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IMPROVING THE QUALITY OF MEDICAL CARE STANDARDIZED WITH THE HELP OF FOLK MEDICINE METHODS

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Abstract: During the last 3 years, due to the Kovid-19 pandemic, due to the widespread use of ulcerogenic drugs (which cause ulcers in the gastrointestinal mucosa), a sharp increase in the number of chronic gastritis has been observed worldwide, especially in Uzbekistan. One or two other types of gastritis are observed in 95% of cases of the elderly population.

In the article, optimization of the standard methods of treatment of chronic gastritis among folk, medical methods, in particular "Ventrap" ("Omar care" LLC, developed in Uzbekistan) with the addition of a complex of biologically active substances.

A comparative analysis of the standard and the second group of additional therapy "Vetrap" was planned for 1 group of 120 patients. As a result, for the treatment of chronic gastritis, it will be possible to introduce a complex of biologically active substances produced from natural local plants, which are economical, highly effective, without side effects, for the first time on a scientific basis, to a wide medical practice.

Keywords: Chronic gastritis, Helicobacter pylori, biologically active substances, ulcerogenic ulcers, gastric acid, epithelial metaplasia, gastroesophageal reflux, bile regurgitation.

The urgency of the problem. Folk medicine is medical care with its own history and traditions, which is being recognized by the world community today. According to WHO's definition, "Folk medicine" is a summation of knowledge, skills, and practical experiences that have a long history, based on the theories and beliefs of local peoples and representatives of different cultures, and which, regardless of whether we can explain them or not, help maintain health, as well as physical and mental health. It is used for prevention, diagnosis and treatment of disorders" (WHO, 2012y).

Every continent, country and nation has its own deep-rooted folk medicine methods. These methods are based on the national culture, historical traditions,

established norms and rules of the people. The use of folk medicine in the world is divided into three types:

1. Countries where folk medicine is used as the main source of medical and sanitary care for the population. In these countries, the modern health care system is underdeveloped, and there is a shortage of doctors and nurses in the system. This system includes most of the countries located on the continent of South Africa. According to WHO statistics, in these countries, each doctor serves 500 people, and one doctor serves 40,000 people. This situation is closely related to the quality of medical services, the literacy of folk medicine specialists, the effectiveness and safety of their activities. (Manila, WHO Regional Office for the Western Pacific, 2012)

2. Folk medicine is in the form of the direct social and medical culture of the people and is used as a result of the customs, social interests, and religious influence of the population. Examples of such countries are Singapore and the Republic of Korea. Despite the well-developed modern medicine in these countries, 76 and 78% of the population still turn to folk medicine (Manila, WHO Regional Office for the Western Pacific, 2012).

3. Countries where folk medicine is used as complementary medicine. This situation occurs mainly in countries with a developed health care system - in North America and Europe, where medical services are at a high level.

Today, in Uzbekistan, the methods of folk medicine are being harmonized with modern medicine. Measures to control the direction of folk medicine by the government and implement it in effective life according to the Decree of the President of the Republic of Uzbekistan dated October 12, 2018 No. 3968 "On measures to regulate the field of folk medicine in the Republic of Uzbekistan" and dated April 10, 2020 "On the development of folk medicine in the Republic of Uzbekistan" additional measures" are being carried out on the basis of decisions No. 4668. The path opened by the government to folk medicine is a wide opportunity for specialists in this field in Uzbekistan, and created conditions for the formation of a regulatory and legal framework in this field and the effective and safe use of the methods and achievements of folk medicine.

In addition, studies show that patients with chronic diseases often turn to the services of folk medicine. For example, 41% of people in Spain, 70% in Canada, and 80% in Australia are using complementary and traditional medicine for multiple sclerosis (Skovgaard L et al. 2012). In China, patients with acute cardiovascular disease, herniated disc, hemorrhoids, ischemic heart disease, and hypertension are often admitted to folk medicine hospitals (Zhang Q et al. 2011). According to the data of 2011 in the Republic of Korea, patients with pathology of bone, joint and muscle system, dyspepsia, osteoarthritis of the knee joint and facial nerve pathology were mainly referred to folk medicine hospitals.

