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CLINICAL TESTING OF DRINKING OIL LLC "A LHADAYA - PLUS " IN PATIENTS WITH GASTRIC ULCER

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Abstract: A healthy, balanced diet is the right way to keep the digestive system working properly. Diseases of the gastrointestinal tract require special nutrition. The patient must adhere to a diet that will spare the digestive organs. Therefore, in the diet therapy of diseases of the digestive tract, the principles of chemical and mechanical sparing are used. Therapeutic nutrition in the pathology of the digestive system is the most important component of complex therapy. A. A. Pokrovsky (1974) wrote that diet therapy for each disease requires its own approaches: individualization of nutrition is observed depending on the complex of metabolic disorders. In diseases of the digestive system, dietary nutrition in some cases is a more important factor in treatment than all other methods. It should be noted that in recent years, the upward trend in the incidence of the stomach, especially erosive and ulcerative lesions of the stomach, the severity of its course and the risk of developing oncological complications have singled out this pathology as an urgent problem in clinical medicine. It is known that gastric ulcer (PUD) is a chronic relapsing disease of the gastric mucosa of the intestine, characterized by exacerbations.

Keywords:

Drinking oil in capsules (manufactured by ALHADAYA - PLUS LLC Uzbekistan) is a natural drinking oil produced from oils obtained by pressing with additives from minerals, vitamins, plant extracts, rich in Omega 3. Cumin, black seeds (black cumin), fruit pits, sea buckthorn oil, fresh and dried garlic. Studies have shown the effectiveness of the use of Omega-3 polyunsaturated fatty acids for primary and secondary prevention of cardiovascular diseases, in obstetric practice, in pediatrics [2,3,4]. The use of oil normalizes the indicators of fat metabolism and may help restore the condition of the gastroduodenal mucosa [1,2].

The purpose of the study: to study the effectiveness natural drinking oil in capsules in patients suffering from gastroduodenal pathology.

Materials and research methods. The studies were carried out in the department of gastroenterology of the 1st city clinical hospital in Samarkand. The survey included 45 patients of both sexes aged 21 to 55 years, suffering from gastroduodenal pathology (gastric ulcer, erosive form, in the acute stage). The patients gave written informed consent to participate in the clinical study. The studied persons were conditionally divided into 2 groups: group 1 (control) included 15 patients who received standard therapy. Group 2 (main) included 30 patients who took drugs of the underlying disease compatible with drinking oil in capsules with Omega 3.

Patients in both groups were of comparable age, had a similar clinical picture of the course of the disease. Drinking oil in Omega 3 capsules was prescribed according to the following scheme: for gastric ulcer, erosive form, in the acute phase - 1 capsule 2 times a day in the morning and evening. within 28 days;

All patients underwent a clinical examination, including the collection of complaints, anamnesis of the disease and examination of the patient. It was found that the patients complained mainly of pain in the epigastric region, nausea, and heartburn. In addition, all patients underwent esophagogastroduodenofibroscope (EGDFS), ultrasound examination of the liver, gallbladder, pancreas, as well as a complete blood count and feces, fecal occult blood analysis. Endoscopic examination assessed: swelling and hyperemia of the mucosa, the presence of erosion or gastric ulcer before and after treatment.

Evaluation of the effectiveness of the studied oil was carried out on the basis of criteria in points according to the following scheme:

4 points	high efficiency	Complete clinical recovery by the end of the course of treatment, normalization of clinical and instrumental parameters.
3 points	moderate efficiency	Moderate decrease in complaints, improvement of clinical and instrumental parameters.
2 points	low efficiency	A slight decrease in complaints and a slight improvement in clinical and instrumental parameters.
1 point	lack of efficiency	No changes or worsening of clinical and instrumental parameters by the end of the course of treatment.

The analysis of performance indicators and their evaluation was carried out immediately after the examination of the subject and the receipt of data from laboratory and instrumental studies. The information expressed in the form of quantitative indicators was subjected to statistical processing using special software products. The method of variation statistics was used with the derivation of the main parameters according to Student.

Tolerability of the drug was assessed on the basis of subjective symptoms and sensations reported by the patient and objective data obtained by the investigator during treatment, as well as the frequency and nature of adverse reactions.

Tolerability of the drug was assessed by us, as well as by patients in points:

4 points	Very good (no side effects noted)
3 points	Good (minor side effects are observed that do not cause serious problems for the patient and do not require the withdrawal of the study oil)
2 points	Satisfactory (there are side effects that affect the patient's condition, but do not require the withdrawal of the studied oil)
1 point	Unsatisfactory (there is an undesirable side effect that has a significant negative effect on the patient's condition, requiring the abolition of the studied oil)
0 points	Extremely unsatisfactory (side effect requiring the withdrawal of the studied oil and the use of additional medical measures)

To compare the results obtained in the entire population of study subjects who received drinking oil with Omega 3, in relation to baseline indicators, the significance

level (p) was set equal to 0.05 and 0.01. the value of $p < 0.01$ was used in this case as an additional assessment of the severity of the effect of the studied oil.

