



## MEDICINAL PLANTS FOR BLOOD THINNING IN PREGNANT WOMEN

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**ABSTRACT:** *“The evidence tells us that regardless of the fact that you are pregnant, you are at increased risk if you have comorbid conditions such as diabetes or high blood pressure.” premature birth. It is also noted that one in four babies born to a mother with COVID-19 are admitted to the neonatology department, but the reasons for premature birth or the indications for admission of such children to neonatology departments are not indicated.*

**KEYWORDS:** COVID-19, neonatology, diabetes, thickening, hypercoagulability

### INTRODUCTION

COVID-19, which currently represents a huge global challenge facing the global community, encourages everyone to think and explore. During pregnancy, all women experience physiological blood clots. This phenomenon is considered completely normal, does not lead to the development of complications and does not require treatment. Changes in the blood coagulation system occur in the II and III trimesters of pregnancy.

During pregnancy, starting from the second trimester, there is a thickening of the blood associated with the preparation of the body for childbirth. Physiological hypercoagulable syndrome in this case occurs gradually, giving the body time to adapt to it. In parallel with this, large vessels of the placenta are formed and the elasticity of the tissues of the woman's body changes due to hormonal changes. All this protects against the formation of blood clots and other complications of the hypercoagulable syndrome. However, there are pathological conditions of the body that can lead to thickening of the blood ahead of time. As a result of this, various complications of the hypercoagulable syndrome may develop, aggravating the course of pregnancy (hematologist at the MKDC Bobkova N.M.)

What else can the thickening of the blood of the expectant mother threaten, in conjunction with more serious diseases.

1. Thrombosis that occurs in small vessels. Blood circulation is impaired, blood clots can form in the vessels of the brain, coronary vessels. All this can lead to necrosis (ischemic stroke) or heart attack.

2. When blood circulation is disturbed, and at the same time platelets decrease. Bleeding may occur.

3. Brain hemorrhage, this happens after hyperosmolar coma. It is the result of hyperglycemia.

The state of health of pregnant women with this diagnosis leaves much to be desired. Here are the symptoms of pathology that may bother the expectant mother:

- high blood pressure;
- feeling of weakness throughout the body;
- constant sleepiness;
- dry mouth;
- distraction;
- heaviness in the legs;
- headache;
- constantly cold palms and feet;
- "nodules" on the veins.

If you do not take this problem for medical supervision in time, its dangerous consequences can affect both the mother and her baby.

Let's list the main ones:

- varicose veins of the lower extremities;
- the appearance of blood clots;
- the likelihood of developing a stroke and / or heart attack.

For a child, thick blood during a mother's pregnancy can have even more serious consequences:

- intrauterine oxygen starvation;
- defects in development;
- stop in development (fading);
- risk of miscarriage.

What stimulates blood thinning, and what foods you can use in your diet:

- berries - raspberries, currants, strawberries, plums, cranberries, viburnum, sea buckthorn, etc .;
- citrus fruits - grapefruits, oranges, lemons, limes;
- dried apricots and other dried fruits;
- pomegranate and its juice;
- a pineapple;
- tomatoes, beets, mushrooms, garlic, onions;
- cocoa, dark chocolate;
- Birch juice;
- vegetable oils;
- turmeric, oregano, curry, dill, paprika, ginger, cinnamon.

The main thing to remember is that plant foods are best consumed in season. Some foods require a special dosage during pregnancy (raspberries, mushrooms), otherwise a severe allergic reaction may develop.

Eat dark chocolate sometimes

Connoisseurs of traditional medicine claim that yellow sweet clover, collected in an ecologically clean area during flowering and then dried, works better than synthetic Aspirin.

To prepare a healing mixture, you need to take the following ingredients in equal parts:

- meadow clover flowers;
- hawthorn fruits;
- valerian rhizomes

The collection of these herbs must be replenished with yellow melissa, lemon balm and narrow-leaved fireweed, and then used for brewing: 2 tsp each. 400 ml of boiling water. The healing mixture is simmered in a water bath for 20 minutes, after which it is drunk in small portions throughout the day. The tool has a beneficial therapeutic effect on the walls of blood vessels and normalizes the blood flow rate. (detstvo-kaluga-new.ru) sikanjubin al-buzuriyem, boiled together with such thinning agents as bullet mint, hyssop, thyme and mountain sa tar; she is given citron and the like; a little radish should be added to her food. (Canon. Ibn Sino)

Based on this, we conclude that every pregnant woman should check, take a blood test every trimester and determine the viscosity of the blood, and only after that it is necessary to start treatment.

#### Recommendations:

1. Words by the hematologist of the MKDC N. Bobkov.
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4. Abu Ali ibn Sino. Tib qonunlari. 1-jild
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