

## METHODS OF TREATMENT OF INTERVERTEBRAL DISC HERNIATION IN TRADITIONAL MEDICINE

*Islomova Saidakhon Turgunovna*

*Andijan State Medical Institute*

*PhD, associate professor of the department medical chemistry*

**Annotation:** *One of the diseases that are very common in people leading a modern lifestyle is lumbar hernia of the spine. Treatment of lumbar hernia between the vertebrae is one of the main tasks facing both traditional medicine and modern medicine. The most basic stage in the treatment of spinal hernia depends on the correct diagnosis. This article presents methods of treating spinal diseases using conservative methods in folk medicine.*

**Key words:** *spinal hernia, traditional medicine, spinal hernia treatment methods, conservative treatment, herbs, stretching.*

**Аннотация:** *Одним из заболеваний, очень часто встречающихся у людей, ведущих современный образ жизни, является поясничная грыжа позвоночника. Лечение поясничной грыжи между позвонками является одной из основных задач, стоящих перед как народной медициной, так и современной медициной. Самый основной этап лечения грыжи позвоночника зависит от правильного диагноза. В данной статье представлены методы лечения заболеваний позвоночника консервативными методами в народной медицине.*

**Ключевые слова:** *грыжа позвоночника, народная медицина, методы лечения грыжи позвоночника, консервативное лечение, лечебные травы, вытяжение.*

**Introduction.** The spine is one of the most important organs for human health. The spine is the backbone of the skeleton and allows a person to walk straight. The small and large abdominal and lumbar muscles are connected to the spine [1]. If the

spine is curved, we see that it affects bones, muscles and joints. As a result, they shrink. As a result, internal organs become ill throughout the body [2].

**Literary review.** The spine is the basis of the skeletal, muscular and nervous systems. The spine consists of 24 superimposed vertebrae. In the middle of the spine there is a spinal canal through which the spinal cord passes. The spine is slightly curved forward in the neck and lower back and backward in the chest [3].

The physiological curvature of the spine is determined in the sagittal plane. The spine consists of a body and an arch. The body of the spine is facing forward and acts as a support, which increases with the weight of the lower body. The vertebral column is located in the back of the trunk and connects to the trunk through the legs of two vertebral arches, forming a spinal opening. The spinal canal unites to form the spinal canal [4].

The spine consists of 5 main parts: cervical vertebrae, thoracic vertebrae, lumbar vertebrae, dorsal vertebrae and dorsal vertebrae [1,5].

Treatment of the muscles of the spine, as the medical language says, "vertebrology" studies. Despite the fact that there are a lot of types of spine diseases, their symptoms can appear the same. This is due to the fact that if the spine is damaged in some way the place itself hurts or the nerve fibers that pass through that same syllable are stretched, so strong pain can be felt in other organs [6].

There are several methods of treatment with folk remedies, the most important of which is the treatment with the help of natural herbs, while one of the methods of conservative treatment is the pulling of the spine in different ways.

Currently used in modern medicine, despite a large number of synthetic preparations, treatment with medicinal herbs, like in the countries of the East, is widely used in Europe. The successful use of herbal remedies is explained by their high biological activity, low toxicity to the body. On top of this, the cost of herbal remedies is much cheaper than synthetic preparations.

In the books of Russian folk medicine in the treatment of diseases of the spine it is written that it is possible to use mainly from 15-20 different natural remedies

(honey, mummy, propolis, horse oil, Juniper, kalanchoe, garlic tincture, clay, brick, soothing teas, horseradish, tincture of Nettle) and many other natural herbs.

But in the Encyclopedia “Tabobat qomusi”, published in the publishing house “Mumtoz suz” in 2019, more than 116 different methods of using natural remedies for the treatment of spine hernia are covered [8].

Take, for example, a natural remedy applied to rub on the surface, rub into the waist area, after waiting five or ten minutes, 20-25 minutes should be rubbed hot from the melted mutton fat. Then the patient is wrapped in a soft cloth [9].

It is also desirable to take from food additives known as” Astosh“,” Majmuiy Rahmani“,” Ayritosh“,” Askal'tsiy " [8,9].

During treatment, the patient is strictly forbidden to eat salty, spicy, raw foods, drink cold water. It is recommended to take a bath in the healing mineral water in the sanatorium known as “Oltin vodiyy tabiati”, which is located in the Southern Olamushuk town of Andijan region [8].

One of the methods of treating the spine hernia in folk medicine is stretching or pulling the spine.

Stretching (extensio) is one of the main methods of treatment of injuries and diseases of the musculoskeletal system, their consequences (deformation, constriction, cycatral compression, etc.). Basically, these methods are used in physiotherapy. There are also several types of stretching. One of them is applied gravity under water [10].

Pulling the spine is not a new way. This method has existed since ancient times. Even more so, it is known from the medical literature that Hippocrates used the method of weighing the spine.

According to sources, Hippocrates justified the principles of traction, which, with the help of special devices, had a light therapeutic effect on the spine [11].

In fact, pulling on the spine is one of the methods of conservative treatment of this folk medicine, giving its effect even in modern medicine. In this method, slowly and gently stretch the spine with the help of a special fixture. At the same time, it

relaxes the deep muscles and tissues of the spine. Increases the distance to the spine and increases blood circulation [12].

Traction of the spine under water is a therapeutic method, which is combined with methods of weighing the impact of water on the body. The first to follow this method is the vengrian Doctor K. Moll used it for discopathy in 1953 year.

The effect of 36-37 ° C of water on the heart rate helps to reduce the tone of the road muscles. As a result, the distance between the vertebrae and the intervertebral holes through which the spinal nerves pass increases [13].

Traction of the spine under water is not only an excellent type of treatment, but also a method of preventing diseases of the spine [11].

**Guidelines.** Traction of the spine under water is widely used in orthopedic and neurological practice in discogen pain syndromes, lumbosacral and cervicobraxial radiculitis caused by osteochondrosis of the spine, early manifestations of Bextero's disease and deforming spondylosis, curvature of the spine and some reflex disorders to reduce disc output [10].

Traction of the spine - improves blood circulation, reduces swelling, suppresses reactive phenomena in tissues, reduces muscle contracture, pathological tension of muscles and helps to eliminate the existing liquidity of intervertebral discs [12].

In order to know the effect of pulling the spine, it is desirable to engage in daily gymnastics, swimming, as an addition. It is necessary to limit the patient himself to go to the training halls, where he spends a lot of effort [13].

**Conclusion.** Thus, the treatment of diseases of the spine by folk remedies was considered relatively effective for its low harmfulness, low negative impact on the body, environmentally beneficial.

It is advisable to develop new food additives that have the property of effective treatment and Prevention of diseases of the spine using folk remedies, as well as to determine their composition and structure.

In addition, improving the skills of doctors who are treating various diseases with the help of folk medicine methods, ointments for the suffering of our people,

providing them with practical assistance, protection of their rights and freedoms by the state remains one of the most urgent problems of the present day.

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