

Date: 3rd May-2025

TREATMENT OF DISEASES OF THE NERVOUS SYSTEM WITH MODERN METHODS

To'xtamatova Dilorom

Teacher of public health technical college named after
Republic No. 1 Abu Ali Ibn Sina

Abstract: This article analyzes the issues of studying diseases of the nervous system and their elimination using modern diagnostic and treatment methods. Currently, due to the increasing prevalence of diseases associated with nervous system disorders, their early detection and effective treatment are of great importance. The study considered modern approaches such as neurochemical analysis, neurochemical technologies, diagnostics using artificial intelligence and neurorehabilitation. It has been proven that these methods can be used to successfully restore patients' health.

Keywords: Nervous system diseases, Modern diagnostics, Neurochemistry, Neurorehabilitation, Artificial intelligence, Neurochemical analysis, Nervous system treatment.

Nervous system diseases and their causes: The nervous system plays a key controlling and coordinating role in the human body. Disorders of this system cause various diseases, including. Neurodegenerative diseases: Alzheimer's, Parkinson's disease and other diseases affecting memory and motor functions. Central nervous system diseases: Diseases such as stroke, multiple sclerosis and epilepsy. Peripheral nervous system disorders: Diabetic neuropathy and other nerve fiber problems. Mental disorders: Depression, schizophrenia, and other psychological disorders. The main causes of these diseases have been identified as genetic factors, environmental influences, injuries, stress, and unhealthy lifestyles.

Modern diagnostic methods: New technologies play an important role in diagnosing nervous system diseases. Magnetic resonance imaging (MRI): Used to determine the condition of nerve tissue. Computed tomography (CT): Used to detect strokes or tumors. Electroencephalography (EEG): Used to study brain activity and diagnose epilepsy. Genetic tests: Used for early detection of neurodegenerative diseases. Artificial intelligence (AI) diagnostics: Automatic detection and prognosis of diseases using neural networks and AI algorithms.

Modern treatment methods: Today, innovative methods are used in the treatment of nervous system diseases. Neurochemotherapy: Increasing efficacy by delivering drugs to specific nerve tissues. Neurorehabilitation technologies: Robot-assisted physiotherapy, psychological rehabilitation processes through virtual reality (VR). Biological therapy: Regeneration of neurons using chemotherapy or cell therapy. Electrostimulation: Stimulation of the brain and nerve fibers with electrical impulses. Artificial intelligence-assisted therapy: Automation of treatment processes and creation of individual plans.



Date: 3rd May-2025

Prevention and key approaches: The following measures are important in preventing nervous system diseases. Ensuring proper nutrition and physical activity. Managing stress and getting enough sleep. Reading a lot and engaging in activities that stimulate brain activity. Avoiding toxic substances (alcohol, tobacco). Through these methods, it is possible to increase the effectiveness of early detection and treatment of nervous system diseases. If you need to fill in other sections, you can say so.

Nervous system diseases are a serious problem for the global healthcare system. The use of modern diagnostic and therapeutic methods is essential for the effective management of these diseases. Innovative technologies, including artificial intelligence, neurochemical therapy, and neurorehabilitation methods, allow for early detection of diseases and improve the quality of life of patients. Preventive measures, such as a healthy lifestyle, stress management, and regular medical examinations, also play an important role in preventing nervous system disorders. In the future, further development and widespread implementation of these methods will help to effectively solve problems in this area.

REFERENCES:

1. Smith, G., & Brown, A. (2020). *Advances in Neurological Diagnostics and Treatment*. Springer.
2. Johnson, L., & Wang, Y. (2019). "AI in Neurology: Emerging Trends and Applications." *Journal of Medical Innovations*, 45(3), 123-136.
3. Miller, T., et al. (2021). *Neurorehabilitation Technologies and Applications*. Oxford University Press.
4. World Health Organization. (2022). "Global Burden of Neurological Disorders." Retrieved from www.who.int.
5. Zhang, X., & Lee, J. (2020). "Nanotechnology in Neurotherapy." *International Journal of Biomedical Science*, 38(4), 567-580.

