

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

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Abstract. Dysplasia is a disease that is characterized by abnormal development of tissues and organs, as a result of defects in the formation of the body during embryogenesis and in the postnatal period. This term is applied to the designation of various diseases, the basis of which is an anomaly in the development of cells, organs or tissues, changes in their shape and structure.

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

Causes of dysplasia:

genetic predisposition, oxygen deficiency of blood vessels, dangerous ecological conditions of the environment, infectious and gynecological diseases of the mother during pregnancy, birth injuries, human papillomavirus, etc.

Types of dysplasia:

connective tissue dysplasia, hip dysplasia, fibrous dysplasia, cervical dysplasia, metaepiphyseal dysplasia. And also, dysplastic coxarthrosis, scoliosis and dysplastic status. All of them are divided into three groups: impaired cell differentiation, cellular atypia, and impaired tissue architecture. The disease develops against the background of an increase in the number of cells (hyperplasia), dysregeneration and inflammatory processes in the body. Dysplasia provokes changes in the functioning of regulators of intercellular relationships (growth factors, adhesive molecules, their receptors, proto-oncogenes and oncoproteins).

Three degrees of dysplasia, depending on the severity of cellular atypia: D I (weakly expressed - reverse positive changes are possible), D II (moderately expressed) and D III (severe - precancerous condition).

Symptoms of dysplasia

depend on the type of disease. For example, hip dysplasia leads to disruption of its function.

Diet and folk remedies depend on the specific type of dysplasia. Let us give an example of useful and dangerous products, traditional medicine for cervical dysplasia.

Useful products for cervical dysplasia

Products should compensate for the lack of folic acid [1], vitamin C, E, A [2-4], selenium [5], and beta-carotene in the diet.

Should be used:

- foods rich in folic acid (bananas [6], beans, green leafy vegetables, cabbage [7] and Brussels sprouts, brewer's yeast, beets [8], asparagus [9], citrus fruits, lentils [10], veal liver, mushrooms, eggs yolk, cauliflower, onion [11], carrots [12], parsley [13]);
- products with a high content of vitamin C (lemons [14], green walnuts [15], rose hips [16], sweet peppers [17], black currants [18], sea buckthorn [19], kiwi [20], honeysuckle, hot pepper, wild garlic, Brussels sprouts, broccoli [21], viburnum [22], cauliflower, rowan [23], strawberries, oranges [24], red cabbage, horseradish, spinach [25], garlic feathers);
- products with a high content of vitamin E (tree nuts, unrefined vegetable oils, almonds, hazelnuts, peanuts, cashews, dried apricots, sea buckthorn [26], eel, rose hips [27], wheat, squid, sorrel [28], salmon, pike perch, prunes, oatmeal [29], barley groats);
- products with a high content of selenium (parsnips, celery, seafood, olives, buckwheat [30], legumes).
- foods with a high content of vitamin A (dark green and yellow vegetables, melted butter (ghee) [31] - no more than 50 grams per day);
- Foods with beta-carotene (sweet potatoes [32], carrots [33], apricots [34], mangoes, broccoli, lettuce, wheat bran, zucchini [35], eggs [36], dairy products, fish liver) should consume with sour cream or vegetable fat;
- green tea.

Folk remedies for cervical dysplasia

- green nut syrup (cut green nuts into four pieces with sugar in a ratio of one to two, store in a glass jar in a dark and cool place), use one tablespoon per glass of warm water or juice. The syrup is contraindicated in patients with fibroids, thyroid diseases and reduced blood clotting;
- aloe leaf juice (use for tampons twice a day for a month);
- decoction of pine buds (one tablespoon of pine buds per glass of boiling water, cook for several minutes) used for douching and baths;
- nettle leaf juice [37] (use juice from a glass of nettle leaves for tampons) for a month, once a day for ten minutes;
- herbal collection: four servings of calendula flowers [38], three servings of rose hips, two servings of licorice root, two servings of meadowsweet flowers, two servings of yarrow herb [39], one serving of sweet clover herb and three servings of nettle leaves (a teaspoon of the mixture per glass of boiling water, leave for half an hour) douche twice a day;
- licorice, clover [40], anise, sage, soy, oregano, hops and alfalfa (drink herbal teas or eat).

Dangerous and harmful products for dysplasia

- sour and smoked products; spicy, fried and fatty foods;
- artificial sweets (sweets, cakes, pastries, pastries);

- hot spices, vinegar and marinades;
- alcoholic drinks.

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