

THE IMPORTANCE OF HIRUDOTHERAPY IN THE TREATMENT AND PREVENTION OF DISEASES

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Annotation. *Hirudotherapy is used in the complex treatment of diseases of the cardiovascular system, nervous system, musculoskeletal system, lungs and upper respiratory tract, gastrointestinal tract, urological, gynecological, ophthalmological diseases, in surgery, dermatology and cosmetology. The author also provides information about the importance of hirudotherapy in diseases of the ear, throat, and nose.*

Key words: *Hirudotherapy, hypertension, immunity, chronic bronchitis, pneumonia, respiratory failure, tonsillitis, rhinitis, sinusitis, tracheobronchitis.*

ЗНАЧЕНИЕ ГИРУДОТЕРАПИИ В ЛЕЧЕНИИ И ПРОФИЛАКТИКЕ ЗАБОЛЕВАНИЙ.

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Аннотация. *Гирудотерапию применяют при комплексном лечении заболеваний сердечно-сосудистой системы, нервной системы, опорно-двигательного аппарата, легких и верхних дыхательных путей, желудочно-кишечного тракта, урологических, гинекологических, офтальмологических заболеваниях, в хирургии, дерматологии и косметологии. Также автор предоставил информацию о значении гирудотерапии при заболеваниях уха, горла и носа.*

Ключевые слова: *Гирудотерапия, гипертензия, иммунитет хронический бронхит, пневмония, дыхательная недостаточность, ангина, ринит, синусит, трахеобронхит.*

ВВЕДЕНИЕ

Hirudotherapy is indicated for patients suffering from the following diseases:

Cardiovascular system: coronary heart disease, angina pectoris, hypertension, postinfarction cardiosclerosis, heart failure;

Peripheral nervous system: radiculitis, neuritis, polyneuropathy, neuralgia, ganglioneuritis;

Of the musculoskeletal system and nervous system: polyarthritis, myositis, consequences of injuries of the spine, limbs, widespread osteochondrosis of the spine, complicated by herniation;

lungs and upper respiratory tract: chronic bronchitis, pneumonia, respiratory failure;

Gastrointestinal tract: chronic gastritis, gastric ulcer and duodenal ulcer, constipation, chronic cholecystitis and pancreatitis;

Urological: chronic pyelonephritis, prostatitis, prostate adenoma, impotence;

Gynecological: acute and chronic diseases of the uterus and appendages, fibroids, adhesions, painful menstruation, infertility;

Ophthalmic: glaucoma, inflammatory eye diseases, cataracts;

Surgical: varicose veins of the lower extremities, acute and chronic thrombophlebitis, hemorrhoids, rectal fissures;

Allergic: urticaria, neurodermatitis, bronchial asthma;

Dermatological: infiltrates, boils, carbuncles.

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At present, it can be considered proven that anthropogenic pollution of the environment has a pronounced impact on the formation of population health, especially in connection with changes in socio-economic and environmental conditions. According to world and domestic statistics, the prevalence of ear, throat, nose diseases is constantly growing.

Thus, the number of persons with impaired auditory function to date reaches 12% of the world's population. In this regard, the development of the concept of safety in the field of hygiene, aimed at eliminating the obvious and potential danger to human health associated with exposure to adverse environmental risk factors, is of particular relevance.

It is known that the ear, throat, nose organs, including the upper respiratory tract and the organ of hearing, are among the primary protective barriers and are of priority importance in the formation of response and defense reactions of the human body when interacting with the external environment. This is due to the presence of a powerful reflexogenic zone in the upper respiratory tract, which ensures the normal functioning of the sense organs and the maintenance of body homeostasis.

Under the chronic action of adverse factors, the ear, throat, nose organs can serve as a source of the formation of chronic foci of pathology, lead to the development of a wide range of systemic diseases, and reduce the quality of life. Ear, throat, nose organs are very sensitive to sudden changes in weather conditions. Since after a hot summer, the body with great difficulty gets used to the fact that the days are getting shorter, and the wind is getting colder.

Immunity is weakened, because the body has not yet had time to properly adapt to the cold season. However, it is not even this that poses a great danger and problem, but the fact that ear, throat, nose diseases are rapidly "getting younger" compared to the statistics of 20 years ago, children have become much more likely to suffer from ear, throat, nose diseases. In the vast majority of cases, ear, throat, nose diseases are most

often associated with infectious diseases, especially those common in the autumn-winter period: influenza A and B viruses, parainfluenza viruses, respiratory syncytial infection, mycoplasma infections, adenoviruses, coronaviruses, rhinoviruses, enteroviruses, reoviruses, etc.

Angina, rhinitis, sinusitis, tracheobronchitis and other dangerous diseases develop due to hypothermia or infection that enters the body when interacting with a source of infection, as a result of transmission by airborne or household contact.

METHODS AND RESULTS.

Prevention of diseases of the ear, throat, nose organs is, no matter how trite, to prevent hypothermia and regular sanitation of the upper respiratory tract. So, for example, when washing the mucous membrane of the nasopharynx to moisten the nasal mucosa and after returning from the street in order to wash dust, allergens, microbes and viruses from the nasal mucosa.

Also late in the summer, people use hirudotherapy to ensure the physiological moisture of the nasal cavity. With the help of hirudotherapy, improved blood circulation of the ear, throat, nose organs is achieved. In addition, hirudotherapy provides the body's immune status.

Prevention of bronchitis includes the prevention of any diseases of the upper respiratory tract, mandatory treatment of respiratory viral diseases, influenza and other acute respiratory viral infections, as well as acute infectious diseases of the respiratory system (especially in children), thorough cleansing of the nasal cavity and pharynx.

Prevention of sinusitis, sinusitis, frontal sinusitis, etc. is a general strengthening of the immune system with the obligatory hardening of the body, physical education and sports, exposure to fresh air, a rational regime of work and rest. Very important for the prevention of sinusitis, sinusitis, etc. Ear, throat, nose diseases, in which the focus of infection is located in the oral cavity, timely and thorough sanitation of the oral cavity, elimination of changes in the nasal cavity has a special place. Hirudotherapy occupies a special place in the prevention and treatment

Sinusitis, sinusitis and ethmoiditis. Blood thinning in the bloodstream helps to improve blood circulation in the paranasal cavities. Which leads to a quick recovery.

CONCLUSION

Thus, in order to monitor the health, working capacity and quality of life of the population, it is necessary to systematically study the incidence, taking into account the prevalence of the ear, throat, nose diseases population with the help of regular preventive examinations and optional ones entrusted to them. In addition, before a seasonal disease of the ear, throat, nose organs, treatment with hirudotherapy is recommended, which causes a disease of the body's immune status.

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