



DIETARY THERAPY FOR OSTEOARTHRITIS USING LOCAL PRODUCTS
AND NATIONAL DISHES IN THE REPUBLIC OF UZBEKISTAN

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Relevance. According to the World Health Organization, rheumatic diseases cause 1/3 of all cases of temporary disability and about 10% of all disabilities.

The aim of this work is to study the effectiveness of diet therapy with national dishes and local products in patients with osteoarthritis.

Materials and Methods. Studies were conducted in more than 30 patients with osteoarthritis undergoing treatment in the multidisciplinary clinic of the Tashkent Medical Academy. Similar patients receiving standard dietary therapy according to M.I.Pevzner served as a comparative group. The main group received dietary therapy with some national dishes and local products prepared in accordance with the basic dietary principles.

The following methods of research were applied in the work: general clinical, laboratory-instrumental, for assessment of metabolic disorders, dietetic with the use of objective criteria of rational digestion of food, statistical.

Results. Adherence to dietary intervention was 61% in the main group and 23% in the comparison group. Both diet groups (main and comparison) lost slightly, 24% of patients in the main group and 13% in the comparison group ($p < 0.001$). The mean weight loss in the main group was 1.6 kg (11.4%) and 0.7 kg in the comparative group (6.8%) ($p < 0.005$).

Evaluation of peak knee compression force (a biomechanical measure of joint loading) after 10 days showed that joint loading decreased by 148 N (15%) in the main group and 65 N (10%) in the comparison group ($p < 0.005$).

Comparisons of pain and function on the WOMAC scale after 10 days showed that the main group had less pain compared to the comparison group (mean score, 1.02; 0.33-1.71; $p < 0.005$) and (0.79; 95% CI, 0.24-0.92; $p < 0.005$).

The findings showed that national dishes and local products had a positive effect on the general condition and clinical and laboratory data in the studied patients.

Improvement of patients' condition at diet therapy with national dishes and dishes from local products can serve as a background of pathogenetic treatment.

Conclusion. The above-mentioned data make it possible to conclude that in the treatment of osteoarthritis patients in Uzbekistan along with the generally accepted dietary therapy according to M.I.Pevzner it is recommended to actively introduce the use of national dishes and dishes from local products.