

SUBJECTIVE EXAMINATION OF PATIENTS WITH DISEASES OF THE DIGESTIVE SYSTEM AND TREATMENT WITH THE HELP OF MEDICINAL PLANTS

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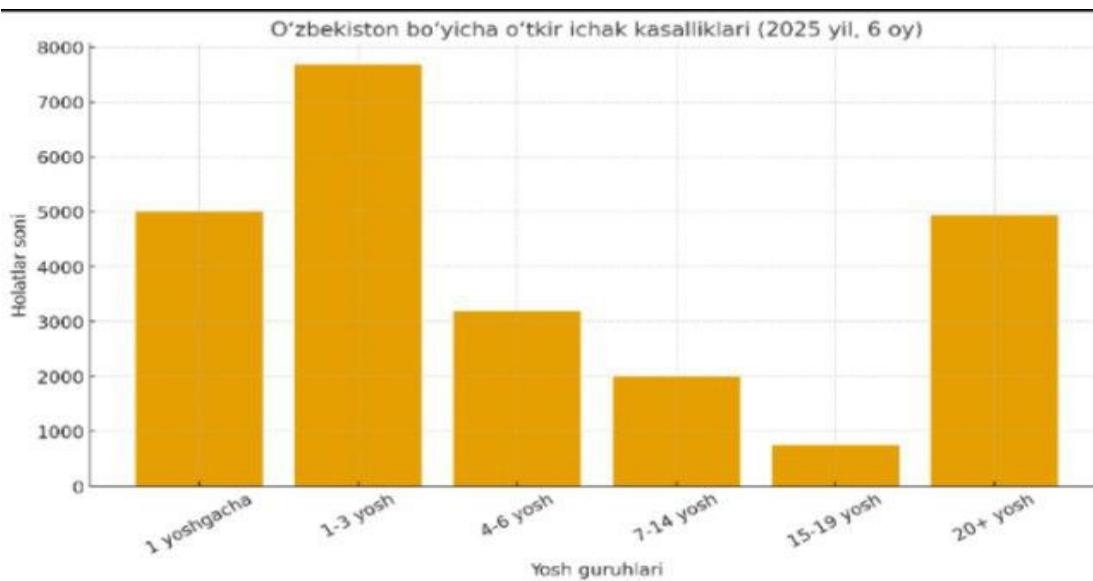
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Abstract: Current on the day wide widespread from diseases one was digestion system diseases types, origin exit reasons and them the most effective in a way treatment technique, disease in determining subjective approach and his/her the importance of this with together medicinal plants using of diseases prevent to take and treatment methods wide in a circle Today 's on the day in people the most many flying gastrointestinal in the system inflammation and cold diseases and intestine parasites wide in a circle is developing .

Keywords: subjective check, Irritable intestine syndrome (IBS), Reflux disease (GERD), medication plants.

introduction

Today changes in the gastrointestinal system among people, diseases caused by various pathological conditions, negatively affect not only digestion, but also the functioning of other organs in the human body. This, in turn, creates the basis for reducing human life expectancy. According to the Health Organization of Uzbekistan, diseases of the digestive (gastrointestinal) organs account for 4% of the mortality rate. This figure is increasing year by year. In the first six months of 2025, 23,558 cases of acute infectious intestinal diseases were recorded in Uzbekistan.



The causes of the disease include eating food that has been stored for a long time or in improper conditions, eating unwashed wet fruits, entering the body of microbes while bathing in open water bodies, contact with patients, etc. In addition, eating poor-quality, unsanitary street food, soft drinks, yogurt and juices also cause the disease.

Main part

Subjective examination method:

1. Main complaints are identified.
2. Additional complaints are identified.
3. Collection of a medical history (anamnesis morbi).
4. Collection of a life history (anamnesis vitae).

When assessing the consciousness and condition of patients with diseases of the digestive system, the following should be paid attention to:

1. Attention should be paid to his consciousness, not on his own, not on his own, delayed, incorrect responses.
2. Attention is paid to the patient's position (active, passive), placing the pillow low or high when the patient is lying down.

Questioning: In a medical or clinical context, subjective examination refers to the process of gathering information from a patient through verbal communication. This type of examination focuses on the patient's experience, feelings, and attention is paid to the patient's compliance with the rules of deontology. While it is important to determine the time of onset, nature, duration, intensity, and irradiation of symptoms in the history of the disease, it is important to identify risk factors for digestive diseases in the collection of a life history.