Due to the remoteness of medical services in the mountainous and desert areas of Mongolia, in 2004, a program was developed and put into practice to provide

shepherds with a special set of folk medicine. According to the results of the survey, 74% of the respondents noted that the kits are easy to use, and the effectiveness of the medicinal products is high when they are used according to the instructions. Medicines in this kit cost US\$8.0 per family per year (Mongolia, World Health Organization, 2007).

There are 440,700 health care institutions providing folk medicine services in China, and the number of beds in folk medicine is 520,600. 90% of general profile hospitals have Departments of Folk Medicine. Folk medicine specialists work in public and private medical institutions (Bornhöft G, Matthiessen PF, eds.2011). Among the European countries, Switzerland was the first to combine folk medicine with the health care system. In 1990, referrals to public health services in Switzerland were 49% (WHO, 2013).

Folk medicine began to take over the prevention, treatment and diagnosis of common diseases among the population on a large scale. Medicinal products made from plants are distinguished by their healthiness and harmlessness to the human body compared to chemical products. The positive or negative side effects of chemical agents on the body have been studied in many scientific studies, and the positive or side effects of medicinal herbs have been studied less.

The purpose of the study. Improvement of standard treatment measures of chronic gastritis among the population of Uzbekistan with the help of "Ventrap" biologically active supplement.

Research tasks.

1. Determining the prevalence of chronic gastritis in the world and Uzbekistan.
2. Harmonization of standard treatment measures for chronic gastritis approved in the Health Care System of the Republic of Uzbekistan with biologically active supplements in the direction of folk medicine.
3. Development of primary preventive measures for chronic gastritis based on folk medicine methods.
4. Determining the economic efficiency of using biologically active additives in improving the quality of public health.

Research methods. In accordance with the purpose of the study, clinical observation, clinical diagnosis of patients with chronic gastritis, a comparative analysis of the results of optimized treatment with "Ventrap" biologically active supplement along with standard treatment measures was conducted. The study will be conducted using statistical methods, correlations and standard deviations and standard errors of the results in the group.

Research results. The study will be carried out in 2022-2023 at the 2nd clinical hospital of the Tashkent Medical Academy, 120 patients will be randomly selected. The selected groups in clinical observation are conditionally divided into main and control groups. Standard measures of treatment of chronic gastritis are used for both groups of patients. In addition to standard treatment, biologically active supplement

"Ventrap" is assigned to the first group. Clinical observation is carried out in three stages. The first stage is the collection of anamnesis, the history of the disease, its duration, complications, that is, all the physiological, mental and social conditions of the patient are studied. In the second phase of the study, the comparative treatment measures are conducted directly between the two groups and devoted to data collection. The third stage is the final stage, the course of the disease in different approaches, complications, positive and negative consequences are analyzed.

The expected scientific innovation from the research: mutual integration measures of the folk medicine direction with the official health care system will be implemented on the scale of the Republic of Uzbekistan. In this process, it will be possible to study the effectiveness of early prevention and treatment measures based on the methods of folk medicine for cases of chronic gastritis of the population. For the first time, the effect of BFQ is considered based on a scientific approach and is proposed for practical medicine. As a result of the research, the primary prevention of chronic gastritis and early detection of disease-prone states, effective and safe treatment measures will be improved.

Based on the results of the research, a scientific assessment is given to the modern BFQ, which provides prevention and standard treatment of chronic gastritis.

Practical significance of the research: based on the conducted research, improvement of the standard of treatment of chronic gastritis disease by the use of folk medicine methods and implementation of "Ventrap" as an effective, safe and popular biologically active supplement for health system specialists is implemented.

Summary. The planned study is based on the comparative comparison of the results of using folk medicine methods in the treatment of chronic gastritis, which is widespread in the territory of Uzbekistan and affects the incidence rate of the elderly population. Including primary prevention of chronic gastritis by the researcher, i.e. prevention of acute gastritis, secondary prevention to stop the transition of the disease to chronic form, and tertiary prevention, as far as possible, covers the issues of rehabilitation of the patient.

The results of the research pave the way for the widespread use of folk medicine methods in the treatment and prevention of other non-infectious or infectious diseases common among the population in the future.

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