

EVALUATION OF THE EFFICACY OF GINGER TREATMENT IN HELICOBACTER PYLORI-ASSOCIATED GASTRIC AND DUDEN ULCER DISEASE

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The purpose of the study. Determination of the effectiveness of the use of ginger in gastric and duodenal ulcers caused by *Helicobacter pylori*.

Material and methods. In the Department of Gastroenterology of the multidisciplinary medical center of Bukhara region, the results of the dynamics of the treatment process were studied in 60 patients with gastric and duodenal ulcers caused by *Helicobacter pylori*. Of the 60 patients studied, 40 were randomized to the main group and 20 to the control group. There are 40 patients in the main group, which is 68.3%. There are 20 patients in the control group, which is 31.7%. Most of them were patients aged 20 to 50 years. Clinical symptoms of the disease were determined by a 3-point system, signs manifested in strong intensity - 3 points, moderate - 2 points, weak - 1 point. Patients in the main group were given 10:1 decoction of ginger remedy with basic remedies for ulcer disease, 1 tablespoon 3 times a day for 10 days, only basic remedies were used in the control group.

The results obtained. In the main group of patients treated in the gastroenterology department, the intensity of clinical symptoms was determined when treated with ginger. In general, the percentage of symptoms of the disease in the main group of patients was determined. In the main and control groups, respectively, in the first place, pains that appear at night, on an empty stomach - 40% and 35%, and the second symptom - heartburn - 25% and 20%, and in the third place - nausea - 17% and 12.5%, while the 4th symptom of abdominal rest was 12.5% and 15%. The number of observed exacerbations of the disease in 1 year was 2.7 cases.

As a result of treatment, positive clinical changes were observed in patients treated in the main group. In patients who received the ginger remedy, the intensity of pain that appeared on an empty stomach at night decreased by 42% compared to the initial one, urinary boils by 35%, nausea by 38%, and abdominal rest by 31%. The number of outbreaks per year decreased by 1.3 times compared to the previous year, and by this indicator decreased by 1.5 times. ($p < 0.005$). However, in the control group, there were no significant changes in the clinical symptoms of the treated patients compared to the baseline ($p > 0.05$). The above clinical changes are due to the anti-inflammatory, antispasmodic and gastrokinetic effects of ginger.

Thus, hunger, night pains were reduced by 1.4 times under the influence of ginger. Correspondingly, heartburn, nausea decreased by 1.4 times, abdominal discomfort decreased by 1.3 times in the main group of patients.

Summary. Treatment of gastric and duodenal ulcers associated with *Helicobacter pylori* with ginger reduces the symptoms of the disease in patients and prevents the expected complications of the disease.