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NEW DAY IN MEDICINE**

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[www.bsmi.uz](http://www.bsmi.uz)

<https://newdaymedicine.com> E:

[ndmuz@mail.ru](mailto:ndmuz@mail.ru)

Тел: +99890 8061882

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## OPTIMIZING THE USE OF NATURAL OINTMENT WITH GOOSE FAT IN THE TREATMENT OF CHRONIC ALLERGIC DERMATITIS

Karimova F.R. <https://orcid.org/0009-0008-5021-0029>

Bukhara State Medical Institute named after Abu Ali ibn Sina, Uzbekistan, Bukhara, st. A. Navoi.  
1 Tel: +998 (65) 223-00-50 e-mail: [info@bsmi.uz](mailto:info@bsmi.uz)

### ✓ Resume

Currently, according to WHO data, allergic dermatitis affects 15% of the global population. On a worldwide scale, allergic dermatitis accounts for 20-40% of all skin diseases. The prevalence of this condition among children reaches up to 20%, while among adults, it occurs in 2-8% of cases. The disease is observed with equal frequency in both men and women. The incidence rate is higher in regions with developed manufacturing and chemical industries. In Europe, approximately 10-15% of adults experience contact dermatitis. In some regions of Asia and Africa, the prevalence rate is lower compared to other areas. In industrialized and urbanized regions, the prevalence rate is higher, with 1-2 out of every 100 people potentially suffering from chronic allergic dermatitis.

Key words: allergic dermatitis, chemical industries, contact dermatitis.

## СУРУНКАЛИ АЛЛЕРГИК ДЕРМАТИТЛАРНИ ДАВОЛАШДА ҒОЗ ЁҒИ ТАРКИБЛИ ТАБИЙ МАЛҲАМДАН ФОЙДАЛАНИШНИ ОПТИМАЛЛАШТИРИШ

Каримова Ф.Р. <https://orcid.org/0009-0008-5021-0029>

Абу али ибн Сино номидаги Бухоро давлат тиббиёт институти Ўзбекистон, Бухоро ш.,  
А.Навоий кўчаси. 1 Тел: +998 (65) 223-00-50 e-mail: [info@bsmi.uz](mailto:info@bsmi.uz)

### ✓ Резюме

Ҳозирги кунда ЖССТ маълумотларига қараганда аллергия дерматит ер юзи аҳолисининг 15 % да учрайди. Дунёда тарқалиши бўйича аллергия дерматитлар барча тери касалликларининг 20 - 40 % ни ташкил этади. Ушбу касалликнинг ёш болалар орасида тарқалиш частотаси 20 % гача, катта ёшли одамларда 2-8 % ҳолатда учрайди. Эрак ва аёлларда бир хилда учрайди. Ишлаб чиқариш ва кимёвий саноат ривожланган ҳудудларда юқори. Европада тахминан 10-15% катталар контакт дерматитга дуч келади. Осиё ва Африкадаги айрим минтақаларда тарқалиш даражаси бошқа ҳудудларга нисбатан паст ҳисобланади. Индустириаллашган ва урбанизациялашган ҳудудларда тарқалиши частотаси юқори бўдиб, ҳар 100 кишидан 1-2 тасида доимий аллергия дерматитни кузатиш мумкин.

Калит сўзлар: аллергия дерматит, кимёвий саноат корхоналари, контакт дерматит.

## ОПТИМИЗАЦИЯ ИСПОЛЬЗОВАНИЯ НАТУРАЛЬНОЙ МАЗИ С ГУСИНЫМ ЖИРОМ В ЛЕЧЕНИИ ХРОНИЧЕСКОГО АЛЛЕРГИЧЕСКОГО ДЕРМАТИТА

Каримова Ф.Р. <https://orcid.org/0009-0008-5021-0029>

Бухарский государственный медицинский институт имени Абу Али ибн Сины, Узбекистан,  
г. Бухара, ул. А. Навои. 1 Тел: +998 (65) 223-00-50 e-mail: [info@bsmi.uz](mailto:info@bsmi.uz)

### ✓ Резюме

В настоящее время, по данным ВОЗ, аллергический дерматит встречается у 15% населения земного шара. В мировом масштабе аллергический дерматит составляет 20-40% всех кожных заболеваний. Частота распространения этого заболевания среди детей достигает 20%, а среди взрослых людей — 2-8%. Заболевание встречается с одинаковой

частотой как у мужчин, так и у женщин. В регионах с развитой промышленностью и химической индустрией уровень заболеваемости выше. В Европе примерно 10-15% взрослых сталкиваются с контактным дерматитом. В некоторых регионах Азии и Африки уровень распространения ниже по сравнению с другими регионами. В индустриализированных и урбанизированных районах частота распространения выше, и у 1-2 из 100 человек может наблюдаться хронический аллергический дерматит.

