

DETERMINATION OF THE EFFECTIVENESS OF CURATIVE PHYSICAL
EDUCATION AND SIGUN THERAPY IN PATIENTS WITH RHEUMATOID
ARTHRITIS

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Relevance: Among the population, one of the most common diseases with inflammation of the joints is rheumatoid arthritis, which causes the origin of many heart diseases, as well as increased sense of theft in patients, starting at different ages, there is a deterioration in quality of life.

The purpose of the study: Physical education in rheumatoid arthritis to show the general healing effect on the patient, increase joint mobility, accelerate the exchange of substances in them, increase the tone of CNS cicema and normalize cortical processes, develop the movement of damaged ligaments and then prevent possible disease complications.

Introduction : Rheumatoid arthritis is a systemic disease of connective tissue, accompanied mainly by damage to small joints, in the case of erosive-destructive polyarthritis type of erratic etiology with complex autoimmune pathogenesis. The name of the disease is derived from ancient Greek, with the suffix $\rho\epsilon\mu\mu\alpha$ — stream, oid - like, similar, $\alpha\rho\theta\rho\upsilon\sigma$ — joint and-dog (yun. - itis) suffix meaning inflammation. Today, the causes of the development of the disease are unknown. Indirect data: an increase in the number of leukocytes in the blood and the rate of erythrocyte deposition (ECHT) — indicates that the process is of an infectious nature. It is assumed that the disease develops as a result of an infection that leads to a violation of the immune system in individuals with a hereditary predisposition; in this, immune complexes (consisting of antibodies, viruses, etc.) are formed, which are stored in tissues and cause joint damage. But the ineffectiveness of antibiotic treatment of rheumatoid arthritis is probably a sign that this assumption is wrong. The treatment of rheumatoid arthritis is mainly aimed at relieving pain, slowing the progression of the disease and restoring damaged tissue with the help of surgical intervention. With the help of modern means, when the disease is detected early, the damage it can cause to the joints and other tissues is significantly reduced.

The disease manifests itself for the first time during severe physical exertion, emotional shock, fatigue, hormonal adaptation, as a result of unpleasant factors or the influence of infection. Rheumatoid arthritis is classified by specialists in the group of autoimmune diseases. For diseases of this group, the behavior of protective cells — lymphocytes-is characteristic. They begin to attack their healthy cells instead of actively detecting and destroying foreign bacteria, fungi, viruses.

Recent research and analysis of articles. Rheumatoid arthritis reduces life expectancy by 3-12 years. A 2005 study by Mayo Clinic found that the risk of heart disease is twice as high in people with rheumatoid arthritis, regardless of other risk factors such as diabetes, alcoholism, high cholesterol, and obesity. The mechanism of increasing the risk of heart disease is unknown; the presence of chronic inflammation is an important factor. Perhaps the use of new biological drugs can increase life expectancy and reduce the risks to the cardiovascular system, as well as slow down the development of atherosclerosis. Limited studies show a decrease in the risk of cardiovascular disease, while there is an increase in total cholesterol levels with an unchanged atherogenic index. Among diseases accompanied by inflammation in the joints, one of the most common is rheumatoid arthritis. The population distribution is 0.8% in Russia, 0.4% in Ukraine, 1-2% in Europe and North America. The disease can be caused at different ages. Between

children born from a marriage between relatives, 3-8% occurs. Patients with rheumatoid arthritis have an average life expectancy of 10-15 years. Healing physical education tools activate local and general blood circulation, reducing hypoxia in tissues. Improves microcirculation by reducing venous stasis and edema.

Research results: in rheumatoid arthritis, curative physical education has a general healing effect on the patient, increasing joint mobility, accelerating the metabolism in them. In rheumatoid arthritis, the role of curative physical education is to increase the tone of CNS cicema and normalize cortical processes; develop the movement of damaged ligaments and then prevent possible disease complications. Their functions, strengthening muscles, strengthening blood and lymph circulation. Adaptation of diseased joints to household labor in a short time. Means of healing physical education at the stationary stage:

Exercise :

- passive, passive-active and active exercises;
- ideomotor exercises ;
- isometric and isotonic exercises;
- general development exercises for intact segments;
- breathing exercises;
- relaxation exercises;
- special exercises; exercises with weight, resistance, etc.

2. Therapeutic massage.

3. Treatment with a gymnastic condition.

Types of curative physical education in a stationary state: practicing curative physical Gymnastics; morning hygienic Gymnastics; independent training; walks in the fresh air; hydrokinesotherapy.

Cases of movement in the stationary stage of rheumatoid arthritis:

- position of movement in bed;
- half bed motion position;
- state of free movement;

Sigun is a whole system, it consists of gymnastics, breathing exercises and meditation practices, the internal and external methods of which are distinguished. On the first, Si energy acts unhindered throughout the body, and the violation of this process leads to the development of pathology, sigun focuses on restoring the movement of Si energy, and the disease recovers. The second method is more easily understood, it is the control of thoughts through breathing, that is, specific meditation that brings the body to tone and relieves stress. Sigun practice: static — work on Pose and breath, aimed at capturing the stationary position of the body; dynamic — movements are performed. Balance grip is necessary in poses, even if Sigun exercises do not give a large load, the stabilizer muscles work, the muscle corset is formed and develops uniformly, in addition, the deep diaphragm enhances breathing and metabolism, which helps to

lose weight. Blood supply in the muscles improves. Bending, bending and twisting exercises increase the mobility of the spine, and Kaddi has a positive effect on the figure. As a result of regular training: * Strengthening of the lungs and heart;

- Attention improves, alkalinity increases;
- Emotions come to the client, freedom from mental emotional tension and insomnia disappear;
- * Increased resistance to infectious diseases;
- Improved member activities;
- Waist, back and thigh muscles increase in tone;
- Joint and spine positions are normalized.

