



ESTIMATION OF EFFICIENCY OF ESSENTIAL OIL APPLICATION IN PATIENTS WITH POLYPOSE RHINOSINUITIS

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Annotation:

For many years, the interest of otorhinolaryngologists in the problems of diagnosis and treatment of polyposis rhinosinusitis (PRS), which is the main cause of nasal obstruction, is now becoming even more medical and social significance. This is due not only to the increase in the number of patients with ORS in Uzbekistan and abroad.

Introduction:

The fact is that, despite the progress achieved in the study of the etiopathogenesis of this disease and the introduction into practice diagnostics and treatment of innovative developments in the field of science and technology, the increase in the incidence and recurrence of polyposis do not tend to decrease. The number of postoperative relapses remains high and often reaches 40-50% with a recurrence rate 3-4 times a year [Palchun VT Piskunov GZ]. Therefore, regardless of the choice of the volume and methods of surgical intervention for polyposis rhinosinusitis, special attention is paid to the correct postoperative management of patients.

Objective of the study:

To increase the effectiveness of anti-relapse methods of treatment in polyposis rhinosinusitis

Material and research methods:

For this purpose, we examined 110 patients with polyposis rhinosinusitis aged 25 to 60 years, for the period 2016–2020. undergoing treatment at the Bionur medical service clinic. All patients underwent operations using functional endoscopic rhinosinus surgery for polypous rhinosinusitis. Dimista and Anis essential oil were recommended to all patients in the postoperative period.

Dimista nasal was used topically. For treatment, the essential oil of Anise vulgaris, isolated from the aerial part, and seeds by the method of hydrodistillation were used. Aromatherapy was performed using an ultrasonic inhaler "Ultrasonic Nebulizer LD-250U" with a duration of 2-3 minutes, once a day for 8-10 days.

The drug Dimista in combination with essential oil improves metabolic processes in the cells of the epithelium of the nose and paranasal sinuses, which in turn leads to the normalization of the ciliated epithelium.

Patients took Dimist 3-5 times a day in each half of the nasal cavity, 2 doses for 2 weeks.

Results:

The patients were observed in the postoperative period from 1 to 4 years. The recurrence of the process was noted only in 7 patients, in the postoperative period they refused to take the prescribed drugs, which led to a recurrence of polyposis sinusitis and blockade of the anastomosis. In other cases, no recurrence of the process was observed in the immediate and late postoperative period. Functional parameters in the postoperative period (transport, respiratory, olfactory functions) approached the physiological norm in almost all patients with polyposis rhinosinuitis.

Conclusion:

Our results indicate that in the treatment of chronic polypous rhinosinuitis, an anti-relapse course of therapy with a phytopreparation in a complex of treatment is necessary in the early postoperative period. This significantly increases the effectiveness of treatment and allows a stable remission to be achieved. Consequently, the use of our chosen complex postoperative therapy, using Dimist and Anis essential oil in the postoperative period of the disease, eliminates repeated surgical interventions and improves the quality of life of patients.

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