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THE STUDY OF PATHOGENETIC FEATURES OF THE DIAGNOSIS OF PERIODONTAL
DISEASE IN OBESITY*Gubayev Muhiddin Sarimsakovich**Samarkand State Medical University, Uzbekistan*

ABOUT ARTICLE

Key words: Disease, clinical picture, treatment, Obesity.**Received:** 08.01.2024**Accepted:** 13.01.2024**Published:** 18.01.2024**Abstract:** Timely prevention of periodontal diseases is necessary to prevent periodontal depletion (the musculoskeletal complex surrounding the teeth), leading to atrophy of the bone tissue of the alveolar process.

INTRODUCTION

The disease is characterized by gradual progression and chronic course with repeated remissions. If periodontitis is not treated, then irreversible processes in the tissues lead to the destruction of the dental bed, gum subsidence and exfoliation of the neck of the tooth. Periodontal disease is a common cause of diseases of the gastrointestinal tract, such as gastritis, peptic ulcer, kidney and liver diseases. In addition, pain causes patients to change their diet, which leads to a preference for soft foods, a violation of the nutritional balance and a decrease in vitamin levels. In order to prevent the complication of the problem and identify the disease at an early stage, it is necessary to undergo timely preventive examinations by a dentist or specialist. A common phenomenon is the inability of some patients to distinguish periodontal disease from periodontitis. Periodontal diseases and periodontitis differ significantly in course, clinical picture and treatment. Periodontal disease is a pathological process that leads to periodontal dystrophy. Diagnosis is complicated by similar symptoms, especially if they are accompanied by inflammatory lesions. A small percentage of tooth decay occurs in various parts of the jaw. Periodontitis is an inflammation of the parotid tissues near one or more teeth. If the disease is not treated in a timely manner, it leads to tooth loss. Unlike normal periodontitis, periodontal

disease progresses rapidly and aggressively. In addition, with periodontal disease, the gums undergo degeneration, which is an acute process and can last for years, whereas with periodontitis it lasts less than a month, and with periodontitis, the crown of the tooth acquires a wedge-shaped shape. Periodontitis differs from periodontal disease in terms of provoking factors. In the latter case, the exact mechanism of pathogenesis has not yet been established, but there are several conditions that increase the risk of developing the disease. These are, first of all, neglect of personal hygiene, insufficient dental care, deficiency of vitamins C and P, increased stress due to tooth extraction, endocrine gland disorders, hyperglycemia, atherosclerosis, hypertension, use of certain medications, lack of vitamins and trace elements in the diet, lack of fruits, green and yellow vegetables in the diet. Frequent stress, alcohol consumption, low immunity to serious diseases and heredity also play an important role. Bad habits, such as smoking, can cause periodontal disease. Nicotine contained in tobacco smoke causes vasoconstriction and weakening of the immune system, creating favorable conditions for the development of periodontal disease. Quitting smoking avoids a cosmetic defect in the form of yellow plaque on the teeth and prevents atrophy of periodontal tissues [5]. Although periodontitis is caused by infection, regular cleaning of the crowns of teeth and oral cavity, if not carried out regularly, can prevent the development of an unfavorable environment of dead cells and food residues provoked by plaque. Bad habits, chronic diseases, non-compliance with hygiene rules, low immunity, poor nutrition and abnormal bite can also become provoking factors. The pathological process is aggravated after gingivitis. The course of periodontal diseases cannot be called completely asymptomatic. It is necessary to carefully monitor the condition of the oral cavity and brush your teeth daily. The first symptom of periodontal disease is bleeding when brushing teeth, even with a soft brush. Very pale gum color, itching and burning in the gums, mild pain, hypersensitivity of the gums, as well as bleeding and swelling of the gums when eating solid food, unpleasant odor from the oral cavity, high levels of bacterial plaque on the teeth, drooping gums, resulting in exposed teeth roots and impaired their stability, teeth with teeth, with a large gap between the teeth and incorrectly positioned teeth. Periodontal diseases can be classified according to the peculiarities of their spread: - localized (the lesion extends only to certain areas of the dentition, that is, the radius of the lesion is limited); - systemic (the lesion covers the entire dentition or the upper and lower jaws at once). The course of periodontal diseases can be acute and chronic. There are several stages in the progression of periodontal diseases. In the early stages, the changes are not visible, but have already begun inside, due to lack of proper care or lack of trace elements. In the second stage, the teeth begin to move, become sensitive, and the gums drop. The appearance of the teeth is noticeably deteriorating. In the third stage, the teeth become loose. The risk of tooth loss increases significantly. If no treatment measures are taken, serious consequences can occur

