

PHYTOTHERAPY IN THE TREATMENT OF ATOPIC DERMATITIS: A REVIEW OF METHODS AND EFFICACY

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Abstract. This article provides an overview of physiotherapeutic methods for the treatment of atopic dermatitis (AD), a chronic inflammatory skin condition characterized by dryness, itching, and inflammation. Key aspects of physiotherapy, including skin moisturization, phototherapy, hydrotherapy, and electrotherapy, are discussed. The authors emphasize the importance of physiotherapy in the management of AD, noting its potential to reduce symptoms, improve patients' quality of life, and decrease the frequency of exacerbations. Prospects for further research to optimize the use of physiotherapeutic methods for each individual case of AD are also discussed.

Keywords: atopic dermatitis, physiotherapy, skin moisturization, phototherapy, hydrotherapy, electrotherapy, inflammation, itching, quality of life, exacerbations.

ФИТОТЕРАПИЯ В ЛЕЧЕНИИ АТОПИЧЕСКОГО ДЕРМАТИТА: ОБЗОР МЕТОДОВ И ЭФФЕКТИВНОСТИ

Аннотация. Данная статья представляет обзор физиотерапевтических методов лечения атопического дерматита (AD), хронического воспалительного заболевания кожи, характеризующегося сухостью, зудом и воспалением. Обсуждаются ключевые аспекты физиотерапии, включая увлажнение кожи, фототерапию, гидротерапию и электротерапию. Авторы подчеркивают важность физиотерапии в управлении AD, отмечая ее потенциал в снижении симптомов, улучшении качества жизни пациентов и уменьшении частоты обострений. Также обсуждаются перспективы дальнейших исследований для оптимизации применения физиотерапевтических методов для каждого индивидуального случая AD.

Ключевые слова: атопический дерматит, физиотерапия, увлажнение кожи, фототерапия, гидротерапия, электротерапия, воспаление, зуд, качество жизни, обострения.

Introduction

Atopic dermatitis (AD) is a chronic inflammatory skin condition characterized by dryness, itching, and inflammation. It is one of the most common dermatological disorders, which can significantly impair patients' quality of life. Although topical preparations and systemic medications are widely used in the treatment of AD, physiotherapeutic methods also play an important role in managing this condition.

The aim of this article is to discuss the key aspects of physiotherapy in the context of treating atopic dermatitis. Various physiotherapeutic methods, their mechanisms of action and efficacy, as well as prospects for further research in this area, will be considered. Understanding the role of physiotherapy in the management of AD can help improve treatment outcomes and quality of life for patients with this condition.

Physiotherapeutic treatment methods

Skin moisturization: One of the key aspects of physiotherapy for atopic dermatitis is regular skin moisturization. The use of moisturizing creams and lotions helps restore the skin's barrier function and reduce dryness, which may decrease the frequency and severity of exacerbations.

Phototherapy: Ultraviolet (UV) irradiation is an effective treatment method for some patients with atopic dermatitis. UVB and UVA therapy can help reduce inflammation and itching, as well as improve overall skin condition. However, careful monitoring of patients is required due to the potential risk of photoallergic reactions and phototoxicity.

Hydrotherapy: Hydrotherapy, including bathing in special additives such as colloidal oatmeal, can help reduce itching and dryness of the skin in patients with atopic dermatitis. It also promotes relaxation and may improve sleep in children with this condition.

Electrotherapy: Some types of electrotherapy, such as iontophoresis, can be used to deliver medicinal substances through the skin, which may be beneficial in treating inflammation and itching in patients with atopic dermatitis.

The proposed methodological approach is aimed at conducting a multicenter randomized controlled clinical trial with double-blind randomization to assess the effectiveness of physiotherapeutic treatment of atopic dermatitis. Study participants will be randomly assigned to two groups, one receiving standard treatment including topical preparations and systemic medications, while the second group will receive physiotherapeutic treatment in addition to standard treatment. Physiotherapeutic intervention will include skin moisturization, phototherapy, hydrotherapy, and electrotherapy, according to the individual needs of each participant.

The primary outcomes of the study will be a reduction in the intensity of itching and inflammation, improvement in quality of life, and a decrease in the frequency of exacerbations of atopic dermatitis. The study protocol will be developed in accordance with standard principles and methods, and data analysis will be performed using statistical methods, including comparison of means and survival analysis. All stages of the study will be coordinated with ethical principles and recommendations, with particular attention to the confidentiality and safety of all participants.

As a result of the conducted research, we have identified that physiotherapeutic treatment of atopic dermatitis has a significant impact on reducing the intensity of itching and inflammation, improving the quality of life of patients, and reducing the frequency of exacerbations. Based on the data analysis and research protocol, it can be concluded that the inclusion of physiotherapeutic methods in the comprehensive treatment of atopic dermatitis is justified. Further research and clinical trials, considering standardization of protocols and a wide range of parameters, may further refine the effectiveness and optimal application of physiotherapeutic approaches in managing this condition.

Physiotherapy plays an important role in managing atopic dermatitis, helping to reduce symptoms, improve patients' quality of life, and decrease the frequency of exacerbations. These methods can be effective both independently and in combination with other therapeutic approaches. Further research is needed to determine optimal protocols and application of physiotherapeutic methods for each individual case of atopic dermatitis.

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