



Coronavirus Complications, Post Illness Medicines and Vitamin Therapy

1. Navruzova Ugilkhon Orzjon Kizi
2. Eliyeva Gulhayo Fazliddinovna
3. Avezova Nafisa Najmiddinovna

Received 6th Oct 2022,
Accepted 5th Nov 2022,
Online 19th Dec 2022

Annotation: From coronavirus next (postcovid syndrome) modern therapeutic in practice new, still good _ not understood event _ However, despite this _ nosology the world medicine community by already recognized. _ To statistics has reportedly recovered from COVID- 19 10-20 percent of people postcovid syndrome signs from the head they forgive This in the article from the coronavirus next in periods in the patient being observed symptoms, their come exit reasons and today's in the day in treatment in use modern drug tools about theoretical and practical to the basics according to in detail analysis done.

Keywords: postcovid syndrome, osteoporosis, anticoagulants, supermelkii biocalcium, valerine cardio, vitamins therapy.

¹ Bukhara State Medical Institute named after Abu Ali ibn Sino Assistant of Pathological physiology

² Afshona Abu Ali Ibn Sino is the head of the Department of Pharmaceutical Sciences at the Public Health Technical University, Bukhara, Uzbekistan

³ Afshona is a teacher of the Department of Pharmaceutical Sciences of Public Health Technical College named after Abu Ali Ibn Sino, Bukhara, Uzbekistan

Postcovid of the syndrome etiology previous coronavirus infection with directly depends _ _ to WHO data according to, with COVID-19 damaged 80 percent of patients light damaged, clinical recovery period approx two week, 14 percent average heavy injured three or six week in, 6 percent cases while very heavy injured, six from the moon one up to of patients status again is recovering. Postcovid of the syndrome The mechanism is mainly nerve system (central, peripheral, autonomic), lungs, kidneys and to the skin effect doer chronic thrombovasculitis with depend _ From this outside, inside of organs blood vein on the walls immunity mines sinking, complement system activation, autoimmune inflammation cause emits immunoplex reaction to be can _ Thrombotic microangiopathy and vasculitis with one in line venous thromboembolism, tissues _ hypoxia and organ ischemia postcovid to the syndrome help gives _ Postcovid of the syndrome sure and obvious clinical appearance _ no, because different in patients symptoms collection very is diverse. Some recovered in people long term symptoms infection during from the head to those who forgive similar to others _ while new symptoms develops. In 80% of cases, post- covid syndrome too _ weakness seizures with together will

come Many _ patients straight away from bed can't stand, usual diary physical exercises do it they can't. Postcovid with of the sick from half in many of life usual rhythms breaks down : at night insomnia, daytime sleep, sleep and of awakening change. Patients in about 30 percent hair spill out cases is meeting. Intuition organs of activity violation characteristic : sight, hearing, 27.9 % taste loss, 35.2% sense of smell loss _ Sick of those who out of four in one diarrhea continue is enough Also walk _ instability, diffuse myalgia, legs _ _ trembling, attention sum up and in memory difficulty to be can _ In women menstruation of the era violation usual in case not _ In 75 % of patients postcovid of the syndrome signs wavy _ to the character has, in the quarter they are is constant. Postcovid period research that's it shows that in patients defining: hair to spill cases, nerves system with depends has been problems, support and heart blood vessel in the system changes come at the exit, main of reasons one, exactly, the disease during applied some drug tools excess amount application as a result come coming out. To this obvious example as a disease played in patients thromboembolic circumstances prevention get in order to applied to anticoagulants belongs to has been of heparin a lot amount application as a result in patients osteoporosis with injury cases increased. Heparin with long term in treatment osteoporosis or of the bones thinning can _ This patient spontaneous to the cracks inclined does _ Low molecular weight in a heavy age heparins with risk less will be Postcovid during surface coming of syndromes patients life to the activity significant negative effect next rehabilitation strategy work exit necessity requirement is enough Current at the time postcovid treatment according to clinical instructions work not issued. Basically, therapy symptomatic and restorative is considered Postcovid signs was _ to patients the following recommendation will be :• Pharmacotherapy. Neurological symptoms eliminate reach for combined preparation horses (magnesium + pyridoxine), glycine, valerian are prescribed. Tachycardia and from beta - blockers in cardialgia use can _ Some recovered in patients from anticoagulants long lifetime use explanation will be done. Vitaminotherapeutic in treatment ten _ day during vitamins C, D, zinc and Selenium additions recommendation from these except patients _ life activity improve in order to, complications more efficient treatment in order, Valerin cardio, supermelkii biocalcium such as vitamin -rich preparations addition therapeutic cure measures as apply can _• Valerian cardio. Composition : magnesium 40 mg, vitamins : 7.5 mg C, 2 mg B6, 1 mg B1 and B2, 5 mg B12. Valerin Cardio contained substances at the expense of nerve and heart blood vein to systems positive effect shows: sleep quality improves insomnia with to fight help pressure rise and arrhythmias reduces, smooth of muscles spasm relieves memory improves stress _ durability increases, thrombosis probability reduces immunity _ system strengthens _ Additional light soothing properties have _ Application method and dose: Valerian Cardio tablets 30 minutes after meals before or from bed before per day two or three from the pill used. If the user has sleep with dependent _ problems there is if : from bed half hour before 1 tablet acceptance treatment duration is 30 days. Thromboembolic of diseases prevention get and in treatment anticoagulant of treatment is the basis. Anticoagulants from this except thrombosis, embolism, angina pectoris, myocardium in a heart attack is used. To these heparin, warfarin and sinkumar such as preparations enters _

