

PREVENTION OF HYPERTENSION DISEASES BASED ON THE HIJAMA METHOD

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Annotation: In recent decades, there has been a steady increase in the incidence of hypertension among the population of different age groups. The main problem remains late diagnosis and insufficient effectiveness of monotherapy. In this regard, the search for alternative and comprehensive methods of prevention and correction of blood pressure is becoming relevant. Hijama, as an ancient form of wet bloodletting, is becoming an object of attention for scientists and practitioners. The present study examines the effect of hijama on blood pressure levels and the general condition of patients with prehypertension and stage I arterial hypertension. Hypertension remains one of the most common chronic pathologies affecting the health of the world's population. Modern methods of prevention and treatment include medicinal and non-medicinal approaches. One of the promising non—medicinal methods is hijama, a traditional therapy based on bloodletting. The purpose of this study was to study the effectiveness of the hijama method in the prevention of hypertension. The results show the positive effect of hijama on lowering blood pressure and improving the general condition of patients. The hijama method can be considered as an additional method of preventing hypertension in complex therapy.

Keywords: hypertension, prevention, hijama, blood pressure, non-drug treatment, traditional medicine

Relevance

According to WHO, hypertension affects more than 1.3 billion people worldwide. Hypertension is one of the leading causes of cardiovascular diseases and mortality in the world. Despite the development of pharmacotherapy, many patients are faced with side effects of drugs and insufficient effectiveness of treatment. The problem is compounded by the fact that many patients begin treatment only after complications develop, such as stroke, heart attack, or kidney failure. Despite the availability of modern antihypertensive drugs, the percentage of achieving target blood pressure levels remains low.

At the same time, various methods of non-drug treatment have been used in traditional medicine for centuries, including herbal medicine, acupuncture and hijama. Interest in hijama as a preventive and therapeutic tool has been growing in recent years due to studies confirming its antihypertensive effect.

In this regard, there is a growing interest in alternative and auxiliary methods of prevention and correction of hypertension. Hijama— a traditional bloodletting technique used in Oriental medicine for centuries, demonstrates the potential to lower blood pressure and improve

microcirculation.



The purpose of the study

To study the effect of the hijama method on the prevention of hypertension and to determine its effectiveness in lowering blood pressure in patients with prehypertension and the initial stages of hypertension.

To evaluate the effectiveness of hijama as a preventive method in correcting blood pressure in people with initial manifestations of hypertension, as well as to investigate possible mechanisms of its effect on the vascular system.

Materials and methods

The study included 50 patients aged 35 to 60 years with diagnosed prehypertension and stage I hypertension. The patients were divided into two groups: the main group (n=25) received a course of hijama (3 sessions with an interval of 1 day), the control group (n=25) received standard recommendations on lifestyle changes without the use of hijama. Blood pressure measurements were performed before and after the course of therapy, as well as one month after the end of treatment. Statistical data processing was performed using

От 35 до 60 лет пациентов	основная группа	контрольная группа
2 группы	25 человек	25 человек
p<0,05	10-15%	-----
Результаты улучшение	80%	10 %

Conclusion

The hijama method has shown its effectiveness as an auxiliary means of preventing and correcting the early stages of hypertension. Hijama can be considered as part of a comprehensive approach to hypertension treatment, especially for patients who are prone to drug intolerance or who are looking for alternative methods. Further randomized trials with a large number of participants are needed to confirm the results.

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