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THE ROLE OF DIET IN PARKINSON'S DISEASE AND ITS ORGANIZATIONAL APPROACHES

Tolibova Muhabbat Murod qizi
Bukhara State Medical Institute

Abstract: This article investigates the clinical and functional effectiveness of dietary therapy in patients with Parkinson's disease. A total of 65 patients participated in the study, divided into two groups: one received individualized dietary treatment, and the other served as a control group without dietary intervention. Results based on the UPDRS scale, gastrointestinal symptoms, SF-36 quality of life questionnaire, and antioxidant intake demonstrated that the dietary intervention group showed significant improvement in symptoms, digestive function, and quality of life. Dietary therapy is recognized as a valuable adjunct to conventional Parkinson's disease treatment strategies.

Keywords: Parkinson's disease, dietary therapy, UPDRS, quality of life, gastrointestinal symptoms, antioxidants.

Parkinson's disease (PD) is chronic , slow developing neurodegenerative disease is , mainly dopamine working issuer neurons loss with This of the disease clinical signs including tremor, rigidity , bradykinesia , postural disorders and many non - motor symptoms , including gastrointestinal of activity disorder , mood changes , sleep disorders and food digestion in doing problems [1.2]. The last in years diet therapy – that is food through disease signs and of patients life quality to improve was interest increasing is going on .

Parkinson's disease (PD) today on the day the most many occurring second level neurodegenerative disease is considered . World health storage According to the World Health Organization (WHO), According to , in 2019, Parkinson's disease played people number 8 .5 from a million more than by 2030 this number 12 million increase forecast [1] . Disease mostly over 60 years old increased in the population is detected , but in 5-10% of cases young beginning forms are also occurring [2]. Especially developing

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in countries population aging pace increasing progress because of , with PK related health storage problems increasingly current become is going on .

Parkinson's disease dopamine working issuer nigrostrial neurons degeneration with related is clinical in terms of bradykinesia , tremor, muscle rigidity and postural disorders with manifestation [3]. The disease complicated clinical landscape not only movement functions , but cognitive activity , spiritual condition , nutrition , intestines activity and substance negative for exchange impact shows [4].

Latest in years scientific Research in Parkinson's disease food and diet of the regime importance very high that showing . That's right organization done diet not only medicine of tools absorption improves , maybe symptoms relieves , gut-brain arrow through neuroinflammation reduces and of the disease progression slow down possible [5]. Including the Mediterranean (Mediterranean land sea) diet , fruits and vegetables rich in polyphenols , omega-3 fatty acids , group B Vitamins , antioxidants (e.g. , vitamins E and C) in Parkinson's disease neuroprotective impact to show identified [6].

Dopamine agonists or levodopa medications acceptance doing in patients protein-rich foods consumption to do medicine of tools absorption reduce possibility Therefore , the diet should be individualized . planning demand is [7]. Such in patients protein consumption mainly evening for food correction recommendation will be done . This with together , with PK sick in patients inside stiffness , body weight loss of appetite loss , food of substances bad absorption such as situations many meeting because of them food needs control to do and adaptation is necessary [8].

Scientific research this shows that diet therapy can help treat Parkinson's disease treatment inseparable to the component rotation In particular , diet plan physiological necessities , medicine preparations with mutual impact and disease to the stage accordingly working exit – modern clinical in practice current direction This is Parkinson's disease . in management complex approach the necessity again one there is confirms .

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Scientific in sources It is emphasized that diet plays a role in Parkinson's disease. role two main in the direction manifestation will be : first , food through dopamine to the synthesis directly or indirectly impact show , secondly , the effects of drugs (especially levodopa) to be absorbed and impact to the efficiency help to give or him/her restriction through pharmacodynamics management [3,4].

Below we will discuss Parkinson's disease. diet place and him/her organization to grow their ways to study dedicated scientific research the results statement we will.

