

## Rehabilitation Methods in Pneumofibrosis

*Keldiyorov Botir Shokir o'g'li*

*Assistant of tashkent medical academy*

**Annotation:** Pneumofibrosis is a disease characterized by impaired respiratory function as a result of fibrosis processes in lung tissue, which significantly reduces the quality of life of patients. This article is devoted to the study of the importance of rehabilitation methods in pneumofibrosis and their effectiveness. Rehabilitation methods are aimed at restoring the health of the respiratory system, slowing the progression of the disease and improving overall health.

**Keywords:** steroid, Immunosuppressive, Physiotherapy, Cardiorespiratory, Pulmonary rehabilitation, Pneumofibrosis, rehabilitation methods, COVID-19.

### Introduction

Today, a mass investigation of the respiratory system is carried out with the help of CT (computed tomography) as a necessary measure for the diagnosis of lung lesions caused by the COVID-19 virus, which is not carried out by anyone.

In medicine, pneumofibrosis is a disease in which lung tissue is replaced by connective tissue. Otnositsya k gruppe pnevmoskleroticheskikh pathological. Eto zabolevanie rarely drives independently, chashche na fone imeyushchikhsya zabolevanie v organisme human. Ono porajaet kak mujchin, tak i genshchin i nachinaetsya v resultet razlichnyx inflammatory or degenerative processes.

Pneumofibrosis (fibrosis or hardening of the lung tissue) is a disease that occurs as a result of damage to the lung tissue and loss of its elasticity. This condition leads to difficulty breathing in the lungs. Rehabilitation in pneumofibrosis includes various methods aimed at slowing the progression of the disease, improving the patient's quality of life, and restoring breathing ability. Rehabilitation methods in pneumofibrosis are aimed at slowing the progression of the disease, improving the patient's breathing ability, and supporting overall health. This process should be determined individually, depending on the patient's condition and the severity of the disease.

### 1. Breathing exercises and breathing rehabilitation programs

Special exercises and techniques are used to improve breathing:

- ✓ With this breathing method, the patient learns to breathe deeply and fully using the diaphragm.
- ✓ Breathing through the nose regulates the breathing process, expanding the lungs and chest.
- ✓ There are light and deep breathing techniques that help improve lung function in pneumofibrosis.

### 2. Physiotherapy and exercise

Exercise plays an important role in combating pneumofibrosis, as they improve the functioning of the heart and pulmonary system. Physiotherapy and exercise help improve the patient's general condition. For example:

- Cardiorespiratory exercise. High-intensity exercise strengthens the patient's lungs and improves breathing. Light-intensity exercise helps strengthen the heart and respiratory system.
- Light exercise. Low-intensity exercise helps strengthen the heart and muscles. Exercises that help strengthen muscles to improve lung function. These exercises serve to improve the patient's general condition.

### 3. Improving pulmonary ventilation

The following methods are used to improve pulmonary ventilation:

- ✓ Staying in various poses to clear the lung cavity and facilitate breathing.
- ✓ Therapy with vibration devices that help strengthen lung tissue.

### 4. Nutrition and Diet

A healthy and balanced diet helps to improve the overall health of the patient. Foods rich in vitamins and minerals are recommended to combat enlarged lung tissue and hardened structure.

A proper diet and nutrition with vitamins is very important for patients with pneumofibrosis:

- Foods rich in vitamins (A, C, E), minerals and proteins are recommended to support lung function.
- Drinking the right amount of water is important for lung health.

### 5. Medications

Drugs are used in the treatment of pneumofibrosis, mainly depending on the underlying cause of the disease:

- Steroids. Reduces inflammation in the lungs. Used to reduce inflammation and slow down the damage to lung tissue.
- Immunosuppressants. Drugs that weaken the immune system, if fibrosis is caused by inflammation. Used to eliminate the immunological basis of pulmonary fibrosis.
- Drugs that help restore lung tissue. Drugs that help cleanse the lung cavity.

