

## **EFFECTIVENESS OF TREATMENT OF PATIENTS WITH ANXIETY AND DEPRESSIVE DISORDERS**

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### **ABSTRACT**

*The article discusses the features of the clinical course, development, relationship of psychological disorder with the severity of diseases of the cardiovascular system. Depression and anxiety are the main leading factors in the development and aggravation of coronary heart disease. The role of the psychological state in the development of diseases of the cardiovascular system is significantly large. The use of antidepressants to stabilize the psychological state today is an integral part of the treatment of heart diseases. Herbal preparations have no side effects and do not have a negative effect on the muscle tissue itself, like some tricyclic antidepressants.*

**Keywords:** antidepressant, CHD, heart diseases, the nervous system, anxiety attacks, depression decreased.

### **АННОТАЦИЯ**

*В статье рассматриваются особенности клинического течения, развития, взаимосвязь психологического расстройства с тяжестью заболеваний сердечно-сосудистой системы. Депрессия и тревога являются основными ведущими факторами развития и обострения ишемической болезни сердца. Роль психологического состояния в развитии заболеваний сердечно-сосудистой системы значительно велика. Применение антидепрессантов для стабилизации психологического состояния на сегодняшний день является неотъемлемой частью лечения болезней сердца. Растительные препараты не имеют побочных эффектов и не оказывают негативного влияния на саму мышечную ткань, как некоторые трициклические антидепрессанты.*

**Ключевые слова:** антидепрессант, ИБС, пороки сердца, нервная система, приступы тревоги, снижение депрессии.

### **INTRODUCTION**

Mental health problems are already considered diseases of the 21st century, especially depression, which, according to the authors, may become the most common disease in the world by 2030. The World Health Organization warns that

depressive disorder is already the second cause of lost working days in the world. And the Covid-19 pandemic scenario increases the occurrence of this and other mental illnesses.

## **MATERIALS AND METHODS**

Untimely diagnosis of psychopathological disorders leads to its chronic course and reduces the quality of life of patients and serve as a trigger for exacerbation of diseases of the cardiovascular system. Suicide attempts are the final stage of depression [4, 5, 6, 8, 20]. Half of the deaths of all suicides are accounted for by patients with depressive disorders, who in turn make their indelible contribution with their results [10, 12, 15].

In folk medicine, various fees are used for anxiety and depression. For example, in case of disorders in the nervous system, basil is useful and valuable because it slows down the production of cortisol, the stress hormone. When a person experiences depression, the level of this substance in the body increases, adversely affecting brain cells, deepening the depressed state and even increasing the aging of the body. In addition, cortisol blocks the synthesis of other beneficial hormones, and basil counteracts this by increasing the production of endorphins. Motherwort has a sedative effect on the body by inhibiting the processes of excitation in the central nervous system, thanks to which it soothes, relieves insomnia and deepens sleep, eliminates anxiety and fear. Melissa is a source of a large number of useful substances: essential oils, tannins, organic acids, vitamins C and B, calcium, iron, potassium, magnesium, zinc, selenium. The sedative effect is already provided by the aroma of the plant itself. Infusion of lemon balm is used to calm the nervous system and bring sleep back to normal. Chamomile helps to activate the activity of the central nervous system, accelerate reflex functions, and is also used for neurosis, hysterical reactions. The plant eliminates signs of irritability and a generally depressed state caused by stress, depression and nervous tension. St. John's wort is one of the most powerful medicinal plants. It is used in both traditional and alternative medicine. It is believed that St. John's wort is an assistant in the treatment of 99 diseases. Depression and irritability are no exception. St. John's wort promotes the production of serotonin in the body - the hormone of happiness: due to this property, the normal psychological state of a person who is going through a period of depression is restored [1,22].

