

## Effectiveness of Treatment of Bronchial Asthma With Leukotriene Receptor Antagonists in Patients by Analyzing their Quality of Life

*Ismatova Marguba Shaukatovna*<sup>1</sup>

**Annotation:** Bronchial asthma is a chronic disease of the bronchopulmonary system, manifested by attacks of bronchospasm and hypersecretion of mucus, in response to non-infectious inflammation of the bronchial tissues. According to the data for 2020, from 42% to 65% of patients with bronchial asthma out of the total number of patients with allergic diseases applied to the Republican Allergological Center. With insufficient effectiveness of treatment, patients may experience a restriction of daily activity, and with a prolonged course of the disease, it can lead to a fatal outcome. Therefore, improving the quality of life of patients with bronchial asthma is a priority in the treatment of this pathology.

**Keywords:** bronchial asthma, patients, leukotriene receptor, analysis, combination therapy, NSAIDs.

**Objective:** to analyze changes in the quality of life of patients with bronchial asthma before and after the use of leukotriene receptor antagonists, to determine the positive and negative aspects of this type of treatment and the effectiveness of this therapy

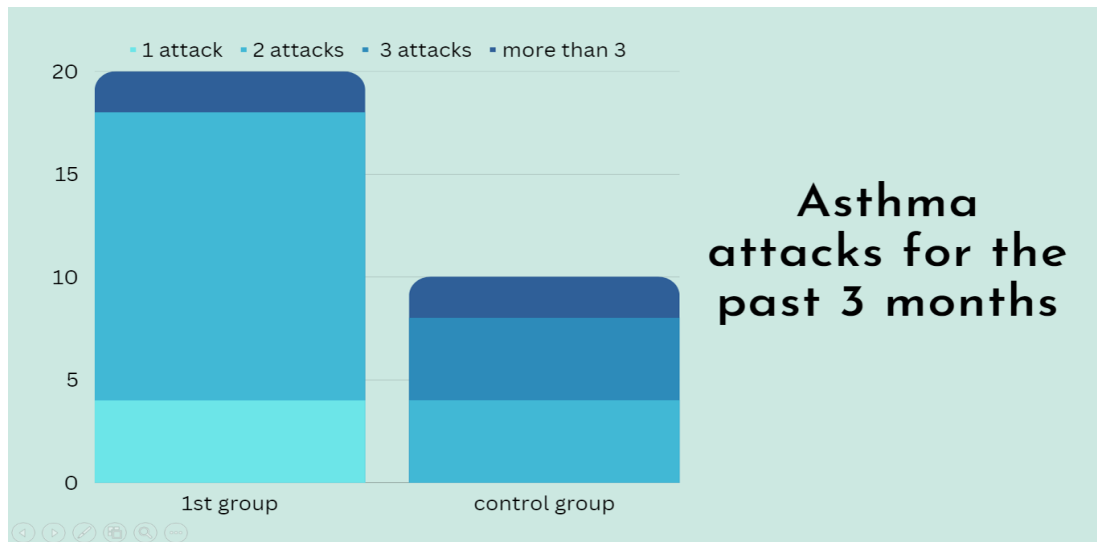
**Materials and methods:** 30 patients with bronchial asthma were surveyed using the Saint George Respiratory Questionnaire (SGRQ). The patients were divided into two groups: 20 of them received combined therapy, while the remaining 10 were included in the control group, who did not use leukotriene receptor antagonists in the treatment of bronchial asthma

**Results of the study:** The survey was conducted in patients divided into 2 groups: the first group of patients, consisting of 20 people, took combination therapy with NSAIDs and leukotriene receptor antagonists (Montelukast), while in the treatment of the second control group of 10 people, only NSAID therapy was performed. Each of the patients was given a questionnaire that focused on the condition of the patients during the last three months, in particular, patients were asked to indicate the number and frequency of shortness of breath, the number of asthma attacks and the quality of sleep (the presence of anxiety during sleep, shortness of breath and breathlessness).

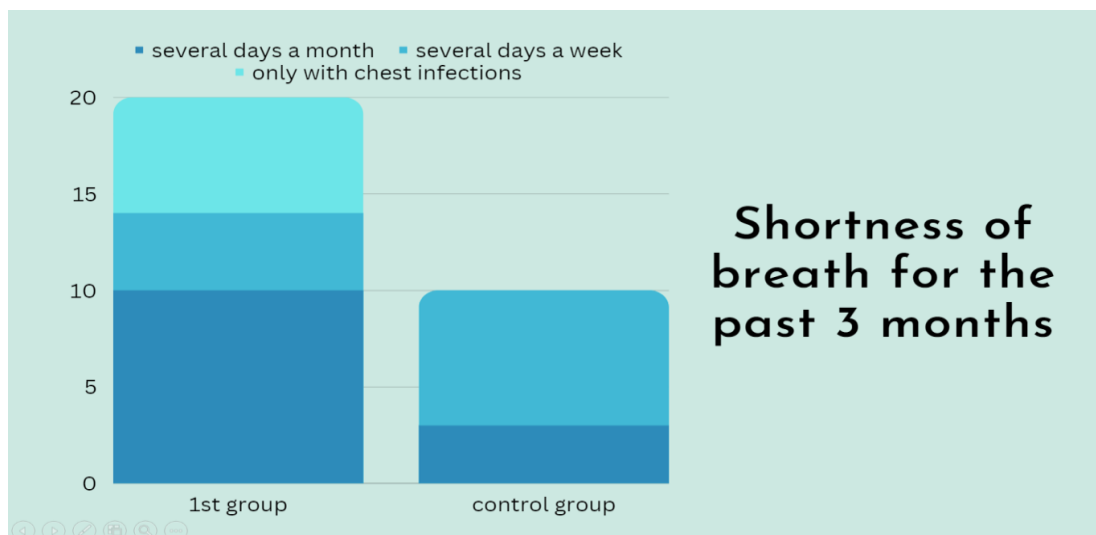
After analyzing the responses of patients in the first group, whose anti-asthmatic therapy included NSAIDs and leukotriene receptor antagonists, it was found that 10 patients experienced shortness of breath for 3 months with a frequency of several days per month, 4-with a frequency of several days per week, 6-only after catching a flu. The number of asthma attacks also varied: 14 said they had had 2 attacks in the last 3 months, 4-1 attack, 2-more than 3 attacks. The survey of sleep quality (the presence of anxiety, shortness of breath and breathlessness) showed the following results: 12 patients complained that almost every sleep was without anxiety and shortness of breath, 6-shortness of breath was observed several times a month, 2-every week there was restless sleep with shortness of breath and suffocation