Sigun movements can also be performed by physically delimited humans, sigun being a good way to prevent disease. Gymnastics begins through the razminka: warming up exercises, circular movements of the joints, stretching, abdominal chest exercises. No special equipment is required for all directions of the Sigun, no obstructing movement clothing is worn, fogging without shoes, natural inner calm is achieved, diaphragm mobility is developed, and cardiac tension is reduced. Stage I of physical rehabilitation is carried out in the hospital, passive exercises are used for diseased joints. They should not be accompanied by a pronounced protective reaction in the form of pain and muscle reflex tension. Before passive movements, therapeutic massage should be done to relax the muscles. To increase the range of motion, it is necessary to use active and passive exercises, as well as passive exercises with the help of healthy organs, exercises with projectiles. Before performing the exercises, a therapeutic massage is carried out, physiotherapeutic procedures are used (UV, paraffin-ozoserite applications,). Stage II of physical rehabilitation in a sanatorium or clinic is prescribed in the absence of inflammatory phenomena in the affected joints, but there are still some restrictions on movements. Special exercises are aimed at stretching the ligamentous apparatus of the affected joints and strengthening the muscles, especially the extensors. Therapeutic exercises are carried out in the initial upright position, active exercises are used for sick and healthy joints.

At this stage, the physical rehabilitation complex includes mud therapy or balneotherapy (treatment with mineral water). Stage III of physical rehabilitation belongs to the rehabilitation period, has preventive significance and is carried out in a clinic or at home. The main task of the stage is to maintain the movements achieved in the joints.

Rehabilitation measures (physiotherapy exercises, etc.) are of particular importance, mainly in the later stages of the disease, to maintain the functional capacity of the patient and improve the quality of life.

Therapeutic exercises for rheumatoid arthritis are an effective means of reducing the period of "morning stiffness", maintaining the existing mobility and partially restoring the lost one. Therapeutic exercises are not able to return normal tissues instead of a panus, but this, thanks to their work, helps to develop the remaining structures of the appendix to carry out daily actions. The intensity of the yuik should correspond to the age of the patient and his condition. You can increase the intensity by increasing the number of repetitions of exercises and accelerating the speed of their implementation. Training should be regular and systematic therapeutic exercises with rheumatoid arthritis are carried out in three types:

Individual-the most effective. The patient is engaged in a personal trainer who personally selects exercises for joints with impaired functions.

Group - the most common. If private classes are paid and very expensive, group classes are held free of charge in almost every clinic.

Tip-indicated for rheumatoid arthritis of Level 2 activity, which is also possible with other factors that make it impossible to go to training with a trainer. The patient independently engages in exercise therapy, periodically visiting the Attending Physician to assess the situation and further indications. As can be seen from the above, the important advantages of physical rehabilitation are the absence of safety and side effects with the correct choice and dosage of treatment methods, and the use of regular physical training helps to significantly increase the mobility of the joints. in the weight of contractures.

Basic Rules for Sigun training

When performing exercises, the loads on the muscles are alternately distributed, starting from the legs towards the head, and then in the reverse order downward, exercises are performed, and all body parts are processed at the same equal intensity. It is necessary to balance the energy of the body in the lower and upper parts. Sigun is primarily a breath gymnast. With the implementation of simple exercises, the correct technique of seduction is controlled, the load on the heart is reduced, the body is saturated with full-blooded oxygen. So doing the right exercises and breathing techniques can melt to good results: improved internal organ posture, making oneself better.

Conclusion:

Based on the study and analysis of Special Scientific and methodological literature, rheumatoid arthritis was found to be a chronic autoimmune inflammation of connective tissue.

Superior joint damage by type

destructive-destructive progressive polyarthritis. Cause of rheumatoid arthritis

unknown. Pay attention to a viral infection

(Epstein-Barr virus), as well as other infectious factors (Group B streptococci, Mycoplasma).

Believed to be Epstein-Barr virus

it can exist for a long time in the body of people who have

genetic predisposition to such rigidity, which leads to a violation of the suppressor

Violation of T-cell function and the production of immunoglobulin by B-lymphocytes. Genetic factors

Currently, importance is attached to the origin of this disease, since the incidence of rheumatoid arthritis is increasing.

from the patient's relatives. 2. Mechanism of physical action

Mechanism of action of exercise in the body of a patient with rheumatoid arthritis

arthritis-neuroreflex-humoral. Therapeutic aspect of exercise

trophic and tonic effect forms and normalizes impaired functions.

3. One of the leading methods in the treatment of rheumatoid arthritis is kinesotherapy, a three-tool regimen using exercise and positional treatment is carried out in the stationary phase of the treatment of the disease.

Positional treatment during motorized rest in bed in the acute stage of the disease helps reduce exudative and inflammatory phenomena when joining, exercise is used.

Used literature :

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