Depression, affecting somatic pathology, reduces life expectancy by about 10-15 years. The lack of practical skills in diagnosing and managing patients with

depressive disorders by primary care physicians leads to late appointment of appropriate therapy, which in turn leads to aggravation of both somatic and psychological conditions. The aim of the study is to improve the treatment of psychological conditions in patients with cardiac pathology by prescribing natural antidepressants. The study included 120 patients (89 men and 31 women) suffering from coronary heart disease, whose average age was from  $49 \pm 2$  years. The exception were patients suffering from diabetes mellitus, with severe disorders of cerebral circulation, chronic heart failure in the decompensation stage. The patients included in the study underwent standard clinical, laboratory and instrumental studies conducted to diagnose diseases of the cardiovascular system, the remodeling processes were studied by evaluating the structural and geometric parameters of the left ventricular myocardium (LV) with echocardiography with Dopplerography. Of 120 patients, 85% suffer from hypertension, 31 from angina pectoris, 8% of patients had a previous myocardial infarction, and 1.2% of patients suffer from a repeated myocardial infarction. The age from 48 to 53 years is the heyday of career growth, activity, and improvement of social status. Making calculations based on gender indicators, men of this age period suffer from cardiovascular diseases more often than women. Moreover, men are more susceptible to psychological disorders, and it is sometimes very difficult for a practicing doctor to balance their psychological status. They forget, and sometimes even ignore the prescriptions of the attending physician.

Along with optimal drug therapy, we prescribed herbal tea for all patients in the form of additional treatment, including St. John's wort, valerian, melissa. We offered patients to drink a decoction of 100-150 ml 2-3 times a day, depending on the severity of the disease. The dynamics of indicators of psychological status shows how patients who took optimal drug therapy and a combination of herbs in a complex had positive dynamics in indicators of psychological status (Tab №. 1).

**Table №. 1**

**Dynamics of indicators of psychological status in patients**

indicators	Anxiety on the HADS scale		HADS depression		Spielberger-Khanin Scale RA		The Spielberg-Khanin Scale of PA		Tsong Depression Scale	
	Before	After	Before	After	Before	After	Before	After	Before	After
Men (n=89)	6,7±0,1	5,8±0,2	33,4±0,2	30,1±0,1	34,7±0,9	31,5±0,4	10,4±0,1	7,4±0,2	45,4±0,2	31,4±0,1
Women (n=31)	4,8±0,1	3,8±0,1	35,3±0,8	21,8±0,4	24,1±0,2	22,5±0,1	6,8±0,1	5,6±0,1	38,1±0,1	27,3±0,4

This unique natural complex has a positive effect on the central nervous system, increasing the production of serotonin.

Having no side effects on the cardiovascular system, this collection proved to be an antidepressant, with a sedative effect, and improving the condition of the myocardium itself, compared with tricyclic antidepressants of synthetic origin. Repeated examination of patients showed that along with the generally accepted standard therapy for the treatment of diseases of the cardiovascular system, sleep improved in all patients, anxiety attacks and depression decreased, the well-being of patients improved, nocturnal jumps in blood pressure, angina attacks disappeared, an incentive to live appeared, the quality of life improved. Also, the duration of the disease decreased on average from 15-17 days to 7-10 days.

### **CONCLUSION**

Applying in practice the treatment of anxiety and depression in patients with diseases of the cardiovascular system of complex plant collection, we have achieved the desired result. As the data of the questionnaires showed, the level of depression and anxiety decreased by 1.2 and 1.4 times. This was accompanied by an improvement in their clinical condition. The bed-days of inpatient treatment have been reduced, the psychological state of most patients has improved, they have become more adapted to social life and, therefore, their social status has improved, both in the family and in society.

Summing up, we can say that using a complex of herbal herbs, we not only improve the quality of life and the psychological status of the patient, but also reduce the cost of expensive synthetic drugs that have a sufficient number of side effects that lead to the aggravation of the disease and its chronization, leading up to disability. This product can also be used as a preventive agent for heart diseases.

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