**Ключевые слова:** аллергический дерматит, химической индустрией уровень, контакт дерматит.

### Relevance

According to WHO data, allergic dermatitis occurs in 15% of the world's population. Allergic dermatitis accounts for 20-40% of all skin diseases in the world. The prevalence of this disease among young children is up to 20%, and it occurs in 2-8% of adults. Allergic contact dermatitis is a disease characterized by inflammation of the skin as a result of contact with certain substances (allergens). The disease is not contagious. Therefore, it is not transmitted from person to person. It occurs equally in men and women. Allergic dermatoses take the 4th place among the most relevant diseases today, they occur in about 30% of the population of economically developed countries, and in more than 1/3 of patients, the disease lasts until adulthood. The constant growth of the disease is primarily due to the immunosuppressive effect of modern civilization on the human body.

**The purpose of the study:** to justify the effectiveness of using goose fat for the treatment of allergic dermatitis.

### Materials and methods

62 patients with chronic allergic dermatitis participated in the study. Patients were divided into two groups: a group treated with traditional medicine and a group treated with folk medicine.

Patients participating in the study were diagnosed with chronic allergic dermatitis and were in various stages of the disease. During the selection process, the age, gender, duration and complexity of the disease were taken into account. Consent for participation and data disclosure was obtained from patients prior to the study.

Patients were assessed with special quantitative scales (eg SCORAD - Scoring Atopic Dermatitis) and other skin-related symptoms. Patients were evaluated for symptoms such as itching, redness, inflammation, and dryness of the skin. Blood eosinophils, IgE levels and other allergy-related indicators were analyzed.

Glucocorticoids and antihistamine drugs, as well as skin care products, were used as traditional treatment. Natural ointment with goose fat was used for treatment using folk medicine methods. The effectiveness of treatment was evaluated based on disease symptoms or their absence. Disease recurrence, reduction or disappearance of symptoms were taken as primary indicators. The research results were analyzed using statistical methods. These analyzes were used to determine differences between treatment groups and to evaluate the effectiveness of each treatment.

### Results and discussion

62 patients with chronic allergic dermatitis participated in the study. These patients were divided into two groups: traditional medical treatment (TMT) group and folk medicine methods (FMM) group. In the study, when IgE levels were checked before and after treatment, the following results were noted:

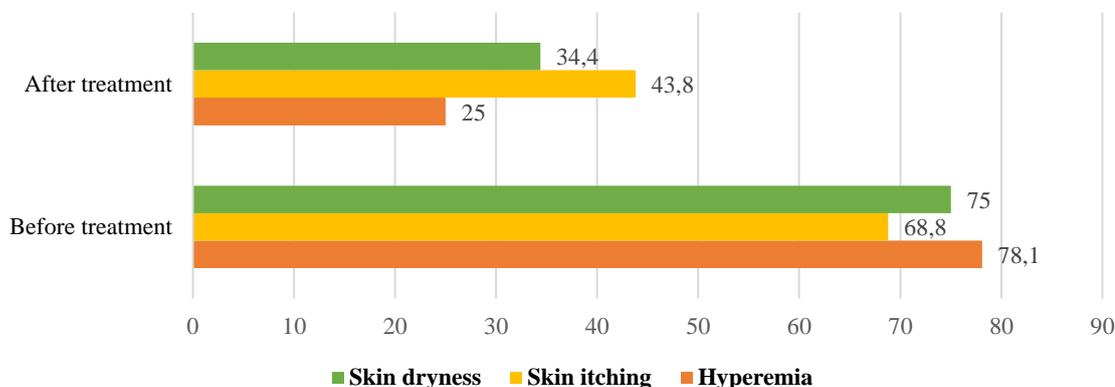
**Table 1**

**Dynamics of IgE amount during the study**

Methods of treatment	IgE before treatment	Post-treatment IgE
Traditional treatment	200 IU/ml	182.4 IU/ml
Treatment using goose fat ointment	200 IU/ml	141.5 IU/ml

Both groups of patients in the study had the same amount of IgE before treatment, was equal to 200 IU/ml. After traditional treatment, it decreased by 1.09 times to 170 IU/ml, and after using goose fat ointment in patients treated with folk medicine The amount of IgE decreased to 140 IU/ml. This is a 1.4 times improvement compared to the initial indicators. When both methods were compared, it was confirmed that the use of Natural ointment with goose fat was 1.2 times more effective.

