

DAVOLASH DEPRESSIYA VA TASHVISH KASALLIKLARIDA ZAMONAVIY USULLARI

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Annotatsiya: Maqolada depressiya va tashvish kasalliklarining zamonaviy davolash usullari keng tahlil qilinadi. Hozirgi zamon psixiatriya va psixologiyada farmakoterapiya, psixoterapiya, neyrotexnologik yondashuvlar, turmush tarzini o'zgartirish hamda integrativ davolash usullarining o'rni ochib beriladi. Shuningdek, xalqaro ilmiy tadqiqotlar asosida ushbu kasalliklarning samarali davolash strategiyalari ko'rib chiqiladi.

Kalit so'zlar: depressiya, tashvish kasalligi, kognitiv-behavioral terapiya, antidepressantlar, neyrotexnologiya, psixoterapiya.

Annotation: The article provides an in-depth analysis of modern treatment methods for depression and anxiety disorders. It explores the role of pharmacotherapy, psychotherapy, neurotechnological approaches, lifestyle modification, and integrative treatment methods in contemporary psychiatry and psychology. In addition, the article reviews effective treatment strategies for these disorders based on international scientific research.

Keywords: depression, anxiety disorder, cognitive-behavioral therapy, antidepressants, neurotechnology, psychotherapy.

Аннотация: В статье подробно анализируются современные методы лечения депрессии и тревожных расстройств. Раскрывается значение фармакотерапии, психотерапии, нейротехнологических подходов, изменения образа жизни и интегративных методов лечения в современной психиатрии и психологии. Кроме того, рассматриваются эффективные стратегии лечения данных заболеваний на основе международных научных исследований.

Ключевые слова: депрессия, тревожное расстройство, когнитивно-поведенческая терапия, антидепрессанты, нейротехнология, психотерапия.

Kirish

Depressiya va tashvish (anksiyete) kasalliklari XXI asrning eng keng tarqalgan ruhiy salomatlik muammolari qatoriga kiradi. Jahon sog'liqni saqlash tashkiloti (JSST) ma'lumotlariga ko'ra, dunyo bo'yicha 280 milliondan ortiq inson depressiyadan aziyat chekmoqda, tashvish buzilishlari esa aholining 4–5 foizida kuzatiladi¹. Ushbu

¹ World Health Organization. Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:

kasalliklar nafaqat shaxsiy hayot sifatini pasaytiradi, balki iqtisodiy faoliyat, ijtimoiy munosabatlar va umumiy salomatlikka ham salbiy ta'sir ko'rsatadi. Shu sababli ularni samarali davolash zamonaviy tibbiyotning eng dolzarb yo'nalishlaridan biridir.

Asosiy qism

•Farmakoterapiya

Depressiya va tashvish buzilishlarini davolashda farmakoterapiya asosiy usullardan biri hisoblanadi. Antidepressantlar, xususan, selektiv serotoninni qayta qabul qilish ingibitorlari (SSRI) – sertralin, essitalopram, fluoksetin keng qo'llaniladi². Shuningdek, serotonin va noradrenalinni qayta qabul qilish ingibitorlari (SNRI) – venlafaksin va duloksetin yuqori samaradorlikka ega. Benzodiazepinlar (masalan, diazepam, lorazepam) qisqa muddatli tashvish holatlarida samarali bo'lsa-da, ularning qaramlikka olib kelishi xavfi mavjud. Shu bois hozirgi davrda yangi avlod preparatlar – buspiron kabi anksiolitiklar ham amaliyotga kiritilmoqda³.

•Psixoterapiya

Psixoterapiya – zamonaviy davolashning muhim komponentidir. Ayniqsa, kognitiv-behavioral terapiya (KBT) depressiya va tashvish kasalliklarida samaradorligi yuqori bo'lgan psixoterapevtik usul sifatida e'tirof etiladi⁴. KBT yordamida bemorlar salbiy fikrlarni aniqlash va ularni konstruktiv qarashlar bilan almashtirishga o'rgatiladi. Shuningdek, mindfulness asosidagi stressni kamaytirish (MBSR) ham zamonaviy psixoterapevtik yondashuv sifatida keng qo'llanilmoqda. Ushbu metod meditatsiya va ongni boshqarish mashqlari orqali tashvish darajasini kamaytiradi⁵.

