

STRUCTURE, DIAGNOSTICS, CLINIC OF DISEASES OF THE ORAL MUCOSA

Muydinova Barno Askarovna
Andijan State Medical Institute

Abstract: *This article discusses the use of oriental medicine, in particular acupuncture, in the treatment of diseases of the oral mucosa, such as CRAS. A comparative description of acupuncture and hydromassage with mineral waters in combination with laser therapy is given in comparison with traditional treatment. The results were assessed and appropriate conclusions were drawn.*

Key words; *acupuncture, laser therapy, chronic recurrent aphthous stomatitis, oral mucosa.*

СТРУКТУРА, ДИАГНОСТИКА, КЛИНИКА ЗАБОЛЕВАНИЙ СЛИЗИСТОЙ ОБОЛОЧКИ ПОЛОСТИ РТА.

Аннотация: *В данной статье рассматривается применение средств восточной медицины, в частности иглорефлексотерапии, при лечении заболеваний слизистой оболочки полости рта, таких как ХРАС. Дана сравнительная характеристика иглорефлексотерапии и гидромассажа минеральными водами в сочетании с лазеротерапией по сравнению с традиционным лечением. Проведена оценка результатов и сделаны соответствующие выводы.*

Ключевые слова: *иглоукальвание, лазерная терапия, хронический рецидивирующий афтозный стоматит, слизистая оболочка полости рта.*

In recent years, the problem of diagnosis and treatment of diseases of the oral mucosa has received significant attention in domestic and foreign research. In everyday clinical practice, patients seeking dental care present a rather complex problem due to difficulties in diagnosis, treatment and partial relapses. One of the common diseases of the oral mucosa is chronic recurrent aphthous stomatitis (XRAS). XRAS is characterized by the appearance of single, painful aphthae on the slippery lining of the mouth, which usually heal after 7-10 days, but then reappear. Relapses more often occur in the autumn-winter period, and in some cases there may be no remission at all. Thus, the time of severe disease usually worsens, the healing period on food is prolonged, and relapses become more frequent. Aphthae cause great suffering to the patient due to food intake and development, especially in cases where XRAS is complicated by an ulcerative process. The ulcers bleed and are usually covered with fibrinous plaques. The transition to an obvious form can be facilitated by any provoking factor: exacerbation of chronic lesions of the gastrointestinal tract, endocrine disorders, various infections, any stress, etc. And in these cases, a deterioration in the general condition of the patient and a drop in the body's resistance are observed. The issues of prevention and treatment of XRAS, taking into account the state of local immunity in children, have received sufficient attention. A significant advantage of oriental medicine and private acupuncture is

that... That the mother has an effect on the colonic organism. Acupuncture (acupuncture) has a stimulating effect on the immune system, allows the production of protective antibodies, and increases resistance to stress.

The relevance of the problem of timely diagnosis and treatment of diseases of the oral mucosa (OM) is due to their high prevalence, as well as the variety of clinical manifestations. The effectiveness of providing care to these patients is determined by the timeliness and accuracy of diagnosis followed by the choice of optimal treatment. During examination, only a third of patients receive a correct diagnosis, which is associated with complex symptoms and a possible blurred clinical course. Untimely and inadequate dental care can lead to complications, including malignancy. Treatment tactics depend on the nature of the process, duration, state of the immune response, microbiocenosis, and the effectiveness of previously carried out conservative treatment.

Patients underwent a comprehensive examination, which included a survey, examination of the skin, palpation of the lymph nodes, mucous membranes, tongue, lips according to WHO recommendations, assessment of the condition of the hard tissues of the teeth and periodontium, as well as a fluorescent screening method for diagnosing precancerous diseases. If necessary, patients were sent to laboratory diagnostics for blood tests, immunological studies (serodiagnosis, ELISA), analysis of oral fluid (quantity, viscosity, pH-metry), microbiological analysis of smears with assessment of the qualitative and quantitative composition of microflora, including fungi of the genus *Candida*, and determination of sensitivity to antibacterial agents. In patients with orthopedic metal structures, the presence of galvanic currents and the tolerability of dental materials were determined using the Voll method, and radiographic examinations were performed.

