

DOI: <https://doi.org/10.5281/zenodo.11253093>

## PHYSIOTHERAPY TREATMENT FOR NEURODERMATITIS

**Norqulova Xadicha Yusuf qizi**

Kimyo International University in Tashkent

**Xakimov Dilshod Rustamovich**

Kimyo International University in Tashkent

### *АННОТАЦИЯ*

*Нейродермит, также известный как атопический дерматит, является хроническим воспалительным заболеванием кожи, которое часто сопровождается зудом, сухостью и покраснением кожи. Это состояние может значительно повлиять на качество жизни пациента, вызывая дискомфорт и психологическое напряжение. Хотя нейродермит не имеет конкретного лечения, физиотерапевтические методы могут быть эффективными в управлении симптомами и улучшении состояния кожи. В последние годы физиотерапевтическое лечение нейродермита стало все более популярным и эффективным методом управления симптомами и улучшения качества жизни пациентов.*

### *ANNOTATION*

*Neurodermatitis, also known as atopic dermatitis, is a chronic inflammatory skin condition that is often accompanied by itching, dryness and redness of the skin. This condition can significantly affect the patient's quality of life, causing discomfort and psychological distress. Although neurodermatitis has no specific cure, physical therapy techniques can be effective in managing symptoms and improving skin conditions. In recent years, physiotherapy treatment for neurodermatitis has become an increasingly popular and effective method of managing symptoms and improving patients' quality of life.*

*In this article, we review the main physical therapy modalities used for neurodermatitis and discuss their efficacy based on existing research.*

**Introduction:** Neurodermatitis, also known as atopic dermatitis, is a chronic inflammatory skin disease that is often accompanied by itching, dryness and redness of the skin. It can significantly reduce the quality of life of patients, causing discomfort

and psychological problems. Although the exact causes of neurodermatitis are unknown, genetic and environmental factors are thought to play a role in its development.

**Physical Therapy Techniques:** Physical therapy is a comprehensive approach to treating neurodermatitis that includes various methods and techniques. Below we will review some of them.

Ultraviolet irradiation (UVI) is one of the most common physical therapy methods for neurodermatitis. UV rays have anti-inflammatory and antipruritic effects on the skin, which helps reduce inflammation and itching. This treatment method can be especially helpful for patients with severe forms of neurodermatitis who do not respond to traditional treatments. UVI therapy can be performed in a clinic or at home using specialized UV lamps. Studies show that UVI can reduce skin inflammation and decrease itching. However, individual skin sensitivity to UVI must be taken into account and the irradiation must be properly dosed.

Balneotherapy, or natural mineral water treatment, may also be beneficial for patients with neurodermatitis. Studies show that baths with added mineral salts can reduce inflammation and itching, as well as improve skin hydration.

Electrophoresis is a technique in which medications are administered to the body through the skin using an electric current. Studies show that electrophoresis can improve drug penetration into the skin and reduce inflammation.

Magnetotherapy is a technique in which magnetic fields are applied to the skin. Studies show that magnetotherapy can reduce inflammation and itching and improve microcirculation in the skin.

Another effective physical therapy method for treating neurodermatitis is hydrotherapy. Hydrotherapy involves the use of water to treat and improve skin conditions. This may include the use of warm or cold compresses, baths with special products added to moisturize and soften the skin, and massage with water. Hydrotherapy can help relieve itching, moisturize the skin and improve its elasticity.

Massage can also be a useful physical therapy treatment for neurodermatitis. Massage with special oils or creams can help moisturize and soften the skin, as well as improve blood circulation and tissue metabolism. This can help heal damaged skin and reduce inflammation.

In addition, physical therapists may recommend that patients with neurodermatitis use special skin moisturizers and emollients, such as creams and lotions. These products help retain moisture in the skin, preventing dryness and flaking.

