

TO THE QUESTION OF PHYSIOPROPHYLAXIS OF CARDIAC DYREGULATION IN WOMEN 45-65 YEARS

Naimov Dilshod Qayim o'g'li

Bukhara State Medical Institute, Uzbekistan, Bukhara

Increased state attention to aspects of preventive and restorative medicine due to the prospects, youjuice technology, safety and availability of available its arsenal of technological methods and techniques. an important role in their realizations are played by such physical factors as low-intensity infrared laser therapy, physiotherapy exercises and water mimineral sources.

Objective

study of the effect of preventive physiotherapypeutic complex (mineral water, exercise therapy, laser therapy) on the indicators of the cardiovascular system of patients with cardiac dysregulation in the involutionary (postmenopausal) period.

Research Methods

clinical, social and hygienic, statistical, mathematical forecasting. 113 women over 45 years of age were selected for the study. established cardiac dysregulation in the involutionary period (against the background of pre-, meno, or postmenopause).

Results

Developed physiotherapy complex acts on the body structures of postmenopausal and postmenopausal women
menopause, preventing the formation of their kardial dysregulation. It was revealed that the course intake of mineral
water in combination with low-intensity laser therapy and complex. Exercise therapy contributes to the normalization of the functional activity of the hypothalamic structures (improvement of the EEG and Doppler indicators); correction of cardiovascular parameters (decrease in increased tone of resistive vessels, improvement of the initial data and functional electrocardiograms, normalization of parameters blood pressure); metabolic correction of gonadotropins (normalization of the ratio between testosterone and estradiol); stabilizes psycho-emotional status; has a pronounced hypocholesterol and hypoatherogenic effects.

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Conclusions

1. Physiotherapeutic complex (laser therapy, reception mineral water, intensive exercise therapy complex)

73.5%±2.2 patients reduce the intensity of cardialgia; in 45.4% ± 1.4 women chin improves the performance of electrocardiograms and stabilizes the main nye parameters of the cardiovascular system.

2. Physiotherapy prophylaxis improves emotional condition and improves the "quality of life" of women in the involutionaryperiod.

3. It is advisable to prescribe physiotherapeutic prophylaxis 2 times in 5-6 months with cardialgia in women in the premenopausal period de in order to prevent their shift in the dysregulation of the complicated menopause.