4 times. This was accompanied by an improvement in their clinical condition. The bed-days of inpatient treatment have been reduced, the psychological state of most patients has improved, they have become more adapted to social life and, therefore, their social status has improved, both in the family and in society.

Summing up, we can say that using a complex of herbal herbs, we not only improve the quality of life and the psychological status of the patient, but also reduce the cost of expensive synthetic drugs that have a sufficient number of side effects that lead to the aggravation of the disease and its chronization, leading up to disability. This product can also be used as a preventive agent for heart diseases.

**LIST OF REFERENCES:**

1. Dadaev H.A., Akilov J.H., Togaev M.K. Valerian medicinal //Biology and integrative medicine 2021, 1(47), 233-249.
2. Kodirova et al . Psychosocial features of patients with coronary heart disease // Biology and integrative medicine. 2021.-No. 4. pp.64-79
3. Kadirova Sh.S., Kamilova U.K., Alimov U.H. Evaluation of indicators of psychological status in patients with chronic heart failure// Cardiology of Uzbekistan. 2011. -No. 1-2 .pp. 42-44
4. Kodirova Sh. S., Jabbarova M. B., Arashova G. A. Psychosomatic aspects of the course of chronic heart failure // Biologiya va tibbiy muammolari, Samarkand -2019. -№4.2 (115). – Pp.57-60
5. Kodirova S. S. The study of emotional states and quality of life of patients with chronic heart failure // Biologiya va tibbiy muammolari, Samarkand -2019. -№4.2 (115).- Pp. 232-236
6. Kodirova Sh.S., Djabbarova M.B., Arashova G.A., Hudoydodova S.G., Farmonova M.A., Elmurodova A.A. Features of the Clinical Course of Chronic Heart Insufficiency Depending on

- the Psychological Status of Patients// American Journal of Medicine and Medical Sciences.- 2020.- P.- 127-131
7. Kodirova Sh.S., Khamroeva Yu.S. Psychological features of patients with coronary heart disease// Issues of science and education. Moscow. - 2018. - № 7 (19). - Pp. 264 - 265.
  8. Kodirova Sh.S., Avezov D.K., Shaolimova Z.M., Rasulova Z.D. Assessment of the psychological state of patients with postinfarction atherosclerosis complicated by heart failure // IV Congress of the Society of Specialists in heart failure "Heart failure 2009". -2009.- pp. 54-55.
  9. Kadirova Sh.S., Kamilova U.K., Alimov U.H. Studying the relationship between indicators of psychological status and the course of the disease in patients with chronic heart failure // Collection of scientific papers of the IX International Forum of Cardiologists and therapists, March 25-27. International Journal of Heart and Vascular Diseases Moscow, Russia- 2020. - p. 120
  10. Kodirova S.S. The study of emotional states and quality of life of patients with chronic heart failure // Problems of biology and medicine.- 2019. - № 4 - 2 (115) Pp. 232 - 237.
  11. Kadirova Sh.S. Kamilova U.K. Avezov D.K. Pulatov O.Ya. The relationship of the psychological state with the progression of heart failure in patients with postinfarction atherosclerosis // Materials of the Russian National Congress of Cardiologists Appendix 1 to the journal "Cardiovascular therapy and prevention" 2011.- No. 10 - From 135
  12. Kodirova S.S., Rasulova Z.D., Avezov D.K. The study of psychological status in patients with chronic heart failure // Materials of the Russian National Congress of Cardiologists. - Moscow. - 2010. - p. 139.
  13. Kodirova S.S., Alimov U.H. Psychological status in patients with chronic heart failure // Abstracts of the Republican scientific and practical conference with international participation "The role of a general practitioner in reducing cardiovascular morbidity and mortality" //Cardiology of Uzbekistan No. 2.- 2011. P.-135.
  14. Kodirova Sh.S., Kamilova U.K., Alimov U.H. Indicators of psychological status in patients with chronic heart failure //Materials of the Russian National Congress of Cardiologists Appendix 1 to the journal "Cardiovascular therapy and prevention". - 2011. - p. 135.
  15. Kadirova S.S., Kamilova U.K., Alimov U.H. Indicators of psychological status in patients with chronic heart failure // Abstracts of the International Congress "Cardiology at the Crossroads of Sciences". - Tyumen.-2011. p.153
  16. Kamilova U.K., Kadirova Sh. Study of the psychological state in patients with chronic heart failure // Abstracts of the IV Eurasian Congress of Cardiologists October 10-11. Yerevan, Armenia, 2016.- pp.82-83.
  17. Kadirova Sh.S., Kamilova U.K. The study of the psychological state in patients with postinfarction atherosclerosis complicated by chronic heart failure // Materials of the forum. 4th International Educational Forum "Russian Days of the Heart" April 21-23, 2016, Russia. St. Petersburg Russian Journal of Cardiology, 2016.-pp.37-38
  18. Kodirova Sh.S., Kamilova U.K., Nuritdinov N.A. Study of quality of life indicators and prognosis in patients with chronic heart failure //Materials of the V International Educational Forum "Russian Days of the Heart". - Moscow, 2017. - p.85.
  19. Kamilova U.K., Kadirova S.S. Assessment of psychological status in patients with chronic heart failure // Materials of the V International Educational Forum "Russian Days of the heart" March 30, April 01, 2017, Russia. St. Petersburg, 2017.- p.162
  20. Kamilova U.K., Kadirova SH. The study psychological state of patients with chronic heart failure // Abstracts of the Heart Failure 2017 and the 4th World Congress on acute Heart Failure. Paris. France. 29 April-2 May 2017. European Journal of Heart Failure Supplements, 2017. - P.247
  21. Kamilova U.K., Kadirova S.S. The relationship of indicators of psychological status and the course of the disease in patients with chronic heart failure // Materials of the Russian National Congress of Cardiologists "Cardiology 2020 - new challenges and new solutions", Russia, Kazan. -2020.- p.705
  22. Karomatov I.D., Abduvokhidov A.T. Domestic medicinal herbs with antidepressant properties - literature review //Biology and integrative medicine 2018, 11(28), 32-65.

**Entered 09.02.2022**