### 6. Psychological support in pneumofibrosis

Psychological support is important for patients struggling with the disease. It improves the patient's mood and provides psychological support in fighting the disease.

Chronic diseases such as pneumofibrosis can negatively affect the patient's mental state. Therefore:

- Provide psychological support to reduce depression and anxiety in the patient, increase motivation.
- Learn stress management methods, meditation and breathing techniques when fighting the disease.

### 7. Extended rehabilitation

If the patient has severe breathing or other serious complications, then during rehabilitation the patient is observed in the hospital, blood oxygen levels and other indicators are checked.

The rehabilitation process in the treatment of pneumofibrosis is individual and is structured depending on the patient's condition and the progression of the disease. The main goal of treatment and rehabilitation is to facilitate the breathing process, improve the patient's quality of life, and reduce the severity of the disease.

### 8. Pulmonary rehabilitation programs

As part of advanced rehabilitation programs, there are special treatment courses to improve lung health. These programs include:

- ✓ Breathing exercise training
- ✓ Cardiorespiratory exercise training
- ✓ Physiotherapy and exercise therapy
- ✓ Optimization of drug therapy

## 9. Air purification and ventilation

Fresh air is important for lung health, and air purity and humidity are also important for improving lung ventilation.

The rehabilitation process is designed individually for each patient, taking into account the severity of the disease, the patient's general health and specific needs. At the same time, the patient's condition and respiratory capacity are constantly monitored during rehabilitation.

### Materials

There are doctors and researchers in Uzbekistan who are conducting scientific work on pneumofibrosis and its rehabilitation.

This work is usually carried out in the following areas:

1. Studying special physiotherapy methods to improve lung function and support the patient's respiratory system in pneumofibrosis.
2. Scientific work on modern drugs used in the treatment of pneumofibrosis and their effects.
3. Introducing psychological support and rehabilitation programs for patients struggling with chronic diseases.

The main researchers and medical academicians engaged in scientific work on pneumofibrosis and rehabilitation in Uzbekistan are:

- ✓ Medical Academy of the Republic of Uzbekistan and its departments
- ✓ Scientific work is carried out at medical research institutes and universities under the Ministry of Health of Uzbekistan, for example, the Tashkent Medical Academy.
- ✓ Pulmonologists, therapists and rehabilitation specialists specializing in the field of medicine conduct scientific research on this topic.

Scientific work on rehabilitation methods in pneumofibrosis mainly includes the following innovations:

1. New physiotherapy exercises and techniques that help improve the patient's breathing process in pneumofibrosis, for example, optimizing lung ventilation.
2. New medicinal substances and treatment protocols to reduce pulmonary fibrosis and improve the patient's general condition.
3. The use of new methods and rehabilitation techniques to increase the effectiveness of breathing exercises.
4. Development of new methods for psychological support and stress management for patients with pneumofibrosis in Uzbekistan.

D.A. Nasirov's book "Pneumofibrosis: Modern Rehabilitation Approaches" is devoted to the disease of pneumofibrosis and its rehabilitation methods. The main content of the book includes the following aspects:

A thorough analysis of the pathophysiology, symptoms and causes of the disease. Modern diagnostic methods for diagnosing pneumofibrosis, including imaging diagnostics and laboratory studies.

Rehabilitation methods:

- ✓ Exercise and therapeutic gymnastics programs.
- ✓ Pharmacological approaches. Drugs and their effects.
- ✓ Improving the mental state associated with the disease.

- ✓ How rehabilitation programs are used in clinical practice, helping in individual approaches for patients.
- ✓ Improving the condition of patients during rehabilitation and increasing the quality of life.
- ✓ Research and new methods that should be conducted in the future on pneumofibrosis.

This book is an important resource for medical professionals, students and patients with pneumofibrosis, presenting modern approaches to managing and rehabilitating the disease.

In the book "Rehabilitation in pneumofibrosis: clinical and experimental approaches" by L.V. Ivanova, she mainly studies the rehabilitation processes associated with pneumofibrosis.