Research results. Clinical examination of patients of the main group showed that all patients complained of nausea, pain in the epigastric region, belching, and heartburn.

Drinking oil with Omega 3 capsules for 28 days was well tolerated by patients. The average score for drinking oil with Omega 3 in capsules, as indicated in the materials and methods of research, was 3.85 ± 0.6 points very good, no side effects were noted. Drinking oil with Omega 3 in capsules is effective, which is manifested by a significant decrease in the majority of clinical manifestations of the disease by the end of the course of treatment, a significant improvement in instrumental examination data. The average score for drinking oil with omega 3 was 3.86 ± 0.7 , this indicator is high.

Table 1

Dynamics of EGDFS data in the examined patients

Symptoms (in points)	Main group (N=30)		Control group (N=15)	
	Before treatment	After treatment	Before treatment	After treatment
Mucosal edema	2.9 ± 0.3	1.3 ± 0.4	2.85 ± 0.3	1.5 ± 0.5
Mucosal hyperemia	2.85 ± 0.4	1.25 ± 0.02	2.9 ± 0.4	1.7 ± 0.4
Erosion of the stomach	1.6 ± 0.3	0.9 ± 0.03	1.7 ± 0.5	1.2 ± 0.5
stomach ulcer	2.1 ± 0.4	0.95 ± 0.04	2.2 ± 0.6	1.6 ± 0.6

Drinking oil with Omega 3 in capsules was well tolerated by patients, no side effects were detected during the study period, clinical and instrumental parameters tended to normalize. The dynamics of EGDFS data in the examined patients in the main group showed that (Table 1) mucosal edema decreased from 2.9 to 1.3 points, and in the control mucosal hyperemia from 2.85 to 1.25 and gastric erosion - from 1.6 and up to 0.9 points, and gastric ulcer - from 2.1 to 0.95 points ($P < 0.05$).

The clinical characteristics of the examined patients of the main group showed that 65% of patients suffer from gastric ulcer in the acute stage, 35% - erosive gastritis. The dynamics of clinical symptoms in the examined patients showed that pain in the epigastric region in the main group decreased by 2.42 points, and in the control group by 2.3 points; heartburn by 2.3 and 2.2 points; nausea 2.0 and 1.9 points (table 2).

table 2

Dynamics of clinical symptoms in the examined patients

Symptoms (in points)	Main group (N=30)		Control group (N= 15)	
	Before treatment	Aft er treatment	Before treatment	After treatment
Pain in the epigastric region	2.7 ± 0.5	0.28 ± 0.05	2.7 ± 0.6	0.4 ± 0.05

Heartburn	2.5±0.4	0.20±0.04	2.5±0.7	0.3±0.06
Nausea	2.1±0.4	0.1±0.005	2.15±0.5	0.25±0.05

As can be seen from the table, by the end of treatment, there was a significant decrease in all indicators ($P < 0.001$).

The dynamics of total arterial pressure (BP) in the examined patients showed that systolic BP in the main group for 28 days was 115.0 ± 14.1 and in the control group 110.0 ± 14.0 Hg. Art., diastolic blood pressure from 71.0 ± 5.6 to 75.0 ± 5.8 ; in the control from 70.0 ± 5.8 to 75.0 ± 5.9 .

Table 3

Dynamics of the general blood test in the examined patients

Symptoms (in points)	Main group (N =30)		Control group (N= 15)	
	Before treatment	After treatment	Before treatment	After treatment
BP syst.	112.0±13.1	115.0±14.1	113.0±14.0	110.0±14.0
BP diast.	71.0±5.6	75.0±5.8	70.0±5.8	75.0±5.9
heart rate in 1 minute	86.4±9.6	82.4±6.7	85.5±9.9	86.1±9.8

General blood analysis

Hemoglobin	110.6± 8.5	114.5±9.3	110.9± 8.9	113±9.0;
red blood cells	3.2±1.2	3.25±1.4	3.25±1.3	3.23±1.5
Leukocytes	7.2±2.1	7.25±2.3	7.1±2.6	7.1±2.7
ESR	9.4±1.3	8.5±1.4	9.5±1.8	8.6±1.8

A general blood test showed that hemoglobin in the main group rose from 110.6 ± 8.5 to 114.5 ± 9.3 , and in the control group from 110.9 ± 8.9 to 113 ± 9.0 ; erythrocytes and leukocytes in both groups remained within the normal range, a trend towards a decrease in ESR was noted.

Thus, the tested drinking oil with Omega 3 in capsules of A LHADAYA - PLUS LLC Uzbekistan has an anti-inflammatory, regeneration-improving effect in the treatment complex, is quite effective, has no side effects, and is well tolerated by patients.

Conclusions:

Drinking oil with Omega 3 in capsules produced by A LHADAYA - PLUS LLC Uzbekistan can be recommended for inclusion in the complex treatment of patients with erosive and ulcerative lesions of the stomach.

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