Ishemik yurak kasalligida davolash usullari

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Annotatsiya. Yurak ishemik kasalligi — bu koronar arteriyalarning torayishi yoki to‘silib qolishi natijasida miokardga yetib boradigan kislorod va oziqa moddalarning kamayishi bilan tavsiflanadigan patologik holatdir. Ushbu kasallikning asosiy sababi ko‘pincha ateroskleroz jarayoni bo‘lib, u tomir devorida lipidlar to‘planishi bilan bog‘liq.

YIK klinik jihatdan stenokardiya, miokard infarkti va yurak yetishmovchiligi kabi shakllarda namoyon bo‘ladi. Kasallik rivojlanishida xavf omillari sifatida arterial gipertenziya, qandli diabet, chekish, noto‘g‘ri ovqatlanish va kamharakat turmush tarzi muhim rol o‘ynaydi.

Zamonaviy diagnostika usullari — elektrokardiografiya, stress-testlar, koronar angiografiya yordamida kasallikni erta aniqlash mumkin. Davolash usullari esa dori vositalari (antiplateletlar, beta-blokatorlar, statinlar), shuningdek invaziv usullar (stentlash, aortokoronar shuntlash)ni o‘z ichiga oladi.

Yurak ishemik kasalligini oldini olishda sog‘lom turmush tarzini shakllantirish, xavf omillarini kamaytirish va muntazam tibbiy nazorat muhim ahamiyatga ega.

Kalit so‘zlar:

Yurak ishemik kasalligi (YIK); koronar arteriya kasalligi; ateroskleroz; miokard ishemiyasi; arterial gipertenziya; dislipidemiya; qandli diabet; yurak-qon tomir kasalliklari; endotelial disfunktsiya; koronar angiografiya; elektrokardiografiya (EKG); perkutan koronar intervensiya (PCI); aortokoronar shuntlash (CABG); statinlar; antiplatelet terapiya; profilaktika; xavf omillari.

Abstract

Ischemic heart disease (IHD) remains one of the leading causes of morbidity and mortality worldwide, posing a significant burden on healthcare systems. The primary pathophysiological mechanism underlying IHD is the development of atherosclerotic lesions in the coronary arteries, resulting in reduced myocardial perfusion and oxygen supply-demand imbalance.

The aim of this study is to systematically analyze the etiopathogenesis of ischemic heart disease, identify major risk factors, and evaluate current approaches to diagnosis and treatment. Major modifiable and non-modifiable risk factors include arterial hypertension, dyslipidemia, diabetes mellitus, smoking, obesity, and sedentary lifestyle, all of which contribute to endothelial dysfunction and progression of atherosclerosis.

Modern diagnostic techniques such as electrocardiography, stress testing, echocardiography, and coronary angiography enable early detection and risk stratification of the disease. Therapeutic strategies involve both pharmacological treatment—including antiplatelet agents, statins, and beta-blockers—and invasive interventions such as percutaneous coronary intervention and coronary artery bypass grafting.

In conclusion, early diagnosis, comprehensive risk factor management, and individualized treatment strategies are essential to reduce the burden of ischemic heart disease and improve patient outcomes.

Keywords:

Ischemic heart disease (IHD); coronary artery disease (CAD); atherosclerosis; myocardial ischemia; arterial hypertension; dyslipidemia; diabetes mellitus; endothelial dysfunction; cardiovascular risk factors; electrocardiography (ECG); coronary angiography; percutaneous coronary intervention (PCI); coronary artery bypass grafting (CABG); statins; antiplatelet therapy; prevention.

Kirish:

Yurak ishemik kasalligi (YIK) global miqyosda o‘lim va nogironlikning yetakchi sabablaridan biri bo‘lib, sog‘liqni saqlash tizimlari uchun jiddiy ijtimoiy-iqtisodiy muammo hisoblanadi. Ushbu kasallikning asosiy patogenetik mexanizmi koronar arteriyalarda aterosklerotik blyashkalar hosil bo‘lishi natijasida miokard perfuziyasining buzilishi bilan bog‘liq. So‘nggi yillarda urbanizatsiya, noto‘g‘ri ovqatlanish, gipodinamiya va stress omillarining ortishi YIK tarqalishining sezilarli darajada oshishiga olib kelmoqda. Shu bois kasallikning erta diagnostikasi, samarali profilaktikasi va davolash strategiyalarini takomillashtirish dolzarb ilmiy masala bo‘lib qolmoqda.

Maqsad:

Ushbu tadqiqotning maqsadi yurak ishemik kasalligining etiopatogenezi, asosiy xavf omillari hamda zamonaviy diagnostika va davolash yondashuvlarini tizimli ravishda tahlil qilishdan iborat.

Asosiy qism:

Yurak ishemik kasalligining rivojlanishida asosiy o‘rinni ateroskleroz jarayoni egallaydi, bunda koronar arteriyalar devorida lipidlar, xolesterin va yallig‘lanish elementlari to‘planib, tomir lümenining torayishiga olib keladi. Natijada miokardning kislorodga bo‘lgan ehtiyoji va ta’minoti o‘rtasida nomutanosiblik yuzaga keladi.

Kasallikning rivojlanishiga ta’sir etuvchi asosiy xavf omillari sifatida arterial gipertenziya, dislipidemiya, qandli diabet, semizlik, chekish va kamharakat turmush tarzi ajratib ko‘rsatiladi. Ushbu omillar endotelial disfunktsiya va yallig‘lanish jarayonlarini kuchaytirib, aterosklerozning progressiyasini tezlashtiradi.

Zamonaviy diagnostika usullari qatoriga elektrokardiografiya, stress-testlar, ekokardiyografiya va koronar angiografiya kiradi. Ushbu metodlar kasallikni erta bosqichda aniqlash va uning og‘irlik darajasini baholash imkonini beradi. Davolashda

esa farmakologik (antiplateletlar, statinlar, beta-blokatorlar) va invaziv (perkutan koronar intervensiya, aortokoronar shuntlash) usullar keng qo‘llaniladi.

Shuningdek, so‘nggi ilmiy tadqiqotlar YIK profilaktikasida individual yondashuv, ya’ni bemorning genetik, metabolik va hayot tarzi xususiyatlarini hisobga olish muhimligini ko‘rsatmoqda.

Xulosa:

Xulosa qilib aytganda, yurak ishemik kasalligi murakkab etiologiya va patogenezga ega bo‘lgan, ammo erta aniqlash va to‘g‘ri boshqaruv orqali nazorat qilinadigan kasallikdir. Uning rivojlanishida asosiy rolni ateroskleroz va modifikatsiya qilinadigan xavf omillari o‘ynaydi. Zamonaviy diagnostika usullari kasallikni erta bosqichda aniqlash imkonini berib, samarali davolash choralarini qo‘llashga zamin yaratadi.

Shu bilan birga, kompleks yondashuv — farmakologik terapiya, invaziv muolajalar hamda sog‘lom turmush tarzini shakllantirish — kasallik asoratlarini kamaytirish va bemorlarning hayot sifatini yaxshilashda hal qiluvchi ahamiyatga ega.

Foydalanilgan adabiyotlar

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