Digestive system diseases:

Irritable bowel syndrome (IBS) is a functional disorder of the large intestine, manifested by abdominal pain, changes in the frequency and consistency of stool, and other symptoms associated with impaired bowel function.

Causes:

- ✓ Frequent stressful situations
- ✓ Injuries to the abdominal organs
- ✓ Infectious diseases of the digestive organs (for example, dysentery, salmonellosis)
- ✓ Intestinal hypersensitivity
- ✓ Hereditary predisposition
- ✓ Symptoms:
 - ✓ Abdominal discomfort
 - ✓ Diarrhea
 - ✓ Lower abdominal pain
 - ✓ Nausea
 - ✓ Constipation
 - ✓ Mucus in the stool

Gastroesophageal Reflux Disease (GERD) is a chronic disease characterized by damage to the esophageal mucosa as a result of the reflux of gastric juice into the esophagus.

Causes:

- Insufficient closure of the lower esophageal sphincter



- Increased intragastric pressure (obesity, pregnancy, overeating)
- Smoking and alcohol consumption
- Frequent consumption of carbonated drinks and fatty foods

Symptoms:

- Heartburn and burning sensation along the esophagus (often after eating)
- Sour taste in the mouth
- Abdominal discomfort, frequent vomiting
- Symptoms worsen at night
- Natural treatment of digestive system diseases

1. Pomegranate peel:

- Has antibacterial and antiviral effects.
- Effective in diarrhea or constipation.
- Strengthens the gastrointestinal mucosa.
- Slows down the aging process with an antioxidant effect.

2. Buckwheat

- Helps regulate blood sugar.
- Normalizes bowel function.
- Improves blood circulation.
- Reduces mild inflammation in the gastrointestinal tract.

3. Honey

- Eases digestion
- Restores intestinal microflora. Beneficial bacteria: lactobacilli, bifidobacteria.
- Reduces inflammation and treats colds.
- Regulates the balance of gastric juice.
- Prevents and accelerates the healing of gastric and duodenal ulcers.

4. Black cumin

- Black cumin oil and seeds enhance intestinal function, accelerate the digestive process.
- Reduces the accumulation of gases in the stomach and intestines and prevents bloating.
- Is a natural defense against harmful bacteria and parasites in the intestines.
- It normalizes bowel movements and stops diarrhea.
- It creates unfavorable conditions for worms in the body and expels them without destroying them, which prevents their body waste from remaining in the intestines and causing toxic effects.

5. Aloe

- Restores the mucous membrane.
- Increases immunity and is effective in reflux, gastritis and ulcer diseases.
- Helps break down and remove harmful substances that have not been eliminated from the liver and intestines.
- The anthraquinone substances contained in aloe eliminate constipation.

6. Barley seed

- Reduces intestinal gases and has a calming effect.
- Useful in flatulence and constipation.
- Has antispasmodic properties: reduces pain in the intestines and stomach.



- Reduces harmful microbes in the intestines, effective against some intestinal parasites.

7. Kovrak

- Improves digestion, has an antimicrobial effect.
- Useful in dyspepsia and intestinal infections.
- Helps cleanse the body of toxins, increases immunity

8. Mint leaf

- Reduces vomiting, improves digestion.
- Effective in vomiting and dyspepsia.
- Thanks to the menthol content, it improves the gastric mucosa and facilitates digestion.
- Due to its calming properties, it reduces digestive disorders caused by stress.

Conclusion

Digestive system diseases are one of the most common diseases today, and they negatively affect not only digestion, but also the functioning of the entire body. The subjective examination method is important in identifying patient complaints, collecting anamnesis and assessing clinical symptoms. This method also allows for the correct diagnosis, taking into account the psychological state of the patient.

The use of medicinal plants, in combination with traditional medicine, gives effective results in the natural treatment of diseases. For example, plants such as pomegranate peel, rosehip twig, honey, black celery, aloe, barley anise, kovrak and mint are widely used in gastrointestinal diseases and have antimicrobial, anti-inflammatory, immune-boosting and digestive-relieving properties.

Thus, through subjective examination and the use of medicinal plants, it is possible to prevent and treat digestive system diseases. This will help to form a healthy lifestyle for the population and make the results of modern medicine more effective.

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