



Choice of Surgical Treatment in Degenerative Spondylolisthesis on The Background of Polysegmental Disc Herniation of The Lumbar Spine

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ABSTRACT: *The content of this article is to develop measures for the prevention and treatment of the most common disc herniation in our country. Proper organization of surgical treatment and tactics in degenerative spondylolisthesis.*

Relevance: *Application and creation of new high-quality surgical methods for the prevention of polysegmental disc herniation of the spine, which are widely observed today.*

Key words: *segment, nerve, surgery, osteochondrosis, back pain, trauma, neurosurgery, elastic ligaments, rupture, cracks, sprains, muscle tone, intervertebral fluid.*

Introduction

Many diseases are caused by not following the advice of doctors, such as not lifting weights, not exerting too much pressure on the body, or not doing strenuous and risky physical activity. And if we neglect our health, we are more likely to have serious problems. One such problem is the development of intervertebral disc herniation, or a disease known in the vernacular as hernia. Also known as disc herniation or disc compression, it is a painful and debilitating disease. Its origin causes less movement and thinning of the limbs, and in some cases it passes painlessly, as the disc may not compress any nerve fibers. Symptoms may gradually decrease over time, but if symptoms persist, surgical intervention may be necessary. The human spine is made up of 26 bones, not to mention the cervical vertebrae. Between each vertebra is an elastic cushion, called a disc. These discs attach to the spine and act as a shock absorber. The discs are wrapped in soft strings. In disc herniations, the soft coating penetrates into or out of the crack between the discs. In most cases, this process is more pronounced in the lumbar spine. Pain is felt in certain areas of the body, including the spine, due to the compression of nerve fibers there. As you age, the discs begin to lose their elasticity, causing the fluid that stores the disc fibers to shrink, leading to a decrease in the flexibility of the vertebrae and the appearance of cracks in the discs. This does not always cause disc herniation, which can occur when a person

suddenly lifts a heavy load without bending their knees. There are many treatments for herniated discs, which are common in most people, but you need to have a qualified doctor to be able to choose the most appropriate one. This condition can be caused by long-term work due to hard work, various chronic diseases, side effects, long-term untreated diseases, or spinal injuries.

In addition, metabolic disorders, deficiency of vitamins and trace elements such as magnesium, vitamin D also serve as a leading factor in the development of osteochondrosis. The underlying sign of osteochondrosis is pain. It can also cause pain in the arms, neck and chest area. That's why sometimes a patient can be mistaken for a sick person, thinking that he has a heart attack. In doing so, the patient highlights strong tension along with pain. In some cases, headaches and ringing in the ears may be observed, but it recurs. If you have the same complaints, you should see a neurologist and traumatologist. Treatment of osteochondrosis took a long time and patience from the person. Drug treatment can cure this disease through manual therapy, massage and therapeutic gymnastics. Learn how to sit properly during school to avoid getting sick, get more physical activity, follow a diet, eat vitamin-rich foods, eat calcium and magnesium-rich foods, pistachios, peas, bread made from it, etc., but we must always remember to get rid of excess weight. For the above reasons, pathological resistance during the movement of the joint faces can lead to chronic damage and inflammation of the joint. As a result of the inspection carried out in a certain section of the hand temperature was formalized in the known section. In the acute phase of treatment, operations with anti-inflammatory drugs, chondroprotectors, muscle relaxants, drugs that support peripheral pain and antidepressants are used. The causes of hernias are local and general. These include localized, heavy lifting, and constant constipation. During pregnancy, the internal pressure of the abdomen increases, and the wall becomes looser and thinner, resulting in an increased risk of hernia. After some damage to the cavity wall, loose areas may form. There are also types of congenital hernias caused by developmental defects in the mother's womb and the growth of the umbilical cord. Symptoms of hernia may include:

Main Part

The affected area swells and swells, and the palpation of the hernia gate is felt. In uncomplicated hernias, the patient feels heaviness, discomfort, and sometimes urinary incontinence. Large hernias cause pain and reduced ability to work. Inflammation and constriction are the most common complications of hernias. Injury to the hernia sac and internal organ causes inflammation, which causes adhesions between the organ inside the hernia sac and its walls, resulting in an irreparable hernia. When a hernia is contracted, the blood circulation in the constricted organ is disrupted and it becomes lifeless. Complications of any hernia can be serious if not treated in time. An ambulance should be called immediately when the hernia tightens. Surgery should be performed even if the hernia is not bothersome.

