



## CAUSES OF THE ORIGIN OF OSTEOCHONDROSIS, SYMPTOMS, DIAGNOSIS AND TREATMENT METHODS

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Article history:	Abstract:
<b>Received:</b> October 6 <sup>th</sup> 2022	Osteochondrosis is a disease of the spine. In folk language, it is also called a disease of salt accumulation between the joints. We often find diagnoses that the lumbar spine and cervical vertebrae are osteochondrosis.
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### WHAT ARE THE REASONS?

Osteochondrosis is most common, mainly in those over 40 years of age. As a person ages, the incidence of osteochondrosis continues to increase. However, those who work hard physically, and in the joints of the spine, this disease does not choose age. Even those who do not practice physical activity and sports at all are prone to osteochondrosis.

### WHAT ARE THE SYMPTOMS?

Osteochondrosis, most often, is manifested by pain. In osteochondrosis of the lumbar-hump area, pain also appears when sitting-standing at the waist, they acquire a stinging, burning and aching property. These pains spread along the back-side surface of the foot. Some patients have a crooked waist. In osteochondrosis of the cervical vertebrae, pain appears in the neck-nape area and spreads to the shoulders and arms. Pain occurs or intensifies when the patient turns his neck to different sides, lifts his shoulders or arms. When osteochondrosis of the cervical vertebrae manifests itself more strongly, blood vessels directed towards the brain can crush and cause dizziness and concussion.

<sup>1</sup> Abdurasul Parpiev. Osteochondrosis and its neurological complications. 2015 year.

<sup>2</sup> Yurchenco PD, Amenta PS, Patton BL. Bazal membranani yig'ish, barqarorlik va rivojlanish ob'ektiv orqali kuzatiladigan faoliyat. *Matritsa Biol.* 2004; 22 :521– 538. [ PubMed ] [ Google Scholar ]

<sup>3</sup>Fahey B, Degnan BM. Laminin genlari oilasi xilma-xilligining kelib chiqishi va evolyutsiyasi. *Mol Biol Evol.* 2012; 29 :1823–1836. [ PubMed ] [ Google Scholar ]

They ask if osteochondrosis leads to a herniated disc. In general, the main cause of a herniated disc is osteochondrosis. However, for some reason, there are many cases of treatment of common osteochondrosis as a herniated disc. From such diagnoses, most patients are worried, and some are choosing the path of surgery. Pain caused by simple radiculitis or osteochondrosis at the waist should not be immediately associated with a herniated disc. Disc hernias of small size detected in MRI are also not dangerous. These cases go away quickly if the patient takes a swim, performs special

exercises that straighten the spine, lies in a flat and smooth place, pulls in a tourniquet. It is also wrong to consider that if the pain is weak radiculitis, if strong – a herniated disc. Because severe back sprain pain also occurs in radiculitis and osteochondrosis.

### HOW IS THE DIAGNOSIS MADE?

The diagnosis of osteochondrosis is made freely by X-ray. If a herniated disc is suspected, a CT scan or MRI scan is performed. For some reason, the number of people who come to the X-ray test is decreasing, and the number of people who come to the CT and MRI scan is increasing. It should actually be the opposite. Because a herniated disc is much less common than osteochondrosis of the spine. However, osteochondrosis is much better detected on an X-ray than on CT and MRI. All doctors know this. So it's not good that our patients listen to the doctor's instructions, came-did not put ruju on expensive examinations. Diagnostic centers should also not take patients for routine examinations if there is no doctor's recommendation! << I came up with an analysis of 300 MRT findings suspected of "having a brain disease." Afsuki said the 63 MRI scans were true, just as true. In the remaining 237 cases, MRT conclusions turned out to be the norm. So much wandering, so much wasted money! >> says one of our scientists .

### HOW IS THE TREATMENT CARRIED OUT?

Do not forget that osteochondrosis can be safely treated not with medication, but with various exercises, physiotherapeutic procedures and simple therapeutic measures that are carried out at recreation centers. Medicines are only made to leave pain.

### LITERATURE:



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