

## **Rehabilitation measures in diseases of the cardiovascular system**

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**Abstract:** This article presents thoughts and comments about cardiovascular diseases and their rehabilitation.

**Keywords:** Heart, blood vessel, artery, vein, injury, hypertension, disease, medication, risk factor.

**Introduction** Diseases of the cardiovascular system - diseases of the heart, arteries and veins. They are many and varied. Some of these diseases (rheumatism, myocarditis, etc.) damage the heart, some arteries (atherosclerosis) or veins (for example, thrombophlebitis), others damage the entire cardiovascular system (hypertension).

"Diseases of the cardiovascular system remain the main cause of disability and death worldwide."<sup>1</sup> According to the World Health Organization, 56% of all deaths are caused by diseases of the cardiovascular system. In European countries, cardiovascular diseases cause the death of 4.3 million (48%) people per year.

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<sup>1</sup> Murodova Hilola Zafarjon qizi „Yurak-Qon Tomirlar Sistemasi Patofiziologiyasi“ Tafakkur manzili. 15.05.2022-yil

According to the State Statistics Committee, 62.1 percent of citizens who died in the Republic of Uzbekistan in January-June 2019 were caused by diseases of the circulatory system.

Diseases of the cardiovascular system are closely related to a person's lifestyle and existing risk factors. While most risk factors can be controlled by lifestyle changes, some (hypertension, dyslipidemia, and diabetes) can be corrected with medication.

Currently, due to the introduction of thrombolytic therapy in clinical practice in the early stages of myocardial infarction, a significant decrease in the occurrence of acute heart failure is observed. However, acute heart failure is the most dangerous complication of MI myocardial infarction and is one of the urgent problems of cardiology. , because it results in more deaths than any other cause. As shown in many studies, the severity of acute heart failure depends on the size of necrosis, so the prognosis of the development of this complication in patients with myocardial infarction is extensive damage to the heart muscle, which requires more active treatment. in determining the patient group and allows to reduce the time of inpatient treatment of patients with less myocardial necrosis.

Cardiomyopathy is a disease associated with primary damage to the myocardium - it is the presence of structural and functional negative changes in the heart muscle in the absence of cardiovascular diseases, arterial hypertension, acquired and congenital heart defects.

The real reasons for the occurrence and development of cardiomyopathy have not yet been determined. There are a number of factors that trigger the occurrence of this disease: "heredity, negative effects of the external environment, viral infections, autoimmune diseases, endocrinological diseases, exposure to allergens, alcoholism, heart pathologies, etc."<sup>2</sup>

In the initial stage, cardiomyopathy is usually asymptomatic. The patient may have the following complaints: pain in the heart area, severe fatigue, general weakness, severe heaviness in the right rib cage, shortness of breath, shortness of breath and other similar symptoms.

Treatment of cardiomyopathy depends on its type:

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<sup>2</sup> Gadayev . A, M.SH.Karimov. X.S.Axmedov, „Ichki Kasalliklar Propedevtikasi“ o'quv qo'llanmasi-„Muharrir“ nashriyoti. Toshkent, 2012.

- hypertrophic cardiomyopathy is a thickening of the heart muscles and, as a result, a violation of the heart's blood pumping function. Medicines are prescribed by doctors, but septal myectomy surgery is recommended in cases of danger. As a result of the operation, the thickened heart muscles are reduced and normal blood circulation is restored.

- dilated cardiomyopathy is a state of expansion of the main blood-pumping chamber of the heart - the left ventricle, in which the heart is unable to fully pump blood.

- in restrictive cardiomyopathy, the heart muscles harden and their elasticity decreases. As a result, the heart does not expand and the heart does not fill with enough blood per heartbeat.

An electronic cardiac pacemaker that generates impulses for a slow beating heart, a defibrillator for a dangerously unstable heart, an auxiliary ventricular implant for a heart with impaired blood pumping, is offered to the patient as a solution to improve the condition of the patient in various situations, especially when drugs cannot help. advice can be given - the doctor emphasized.