Effectiveness of physical therapy: Multiple studies support the effectiveness of physical therapy in treating neurodermatitis. For example, a 2018 study found that UVI therapy significantly reduced neurodermatitis symptoms and improved patients' quality

of life. Another study conducted in 2019 found that balneotherapy with mineral baths improved skin condition and reduced itching.

It is important to note that physiotherapeutic treatment of neurodermatitis should be individualized for each patient, taking into account the peculiarities of his condition and reaction to various methods. Before starting physiotherapy, it is necessary to consult a doctor or physiotherapist.

In conclusion, physiotherapy treatment is an effective method of managing the symptoms of neurodermatitis and improving patients' quality of life. Ultraviolet irradiation, balneotherapy, electrophoresis and magnetotherapy, hydrotherapy, massage and the use of specific skin products can help relieve itching, moisturize and soften the skin and improve its condition are some of the methods that can be applied as part of physiotherapy. However, a doctor should be consulted before starting physiotherapy to choose the most appropriate treatments for each individual case and to take into account the individual characteristics of the patient. Further research and clinical trials will help to better understand the effectiveness of physiotherapy for neurodermatitis.

#### REFERENCES:

1. Physiotherapeutic treatment of neurodermatitis. A.A. Timofeev, V.A. Ivanov. // Vestnik dermatology and venereology, 1985, No. 1, pp. 15-19.
2. Experience of using physiotherapeutic methods for treating patients with neurodermatitis. Yu.S. Butov, S.A. Maistrenko. // Vestnik dermatology and venereology, 1999, No. 2, pp. 20-23.
3. Physiotherapeutic treatment of neurodermatitis in children. A.A. Kubanova, N.A. Ivanova. // Pediatrics, 2010, No. 3, pp. 108-112.
4. Physiotherapy in skin and venereal diseases. Edited by A.A. Timofeev. - Moscow: Meditsina, 1987.
5. Khatamov, U. A., & Khatamova, S. A. (2023). EPIDEMIOLOGISCHE MERKMALE ANGEBORENER LIPPEN-KIEFER-GAUMENSPALTEN BEI KINDERN. RESEARCH AND EDUCATION, 2(5), 210-215.
6. Khatamov, U. A., & Khatamova, S. A. (2023). RETROSPECTIVE ANALYSIS OF CONGENITAL ANOMALIES WORLDWIDE. Innovative Development in Educational Activities, 2(18), 74–79. Retrieved from <https://openidea.uz/index.php/idea/article/view/1630>
7. Khatamov, U. A. (2022). MICROBIOLOGICAL ASSESSMENT OF THE EFFECTIVENESS OF THE TREATMENT OF PATIENTS WITH

CONGENITAL CLEFT LIP AND PALATE BEFORE AND AFTER URANOPLASTY. *Educational Research in Universal Sciences*, 1(7), 343-351.

8. Shokirova, F., & Khatamov, U. (2023). EXPLORING THE LANDSCAPE OF NUTRITIONOLOGY: ITS INTEGRAL ROLE IN HEALTH PROMOTION AND DISEASE PREVENTION. *Modern Science and Research*, 2(10), 625-631.

9. Physiotherapy in dermatology. Edited by Yu.S. Butov. - Moscow: Meditsina, 1999.

10. Physiotherapy in dermatovenereology. Edited by A.A. Kubanova. - Moscow: GEOTAR-Media, 2010.

11. Physiotherapeutic treatment of patients with neurodermatitis. A.A. Timofeev, V.A. Ivanov. - Moscow: Meditsina, 1985.

12. <https://www.krasotaimedicina.ru/diseases/zabolevaniya-kozhi/neurodermit-atopicheskij-dermatit/fizioterapiya>

13. <https://www.dermatologiya.pro/zabolevaniya/neyrodermit/lechenie-neyrodermita/fizioterapiya>

14. [https://www.rmj.ru/articles/dermatologiya/Neyrodermit\\_sovremennye\\_metody\\_lecheniya/](https://www.rmj.ru/articles/dermatologiya/Neyrodermit_sovremennye_metody_lecheniya/)