

The Use of Natural Mineral Salts "Dengizkul" (Bukhara) in Psoriasis

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Abstract: Salt deposits in the regions of Uzbekistan and Kazakhstan were discovered in 1943-48 by the first Uzbek chemists S. It was studied by a scientific expedition led by Muqimov (1899-1956). The hydrochemical composition of mineral, saline solutions, the formation laws of saline layers of salt water bodies of "Dengizkul" (Bukhara), "Tuzkon" (Jizzakh), "Shurkon" (Fergana), "Khojakon" (Surkhandarya) were determined. It was shown that these basins are rich in valuable sodium sulfate, as well as potassium, magnesium and bromine salts, in addition to sodium chloride in the salt layers, they contain minerals in the form of astraxonite and eleolite, which contain magnesium and sodium. Experimentally, the practical use of salt mines, saline solutions, and slurry at the bottom of bodies of water were recommended for treatment at local hospitals. Salt baths are a procedure that has a number of beneficial effects on the body, among which: activation of blood circulation, acceleration of metabolic processes, restoration of the body's protective forces, stimulation of regeneration processes, removal of excess fluid, toxins and other toxic substances from the body and effective result in skin diseases eczema, psoriasis as well as pathologies and injuries of sore muscles and joints, with bruises and cracks, saturation of the body with valuable substances, normalization of the nervous system, restoration action and calming effect.

Keywords: Salt of "Dengizkul" (Bukhara), psoriasis (psoriasis), balneotherapy.

At the present stage of development, formal medicine is increasingly turning to the centuries-old experience of traditional medical systems, therefore the balneological method of treatment is becoming more and more popular. In addition to the traditional use of aqueous extracts from medicinal plant materials, phytopreparations, mineral salts are used for the preparation of baths, which contain both separate groups of biologically active substances (essential oils for baths), and their complexes (water-soluble extracts, concentrates, etc.) [1]. The use of balneological products of industrial production makes it possible to significantly improve the quality of balneological treatments and ensure the high efficiency of their pharmacological effect. Its pharmacological action is due to its chemical composition[2]. Dead sea salt contains a huge amount of minerals and ions. Elements identified in current investigations are crystallization water (H₂O), magnesium chloride (MgCl₂), potassium chloride (KCl), sodium chloride (NaCl), calcium chloride (CaCl₂), bromide (Br⁻) and sulfates (SO₄). Calcium oxide, silicon dioxide, potassium oxide, etc[3]. Magnesium can reduce tooth sensitivity by closing and remineralizing dentinal tubules. Calcium oxide, silicon dioxide, potassium oxide, etc. Magnesium can reduce tooth sensitivity by closing and remineralizing dentinal tubules. Bromide and chloride have a

natural cleansing and whitening effect. Magnesium salts, minerals common in Dead Sea Water, have a positive effect on skin diseases inflammatory diseases and other[4]. The effectiveness of bathing atopic subjects in Salt Water has been studied. A number of skin diseases have been studied and dead sea salt baths have been proposed in their treatment, barrier function, homeostasis, expression of various skin biomarkers associated with inflammation and irritation are associated with magnesium chloride in Dead Sea Salt[5]. The composition of salts from the deep layers of the sea to Olin was found to be rich in magnesium chloride. 13 volunteers with atopic dry skin soaked a wrist in a bath solution containing 5% dead sea salt for 15 minutes. As a second-hand control, the tap is not immersed in water[6]. Patients have been observed to perform well in hands bathed in salt solution, with improved skin barrier function, improved corneum layer hydration, and reduced skin roughness and inflammation. Locally applied has illuminated the effects of dead sea water through: barrier function, homeostasis, expression and irritation of various skin biomarkers associated with inflammation[7]. We believe that washing with dead sea salt can contribute to the Prevention of periodontal, peri-implant and dental diseases have also been found. After conducting an old study, the participants washed one of their hands with signs of psoriasis in a solution containing 6% dead sea salt for 15 minutes at a time for 5 weeks each. For comparison, they did not bathe the other hand in tap water during the same period[8]. As a result of balneotherapy in psoriasis, hands soaked in dead sea salt water improved skin hydration and decreased roughness and redness after 6 weeks. This is because magnesium salts can increase the Binding of water to the skin[9]. There is a low-risk reliable source when using dead sea salt to treat psoriasis. It is also useful for washing hair, cleansing the face and moisturizing your fingers or toenails to soften fungus. This is not for oral consumption, as minerals and magnesium give the Dead Sea Salt a bitter taste[10]. Product manufacturers usually remove elements that cause a bitter taste when using dead sea salt in food. Another study with salts asked psoriasis participants to bathe in the Dead Sea every day for 4 weeks. Blood tests found increased levels of electrolytes and magnesium, which showed that dead sea salt minerals penetrate the skin[11]. For psoriasis, dead sea salt is easy to use. It can be purchased in many stores or online. However, some experience may be required to determine the amount of use, as psoriasis affects people differently. It is safest to test how the skin reacts to Dead Sea Salt[12]. Mix a teaspoon of dead sea salt with warm water and apply to a small area of skin before dipping in the bath. Do not continue bathing if you have an allergic reaction[13]. Start with half a glass of dead sea salt in a full bath and soak for 15-20 minutes. If the psoriasis scales do not relax or respond with itching, add a quarter cup of dead sea salt for each bath. Psoriasis is plagued by chronic skin disease that affects 1-3% of the western population[14]. It consists of a wide range of clinical phenotypic manifestations, from itchy red plaques on the skin to a nail insulated Cork. Methods of treatment in combination with the local method of treatment balneotherapy, the use of UB nurtherapy methods also gives an effective result[15]. Neil Ryberg Finsen, who had used these techniques since 1903, was awarded the Nobel Prize. Effective treatment of tuberculosis of the skin with phototherapy, that is, light-only treatment, is usually supplemented with balneotherapy, that is, baths in salt water together are called balneophototherapy (BPT). In addition, changes in humidity and air and changes in barometric pressure are added, And then together are called climate therapy or climatotherapy[16]. Climatotherapy is a safe treatment and has been found to have beneficial effects on psoriasis. Climatotherapy has also been shown to improve quality of life.

Conclusion. In modern medicine, chemo-synthetic drugs are widely used. As a result of this, cases of allergies are manifested in humans, and, as a result, the need for folk medicine is further increased. This was certainly emphasized by our president in the following decision. In accordance with the decree of the president of the Republic of Uzbekistan dated October 12, 2018, PQ-3968 “on measures to regulate the field of folk medicine in the Republic of Uzbekistan”, it determines the procedure and volumes of medical services using effective and safe methods of folk medicine. In today's era of globalization, we can see that all spheres are developing rapidly all over the world. In combination with this, a number of skin diseases are

also in full swing, but there are enough problems with treatment. The method of balneotherapy in the treatment of psoriasis requires long-term treatment, therefore, it was aimed at creating useful means using “sea buckthorn” salts for the convenience of patients.

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