

THE BENEFICIAL EFFECTS OF SIMPLE PHYSICAL THERAPY ON HUMAN HEALTH (JARS, MUSTARD PLASTERS, OXYGEN THERAPY, COMPRESSES, ICE COMPRESSES, MASSAGE)

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Annotation: This article discusses the beneficial effects of simple physical therapy methods on human health. Special attention is paid to methods such as jars, mustard plasters, oxygen therapy, compresses, ice compresses, hydrotherapy and massage. The analysis of their therapeutic effect on human organism has been carried out, as well as mechanisms of their action and scope of application in medical practice. It has been found that these methods contribute to improving blood circulation and reducing inflammation.

Key words: physiotherapy, human health, banks, mustard plasters, oxygen therapy, compresses, ice compresses, hydrotherapy, massage, rehabilitation, disease prevention.

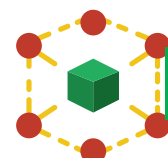
Physiotherapy plays an important role in the prevention and treatment of various diseases. Simple physiotherapy methods are widely used in medical practice due to their affordability, efficiency and relatively low cost. Such methods include jars, mustard patches, oxygen therapy, compresses, ice-compresses, hydrotherapy (treatment by puppies), and massage. These procedures help to improve blood circulation, relieve inflammation, reduce pain and strengthen the overall state of the body.

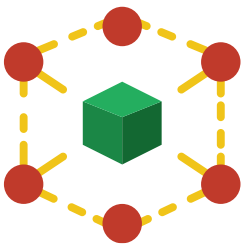
Such methods include medical jars, mustard plasters, oxygen therapy, compresses, ice compresses, hydrotherapy (treatment with pajamas), and massage. These methods are used to improve blood circulation, reduce inflammatory processes, relieve pain and accelerate recovery.

The relevance of this topic is that simple physiotherapy methods remain in demand and effective means of treatment and prevention of various diseases.

The aim of this work is to study the impact of simple physiotherapy methods on human health and analyze their therapeutic effects on the body.

Medical banks are used to improve blood flow and stimulate exchange processes. They create a vacuum on the skin surface, which promotes blood flow to tissues. Banks are often used for





respiratory diseases, such as bronchitis or colds. The procedure helps reduce inflammation and speed recovery.

Hot patches are one of the most common home physiotherapy products. They have a warming effect, increase blood circulation and stimulate the nerve endings of the skin. Most commonly used for cough, bronchitis, colds and muscle pain.

Oxygen therapy is used to saturate an organism with oxygen. It is particularly useful for respiratory system diseases, cardiovascular disease and conditions associated with oxygen deficiency.

Compresses are widely used to treat inflammatory processes and reduce pain. Warm compresses help to relax muscles, improve blood circulation and speed tissue recovery. They are often used for pain in joints, muscles and cold.

Ice compresses are used to reduce swelling, inflammation and pain. They are especially effective in case of injuries, bruises and strains. The cold promotes constriction of blood vessels, which helps reduce hemorrhage and inflammation.

Treatment by medical lepers is known since ancient times. Pigeons release into the bloodstream biologically active substances that improve blood circulation, reduce inflammation and prevent the formation of clots. Hyderopathy is used in vascular diseases, hypertension and certain inflammatory processes.

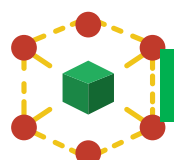
Massage is one of the most effective methods of physical therapy. It improves blood circulation, relaxes muscles, relieves tension and promotes overall body health. Massage is widely used for both therapeutic and preventive purposes.

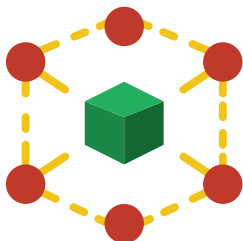
The results of the study show that simple physiotherapy methods have a significant positive effect on the human body. They help improve blood circulation, normalize metabolic processes, reduce inflammation and pain.

In addition, these methods have a number of advantages:

- Accessibility and ease of use
- Minimal side effects
- Can be used at home.

However, it should be borne in mind that physiotherapy procedures must be carried out taking into account the individual characteristics of the patient and on the advice of medical professionals.





Conclusion

Simple physiotherapy techniques play an important role in maintaining human health. Jars, mustard plasters, oxygen therapy, compresses, ice compresses, hydrotherapy and massage have beneficial effects on the body by improving blood circulation, reducing inflammatory processes and accelerating recovery.

The correct and timely application of these methods can significantly improve the effectiveness of treatment and prevention of various diseases. In combination with other medical therapies, physiotherapy promotes health and improves the quality of life.

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