

Hyperplasia - signs and symptoms, useful and dangerous products, folk remedies

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Abstract. Hyperplasia is an increased number of cells in a tissue or organ, due to which the organ or new formation increases in size (tumor-type tissues are excluded).

Hyperplasia can develop in the mammary glands, endometrium, ovaries, thyroid gland, placenta, prostate. There is even hyperplasia of tooth enamel.

Key words: Hyperplasia, description, causes, types and symptoms, complications, prevention, treatment, healthy products, folk remedies, dangerous products

Reasons for the development of hyperplasia

This disease occurs due to processes that stimulate cell growth and reproduction. These may be: failures in the regulation of metabolic and growth processes against the background of nervous disorders; increased functioning of one of the organs or tissues due to the influence of a specific growth stimulant (these include carcinogens or breakdown products: carbon dioxide, lactic acid, minerals, water). In addition, increased cell proliferation can begin due to disruptions in the relationships in the internal secretion of organs, due to hormonal imbalances in the body. Hereditary factors and the presence of obesity [1], mastopathy, endometriosis, and diabetes mellitus [2] play a major role.

Examples of cell and tissue proliferation in the body:

- increased proliferation of mammary epithelial cells during pregnancy;
- an increase in the number of epithelial cells of the uterine glands during the premenstrual period;
- adenomatous type polyps that appear on the mucous surfaces of the nose, uterus, and stomach;
- proliferation of hematopoietic tissues of the regenerative type beyond the boundaries of the bone marrow in severe anemia and during the course of severe infectious diseases.

Symptoms of hyperplasia

The symptoms of hyperplasia depend on the location of cell or tissue proliferation.

main signs are identified : the affected layer of tissue thickens, and the organ increases in size; pain and discomfort appear in areas affected by the disease. Also, general intoxication of the body may be observed, which manifests itself in the form of nausea, vomiting, fever, or, conversely, the patient begins to shiver.

In addition, the manifestation of hyperplasia directly depends on its type and shape.

The most common are hyperplasia of the endometrium, thyroid gland, tooth enamel in adolescents and placenta.

The main signs of endometrial hyperplasia are the presence of spotting and bloody discharge in the intermenstrual period, disruptions in the menstrual cycle, severe pain and uterine bleeding after a delay in menstruation.

With hyperplasia of the thyroid gland, the patient may have problems with swallowing function, breathing may be impaired, the timbre of the voice will change, and sensations of a lump in the throat may appear.

With placental hyperplasia in the later stages, the movement and activity of the fetus changes (movements can become much more active or slow down completely), and the nature of the baby's heartbeat in the womb often changes.

Hyperplasia of tooth enamel is manifested by white spots on the teeth, they are called "pearls" or "drops". In most cases, it occurs without pronounced symptoms and without pain. Depending on the location, there can be 3 types: root, coronal and cervical. In composition they can be enamel, enamel-dentin, and enamel-dentin with a cavity (pulp).

Types and forms of hyperplasia

Hyperplasia can occur in 3 forms: focal, diffuse and in the form of polyps.

1. In the focal form of this disease, tissue proliferation occurs in a separate limited area and has pronounced boundaries.
2. In the diffuse form, an increase in the number of cells and tissue occurs over the entire surface of the layer.
3. Polyps form when cells or tissues grow unevenly. The presence of polyps increases the risk of cystic or malignant formations.

In terms of species, hyperplasia can be *physiological* or *pathological*.

Physiological hyperplasia develops in the mammary glands during pregnancy [3] and during breastfeeding [4].

The group of **pathological hyperplasia** includes proliferation of organs and tissues that should not exist in nature and are not inherent at the physiological level.

Useful products for hyperplasia

In case of hyperplasia, diet therapy is mandatory. With its help, you can slow down pathogenic growth and further protect yourself from the consequences of this disease.

