



THE IMPORTANCE OF HYRUDOTHERAPY IN THE TREATMENT OF MIGRAINE

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Abstract:

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This scientific work contains the results of a study conducted in patients with migraine, the effectiveness of hirudotherapy in people with headaches, in particular migraine. The features of the manifestation of migraine from other diseases, as well as the economic costs caused by migraine, are described[1,2,3].

Keywords: Hydrotherapy, migraine, migraine, hirudin, costs, leeches restores.

INTRODUCTION

Headache is the most common reason people visit a doctor. Every person has experienced a headache at least once in their life. According to WHO, about 10-15% of the adult population periodically suffer from it, and 3% have chronic headaches.

One of the current forms of headache is migraine. According to WHO, in 2000, migraine was the 19th leading cause of disability in the world for men and 12th for women.

According to new WHO data, tension headaches and migraines are recognized as the 2nd and 3rd most common diseases in the world among men and women; migraine took 7th place (out of 289 diseases) among specific causes of disability and was included in the top 10 disorders causing disability in 14 of 21 regions of the world, mainly in developed countries [4,5,6,7].

Migraine has become a leader among neurological diseases in reducing performance[8].

The underlying causes of migraine are unknown; the disease is associated with a combination of environmental and genetic factors. It affects multiple family members in approximately two thirds of cases and is rarely due to a monogenic defect. There was a misconception that migraines were more common among people with a high level of mental development. It may be associated with a number of psychological factors (depression, anxiety and bipolar disorder), with many biological processes or precipitating factors [9,10,11,12].

Migraine has wide variability in clinical presentation and is based solely on clinical diagnosis.

A. At least five attacks with the following characteristics:

B. Headache lasting 4–72 hours.

C. Presence of two of the following symptoms:

- one-sided localization;
- pulsating character;
- pain intensity – from moderate to significant;

• Headache worsens with normal physical activity.

D. Accompanied by at least one of the following symptoms:

- nausea;
- vomiting;
- photo and/or phonophobia.

E. There is no connection with another disease.

Economic losses associated with various types of headaches consist of several indicators: loss of working days, decreased performance [13,14,15].

MATERIALS AND METHODS

The materials of our study were patients receiving hirudotherapy on an outpatient basis. The age of the patients ranged from 20 to 60 years, but the main contingent were women aged 30-45 years. A significant number of patients who received hirudotherapy noted an improvement in the clinical picture, and the therapeutic effect was felt after the first session.

As the results of the study showed, treatment with leeches restores microcirculation and local immunity, correcting some pathological processes (impaired microcirculation, hypoxia, etc.).

Over the past 6 months, patients with headaches have come to us. After that we started setting up leeches. We started with 3 leeches. Leeches were placed on acupuncture points of painful areas of the head.

After the first session of treatment with leeches, the intensity of headaches in patients moderately decreased and their mood improved. After the first session, patients were prescribed electroencephalography (EEG), fundus examination, hormonal studies, and computed tomography of the brain[16,17].

The studies conducted did not reveal any significant changes.

We started the second session. As a result of examination, examination, and questioning of patients,



from 3 to 7 leeches were prescribed individually for each of them.

After the second session of treatment with leeches, the patients' condition improved significantly, the intensity and frequency of headaches decreased markedly. The throbbing headaches disappeared.

One day later, the patient was prescribed a 3rd session of treatment with leeches. After the next session, the patients' condition noticeably improved, and headaches practically did not bother them. The patients' mood improved, and they did not complain about feeling unwell.

After the third session of treatment with leeches, patients were recommended, based on their wishes and general condition, to continue treatment for up to 7 sessions.

Patients aged 20-30 years, the general condition is of moderate severity, the pain syndrome is less intense, the reaction to pain is not reactive. After the first session, throbbing pain disappeared in all patients. I felt cheerful. With repeated sessions, the desire to continue treatment increased.

Patients aged 31-45 years, the general condition is more severe in comparison with the first group. The pain syndrome is more intense. The reaction to pain is pronounced. After the first session, all patients still had throbbing pain, depressed mood, but the desire to continue treatment remained.

Patients over 45 years of age, their general condition, in comparison with the previous two groups, was assessed as more severe. In addition to headaches, patients complained of rapid heartbeat, fear, and general malaise. After the first session, they still had throbbing headaches, but their health improved noticeably.

According to patients who received a second session of hirudotherapy at the age of 20-30 years, their well-being noticeably improved, and the frequency of headache attacks decreased by half. Interest in life has increased. We gladly agreed to the 3rd session.

In the age group of 31-45 years, after the second session, throbbing headaches disappeared, and the frequency of pain decreased significantly. There were no complaints of palpitations, anxiety or general malaise.

For all categories of patients, after the third session of hirudotherapy, the general condition improved, pain and other syndromes that patients complained about before treatment disappeared. During treatment with leeches, all patients continued to take medications for the underlying disease.

RESULTS

All groups of patients who received hirudotherapy showed positive dynamics of the clinical picture, and the therapeutic effect occurred after the first session. As the results of this study showed, treatment with leeches restores microcirculation and local immunity, correcting some pathological processes (impaired microcirculation, hypoxia, etc.).

Hirudotherapy influences the course of the basic mechanisms of development of the pathological process and controls the set of reactions that occur at different structural and functional levels of the formation of the disease.

Hirudotherapy has a normalizing effect on the vascular-motor center of the autonomic nervous system, leads to positive changes in peripheral and central hemodynamics, and improves the body's adaptive capabilities.

Thus, the clinical study of hirudotherapy is explained by the ability of leech enzymes to eliminate ischemia and tissue hypoxia, as well as microcirculatory disorders that determine the basic mechanisms of disease development, which leads to the disappearance of pulsating pain during migraine[18,19,20].

CONCLUSION

The results of the study allow us to reliably state that hirudotherapy is a fairly effective and safe method of treating migraine and can be recommended for inclusion in a complex of treatment measures for this group of patients.

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