Materials and methods. Research 2024–2025 during Republic specialized neurology in the center take went . Parkinson's disease in research diagnosis 65 people were placed patient participation reached . Patients average age 62.1 ± 5.8 years , of which 38 male and 27 people from women consists of was .

Research participants following to groups split into :

- Home group (n = 33) – individual diet therapy program based on treatment those made ;
- Control group (n = 32) – usual without diet treatment chair those who received .

All Levodopa -based drugs for patients standard treatment plan given . Eating order and main to the group relevant in those who are nutritionist individually by structured , basic attention protein , fiber products and to antioxidants focused .

Research during following methods used :

- using UPDRS (Unified Parkinson Disease Rating Scale). clinical of symptoms evaluation ;
- Monitoring of gastrointestinal symptoms (constipation , flatulence , appetite) ;
- SF-36 health quality questionnaire through life of quality evaluation ;
- Eating food 7 days on daily analysis.

Research results . Initial results of patients disease level and general health with related was clinical indicators based on analysis Clinical of symptoms decrease level , food digestion to do activity and life quality between dependencies clarified .

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Table 1.

UPDRS scores from diet therapy before and next change (M±m)

Group	At the beginning points	3 months after	Change
Home group	46.2 ± 2.1	35.4 ± 1.8	-10.8
Control group	45.7 ± 2.0	42.1 ± 1.9	-3.6

This table main in the group clinical of symptoms much relieved , especially bradykinesia and rigidity of signs noticeable at the level decreased shows. Control in the group and such positive changes less observed is , this diet therapy positive clinical efficiency justifies .

Table 2.

Food digestion to do problems according to symptoms frequency (%)

Symptom	Home group (n=33)	Control group (n=32)
Constipation	18.2%	53.1%
Flatulence	21.2%	40.6%
Loss of appetite	12.1%	34.4%

Food digestion to do with related symptoms diet therapy used in patients two twice moredecreased. Especially constipation of the situation decrease – fiber- rich foods consumption and water drink order normalized with This is due to gastrointestinal discomfort . to decrease take arrived.

Table 3.

“ General” section of the SF-36 questionnaire " health " indicator (in points)

Group	At the beginning	3 months after	Difference
Home group	42.5 ± 2.3	57.3 ± 2.7	+14.8

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Control group	43.2 ± 2.4	45.0 ± 2.5	+1.8

Home in the group general health of the situation improvement SF-36 questionnaire through clear was shown . In particular , energy level , social activity and psychological situation in components positive changes record These patients on a diet answer reaction scale shows .

Table 4.

Daily in eating antioxidant substances amount (mg/day)

Substance	Home group	Control group
Vitamin C	92.4 ± 4.1	56.8 ± 3.2
Vitamin E	18.6 ± 1.2	10.3 ± 0.9
Beta-carotene	4.2 ± 0.3	2.1 ± 0.2

This table main group food diet not only quantitative , maybe quality in terms of also richer that Vitamin C , E and beta-carotenes neuroprotection doer to the feature has Parkinson 's in illness oxidizing to stress against in the fight important This is diet of elements right selected proves .

Conclusion. Conducted research results this showed that Parkinson 's in illness individual in a way structured diet programs of patients status in improvement important role plays . Diet therapy based on of patients clinical symptoms noticeable at the level decreased , especially bradykinesia and hardness symptoms relief record From now on outside , food digestion to do of activity normalization and life of quality rise of patients social and spiritual adaptation also improved .

Home in the group used diet therapy program antioxidant substances , food to the fibers and evening for food protein to direct based is , this levodopa of drugs to be absorbed and to the efficiency positive impact showed . This because of, diet the patient's general treatment in the strategy important place occupies.

So Therefore , an individual approach to Parkinson's disease based on organization done diet therapy health storage in the system clinical rehabilitation tool as wide current to be necessary . In the future diet far term efficiency study and large

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in the population implementation to grow according to wider research take to go to the goal appropriate will be.

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