

**METHODS OF PHYSIOTHERAPEUTIC TREATMENT OF PERIODONTAL  
DISEASES**

**Muydinova Barno Asqarovna**

Assistant of the Department of Therapeutic Dentistry  
Andijan State Medical Institute

**Annotation:** The article is devoted to the study of modern methods of treatment of inflammatory periodontal diseases.[1] Inflammatory periodontal diseases are a modern problem in dentistry. Periodontitis is a complex nosological unit among periodontal diseases.[2] The article describes the most frequently used and modern methods and means of treatment of periodontal diseases, as well as the use of LED technologies and ozone therapy for the treatment of inflammatory periodontal diseases. The article presents the modern aspects of conservative treatment of inflammatory periodontal diseases using ultrasound devices, including the apparatus "Vector", antibacterial and phytopreparations.[12] They can be recommended for various forms of pathology or accompany other types of treatment (orthopedic and surgical).[3] The research purpose is to find out the feasibility of various methods of treating periodontitis according to literature data. Materials and methods.[4] We used a review of increased research on the actual effects of problems methods in dentistry - modern biofilm methods, the influence of treatment of the paste of inflammatory diseases of the periodontal disease.[5] Modern research shows that periodontal diseases are one of the most important problems in modern dentistry. According to experts from the world health organization, people aged 35 to 50 years have a periodontal disease rate of 69-98%.[1] Numerous and long-term studies of domestic and foreign authors have proved that the leading etiological factor in the development of periodontal tissue diseases are periodontal pathogenic bacteria.[7] Most of the periodontal pathogenic bacteria are represented by anaerobes, which are highly adhesive, invasive and toxic. Effective treatment of patients with infectious and inflammatory periodontal diseases, as a rule, includes medicinal effects on periodontal pathogenic bacteria as the main etiological factor in the development of gingivitis and periodontitis by local and general use of antibiotics.[4] More and more widely used in medicine is a non-medicinal method of treatment, such as ozone therapy. Ozone kills all types of microorganisms, but it also has an anti-inflammatory effect. As a result, it was determined that ozone has a pronounced positive effect on all indicators of microcirculation, with injuries of the mucosa, accelerated healing was noted, faster restoration of the integrity of the epithelial cover compared to the control. The result of a study of the data was that periodontitis (parodontitis) is a cavity inflammation of the acute tissues of the bite of the periodontium, an action characterized by such a progressive destruction task included periodontal persistent and bone examination of the alveolar processes of the appendix of the cavity and alveolar laser portion of the blood of the jaws.

**Keywords:** Periodontal disease, periodontitis, antiseptics, antibiotics, periodontal mouthguards, apparatus "Vector", herbal remedies, medical ozone, laser, LED technology.

**Conclusion.** Periodontal disease is a multifaceted and very interesting area of our body. It requires deep study and scrupulous attitude to ourselves. The timing of the onset of clinical well-being and the length of the period of remission are individual and depend on many factors: age, the presence of general somatic pathology, the severity of the disease, adverse local factors, gum biotype, which should be considered by the dentist in clinical practice.

It is known that the effect of physical factors on the body is determined by the totality of changes they cause in the physical and chemical properties of cells and the metabolic processes occurring in them, as well as by general reactions that arise in physiological functional systems under the influence of their influence and are of a neuro-reflex and humoral nature, promoting reducing treatment time and prolonging remission of the disease. The state of physiotherapy is highly dynamic. In practical dentistry, the search for new effective physiotherapeutic effects is constantly being carried out, methods are being developed, and new devices and devices are being created. Particular interest in practical dentistry is currently shown in portable physiotherapeutic devices, which can be used not only in a specially equipped physiotherapy room, but also in a dental treatment room. Physical factors are especially effective in the complex therapy of patients with periodontal diseases, in any form, severity, chronic course and during exacerbation, helping to improve the condition of not only the oral organs, but also the body as a whole, providing immunocorrection and a healing effect. The purpose of our work is to assess the state of physiotherapeutic care in the Udmurt Republic (UR) and the commitment to physiotherapeutic methods of treatment of dentists and patients with chronic generalized periodontitis. [1, 2, 3, 4]

Periodontal diseases are among the most common in dental practice today and affect patients of all age groups. A sharp increase in the prevalence of periodontal diseases, the loss of a large number of teeth, disturbances in chewing and speech, the impact on the general condition of the body and a decrease in the quality of human life force us to consider periodontal diseases as a special branch of dental science, and the problem is made not only general medical, but also social. Periodontitis is the most complex nosological entity among periodontal diseases. It is well known that the treatment of periodontitis involves complex treatment, that is, influence on both etiological factors and pathogenetic mechanisms of the inflammatory process, as well as the use of symptomatic treatment.[12] The lack of early diagnosis and timely treatment in patients with this disease in a short time can lead to rapid destruction of periodontal tissue and tooth loss. There are specific diagnostic signs, but their clinical manifestations may vary between patients. If the disease is diagnosed in advanced stages, successful treatment is challenging. There is a wide variety of treatment options available today, with fairly variable success rates. Physiotherapeutic procedures have a diverse effect on the human body and have long been used in various fields of medicine, incl. and in dentistry (for gum swelling). The mechanisms of gum disease involve disruption of the blood supply to bone tissue, i.e. There is a lack of oxygen, nutrients and useful components (hypoxia state). Therefore, in the treatment of gum diseases (gingivitis, periodontitis, periodontal disease), any methods of restoring blood supply are used that contribute to the renewal of the microvasculature - a network of venous, arterial and lymphatic capillaries. [6]

Using a device with ozonated distilled water during a periodontal appointment ensures:

- 1) a persistent therapeutic effect in the majority of cases and in a shorter time (approximately 2 times) compared to traditional means;
- 2) when assessing the microbial status of the periodontal pocket, positive dynamics were revealed;
- 3) ozone therapy, unlike antibiotic therapy, has no side effects, as a result of which it can be recommended to patients with intolerance or ineffectiveness of therapy using other methods [5].

