

THE IMPORTANCE OF USING TRADITIONAL MEDICAL TREATMENTS FOR
STEATOHEPATITIS WITH METABOLIC SYNDROME

Z.M.Muxtarov

*Assistant Department of Phthysiology
Andijan State Medical Institute,
Republic of Uzbekistan*

Metabolic syndrome (MS) is a cluster of disorders that include obesity, hyperglycemia, hypertriglyceridemia, hypertension, and a decrease in high - density lipoprotein cholesterol (HDL). The development of steatogepatitis is strongly associated with metabolic syndrome, with several symptoms of metabolic syndrome found in about 90% of patients with Steatogepatitis and three or more criteria found in about 33%. Here, the development, spread and therapeutic approaches of the disease are considered. Lipotoxicity plays a key role in the pathophysiology of disease development in the body. This leads to the accumulation of triglycerides in the liver as a result of an imbalance between the intake, synthesis, expenditure and oxidation of fatty acids. Using diagnostic criteria in infected people, steatogepatitis accounts for 47 cases per 1,000 population and is higher in men than in women. In adults, steatogepatitis is 32%, and in males (40%) women (26%) have a relatively high incidence of erakas. The global prevalence of steatogepatitis occurred in 26% of cases in 2005 and earlier studies, while the frequency of occurrence in 2016 and later studies rose to 38%. Treatment for metabolic syndrome and Steatogepatitis can be following a healthy lifestyle, weight loss, and pharmacotherapy, including dynamic approach based. The frequency of occurrence of the disease from year to year is increasing, and in the presence of various complications negatively affects the quality of living people. Whereas earlier studies had a higher probability of being found in more obese humans which are now increasing the likelihood of being found among TVI normed insos, this can be explained by insulin resistance and glucose tolerance. In adults, steatogepatitis is 32%, and in males (40%) women (26%) have a relatively high incidence of erakas. The global prevalence of steatogepatitis occurred in 26% of cases in 2005 and earlier studies, while the frequency of occurrence in 2016 and later studies rose to 38%.

Goal. Studying the relationship between metabolic syndrome and steatogepatitis and determining the frequency of occurrence. The purpose of the study is to determine the frequency of occurrence of steatosis and fibrosis in patients, to develop prevention strategies for steatogepatitis. For this, we selected 60 patients of different sexes and ages.

Material and inspection methods. We conducted medical statistics on the basis of ultrasound and laboratory tests in the clinic of the Andijan State Medical Institute in cooperation with the Departments of Health Management, ultrasound examination and laboratory tests. In the period from September 2024 to January 2025, a total of 60 patients (35 men, 25 women) who considered themselves healthy were taken for analysis. After filling out the questionnaire, all participants were asked to provide a blood sample and undergo general clinical instrumental and laboratory tests. To avoid the effects of distracting factors, the following criteria were applied to make an exception. Subjects with a history of liver diseases; women during pregnancy who take any diseases or any medications that may affect liver function.

Research results and their discussion. Analyzing the results of the questionnaire and examination, it was found that most of the patients do not know and cannot correctly assess the pathological process in them. According to questionnaire responses, 60% (36) of patients were found to have high TVI, the remaining 30% (18) were found to have normal TVI, while the remaining 10% (6) were found to have low TVI. 70% (42) of patients did not actively complain about liver activity the remaining 30% complained of a feeling of heaviness under

the arch of the right ribs and a decrease in appetite, boiling of the ribs, rapid thirst during physical exertion. When we analyzed the general and biochemical analysis of blood, the indicators that changed in patients were as follows. In the diagram below, we have included the main indicators that can represent the general state of the body and assess the functional state of the liver. Discussing the results of the Instrumental examination, we saw that steatosis and fibrosis occurred at different levels, even in patients who did not report active complaints. And in patients who reported complaints about liver function, we found different levels of steatosis with severe Dacia and fibrosis. In total, steatosis and fibrosis were found in 60% (36) of patients, while steatosis and fibrosis were shared in 30% (12). In our analysis of steatosis levels, however, patients were found to have steatosis 1 at 70% (25), steatosis 2 at 20% (8), and steatosis 3 at 10% (3).

Conclusion. Analysis of the results of the study showed that there was no correlation between metabolic syndrome and fatty liver disease co-occurring and patient complaints. The plurality of patients did not actively complain and could not fully assess the change in their body. For proper diagnostics, we conducted a survey of patients and conducted a general and biochemical analysis of blood, ultrasound examinations.

WORDLY
KNOWLEDGE