All patients received supervised training in oral and tongue hygiene (cleaning the tongue with a scraper), sanitation of the oral cavity, elimination of factors that injure the oral mucosa, and recommended replacement of dissimilar metals and rational prosthetics. An in-depth examination of patients with somatic pathology was carried out jointly with general specialists. During the consultation, we showed infectious and oncological alertness to prevent severe complications of various types. As a result of the study, based on consultation data, the structure of diseases of the oral mucosa was formed. It was revealed that stomalgia (32%) and oral candidiasis (21%) were most often detected. Lichen planus was diagnosed in 13% of cases, leukoplakia - in 11% of those who applied. Less common were various forms of cheilitis (4%) and glossitis (3%), chronic recurrent aphthous stomatitis (2%) and neoplasms (2%). In isolated cases, exudative erythema multiforme, pemphigus, herpes, chronic trauma, hemangioma, syphilis, neurodental pathology, Sjogren's syndrome and manifestations of blood diseases on the oral mucosa were encountered. It should be noted that the number of patients with oral mucosa pathology has increased in recent years by 3-4 times compared to the initial period of the study.

Often the course of the underlying disease was complicated by the presence of candidiasis. Among visceral pathologies, there were chronic atrophic gastritis (86%); diseases of the cardiovascular (54%) and endocrine (8%) systems: thyroid pathology, diabetes mellitus. Pathological changes in the nervous system (69%) were noted in the form of cerebrovascular pathology, cervical osteochondrosis spine, diabetic polyneuropathy,

functional disorders of the nervous system (51%) with various psychopathological syndromes (asthenic, cancer and candidophobia). In patients with complete absence of teeth, as well as dentition defects, relapses (after 5-10) years, as a rule, were associated with loss of function of the prosthesis and the need for repeated prosthetics. During complex treatment, patients received drug therapy (antidepressants, benzodiazepines, antihistamines, vitamins, analgesics, vasoactive drugs and vegetotropic agents), physiotherapy (acupuncture, laser, psychotherapy) and hirudotherapy. Due to the presence of persistent pain syndrome in patients, frequent relapses and possible limitations of drug and physical treatment, the department has developed and successfully used a cryoanalgesia technique in the complex treatment of stomalgia. Cryotherapy was carried out using autonomous porous applicators made of titanium nickelide using liquid nitrogen in a non-damaging dose on the oral mucosa and biologically active areas of the head, neck and upper extremities, 6-8 procedures per course.

Prevention of diseases of the oral mucosa is aimed at eliminating or reducing the influence of these factors. Individual prevention should be carried out at an outpatient dental appointment. Knowledge of the etiology and pathogenetic mechanisms of the occurrence of diseases of the oral mucosa allows, to one degree or another, to carry out preventive measures, which are mainly aimed at eliminating risk factors and causes of the development of pathology. Prevention of mechanical damage to the oral mucosa is the removal of decayed teeth, timely filling of carious cavities, grinding of sharp edges of teeth, fillings, elimination of bad habits (biting the mucous membrane of the cheeks, lips, tongue), making new and correcting old dentures. If radiation therapy is indicated for dental patients, this can cause a reaction on the part of the mucous membrane, expressed in hyperemia, swelling, even radiation ulcers, and a reaction on the part of the salivary glands. In preventing a decrease in the radiation reaction of the mucous membrane, careful therapeutic and surgical sanitation of the oral cavity before carrying out this treatment becomes important. Preventive measures to prevent changes in the oral mucosa due to pathology of internal organs include early detection and treatment of the underlying disease, rational hygiene and thorough sanitation of the oral cavity.

To prevent diseases, it is first necessary to eliminate provoking factors. In addition to injuries, these include:

- hazards associated with professional activities,
- excess ultraviolet radiation,
- lack of micro- and macroelements,
- hormonal imbalances.

It is important to give up smoking, alcohol and too hot food, which irritates the mucous membrane. The risk of disease increases if a person has dentures and rarely undergoes dental examinations.

To prevent cancer and precancerous conditions, doctors also recommend:

- eat foods rich in vitamins A, B, C,
- carry out professional oral hygiene,
- treat caries in time.

The increase in the number of such patients can be explained by the awareness of patients and dentists about new diagnostic and treatment methods carried out at the

department. The use of modern screening fluorescence allows for prenosological diagnostics, contributing to the prevention of diseases of the oral mucosa, including precancerous ones. The effectiveness of the proposed treatment methods is scientifically substantiated, and the methods are recommended for implementation in widespread practice.

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