Plasmolifting, an injection of platelet-rich plasma obtained from the patient's blood, is being introduced into the body's tissues as an innovative method of treating periodontitis. The liquid fraction of blood is used. Blood is obtained from a vein, driven in a vibration-free centrifuge, along the transitional fold of the upper and lower jaw. A course of 3-5 visits with an interval of 56 days. In modern dentistry, treatment methods that have a pronounced positive effect with a minimum of side effects are of great interest. One such method is herbal medicine. The most important advantages of herbal medicine over traditional methods of treatment are:

- 1) herbal medicines used in herbal medicine, due to the presence of various groups of biologically active substances, can have a complex effect on periodontal tissue: antiseptic, analgesic, bactericidal, bacteriostatic, anti-inflammatory, keratoplasty decongestant, etc.
- 2) herbal medicines are low-toxic, their effects are mild, allergic reactions are rare, which makes it possible, if necessary, to take them for a long time (years) without harm to the patient, since stable adaptation of the micro and macroorganism does not develop to them.
- 3) herbal medicines can be recommended to patients of all age groups.
- 4) an important advantage of herbal preparations is also usually the pleasant organoleptic properties of biologically active substances;
- 5) herbal medicines also stimulate tissue regeneration processes.

Periodontium is a multifaceted and very important area of our body; it requires deep study and scrupulous attitude towards oneself. The timing of the onset of clinical well-being and the duration of the period of remission are individual and depend on many factors: age, the presence of general somatic pathology, the severity of the disease, unfavorable local factors, the biotype of the gums, which should be taken into account by the dentist in clinical practice. Modern research shows that periodontal diseases are one of the most important problems in modern dentistry. According to experts from the World Health Organization, in people aged 35 to 50 years, the incidence of periodontal disease is 69-98%. Numerous and long-term studies by domestic and foreign authors have proven that the leading etiological factor in the development of periodontal tissue diseases are periodontopathogenic bacteria. Most periodontopathogenic bacteria are represented by anaerobes, which are highly adhesive, invasive and toxic. [6, 7, 8, 9, 10]

#### **List of used literature:**

1. Usmanov B.A., . (2020). Application Of Balm "Asepta" In Treatment Of Inflammatory Periodontal Diseases In Adolescents. *The American Journal of Medical Sciences and Pharmaceutical Research*, 2(09), 86–88.
2. Amirkhanyan A.N., Moskvina S.V. Laser therapy in dentistry // *Medical business*. 2010. No. 2 (189). pp. 32-45.
3. Amkhadova M. A., Prokopenko V. V. Application of photodynamic therapy in the complex treatment of chronic generalized periodontitis // *Dentistry*. 2016. T. 95, No. 6-2. pp. 26-27.
4. A., U. B. (2021). The Level of Periodontal Care to the Population of Andijan Region. *Central Asian Journal of Medical and Natural Science*, 2(6), 28-31. <https://doi.org/10.47494/cajmns.v2i6.477>

5. Использование в терапевтической стоматологии активатора «LED-актив 03 с модулированным красным светом. URL: <http://www.medtorg-plus.ru/articles/70/>
6. Qodirov M. BOLALARDA GINGIVIT KASALLIKLARNING PROFILAKTIKASI VA DAVOLASH //Евразийский журнал медицинских и естественных наук. – 2023. – Т. 3. – №. 4 Part 2. – С. 39-42.
7. Кадыров М. М. У. Нарушения развития жевательного аппарата в постэмбриональном периоде //Science and Education. – 2023. – Т. 4. – №. 4. – С. 313-317.
8. Кадыров М. М. У. Тканевые изменения в жевательно-речевом аппарате при ортодонтическом лечении аномалий //Science and Education. – 2023. – Т. 4. – №. 4. – С. 374-378.
9. Muhammadsolik o'g'li Q. M., Zulfiqorovich T. T. SYMPTOMS OF INJURY THAT OCCUR IN THE DISEASES OF THE MOUTH //Galaxy International Interdisciplinary Research Journal. – 2022. – Т. 10. – №. 4. – С. 377-380.
10. Kodirov M. M. U. EARLY METHODS OF PREVENTION OF CARIES IN CHILDREN'S TEETH //Academic research in educational sciences. – 2021. – Т. 2. – №. 4. – С. 1887-1890.
11. Kodirov M. M. U. EARLY METHODS OF PREVENTION OF CARIES IN CHILDREN'S TEETH //Academic research in educational sciences. – 2021. – Т. 2. – №. 4. – С. 1887-1890.
12. Abdukodirov Sh.T., “The Main Etiological Factors, Methods of Prevention and Treatment of Meningitis” - International Journal of Scientific Trends - (IJST) Volume 2, Issue 2, February, 2023. PAGE 141-148