

A.A.Khushnubekov
resident of the magistracy

R.A.Khakimova

Candidate of Medical Sciences, Associate Professor

G.M.Biktasheva

6th year student Andijan State Medical Institute, Andijan, Uzbekistan

THE USE OF BACTERICIDAL HERBS IN THE TREATMENT OF UNPRODUCTIVE COUGH IN PULMONARY TUBERCULOSIS

Resume:Phytotherapy is an addition to the basic treatment with chemotherapy drugs, its use reduces the drug burden on the patient's body and reduces the frequency of adverse reactions. Drugs of natural origin do not have the toxic properties characteristic of synthetic medicines, do not cause an imbalance of the immune system, have a number of competitive advantages, as they are not addictive, and have a moderate cost of treatment.

Key words:phytotherapy, tuberculosis, chronic cough, pulmonary tuberculosis, medicinal plants, immunity, disease.

When compiling the collection, the main properties of medicinal herbs were taken into account — anti-inflammatory; antimicrobial; improvement of the functional state of the liver, kidneys, gastrointestinal tract; immunocorrective; antiallergic; adaptogenic do not cause an imbalance of the immune system, have a number of competitive advantages, as they are not addictive. In the complex treatment of tuberculosis patients, it is advisable to use, first of all, medicinal plants with antimicrobial, anti-inflammatory, expectorant, hemostatic, immunostimulating and restorative effects Chronic cough is the primary manifestation of pulmonary tuberculosis.

At the initial stages, the patient has a dry, obsessive cough with seizures, especially disturbing at night and in the morning, elecampane relieves pain. In tuberculosis, the combined anti-inflammatory and analgesic effects of herbal compounds alleviate clinical symptoms and promote healing of the affected lung tissue. The large amount of sesquiterpenes in elecampane can have health effects. In particular, dehydrocostus, a sesquiterpene lactone found in elecampane, helps with inflammation in the body.

It turns out that the properties of sesquiterpenes contained in elecampane can contribute to the treatment of tuberculosis in more than one way - anti-inflammatory and antibacterial. The active phytochemicals of elecampane form a protective shell that suppresses the inflammatory process, soothes the bronchi and facilitates the discharge of sputum. This reduces bronchial secretion and cleanses the lungs of stagnant mucus.

Alantolactone, which is contained in the elecampane root, soothes cough, soothes, and softens the inflammatory symptoms that accompany coughing fits. Antibacterial elements inhibit the growth and development of bacterial infections that cause certain types of respiratory diseases of the bronchi and lungs. During a bacterial lung infection, it is important to facilitate the body's ability to remove toxins, the products of decay and vital activity of pathogenic microbes. Here, too, elecampane comes to the rescue, which increases sweating. Herbal prebiotics of elderberry root support the normal functioning of the entire gastrointestinal tract.

They preserve healthy intestinal microflora (bifidobacteria, lactobacilli). Microflora support ensures the immune properties of the intestine, prevents inflammatory processes. The active ingredients relieve intestinal cramps and help with increased gas formation. Elecampane is able to stimulate appetite, increase the absorption of nutrients. Activation of metabolism helps in case of

sluggish intestinal motility. In the complex treatment of tuberculosis patients, it is advisable to use, first of all, medicinal plants with antimicrobial, anti-inflammatory, expectorant, hemostatic, immunostimulating and restorative effects [3].

Mineral starvation of the body, especially insufficient calcium and silicon content in the diet, can often be considered among the causes of tuberculosis. It is these trace elements that make the body's cells permeable to infection. The antioxidants contained in this herb help fight damage to body cells caused by the harmful effects of free radicals. Scientific studies have proven that excess free radicals in the body can lead to the development of many chronic diseases, such as cancer and diseases of the cardiovascular system.

The purpose of the study. To study the effect of bacteriocidal medicinal herbs in unproductive chronic cough accompanying pulmonary tuberculosis.

Research materials. Herbal treatment was performed for patients with pulmonary tuberculosis receiving inpatient treatment at the Andijan Center for Phthiology and Pulmonology. The study included patients with newly diagnosed pulmonary tuberculosis who had a chronic unproductive cough, 34 patients, the main group who received treatment according to the standard chemotherapy regimen and at the same time they received herbal medicine, as well as 19 patients who received only chemotherapy drugs - the control group. Men prevailed among those studied, with an average age of 28.5 years. Of the 54 patients, 28 were smokers, they had more than 5.3 years of smoking experience, and they smoked an average of 12 cigarettes. Patients in both groups were treated with anti-tuberculosis drugs according to the scheme: isoniazid, rifampicin, pyrazinamide, ethambutol in optimal doses for two months. The composition of the herbal medicine: elecampane root, oregano herb, St. John's wort, mother-and-stepmother, 3: 1:3:1, infusion of 100 ml twice a day before meals for a month.

Study results: In the main group where patients received phytotherapy, 8 days after the start of complex treatment, clinical positive dynamics were noted: cough intensity decreased in 26, sputum became easier to separate in 20; body temperature decreased by 1.60 in 18. Appetite improved in all 32 patients, weight gain increased by 2 kg in 21. A decrease in the number of dry and wet wheezes was noted in 18 patients, and most importantly, hemoptysis was observed in only 2 patients, spontaneous pneumothorax was not observed. The control group was similar in clinical age to the main group, among them men also prevailed, there were 11 smokers, more than 50%. The clinical positive dynamics was achieved in a later period, and in this group, 5 patients had hemoptysis and 1 had spontaneous pneumothorax. The effectiveness of treatment at the end of the main course of treatment was analyzed depending on the prevalence and quality of initial changes in lung tissue. Limited forms of infiltrative tuberculosis with damage to 1-2 segments of the lung and the predominance of the exudative phase of inflammation in 1/3 of patients accounted for 37.8% in the main group and 36.4% in the control group. Significantly common forms with lesions of at least 3 lung segments and a predominance of the exudative phase of inflammation in 60% of patients accounted for 32.3% in the main group and 33.9% in the control group. The common forms of infiltrative tuberculosis with lesions of more than 3 segments of the lung and the predominance of the exudative phase of inflammation in 2/3 of patients accounted for 29.9% in the main group and 29.7% in the control group. An analysis of the effectiveness of treatment depending on the prevalence and quality of initial changes in lung tissue shows that the effectiveness of treatment is higher in patients with a predominance of the exudative phase of inflammation in the main group treated with medicinal plant preparations.

Conclusions. In patients with tuberculosis for the first time with a chronic unproductive cough, the use of herbal preparations, including bacteriocidal medicinal herbs in combination with etiotropic

treatment, makes it possible to achieve clinical improvement and prevent the development of complications in the form of hemoptysis, bleeding and spontaneous pneumothorax.

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