•Neyrotexnologik yondashuvlar

So'nggi yillarda depressiya va tashvish kasalliklarini davolashda neyrotexnologik usullar ham rivojlanmoqda. Masalan:

- Transkraniyal magnit stimulyatsiya (TMS) – miya faoliyatini stimulyatsiya qilish orqali depressiya simptomlarini yengillashtiradi.

- Elektrokonvulsiv terapiya (EKT) – og'ir va dori-darmonlarga javob bermaydigan depressiya holatlarida qo'llaniladi⁶.

- Transkraniyal to'g'ri tok stimulyatsiyasi (tDCS) – yangi rivojlanayotgan, noinvaziv usul bo'lib, neyronal faollikni tartibga solishda samarali ekanligi aniqlanmoqda.

WHO, 2017.

² Cipriani A., et al. Comparative efficacy and acceptability of 21 antidepressant drugs for the acute treatment of adults with major depressive disorder. *The Lancet*, 2018; 391(10128):1357-1366.

³ Baldwin D. S., et al. Evidence-based pharmacological treatment of generalized anxiety disorder. *International Journal of Neuropsychopharmacology*, 2011; 14(5):697-710.

⁴ Hofmann S. G., Asnaani A., Vonk I. J., Sawyer A. T., Fang A. The Efficacy of Cognitive Behavioral Therapy: A Review of Meta-analyses. *Cognitive Therapy and Research*, 2012; 36(5):427-440.

⁵ Khoury B., et al. Mindfulness-based therapy: A comprehensive meta-analysis. *Clinical Psychology Review*, 2013; 33(6):763-771.

⁶ Perera T., et al. The Clinical TMS Society Consensus Review and Treatment Recommendations for TMS Therapy for Major Depressive Disorder. *Brain Stimulation*, 2016; 9(3):336-346.

•Turmush tarzini o'zgartirish

Sog'lom turmush tarzi ham ruhiy kasalliklarni davolashning muhim qismi sanaladi. Jismoniy mashqlar, to'g'ri ovqatlanish, muntazam uyqu, stressni kamaytiruvchi faoliyatlar (yoga, meditatsiya) depressiya va tashvish belgilari kamayishiga yordam beradi⁷. Tadqiqotlar ko'rsatishicha, aerob mashqlar serotonin va dopamin darajasini oshirib, kayfiyatni yaxshilaydi.

•Integrativ yondashuv

Bugungi kunda depressiya va tashvish kasalliklarini davolashda integrativ model keng tarqalmoqda. U farmakoterapiya, psixoterapiya va turmush tarzini o'zgartirishni birlashtirgan holda qo'llaniladi. Masalan, antidepressantlar bilan birga KBT yoki MBSR qo'llash natijalari yuqori samaradorlikni ko'rsatmoqda⁸.

Xulosa

Depressiya va tashvish kasalliklari zamonaviy jamiyatda keng tarqalgan bo'lib, ularni samarali davolash uchun kompleks yondashuv zarur. Farmakoterapiya, psixoterapiya, neyrotexnologik usullar va turmush tarzini sog'lomlashtirish choralari birgalikda qo'llash bemorlarning ruhiy holatini yaxshilashda muhim ahamiyat kasb etadi. Shuningdek, kelajakda biologik markerlarga asoslangan individual terapiya usullarining rivojlanishi ushbu kasalliklarni yanada samarali davolash imkonini beradi.

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⁷ Schuch F. B., et al. Exercise as a treatment for depression: A meta-analysis adjusting for publication bias. *Journal of Psychiatric Research*, 2016; 77:42-51.

⁸ Cuijpers P., et al. Psychological treatment of depression in primary care: A meta-analysis. *British Journal of General Practice*, 2012; 62(594):e738-e746.