<sup>1</sup> Assistant of the Department of Physiology of SamSMU Samarkand, Uzbekistan  
Rakhmatova Fotima Ulugbekovna, 4th year 431 group Medical Faculty, SamSMU Samarkand, Uzbekistan

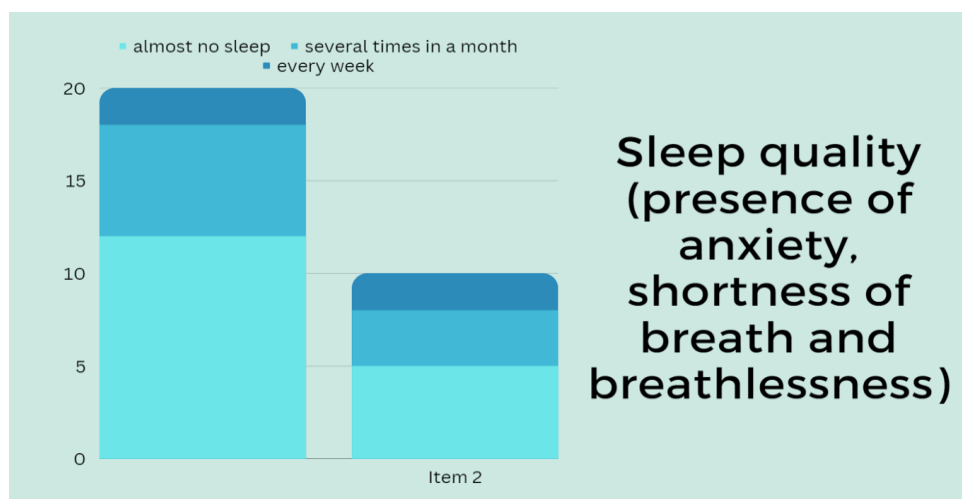




When assessing the quality of life of patients in the second control group, changes in responses for the worse were observed. Thus 7 patients observed shortness of breath several days a week, 3-several days a month. The number of asthmatic attacks in the last 3 months was: 3 attacks - in 4 patients, 2 attacks - in 4 and more than 3 attacks-in 2 patients.



Analysis of sleep quality showed that 5 patients have almost every sleep without anxiety and shortness of breath, 3 have shortness of breath several times a month, and 2 patients experience suffocation and restless sleep every week.



**Conclusion:** The quality of life of patients treated with combination therapy consisting of NSAIDs and leukotriene receptor antagonists was higher than that of patients taking NSAIDs alone. Therefore, it can be concluded that the use of leukotriene receptor antagonists can mitigate the course of bronchial asthma in patients and, thereby, improve their quality of life.

### References:

1. Mamatkulovna V. A., Vladimirovna M. E., Mammadov A. N. Properties of Strains of Staphylococcus Aureus Taken From People in Rural Areas in Winter Conditions //INTERNATIONAL JOURNAL OF HEALTH SYSTEMS AND MEDICAL SCIENCES. – 2022. – T. 1. – №. 5. – C. 92-94.
2. Sarkisova V V, Ismatova M Sh, Rakhmatova F U, Xegay R Adenomyosis as an Independent Unit of Dysfunction of the Endometrium and Uterine Myometrium
3. Ismatova M Sh, Rakhmatova F U, Rakhmatova S U Factors Influencing the Threshold of Pain and Tactile Sensitivity in Medical Students
4. Charos Kuchimova, Marguba Ismatova, Farangiz Yuldasheva, Tolib Turaev. FEATURES OF DRUG ADDICTION AND PHASE DEPRESSIVE DISORDERS IN DYSTHYMIC DISORDERS. JOURNAL OF BIOMEDICINE AND PRACTICE VOLUME 6, ISSUE 1, Tashkent 2021, p. 270.
5. Karabayev Aminjon Gadaevich, Karabayeva Marjona Aminjonovna, Xudoyarova Dildora Raximovna. Study of vegetative reactivity of pregnant women with normoblastic normochromic hematopoiesis. /Polish science journal. -2021.-№8.-C.36-55.
6. Ismatova M Sh, Rakhmatova F U WAYS OF ORGANIZING INTERACTIVE LESSONS IN PHYSIOLOGY IN MEDICAL UNIVERSITIES JournalNX- A Multidisciplinary Peer Reviewed Journal ISSN No: 2581 - 4230 VOLUME 9, ISSUE 9, Sep. -2023
7. Rakhmatova F U, Narzullayeva U.R PATHOGENETIC MECHANISMS OF DISORDERS IN THE HEMOSTASIS SYSTEM OBSERVED IN PATIENTS INFECTED WITH COVID-19 Журнал *IEJRD - International Multidisciplinary Journal*, vol. 7, no. ICMEI, p. 3, 13 Feb. 2023.

