

USING ULCERATIVE COLITIS AS A BASIS FOR MODERN DIAGNOSIS

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Annotation. The significance of ulcerative colitis diagnosis in conventional medicine, the many contemporary diagnoses of orcalous ulcerative colitis, the scope of the diagnostic using index and scale, and the established diagnosis of tugri are all discussed in this article.

Keywords: ulcerative colitis, Truelove-Wits, Mayo Index, symptoms, Shoreder scale.

There are several uses for curative enema in gastroenterological disorders. Constipation is one of his symptoms. Emollients or oil enemas (such as Vaseline or vegetable oil or enema inula helenium, calendula, achillea, plantago, hypericum, and bidens) are used to treat atonic or spastic constipation. Intestinal peristalsis is stimulated using hypertonic fluids (salt enema).

Colitis, proctitis, and enteritis are examples of inflammatory bowel illnesses that are treated with a chamomile tincture, furacilin, or methylene breast solution to rinse and provide an antiseptic effect. In cases of severe inflammation, doctors may provide hormonal or antiseptic treatments (such as corticosteroid or antiseptic solutions).

Anal cracks and hemorrhoids. Oil solutions and chamomile are utilized as calming and anti-inflammatory remedies. Wounds heal more quickly when healing oils and antiseptic solutions (such as streptocid solutions and methyluracil) are used. cleaning of the bowels (before surgery or diagnostics). Special medicinal solutions (such fortrans or polyethylene glycol-based solutions) or saline solutions are employed. It is used to clear the gut of leftovers and get it ready for surgery or a colonoscopy. gut microbiota restoration and dysbacteriosis. Probiotic-containing enemas, such as lactobacilli or bifidobacteria solutions, are used to replenish intestinal microbiota.

The doctor's advice should be followed when applying the therapeutic enema, including the right dosage and solution. To prevent adverse effects, frequent usage is not advised. For many years, enema has been used in traditional medicine to strengthen the body, cure certain illnesses, and cleanse the intestines. Here are some of its primary uses: enema is used in traditional medicine to rid the body of toxins and slags.

Apple cider vinegar, lemon water, filtered warm water, tinctured chamomile, and tinctured walnut leaves are used for this. An enema made with warm water and olive or sunflower oil is advised to ease constipation and enhance bowel movements. To lessen inflammation, an enema containing chamomile, therapeutic herbs (such as Wormwood and chamomile), or tinctured oak bark is utilized.

This technique helps to lessen discomfort by calming the intestinal lining. Onion water or garlic tincture are used to relieve vomiting caused by helminthiasis. Folk medicine also utilized Wormwood tincture and Tansy (Pizhma) to prevent vomiting. In traditional medicine, an enema with honey, lemon juice, or aloe juice is used to boost immunity and improve overall health. The liver is cleansed with an enema using hot saline or a magnesium sulfate solution. An enema with lemon juice or olive oil is occasionally used to clean the bile ducts.

Both acute and chronic types of colitis are inflammations of the large intestine. In traditional medicine, colitis is treated using enemas made from natural remedies and medicinal herbs. An enema that reduces swelling ✓ Chamomile tincture: calms the intestinal mucosa and lowers inflammation.
 ✓ Chamomile tincture or oak bark: they aid in strengthening the intestinal wall.
 Getting ready:

One spoonful of chamomile flowers is soaked in 200 milliliters of boiling water. After 20 minutes of brewing, filter. An enema (200 ml) is heated. Enema that calms and relieves pain ✓ An oily enema made from olive or sea turnip coats the intestinal walls and reduces discomfort. Preparation: The rectum receives 50–100 cc of heated oil. It is advised to lie down for at least 20 minutes following an enema. Enema to lessen dysbacteriosis ✓ uses kefir and honey to assist the intestine's microbiota recover. To prepare, combine 100 milliliters of warm kefir with one teaspoon of honey. It is transported in 100–200 milliliters to the gut.

The intestinal mucosa is protected by anti-inflammatory oil, enema, boiling potato juice, or an oat infusion. Preparation: Warm potato water or cooked oats can be administered to the gut.

When using enemas for colitis, it is advised that the solution be between 36 and 37°C. The enema is administered two to three times per week, rather than daily. Prior to the operation, a doctor should be contacted. Enemas' contraindications in cases of colitis

Making an enema can sometimes be more detrimental than helpful. In the following circumstances, it is advised to use caution or refrain from doing enemas altogether: Acute ulcerative colitis: the intestinal mucosa is compromised, and using an enema may raise the risk of bleeding or damage. Acute and severe inflammatory processes can also occur. Since Crohn's disease is an autoimmune condition, doing an enema may make it worse.

2. The possibility of intestinal perforation. If the intestinal wall has sores or cracks, an enema may result in major consequences.

3. Conditions that cause bleeding. An enema may result in bleeding if you have an acute case of hemorrhoids. Rectal cracks: the intestinal solution may cause the cracks to become painful and result in bleeding. When there is intestinal bleeding (melena, rectal bleeding), an enema is absolutely not an option.

