

Evaluation of the effectiveness of acupuncture in the complex treatment of neurological disorders in ischemic stroke

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Abstract: Taking into account the above, the identification of the possibilities of using acupuncture methods, along with other methods of treating acute cerebrovascular accidents, becomes relevant both from a practical and economic point of view. Intensive therapy, early rehabilitation and prevention of complications, the search for new approaches to treatment will reduce the mortality and disability of patients with this type of pathology

Keywords: ischemic, stroke, disorders,

1. INTRODUCTION

Recently, a significant increase in neurovascular diseases has been noted. The number of patients with cerebrovascular diseases increases every year, including those with acute cerebrovascular accidents (ACVA). ACVA is the most common form of vascular diseases of the brain, often leading to disability and death (Gerasimova M.M. et al., 2000; Makarov A Yu., 2002; Korobov M.V., Pomnikov V.G., 2002). More than 400 thousand strokes occur annually in Uzbekistan, the mortality rate in which reaches 35%. Therefore, vascular diseases of the brain have been and remain one of the main problems of modern angioneurology.

The use of reflexotherapy in our country and in the CIS countries has convincingly shown its capabilities in the treatment and rehabilitation of patients with a neurological profile. During this period, many patterns and mechanisms of action of acupuncture (IRT) were revealed (Vogralik VG, Vogralik MV, 1988; Ignatov Yu.D. et al., 1990; Bogdanov N.N., 2000; Kachan A.T., 2002). This allows a more adequate approach to the problem of indications and contraindications for the use of IRT methods, both in terms of nosological and age characteristics.

Taking into account the above, the identification of the possibilities of using acupuncture methods, along with other methods of treating acute cerebrovascular accidents, becomes relevant both from a practical and economic point of view. Intensive therapy, early rehabilitation and prevention of complications, the search for new approaches to treatment will reduce the mortality and disability of patients with this type of pathology.

Compliance of the topic of the thesis with the state scientific and technical program and priority areas of research in the Republic of Uzbekistan.

Providing the population with high-quality and affordable medical care is an important and priority area of healthcare in Uzbekistan. The planned dissertation work is devoted to the development and improvement of therapeutic, preventive and rehabilitation measures for this pathology, including acupuncture. The data obtained during the study lead to an improvement in the quality of life of patients with this pathology. This determines the priority areas of research and development in the Republic.

Connectivity of work with state programs or thematic plans of research.

The dissertation work was performed in accordance with the research plan of the Bukhara State Medical Institute

The degree of knowledge of the problem. Considering that the issues of rehabilitation therapy for patients with cerebrovascular accidents in the early and late recovery periods of ischemic stroke have been developed in sufficient detail, recently the attention of scientists has been focused on optimizing rehabilitation programs in the acute, most promising for the recovery of patients, stroke period. The results of clinical and experimental studies have shown that the acute and early recovery period of ischemic stroke are decisive for the formation of a residual neurological defect, the degree of adaptation and functional compensation of patients.

Currently used for the treatment and rehabilitation of patients with cerebral stroke, a wide arsenal of drugs does not provide a sufficiently pronounced clinical effect, requires large material costs, which is especially typical for new generation drugs, has significant restrictions on use associated with the occurrence of adverse side effects. effects, toxic and allergic reactions, the development of tolerance to the drug, drug dependence, etc.

An important place in the complex therapy and rehabilitation of patients with ischemic stroke is rightfully occupied by the use of non-drug methods - physiotherapy exercises, massage, therapeutic physical factors of various nature (electric current of various characteristics, magnetic and electromagnetic fields, low-intensity laser radiation, ultrasound, etc.) ... Combined methods of their use have been developed and are used in the practice of rehabilitation treatment for this category of patients, such as magnetic laser therapy, magneto-amplipulsegalvanotherapy, phonophoresis drug and other methods of combined use of apparatus physiotherapy with balneo- and hydrotherapy, peloid therapy, climatic, aero -, helio- and thalassotherapy, etc. Nevertheless, the problem of increasing the efficiency of restorative correction of impaired functions and rehabilitation of this category of patients, the development of new scientifically substantiated effective methods of their restorative therapy, both in the acute and in the long-term period of the disease, continues to remain far from the optimal solution.

One of the promising directions in the development of methods for increasing the effectiveness of rehabilitation treatment and rehabilitation of patients who underwent acute cerebrovascular accidents is undoubtedly the development and improvement of technologies for the use of acupuncture as part of the complex therapy of these patients.

Among the important advantages of acupuncture is the ability to use it to mobilize the body's own functional reserves, to sufficiently effectively stimulate the recovery correction of motor disorders and sensitivity disorders, to initiate an increase in the power of central and local stress-limiting systems and adaptive reactions in the body. These methods are physiological, economical and have a low likelihood of side effects.

However, the experience of using acupuncture in the rehabilitation of patients with post-

stroke disorders is not always sufficiently confirmed by objective data; a comprehensive assessment of the effectiveness of acupuncture at various periods of patient recovery has not been performed either.

In this regard, the problem of making a reasonable choice of acupuncture methods that are most adequate to the characteristics of the clinical state of patients and improving their effectiveness in the rehabilitation treatment of patients who have undergone ACMH is an urgent problem.

to determine the therapeutic possibilities of using acupuncture and to develop recommendations for the use of acupuncture in the treatment of patients with stroke.

Research objectives

1. To assess the possibilities of using Acupuncture in patients with speech disorders resulting from cerebral infarction;
2. To determine the possibilities of Acupuncture in the restoration of motor and sensory disorders in patients with stroke.
3. To establish the effect of Acupuncture on cerebral blood flow in patients with ACVA using the Doppler study method;
4. To assess the possibility of the influence of Acupuncture on systemic blood pressure (BP) using 24-hour blood pressure monitoring
- 5 Establish the influence of Acupuncture on the function of the autonomic nervous system using autonomic indices.
- 6 To work out the recommendations and principles of combining acupuncture points for patients with stroke, receiving acupuncture against the background of standardized drug treatment.

The object of the research: 103 patients with stroke were selected, of which 73 patients with ischemic stroke, who, after explanations, with their consent, along with the traditional treatment, were treated with acupuncture; 30 patients who were treated in a hospital for cerebral infarction and received conventional drug therapy. A necessary requirement when selecting patients for the main and control groups was the absence of impaired consciousness of any degree of severity in patients, as well as gross intellectual-mnemonic disorders, since under these conditions it would be impossible to obtain and evaluate the intended sensations.

2. RESEARCH METHODS.

General clinical, laboratory and instrumental research methods were used to achieve the research goal and solve the assigned tasks.

Scientific novelty of the research.

studies have been carried out, will be aimed at using acupuncture as a method that increases the clinical effectiveness in the treatment of stroke;

for the first time, the possibility of using Acupuncture as an additional method for the treatment of patients with stroke will be shown;

the possibilities of Acupuncture in the restoration of motor, sensory and speech disorders in patients with stroke will be determined;

the positive effect of acupuncture on cerebral circulation in elderly and senile patients with ischemic stroke will be revealed.

The practical significance of the work.

the possibility of using Acupuncture in patients with stroke in a specialized hospital will be shown;

Recommendations on the use of Acupuncture for patients with stroke will be developed, which will allow to reduce the dosage of drugs and thereby reduce the risk of side effects of polyprogmasia;