Useful products for hyperplasia:

- with antioxidant abilities [5] (fresh vegetables, fruits, berries);

- natural oils and fats containing omega-3 [6] (mackerel, salmon, sardines, all types of nuts, flaxseed oil [7]);
- containing cellulose and fiber [8] (beets [9], apples [10], carrots [11], zucchini [12], brown rice, cereals, blackberries [13], feijoa [14,15], figs);
- poultry meat (not fatty);
- bread made from wholemeal, whole grain and rye flour, bread with grains;
- cereals (it is better to buy uncrushed): oatmeal [16], buckwheat [17], pearl barley, rice [18];
- fermented milk products (must be taken without additives and it is better to choose low-fat products);
- containing vitamin C [19] and E [20] (oranges [21], lemons [22], rose hips [23], red pepper [24] in pods, strawberries [25], strawberries, kiwi [26], rowan [27], viburnum [28], honeysuckle, black currant [29], blueberries, spinach [30], parsley [31], sea buckthorn [32], sorrel [33], eggs [34], dried apricots, nuts, squid, prunes).

Women need to eat foods rich in plant sterols (they prevent the production of estrogen in increased quantities). To get sterol into the body, you need to eat pumpkin and sunflower seeds, garlic, celery and green peas. Also, to remove excess estrogen, you need to eat broccoli [35,36] and cauliflower. Consumption of these products will prevent the development of endometrial hyperplasia into an oncological problem.

Also, you should include legumes (peas, lentils, beans) in your diet. They have anti-cancer abilities. This effect is achieved with the help of saponins and fiber, which are part of these crops.

In addition, it is better to eat small meals. There should be at least five meals. Total daily fat intake should not exceed 100 grams. You need to drink at least 2 liters per day. Be sure to eat at least two types of fruits/berries per day.

Overweight people need to adjust their diet, taking this factor into account. In this case, all dishes should be prepared steamed or boiled.

Important!

Before making a decision on diet therapy, it is necessary to consult with a nutritionist, taking into account all the characteristics of the body and diseases (especially chronic ones, if any).

Traditional medicine for hyperplasia

Each type of hyperplasia requires separate treatment using traditional methods.

Let's start with **endometrial hyperplasia**.

Natural hormone therapy is used to treat it. To do this, a woman needs to take a medicinal mixture consisting of St. John's wort, stinging nettle [37], celandine, hogweed, thyme [38], centaury, hawthorn fruit, shepherd's purse, and calendula flowers [39]. All these plants are taken in equal quantities and mixed thoroughly. To prepare the decoction you will need 2 tablespoons of the collection and 0.5 liters

of boiled hot water. You need to infuse the decoction for 2 hours in a thermos, then it should be filtered. Must be taken for 6 months. There is one peculiarity in the reception. You need to start drinking the decoction on the 8th day from the beginning of each new female cycle. Dosage: 2 tablespoons of decoction three times a day before meals.

To relieve symptoms and prevent the disease, you can also use a collection of nettles, shepherd's purse, tansy flowers, resin, yarrow [40], and knotweed. The method of preparation, dosage and use is similar to the recipe described above.

To treat **endometrial hyperplasia**, you can also use douching from decoctions of caragana mane and celandine. To prepare the decoction, take 1 tablespoon of dry herb, pour 1 liter of boiling water and leave for half an hour. Filter and use for baths or douching. The procedure must be carried out once a day for 14 days.

to treat **thyroid hyperplasia**.

One of the common methods for this type of disease is an alcohol tincture of white cinquefoil root. 100 grams of crushed roots are poured with 1 liter of vodka, placed in a dark place for three weeks, and filtered. Before use, the solution must be diluted with water. It is better to take before meals. The tincture is dripped 10-15 drops into half a glass of water. The course of treatment is a month, then you need to take a break for 2 weeks and repeat the course.

If you don't want to take an alcohol tincture, you can brew a decoction. To prepare it, take 2 tablespoons of dry crushed raw materials, place them in a thermos, pour half a liter of boiling water and leave to infuse overnight. In the morning, filter and the resulting amount of infusion is divided into 3-4 doses.

