THE ROLE OF LAPAROSCOPY IN THE TREATMENT OF GYNECOLOGICAL DISEASES

Jurayev Islombek Izzatullo ugli
1st Year Clinical Resident, Obstetrics and Gynecology,
Toshmurodova Yorkinoy Rustam kizi
2nd Year Clinical Resident, Obstetrics and Gynecology,
Rakhmonova Mohigul Shodikulovna
1st Year Clinical Resident, Obstetrics and Gynecology,
Candidate of Medical Sciences, Professor
Agababyan Larisa Rubenovna
Head of the Department of Postgraduate Education in Obstetrics and Gynecology,
Candidate of Medical Sciences, Professor
Khudoyarova Dildora Rakhimovna
Head of Department of Obstetrics and Gynecology No. 1
Samarkand State Medical University, Samarkand, Uzbekistan

imrconf.com

Abstract: *Laparoscopy has become one of the most important and widely used minimally invasive techniques in modern gynecology. It allows accurate diagnosis and effective treatment of a wide range of gynecological diseases while minimizing surgical trauma. Compared to traditional open surgery, laparoscopy is associated with reduced postoperative pain, shorter hospital stay, faster recovery, and improved cosmetic outcomes. The aim of this study is to evaluate the effectiveness of laparoscopic methods in the treatment of gynecological diseases, analyze their advantages, indications, and clinical outcomes, and highlight their role in improving women's reproductive health.*

Key words: *Laparoscopy, minimally invasive surgery, gynecology, endometriosis, ovarian cysts, uterine fibroids, infertility.*

Materials and Methods: The study was conducted from January to September 2023 in the gynecological departments of the Central Clinical Hospital of Tashkent and the Republican Scientific Center of Obstetrics and Gynecology. A total of 280 women aged 19–45 years who underwent laparoscopic treatment for various gynecological conditions were included in the study.

Indications for laparoscopy included ovarian cysts, endometriosis, uterine fibroids, ectopic pregnancy, pelvic inflammatory disease, and infertility of unknown origin. Diagnostic and operative laparoscopy was performed using standard laparoscopic equipment under general anesthesia. Clinical data, operative reports, postoperative recovery, and complications were analyzed.

Results: Indications and Spectrum of Diseases

Laparoscopic interventions were most frequently performed for ovarian cysts (34%), endometriosis (26%), uterine fibroids (18%), ectopic pregnancy (12%), and pelvic adhesions associated with infertility (10%). In many cases, laparoscopy allowed simultaneous diagnosis and treatment of the pathology.

Clinical Outcomes

The average duration of laparoscopic surgery was significantly shorter compared to open procedures. Minimal intraoperative blood loss was observed in the majority of cases. Postoperative pain was mild and required minimal analgesic support. Most patients were mobilized within 6–12 hours after surgery and discharged from the hospital within 2–4 days.

Reproductive Outcomes

In women treated for infertility-related conditions, restoration of pelvic anatomy and removal of adhesions led to improved reproductive outcomes. Spontaneous pregnancy occurred in 38% of patients within one year after laparoscopic treatment. Laparoscopic management of endometriosis and ovarian cysts significantly reduced pelvic pain and improved quality of life.

Complications

imrconf.com

Postoperative complications were rare and occurred in less than 5% of cases. These included minor bleeding, surgical site infection, and transient postoperative fever. No severe complications or mortality were reported. The cosmetic effect and patient satisfaction were significantly higher in the laparoscopic group.

Conclusion: Laparoscopy is a highly effective and safe method for the diagnosis and treatment of gynecological diseases. Its minimally invasive nature provides numerous advantages, including reduced surgical trauma, faster recovery, and preservation of reproductive function. Laparoscopic surgery plays a key role in modern gynecology and should be considered the method of choice for many gynecological conditions.

Wider implementation of laparoscopic techniques, continuous improvement of surgical skills, and early referral of patients for minimally invasive treatment contribute to better clinical and reproductive outcomes and improved quality of life for women.

imrconf.com