If the patient's health does not allow surgery, it is advisable to wear a bandage. Surgical treatment is recommended at high rates of disease that are not affected by conservative treatment. The treatment of patients with acute intervertebral disc herniation is surprisingly different. Even patients with vertebral fractures or kidney stones, such as intervertebral disc herniation, may experience pain, tears, and frustration. The fact is that the procedure for fractures of the spine and kidney stones should be clear and in accordance with the instructions of a doctor.

Not so with intervertebral disc herniation. First the patient is offered a massage, then physical training, then physical training is prohibited, only the need to lengthen the spine, and then an MRI is

performed, and the same intervertebral disc herniation is detected. A number of other scoliosis, multiple sclerosis, spondylosis, and osteochondrosis are the leading causes of all disorders. And sometimes our brothers and sisters, who are only 35 years old, are told by doctors that they are suffering from this disease. How are you doing in this situation? It is no secret to all of us.

He crawls to a neurologist, who says he's referring to his mental state or to a neurosurgeon, or let's try conservative treatment. When it comes to a neurosurgeon, it depends on what kind of doctor you see, usually harsh, manipulating words - you will crawl, your legs will become dry, you will not be able to walk, impotence, you will go to the disabled. Physicians who are able to exert their influence are masters of their craft. The patient, who has almost escaped from the neurosurgeon's examination, begins to make decisions based on fear and pain.

If you have time to think for two or three weeks, then the pain will be much easier, the desire to have surgery will disappear a little, and the doctor will tell you that there are many, at least 300 treatments. If you have no complaints other than pain, hernia can be treated conservatively. If you have been feeling relieved for the last two weeks. It turns out that you can walk more, sit more, the pain is reduced, and then you can be treated without surgery. If in any state of the body the pain leaves you - it is clear that you still have time to think. The operation is performed in many neurosurgery departments, and the disease does not always cause complications, as the doctor said.

Straightening and massaging the spine can be prevented by strengthening the muscles, doing yoga, and tightening the spine, or treating mild disc hernias. Cramp syndrome, caused by lumbar intervertebral disc herniation and secondary stenosis of the spinal canal caused by the hernia, improves spontaneously when the crushed nerve root pathway is improved and the compression is eliminated. This result can be achieved in the first sessions of a manual treatment course.

Some doctors say that Crampi syndrome should be compared with restless legs syndrome, while others see restless legs syndrome as the beginning of Crampi syndrome. Treatment is aimed at eliminating the root cause, calcium, magnesium and potassium-containing drugs, nutrients that improve metabolic acidosis, emollient physiotherapy and timely detection of symptoms caused by intervertebral disc herniation. Symptoms vary depending on which disc is damaged between the vertebrae. -C4-C5 disc damage is observed in disc herniation, osteophytes, various injuries and symptoms of C4 nerve root activity, pain and sensory disturbances over the shoulder and outer surface, transmission of pain from the neck to the shoulder, pain when moving the head characterized by an increase in.

The deltoid muscle tone decreases and strength decreases. -C5-C6 disc damage is accompanied by dysfunction of the C5 nerve root, ie the presence of sensory disturbances and pain in the shoulders, waist and shoulders, pain is expressed by the transition from the shoulder to the anterior surface of the wrist and thumb. . These pains are exacerbated when the head is moved to the left or right. Signs such as ant-like sensation, trembling are observed in the hands.

The strength of the briceps muscle is observed to decrease and relax. -C6-C7 disc herniation osteophytes are damaged in various injuries. Symptoms include pain in the neck, the pain can spread from the neck to the shoulder blade, from it along the posterior outer surface of the wrist to the back of the elbow to 2-3 fingers. Sometimes there is pain only in these fingers. Briceps muscle tone and strength decreases. If the changes in the above three discs become more severe, the hernia size increases, or osteophytes grow and crush the basal vein passing through the cervical spine, in addition

to the above, dizziness, headache from squeezing both temples , nervousness from noise and loud noises, neurotic symptoms are also added.

Conclusion

Hernia is a tumor of the human body, which, if not treated in time, will affect all organs in accordance with the principle of correlation. The essence of the principle of correlation is that if the structure and functional structure of a particular organ is disturbed, it will affect not only the surrounding but also the whole organism. The effects of a single compressed nerve cell can cause great pain and damage. This disease, called radiculitis, is more common in children and is more likely to be congenital.

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