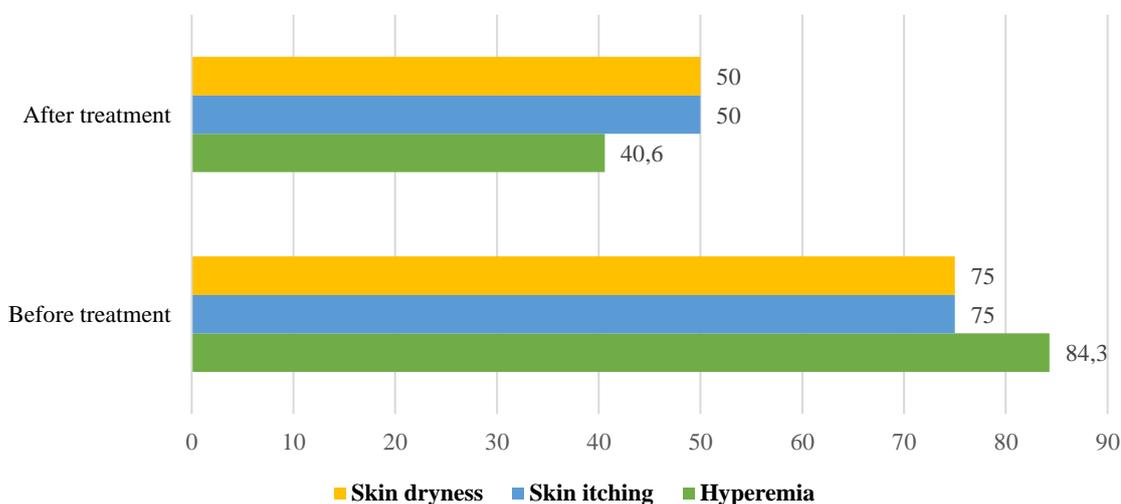
Post-treatment changes in clinical symptoms in patients in the study group are presented in figure 1.



**Figure 1. The occurrence of clinical symptoms after therapeutic use of natural ointment with goose fat in patients in the study group**

Before treatment, hyperemia was noted in 25 (78.1%) patients, skin itching in 22 (68.8%), skin dryness in 24 (75.0%) patients, and after treatment, the number of patients with hyperemia decreased by 3.1 times. In 8 (25.0) patients, skin itching decreased by 1.57 times in 14 (43.8%) patients, skin dryness was detected in 11 (34.4%) patients.

The occurrence of clinical symptoms after traditional treatment in patients in the study group is presented in figure 2.



**Figure 2. The occurrence of clinical symptoms after the use of traditional medicine in patients in the study group**

Before traditional treatment, hyperemia was noted in 27 (84.3%) patients, skin itching in 16 (75.0%) patients, and skin dryness in 16 (75.0%) patients. After treatment, the number of patients with hyperemia decreased by 2.07 times to 13 (40.6) patients, skin itching and skin dryness decreased by 1.5 times in 16 (50.0 %) patients, 16 (50.0 %) patients were observed.

Figure 3 and 4 below shows the condition of patients before and after natural ointment with goose fat treatment.



**Figure 3. Allergic dermatitis on the face of patients before use natural ointment with goose fat**



**Figure 4. Healing of allergic dermatitis on the face of patients after the use of natural ointment with goose fat**

Based on the results of the study, differences in effectiveness were noted between traditional medical treatment and folk medicine methods. Patients in the TT group showed a slower reduction in symptoms, but in some cases, adverse effects were observed. This condition may be due to the strong effect of glucocorticoid and antihistamine drugs.

On the other hand, in the group of folk medicine methods (natural ointment with goose fat), the use of natural remedies gave good results in patients without adverse effects. These methods have been shown to be harmless to the body and acceptable for long-term use.

### **Conclusions**

1. With folk medicine methods before treatment, hyperemia was noted in 25 (78.1%) patients, skin itching in 22 (68.8%), dry skin in 24 (75.0%) patients, after treatment, the number of patients with hyperemia decreased by 3.1 times to 8 (25.0) patients, skin itching decreased by 1.57 times in 14 (43.8%) patients, skin dryness was observed in 11 (34.4%) patients. Before traditional treatment, hyperemia was noted in 27 (84.3%) patients, skin itching in 16 (75.0%) patients, and skin dryness in 16 (75.0%) patients. After treatment, the number of patients with hyperemia decreased by 2.07 times

to 13 ( 40.6) patients, skin itching and skin dryness decreased by 1.5 times in 16 (50.0 %) patients, 16 (50.0 %) patients were observed.

2. Differences in effectiveness were noted between traditional medical treatment and folk medicine methods. Patients in the TT group showed a slower reduction in symptoms, but in some cases adverse effects were observed. This condition may be due to the strong effect of glucocorticoid and antihistamine drugs.

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