

PREVENTION OF VARICOSE DISEASE

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Abstract

This work is devoted to the study of issues related to the prevention of varicose veins, which is often among the population, through the analysis of the disease itself and its complications, simulation detection of the disease in the initial stages and assessment of the quality of life in such patients. Information is provided on the dynamics of its distribution in the world.

Keywords: varicose veins, venoruton, venarus, varicocelle, infertility, varicocellectomy, phlebology, phlebectasia.

Introduction

Today, the quality of healthcare services is considered one of the important factors in assessing the condition of the population and, based on the results obtained, decisions are made to solve them. One of the most difficult problems is varicose veins, which have become more common in recent years.

In the USA and European countries, 1/4 of the population suffers from various types of varicose veins. For example, among workers in production centers of Moscow, chronic varicose veins of the lower extremities are quite common, in women it is 57.5%, and in men – 50.4%, respectively. With age, an increase in these indicators is observed [1].

In the world, 1.28 billion people aged 30 to 79 suffer from hypertension. In the USA and Europe, 1/4 of the population suffers from various types of varicose veins.

60% of the adult population are susceptible to chronic venous insufficiency. And this shows the importance of in-depth study of varicose veins, identifying it in the early stages, further improving treatment methods and the scientific approach to them.

Due to the fact that varicose veins occur in all areas of life, there is a widespread decline in performance. According to various authors, 25% of women suffer from the disease [2].

The following are the causes of varicose veins: physical inactivity (sedentary lifestyle), excess weight, pregnancy, wearing high heels, wearing tight clothes, diseases of the nervous system, hereditary diseases, hormonal changes, constant physical activity.

According to the experience-based conclusions of specialists, varicose veins have the following symptoms: dilation of blood vessels, changes in skin color and/or ulcers, scratching in damaged vessels, burning of blood vessels, a feeling of fatigue in the limbs, rupture of blood vessels due to their excessive expansion. At stages 1-2 of the disease, conservative treatment is carried out (creams, patches, tablets). Symptomatic treatment is carried out comprehensively depending on the stage of the disease. One of the popular methods used in our country is sclerotherapy - the introduction of special substances into damaged vessels. The injected drug completely seals the walls of the vessel, stops blood flow in it and ensures blood flow through healthy vessels. (These procedures are used depending on the patient's condition for small size nodes in the vessels).



Venarus. The drug increases vascular tone, elasticity, conductivity, and reduces capillary fragility. The most important thing is that it protects the walls of blood vessels from free radicals [3].

Endovasal laser coagulation. In this procedure, a laser is applied to the damaged vessel, causing the blood clot to break apart. The procedure is of course carried out under anesthesia. This method is used in the initial stages of varicose veins.

Complications of varicose veins: skin ulcers, venous bleeding due to superficial injuries, thrombophlebitis, trophic ulcers, phlebothrombosis.

Varicocelle is an enlargement of the veins of the testicles, leading to impaired blood flow. Among young men, the prevalence is 10-15%. This disease occurs in 30-40% of men with primary infertility and in 80% of men with secondary infertility.

Signs of varicocellus: pain in the scrotum, impaired sperm production, drooping testicles (atrophy), impaired formation of sex hormones by the testicles.

Experimental part

A study was conducted among students of the Andijan branch of Kokand University. The total number of students is 437 people. The following results were obtained:

- the number of students who were diagnosed with varicose veins, grade 1-2, is 17 people (3.9%).
- the number of women who were found to have varicose veins is 14 people (3.2%).
- the number of men who were found to have varicose veins is 3 people (0.7%).
- according to the results of the study, a connection between the disease and heredity was identified in 10 people, that is, 59% of the total number of patients, the remaining 7 (41%) were diagnosed with an acquired form of the disease.

In the treatment and prevention of varicose veins, we suggest using the method of hirudotherapy. Hydrotherapy - derived from Latin, means treatment with medicinal leeches or *Hiruda medicinalis* [4].

Damage to organs and tissues occurs due to capillaropathy (impaired microcirculation). And at the place where the leeches are inserted, microcirculation expands, which improves blood flow deep into the organs located. Medical leeches are used to treat atherosclerosis of cerebral vessels, strokes, thrombosis and embolism of cerebral vessels, as well as to eliminate their complications [5].

Conclusion

To prevent varicose veins, it is recommended to adhere to the following:

- Refusal to wear clothes that are excessively tight and tight to the body.
- Wear shoes without heels or with low heels.
- Introduce a healthy lifestyle. Follow measures to maintain high-quality professional work.
- Go in for sports and physical education. Cycling, which strengthens the vascular system and blood circulation in the extremities.
- Proper and timely rest.
- Proper balanced nutrition and avoidance of smoking and drinking alcohol.

We can give the following recommendations for the treatment of varicose veins:

- Based on your profession, doing leg exercises from time to time;
- Introduction of morning physical exercises in higher educational institutions.



References

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