Thyme is considered another effective medicinal plant for thyroid hyperplasia. For 1 tablespoon of herb you will need a glass of boiled hot water. The decoction must be infused for 30 minutes. Drink - 250 milliliters at a time. There must be at least 2 receptions. After several weeks of use, positive results should already be visible. In addition, you can drink decoctions from lungwort, oak bark, and cocklebur. Reception and preparation are similar.

As an external treatment, you can use oak bark or powder crushed from it. Rub the neck with fresh bark or powder. You can also wear necklaces made from this bark.

The use of a mixture prepared from walnuts, buckwheat and honey will help enhance the effect of therapeutic methods [41]. Nuts and cereals are ground in a coffee grinder or blender. Take all 3 components, 200 grams each, and mix thoroughly. The resulting porridge should be eaten within a day. It must be taken for 3 months according to the schedule: a day - three. They eat this mixture for 24 hours, then a three-day break, then again they eat it all day and again a 3-day break.

In case of **fetal hyperplasia**, the first thing you need to do is consult with your doctor (this is done so that he himself recommends treatment that could not harm either the child or the pregnant woman herself).

For **hyperplasia of tooth enamel**, traditional medicine does not provide any treatment methods. In general, only cervical drops can be treated (they can sometimes cause inflammation of the gums). The dentist polishes this cervical drop with a diamond bur and prescribes 7-day therapy using drugs that contain phosphate. As for inflammation of the gums that has already occurred, it can be removed by

rinsing the mouth with a weak soda or saline solution, tinctures of calendula, calamus root, and oak bark.

Breast hyperplasia is treated with burdock roots [42], wormwood and potato juice [43]. Potato juice should be taken 3 times a day for 21 days. Drink half a glass of it immediately before meals.

Burdock is used from early spring until it blooms. You need to eat 2 peeled burdock petioles a day. You can also drink juice. 20 minutes before your meal you need to drink $\frac{1}{4}$ glass of burdock root juice.

The infusion of wormwood should be taken in doses. The infusion is prepared from 1.5 tablespoons of raw materials and 250 milliliters of boiling water, infused for 3 hours, filtered. Drink the infusion in the morning and evening, one teaspoon for 3 days, then increase the dose to 1 tablespoon and drink in this amount for 7 days.

For **gastric hyperplasia**, the patient is advised to drink decoctions of St. John's wort and parsley roots. 20 minutes before meals you need to drink a teaspoon of sea buckthorn oil. To increase the production of stomach juice, it is useful to add grated horseradish with honey to your food.

prostatic hyperplasia adenoma in another way [44]. To treat it, horsetail decoctions and oat straw baths are used. On an empty stomach, men are recommended to eat about 50 grams of raw pumpkin seeds or 3 dessert spoons of pumpkin oil [45] (this is the daily dosage, it is better to divide it into 3 doses, that is, you need to drink one spoon of pumpkin oil at a time). For preventive purposes, you need to eat 15 grams of flower pollen daily.

If you have **liver hyperplasia**, you should start every morning with a glass of warm water, to which you should add the juice of $\frac{1}{2}$ lemon and a teaspoon of honey. During the day you need to eat 0.5 kg of grated pumpkin [46] or drink a glass of pumpkin juice. Decoctions of strawberries, cranberries and rose hips will help in the treatment.

Dangerous and harmful products for hyperplasia

- coffee, sweet soda and any alcoholic drinks;
- margarine and pastry cream;
- yeast [47] ;
- bakery products made from premium flour;
- spicy, smoked, too salty, fried;
- store-bought sausages, canned food, sauces, mayonnaise;
- red meat and fatty meats;
- fast food;
- spices in large quantities;
- a large amount of sweets (it is better to replace any confectionery with honey, dark dark chocolate and biscuits);

- high-fat dairy products with fillers;
- any products to which dyes, flavor enhancers have been added and which contain the E coding.

To eliminate the possibility of developing malignant tumors, you should avoid these products. They contribute to the accumulation of toxins in the body. Slugging in the body forces the liver to work harder, which can lead to further malfunctions in its functioning. And a failure in any system is, as we already know, one of the reasons for the development of hyperplasia.

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