The modern method of treating the disease is the endovascular method. In this case, a long tube-shaped catheter is inserted into the heart through the femoral vein and the defect is closed using a special coating. If the size of the defect is large, minimally invasive surgery may be recommended. In this case, the operation can be performed through a 4-6 cm incision in the right part of the patient's chest.

"Transcatheter aortic valve replacement (TAVR) is usually recommended for patients diagnosed with severe aortic stenosis."<sup>3</sup> When blood is pumped from the heart to the body, the aortic valve opens, and when it does not open and close properly, the patient is diagnosed with aortic stenosis. As a treatment for this disease, it is recommended to replace the worn and narrowed aortic valve, which causes moderate blood flow in the body. Transcatheter aortic valve replacement is sometimes called transcatheter aortic valve implantation (TAVI).

The fight against diseases of the cardiovascular system is one of the main tasks of medical science and the health care system.

The reason for the deep interest in this problem is the widespread prevalence of cardiovascular diseases, the high risk of disability and death of the population as a result of the disease, which has not only medical but also social significance. Therefore, it is very important to scientifically

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<sup>3</sup> Беленков Ю.Н., Мареев В.Ю., Агеев Ф.Т. Ингибиторы ангиотензинпревращающего фермента в лечении сердечно-сосудистых заболеваний. М Инсайт 2013;105.

substantiate this disease and develop useful treatment methods, prevent the disease, and restore health. Currently, the fight against cardiovascular diseases is carried out in a consistent system: early detection of the disease and the use of a complex of differential treatment, health restoration and re- (secondary) prevention.

Among various methods of treatment and prevention, physical factors are important, because they help in determining the origin and development of diseases of the cardiovascular system. The results of many years of experience show that the factors of physical movement in the prevention of diseases have increased, they are effective in the inpatient-policlinic, sanatorium-resort (resort) that provide targeted special cardiology care in restoring the health and treatment of patients. medical treatment methods are used. Physiotherapy is based on natural factors (sun, climate, mineral and salt-free water, river, sea, reservoirs, as well as created with the help of special equipment). The initial physical effect on the body is carried out through the skin, in connection with changes in the vascular system of the receptor apparatus and physico-chemical processes in the skin. Electrical temperature, mechanical, chemical, radiation, etc. physical factors affecting the skin. Of special importance among the physical factors of the treatment is the change in sensitivity receptors in the vessels, first of all, the hypersensitivity to chemoreceptors in the carotid and aortic zones. Reflexes arise in the receptor zone, which stimulate the tone of arterial and venous vessels, arterial pressure, frequency of heart contractions, respiratory center and blood vessel movement. A number of physical factors are used in the treatment of diseases of the vascular system, heat is distributed through the fabric (electromagnetic field, alternating field). 'support for changes is observed

Rehabilitation measures are important in diseases of the cardiovascular system. These measures are of great importance and are determined depending on the types and condition of the disease. These activities may include:

1. Treatment rehabilitation: "In the rehabilitation process of diseases of the cardiovascular system, there is treatment of the patient and learning and repetition of exercises."<sup>4</sup> This process helps to improve the quality of heart disease and treatment outcomes.

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<sup>4</sup> Murodova Hilola Zafarjon qizi „Yurak-Qon Tomirlar Sistemasi Patofiziologiyasi” Tafakkur manzili. 15.05.2022-yil

2. Exercise therapy: This type of therapy supports surgery, drugs, or other treatments before the disease progresses. These forms of activity can interact and change depending on the type of disease.

3. Disease Information Education: Information education is important for people with cardiovascular disease and their families. This education helps to understand the condition of the patient and to study together with the doctor.

4. Exercise therapy: During rehabilitation, modified exercises and physiotherapy are of great importance for patients. These exercises are used to improve the functioning of the cardiovascular system, restore strength, regulate and promote peace.

Rehabilitation measures are widely used by doctors and rehabilitators worldwide and are very important in bringing patients back to life. With the help of these measures, an opportunity is created for the patient's recovery and liberation in the process of combating diseases of the cardiovascular system.

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