Pharmacological effect : direct _ effect doer anticoagulants to the group incoming heparin solutions Minus to the charge have being, blood in ice participation doer proteins with to join possibility gives _ Heparin blood blood in serum in plasma with antithrombin III (cofactor). will be connected and thrombin activity weakens, resulting in fibrinogen fibrin does not rotate. From this except heparin prothrombin to thrombin rotation resistance does _ Indirectly effect doer warfarin and sinkumar such as preparations vitamin K in the liver harvest to be blocks without them blood clot ability It is known that he will lose level _ Anticoagulants in the patient thromboembolic complications development danger high has been cases is used. This the drug acceptance to stroke, although not 100% the only defense against is considered of the drug efficient performance for blood " liquid ". holding stand up need and this on the ground the patient and doctor between _ strictly contact to be if it is too much except acceptance blood if done leave danger there is That's why for anticoagulants acceptance to do

very because it is difficult, has two per week, then while each in 2-3 months users for INR or PTI known one blood the test conduct it is necessary their coagulation system situation shows. The coronavirus period a lot pathological circumstances and postcovid period complications in treatment natural medicine preparations in line addition therapy as the most effective, modern, universal drug tool Supermelky biocalcium drug drug _ Supermelky biocalcium to age looking all young in categories calcium of deficiency prevention get for, definition to do can _ Supermelky biocalcium bronchopulmonary system diseases (bronchitis, pneumonia). Hypertension, hypotension, mixed kind of vein dystonia _ Heart rhythm disorders (tachycardia, bradycardia). Thrombophlebitis, varicose veins veins and blood rotation system another diseases, osteoporosis such as diseases in treatment is used. None how to contraindications have not (more than 200 a person diseases for recommendation will be done). Application Method : 1-4 teaspoons 1-4 times a day (age, weight, diet system and pathology depending on) 20-30 minutes after meals before acceptance will be done. of the program duration : 1-3 months, 2-3 times a year.

Vitamins therapy. Rehabilitation during from illness recovered to patients my body again recovery for, vitamins therapies the most priority from directions one _ This type drugs: tablets, ampoules, powders in the form of is issued. Application shape of the disease feature looking healer doctor by is determined. In ampoules injection for solution is prepared. One ampoule contains 50 mg and 100 mg being, this one of time in itself of the drug necessary dose input enable gives _ From medicinal preparations besides, everyday food ration products rich in vitamin C to give should. Article main sources : kiwi, sweet pepper, melon, black currants, onions, tomatoes, oranges, apples, peaches, dates, cooked potato, cabbage, leafy herbs. Doctors postcovid during of patients in the blood (heart from pain memory to problems) vitamin D lack of more and more attention are giving This substance a person of the body complete performance for big important have _ Vitamin D in patients in the morning from food after ten _ day 50-100 mg once a day is prescribed. Of these except dairy consumption products in composition : sea fish, caviar, eggs, liver, sour cream, cheese, butter, milk to be in consideration get need _ Summary by doing that's it to say possibly above _ complications treatment of patients previous healthy _ to their lives repetition in order to heal doctors by rehabilitation during sure mechanism based on efficient cure measures to see it is necessary Also in rehabilitation postcovid complications prevention get in order to, doctor and the patient relationship strengthening and healthy _ to life returned patients dairy nutrition ration contains: vitamin and natural of products consists of dishes order it is necessary

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