

CLINICAL SIGNIFICANCE OF THE HERBAL MEDICINE "GASTRITOL" IN FUNCTIONAL DYSPEPSIA

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Introduction

Functional dyspepsia (FD) is one of the most common functional diseases of the gastrointestinal tract and, according to various studies, occurs in 20–30% of the adult population. It accounts for up to 60–65% of all cases of dyspeptic syndrome, while organic causes are identified much less frequently – in 35–40% of cases [1]. Dyspeptic complaints significantly reduce the quality of life of patients and often lead to a decrease in working capacity [2].

In clinical practice in Uzbekistan, the diagnosis of functional dyspepsia is not made often enough. In most cases, patients with dyspeptic complaints are diagnosed with "chronic gastritis" without sufficient instrumental and morphological confirmation, which can lead to irrational therapy.

Research objective

To study the prevalence of chronic gastritis and functional dyspepsia among the population of Tashkent and other regions of Uzbekistan, as well as to evaluate the clinical efficacy of the drug Gastritol in patients with functional dyspepsia.

Materials and methods

The study included 621 patients aged 19 to 80 years, with a mean age of 45 ± 16.5 years. All subjects were surveyed to identify symptoms of acid-dependent and functional diseases of the upper gastrointestinal tract, including functional dyspepsia. The intensity of clinical manifestations was assessed using a 3-point scale. Patients underwent a comprehensive clinical and instrumental examination, including esophagogastroduodenoscopy, based on the results of which the diagnosis was refined.

Study results

Among the patients examined, 49.3% were men and 50.7% were women. The highest incidence of functional dyspepsia was recorded in individuals aged 35–45 years. At the initial clinical examination stage, acute gastritis was diagnosed in 12.5% of patients, chronic gastritis in 57.5%, and duodenal ulcer in 14% of those examined. Functional dyspepsia was diagnosed in only 6% of patients. After

esophagogastro-duodenoscopy, the diagnosis of acute gastritis was confirmed in only 6.5% of patients, and chronic gastritis (types A, B, and C) in 31.5%. At the same time, the proportion of patients with functional dyspepsia increased to 48%, which indicates overdiagnosis of organic pathology at the outpatient stage.

All patients with confirmed FD received recommendations for lifestyle changes and dietary nutrition, including a fractional meal regimen, restriction of fatty and spicy foods, as well as the exclusion of smoking, alcohol, and nonsteroidal anti-inflammatory drugs. As part of complex therapy, the drug Gastritol was used in the form of drops for oral administration. The drug is a combined herbal remedy that has a local effect on the gastric mucosa and regulates the secretory and motor functions of the stomach.

Gastritol was prescribed at a dose of 20–30 drops 3 times a day for 14 days.

Assessment of treatment effectiveness

Against the background of the treatment, most patients showed a marked positive trend in clinical symptoms. By the 7th day of therapy, there was a significant reduction in pain in the epigastric region. At the end of the 14-day course of treatment, 96.7% of patients had completely resolved pain, and only one patient had minor complaints. Heartburn was completely eliminated in all patients by the end of the treatment course. Normalization of stool was observed in 57% of patients, which indicates a positive effect of the drug on the motor function of the gastrointestinal tract. The drug was well tolerated, and no side effects were reported during the study.

Conclusion

1. In gastroenterological practice in Uzbekistan, the diagnosis of "chronic gastritis" is often made without objective confirmation by instrumental methods.
2. Additional examination allows, in a significant number of cases, to revise the diagnosis of chronic gastritis in favor of functional dyspepsia.
3. The use of Gastritol in patients with functional dyspepsia is characterized by good tolerability and pronounced clinical efficacy.
4. Therapy with Gastritol helps to reduce pain, eliminate heartburn, and normalize gastrointestinal motility disorders, which leads to a decrease in the severity of dyspeptic symptoms.

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