

HIRUDOTHERAPY FOR HYPERTENSION***Tilyakhodzhaeva G.B.****Fergana Medical Institute of Public Health*

Hypertension is a leading risk factor for the development of cardiovascular, cerebrovascular and renal diseases. Studies show that hypertension is the cause of strokes in 70% of cases. Among the reasons for visiting a doctor, diseases characterized by high blood pressure are leading. In men aged 40-59, hypertension increases the risk of death from ischemic heart disease by 3 times, and from strokes - by 6 times. Hypertension is often registered in the working age and is a serious problem for practical health care. One of the accompanying factors that aggravate the course of hypertension is the presence of dyslipidemia. Lipid metabolism disorders are one of the most important causes of atherosclerosis, so their prevention, early diagnosis and proper treatment in patients with hypertension can slow down the process of atherosclerosis development and reduce the risk of cardiovascular complications. Despite the obvious progress in the diagnosis and treatment of patients with hypertension combined with dyslipidemia, the problem and discussion of the choice of optimal and effective methods of restorative treatment does not lose its relevance. The positive effect of hirudotherapy on the clinical course of hypertension has been well studied. Many studies have shown a decrease in headaches, severity and other symptoms of the disease with a course of treatment with medicinal leeches. In patients with coronary heart disease, arterial hypertension, a positive effect of hirudotherapy on central hemodynamic parameters, heart rate variability, blood lipid spectrum, fibrinogen level, and functional activity of platelets was noted. Thus, hirudotherapy of patients with hypertension during a course of treatment has a beneficial effect on the course of the disease and reduces the need to use other antihypertensive drugs.