THE IMPORTANCE OF PHYSIOTHERAPY IN THE TREATMENT AND PREVENTION OF DISEASE

Umarova Shohista Turgunboyevna
Abu Ali Ibn Sino Community in Kosansoy District
health college teacher

Abstract: *Today, physiotherapy plays an important role in restoring and strengthening human health. Physiotherapy methods are widely used in the treatment of various diseases without or in combination with drugs. Physiotherapy activates the body's natural recovery processes and helps a person live a healthy life. It is especially important in the treatment of chronic diseases, injuries, and problems with the musculoskeletal system.*

Keywords: *Physiotherapy, black cumin oil, massage, musculoskeletal system, osteochondrosis, arthritis, rheumatism, spinal disease, paralysis, neuritis, stroke, vitamins, antioxidant,*

Physiotherapy is a branch of medicine that studies methods of treating, preventing diseases and restoring body functions using natural and artificial physical factors. It includes electric current, ultrasound, heat, cold, water treatments, massage, laser, magnetic field and therapeutic exercises. Importance in the treatment of diseases. Physiotherapy provides effective results in the treatment of many diseases. It is especially widely used in the following cases:

1. In diseases of the musculoskeletal system. In diseases such as osteochondrosis, arthritis, rheumatism, and spinal pain, physiotherapy reduces pain, improves blood circulation, and strengthens muscles.

2. In post-injury recovery. Physiotherapy exercises and treatments can help restore mobility faster after bone fractures, muscle or joint injuries.

3. In diseases of the nervous system. In cases of paralysis, neuritis, and post-stroke conditions, physiotherapy is of great importance in restoring nerve function and improving movement.

4. Respiratory system diseases: Breathing exercises and inhalations improve the patient's condition in diseases such as bronchitis, asthma, and pneumonia. Role in disease prevention.

Physiotherapy is not only a treatment, but also a means of prevention. Regular physical exercise and health-improving procedures strengthen the body, increase immunity and reduce the risk of developing diseases. The main benefits in prevention: Improves blood circulation; Strengthens muscles and joints; Reduces fatigue and stress; Strengthens the immune system; Prevents diseases associated with aging. Benefits of physiotherapy.

Physiotherapy has several advantages over other treatment methods:

a) Allows for less medication use;

b) Few side effects;

c) Increases the body's natural regenerative ability;

d) Accelerates the rehabilitation process;

e) It forms an active lifestyle in the patient.

Our study was conducted on a patient with osteochondrosis of the 1st degree in the cervical spine. Osteochondrosis of the 1st degree is the initial stage of the disease, in which the patient experiences mild pain, fatigue and discomfort in the neck. Muscle tension appears. The patient who conducted the study had the same symptoms as above.

We applied an 8-week light massage treatment with black sesame oil to the patient.

Useful properties of black cumin oil. Black cumin oil contains vitamins, antioxidants and biologically active substances. It: improves blood circulation; relaxes muscles; reduces inflammation; relieves pain; nourishes skin and muscle tissue. Therefore, it has shown good results when used in combination with massage for osteochondrosis.

A **B**

Figure 1. A. Black cumin oil. B. Massage treatment applied to the patient

Patients with cervical osteochondrosis experience the following positive changes as a result of regular massage with black sesame oil: tension in the neck muscles is reduced; blood circulation is improved; pain and spasms are reduced; neck movements are relaxed; headaches and dizziness are reduced; sleep quality is improved. It is recommended to perform massage 3–4 times a week for a 2-month course. Massage sessions should be performed with light and careful movements.

Conclusion

In conclusion, physiotherapy is a modern medical direction that plays an important role in the treatment and prevention of diseases. It helps to naturally improve the health of the human body, improves the quality of life of patients and ensures faster recovery. Therefore, physiotherapy is an integral part of modern medicine. In conclusion, cervical osteochondrosis is one of the diseases

that negatively affects the quality of human life. A 2-month massage course with black cumin oil can be a useful auxiliary method for relaxing muscles, improving blood circulation and reducing pain. However, it is important to follow the advice of a specialist and follow a healthy lifestyle during the treatment process.

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