The main content is as follows:

- ✓ Information about the clinical symptoms, causes and mechanisms of development of the disease.
- ✓ Clinical approaches and experiences used in the rehabilitation process for patients with pneumofibrosis.
- ✓ Advice on assessing the condition of patients, developing and implementing rehabilitation programs.
- ✓ The author's own experience and scientific research results, as well as the effectiveness of rehabilitation methods.
- ✓ Useful practices and recommendations for patients, what approaches are most effective in the rehabilitation process.

This book is an important resource for medical professionals, rehabilitation doctors, and patients with pneumofibrosis.

### **Methods.**

D.A.Nasirov's book "Pneumofibrosis: Modern Rehabilitation Approaches" indicates that future research will be conducted in the following areas:

- New diagnostic methods. Research on innovative technologies and biomarkers for early detection of pneumofibrosis.
- Effectiveness of Rehabilitation Programs. Evaluation of the effectiveness of various rehabilitation approaches and their optimization.
- Pharmacological studies. Study of new combinations of drugs and their effect on pneumofibrosis.
- Psychological rehabilitation. Studies aimed at improving the psychological aspects of the disease and the psychological state of patients.
- Study of genetic factors to determine susceptibility to pneumofibrosis.
- Study of the lifestyle of patients and its impact on the rehabilitation process.

These areas will help to identify the complexity of pneumofibrosis and new opportunities for its rehabilitation.

L.V. Ivanova. In the book, rehabilitation methods in pneumofibrosis are described in detail in the following main areas:

Physiotherapy. Special exercises and therapies to improve patients' respiratory function. These techniques help strengthen the respiratory muscles and reduce breathing difficulties.

Programs to improve patients' heart and lung function, including exercise and monitoring.

Medications needed to manage CF and their effects. This includes information on the importance of drug therapy and the effectiveness of medications.

Psychological approaches and advice to improve patients' mental health. This is seen as an important aspect of the rehabilitation process.

Proper nutrition and its effects on the respiratory system. Nutritional plans and their role in fighting CF.

Education for patients and their families about the disease. This helps patients manage their own health.

A.N.Karimov's book "Pneumofibrosis and its rehabilitation methods" includes rehabilitation methods:

- ✓ Physiotherapeutic approaches. Breathing exercises, physical exercises and their importance.
- ✓ A list and effect of drugs used in the management of the disease.
- ✓ Information is provided on the proposed strategies for improving the mental health of patients.

## Results and Discussion

A.N.Karimov in his book "Pneumofibrosis and its rehabilitation methods" provides an in-depth analysis and information about the disease of pneumofibrosis and its rehabilitation methods.

A.N.Karimov's book combines scientific and practical aspects. It is a useful resource for doctors, rehabilitation specialists and patients dealing with pneumofibrosis. The book covers in detail all aspects of the disease, including diagnostics, treatments and rehabilitation processes. It contains all the information that is important for patients and their families. The rehabilitation methods presented in the book contain real recommendations that can be applied in practice, which increases its importance.

This book will remain an important scientific and practical resource for specialists and patients struggling with pneumofibrosis.

The book "Pneumofibrosis: Modern rehabilitation approaches" by D.A.Nasirov is concise: The book presents rehabilitation approaches developed on the basis of modern research and scientific achievements. This, unlike previous methods, is aimed at taking into account the individual needs of patients. Comprehensive approaches are proposed, combining areas such as physiotherapy, psychology and nutrition. This serves to improve the overall condition of patients.

## Conclusion

Currently, this scientific research and literature update suggests that modern rehabilitation methods can be effective in improving patients' respiratory function and slowing the progression of the disease.

It helps to improve the quality of life of patients, which in turn improves their mental and physical health.

The scientific studies and results in this scientific research and literature allow the introduction of new approaches to the treatment of pneumofibrosis and are an important and useful resource for modern medical and rehabilitation specialists dealing with pneumofibrosis.

## Literature:

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