4. Acute infectious and febrile diseases: Enterocolitis, salmonellosis, and dysentery are intestinal illnesses that might raise the risk of infection transmission and compromised intestinal microbiota. A fever (over 38°C) might intensify the body's inflammatory response.

5. Edema and intestinal blockage An enema may make the patient's situation worse if they have intestinal blockage (obstruction). An intestinal tumor (polyp, malignancy) may raise the chance of bleeding and pain.

6. Certain gynecological conditions and pregnancy. An enema in the early stages of pregnancy may result in uterine contractions and raise the chance of an early miscarriage. – Women with a low placement of the uterus or cases of miscarriage in the previous pregnancy-care should be given when administering an enema.

7. Too frequently make an enema. The intestine's capacity to self-clean might naturally deteriorate. The risk of contracting dysbacteriosis rises. Important guidelines for enema usage. The solution should be between 36 and 37°C, which is the body temperature. An Esmarch mug or specialized rubber or plastic enema balloon (syringe) is used to administer the therapy. Avoid using the enema too frequently since this might interfere with the intestines' normal function. An enema is absolutely not an option in situations of acute inflammation, intestinal perforation, or bleeding.

Two spoonfuls of each of the following herbs are brewed in 1.5 liters of boiling water: inula helenium, calendula, achillea, plantago, hypericum, and bidens. Strain and consume half a liter for the day after two hours of standing. The enema is followed by 1.0 liters of cleaning enema. In addition to being recommended for the treatment of mild to moderate active colitis, these medicinal herbs have demonstrated efficacy in patients with ulcerative colitis therapy, gastric ulcer disease, and 12-finger intestinal ulcer illness.

Table 1.

Macro-and microelements of medicinal plants

Name of macro and microelements		The content of elements in 100 g of green mass (mg)					
		Achillea	Hypericum	Plantago	Inula helenium	Calendula	Bidens
Zinc	Zn	3,48	0.71	0.91	0.39	3.78	2.89
Celine	Se	80	5	4.5	364	420	5.52
Ferrum	Fe	8,20	0.11	6.07	0.4	8.1	3
Marganes	Mn	84.3	2.2	1.21	1.8	3.861	1.38
Copper	Cu	155,33	0.34	144	0.08	2.655	0.69
Potassium	K	3070	168	552	2500	3780	191
Calcium	Ca	1090	7.3	186	100	900	32
Magnesium	Mg	116	0.25	36	750	270	120
Sodium	Na	80,09	0.18	59	75.4	405	16

Sera	S	23.7	0.18	87	127	153	42
Phosphorus	P	43	48	50	150	423	127

There are comparatively high amount of calcium, potassium, magnesium, phosphorus, selenium, and copper, as seen in the above table. This guarantees that the human body is restocked with the components it needs.



When the tincture is ingested, the medicinal plants are sold more in the small intestine and part of it has gone inside broken, so for sufficient therapy it is required to drink and process the tincture of helenium, calendula, achillea, plantago, hypericum and bidens. For raw colitis, recal shakes of medicinal herbs, and harm to the general and left sides of the raw cough, it is used as a monotherapy. In medicinal plants, therapeutic criticism is accompanied by local action inside the mucus.

For this reason, the various pharmacological forms of medicinal plants in Meni will help to minimize systemic adverse effects and maximize therapeutic effectiveness at the most advanced dose by optimizing the delivery to the damaged sections of the intestine.

Medicinal plants work therapeutically in a number of ways, including:

1. Antibacterial activity: Medicinal plants inhibit the development of anaerobic bacteria. The inflammation and harm seen in inflammatory bowel disorders and colitis are exacerbated by these bacteria.
2. Reducing inflammatory reactivity: By lowering the synthesis of anti-inflammatory chemicals like cytokines and reactive oxygen species, medicinal herbs aid in regulating the inflammatory response. This anti-inflammatory action aids in the alleviation of colitis symptoms.
3. Immune system regulation: medicinal plants also play a vital role in the treatment of colitis and inflammatory bowel diseases by regulating the activity of immune cells involved in the inflammatory process. This regulation helps to restore immune balance and reduce

inflammation in the large intestine, though it should be noted that the effectiveness of medicinal plants can vary depending on individual factors, such as the severity of the disease and the particular condition.

Conclusion

Colitis has been successfully treated with medicinal herbs. Because of its mode of action, it aids in reducing symptoms and reducing inflammation in those who have the illness. It should be mentioned that medical specialists should be consulted before using therapeutic herbs. They are able to manage any adverse effects and establish the right dose. The best way to cure colitis is using medicinal herbs; however, other factors should also be considered. This include lifestyle modifications including regular exercise, stress management, and a nutritious diet.

In addition to the basic therapy for treating colitis, the application of medicinal plants to the joint improves quality of life. Before making an enema for colitis, it is important to consider the patient's overall health and the severity of the disease. It is not advised to use an enema if any of the aforementioned conditions exist; therefore, it is important to see a doctor before beginning any treatment. In folk medicine, enemas are useful for curing a variety of illnesses and cleansing the body, but excessive use can damage intestinal microflora.

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