after 10 years or more. Effective folk remedies for the treatment of periodontal disease can help in the early stages of the disease [1]. Currently, the following methods of treatment of periodontal disease can be distinguished, which differ from the use of medicines. Vitamins, anti-inflammatory and hormonal drugs are prescribed here. Drugs that stimulate the immune system are also recommended. In addition, the doctor makes several injections into the gum to relieve the inflammatory process, saturate the tissues with oxygen and eliminate atrophic changes. In cases of acute periodontitis, dentists prescribe powerful antibiotics in the treatment sequence. Lidase, ribonuclease, biostimulants and other therapeutic agents are prescribed for therapeutic treatment. The disease can be treated topically. To do this, chlorhexidine or horizontal gel is applied to the gum. The main purpose of physiotherapy procedures is to restore blood supply to the gums, improve hypoxia and saturate soft tissues with oxygen. The following procedures can be used as physiotherapy: laser therapy. Laser irradiation quickly relieves the inflammatory process, regenerates soft tissues, reduces swelling and fights infection. Electrophoresis treatment. The main active ingredient is calcium gluconate. This procedure helps to completely get rid of tooth sensitivity. Dersonvarization (treatment with high frequency current). It is carried out only if special equipment is available. It reduces tooth sensitivity, eliminates pain and accelerates blood vessels. The procedure should be carried out strictly after the removal of dental deposits. Ion air treatment. Capillaries expand and blood composition normalizes. A complete treatment requires 20 procedures of 10 minutes each. Vacuum treatment. The essence of this technique is to influence the affected capillaries. If, as a result of such exposure, the nutrition of tissues improves, then the process of atrophy is suspended. In addition, the protective functions of the body are stimulated. Folk remedies for periodontal disease are effective in combination with medication. Herbs can relieve swelling of the gums, strengthen them and eliminate bleeding from them. It should be noted that the advantages of folk remedies in the treatment of periodontal disease include the lack of complexity in their application, the availability of ingredients and the absence of chemical components. The therapeutic effect of natural ingredients and herbal medicine is no worse than that of synthetic drugs. The disadvantage of folk recipes is the possibility of intolerance to the components included in them, but given the variety of recipes, they are available to everyone. Folk remedies for periodontal disease mainly include recipes for rinsing the mouth with decoctions or infusions. It's more efficient and easier than anything else. There are as many recipes as there are decoctions and tinctures. Rinsing should be repeated every hour. A course of rinses will improve the condition of the gums. Folk remedies are most effective if used in combination with rinses and medicines. Propolis tincture and aloe juice are effective. The use of durnishnik juice gives very good results. Tampons should be changed every 3 hours. The golden mustache plant is effective in combating odontogenesis. In this case, the leaves of the plant

are cut and applied to the gums for a while before going to bed. Rosehip oil, which often stops bleeding gums, can be prepared at home; after 15 days, the solution is ready. Apply this solution for 30-40 minutes. If the gums are bleeding, ordinary beetroot will help. Grate it and apply it to the outside of the gums, preferably overnight, for 15 days. Home treatment of periodontal disease with folk remedies using gum massage is considered effective. The main benefit of massage is to improve lymph flow, promote healing and enhance metabolism. Sea buckthorn oil, eucalyptus oil, fir oil with sea buckthorn oil, lemon oil, orange oil, mint oil, honey with fine salt and hydrogen peroxide in a ratio of 20-30 drops per 50 ml of water and sea salt are used for massage. Before starting the massage, it is necessary to brush and rinse your teeth. Massage should be done with stroking movements and finished with teeth. This should be done rhythmically, avoiding strong pressure on the gums. Start with healthy areas and gradually move on to painful ones. Move in a circular motion, then in a spiral. Move in the direction of the lymph flow. Perform compressive movements, as if squeezing out the contents of a clogged pocket. With a pressure massage, press two fingers simultaneously on the inner and outer surface of the gum. The duration of pressure is no more than 7 seconds. The massage should be carried out for 5-10 minutes. Proper massage using the above remedies will enhance blood flow, clean periodontal pockets and eliminate congestion. Alternatively, you can massage the gums with a therapeutic compound or oil on a toothbrush [2]. As an additional measure, attention can be paid to the treatment of gums with shirakaba tar. Onions are an effective disinfectant that prevents the reproduction of microorganisms. Chop one onion, mix it with one aloe leaf and chew in your mouth for a few minutes. Plantain leaves have also proven to be a good remedy. Wash the leaves and chew for 5-7 minutes, repeating the procedure several times a day. At home, it is easy to prepare a therapeutic toothpaste for brushing teeth. Such a folk remedy for dental treatment leaves only positive reviews. Add 0.5 g of crushed calamus root to the toothpaste. To prepare your own dental cleaning product, you can use one teaspoon of salt, two teaspoons of baking soda and three tablespoons of birch ash. Dilute the required amount of water to the desired consistency and use instead of paste. Diseases such as gum disease are not always adequately treated with folk remedies. This is due to the fact that one of the causes of periodontal disease is a lack of vitamins and trace elements in the diet. Therefore, a diet for periodontal health should include apples, spinach, sauerkraut, sea fish, nuts, currants, cranberries, greens and low-fat dairy products. Milk chocolate, sweets, carbonated drinks, toffees, fatty foods, sour foods, muffins, confectionery and spices that contribute to the formation of plaque and the destruction of periodontal tissues should be avoided or limited. A rational diet with a high fiber content should be followed. In the early stages of periodontal disease, the use of boiled foods and liquid cereals should be limited in order to reduce the chewing load on the gums [3]. Thus, the treatment of periodontal diseases is a very long

process. Therefore, it is necessary to carry out systematic preventive measures. In particular, regular visits to the dentist every six months, oral hygiene using mouthwashes containing plant extracts, high-quality toothbrushes and pastes, proper and reasonable nutrition, minimizing the consumption of sweets, carbohydrates and pastries, smoking cessation, treatment of chronic diseases, prevention of the development of dental diseases, prevention of the development of dental diseases, and so on next.

CONCLUSION

In the treatment of periodontal disease with folk remedies, it is necessary to follow the basic rules, the main of which are: do not use herbs that cause allergic reactions; check tolerance before use; do not massage the gums during an exacerbation of the disease, when the inflammatory process has intensified; rinse only with warm solutions so as not to burn the mucous membrane.

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