

# Cyst - signs and symptoms, useful and dangerous products, folk remedies

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**Abstract.** A cyst is a pathology in the form of a tumor, which consists of walls and contents. Such formation is possible in various tissues and places of the body, and can be congenital or acquired. The contents of the cyst itself and the structure of its wall vary depending on the method of formation and the location of the pathology.

**Key words:** Cyst, description, causes, types and symptoms, complication, prevention, treatment, healthy products, folk remedies, dangerous products

## Types of cysts:

1. True cyst, with an inner surface covered with epithelium or endothelium
2. The cyst is false, without any special lining

## Causes of cysts:

1. Retention cyst - usually formed in tissues and glandular organs as a result of blockage of the gland duct.
2. Ramolitic cyst - formation occurs due to necrosis of an organ or tissue area.
3. A traumatic cyst is a consequence of soft tissue injury.
4. Parasitic cyst - the body of the parasite in a shell.
5. A dysontogenetic cyst is a congenital formation that occurs when there are disturbances in the process of formation of tissues and organs at an early stage of development.

## Symptoms of a cyst:

the occurrence of large false cysts of the pancreas can be accompanied by dull aching pain in the upper abdomen, dyspepsia, a disturbance in the general condition, a periodic increase in temperature, and the appearance of a tumor-like formation in the abdomen.

With an ovarian cyst, the menstrual cycle is disrupted, a dull pain in the lower abdomen appears, pain during menstruation, and a feeling of nausea. The volume of the abdomen increases, pain in the vaginal area is possible.

Since cysts form in different places in the body, there is no general, standard diet for this disease. Listing some types of illness, with recommended and prohibited foods.

## Useful products for cysts

### **Pancreatic cyst - allowed products:**

flour products made from first and second grade flour, unsweetened cookies, stale bread, crackers, unleavened boiled or steamed fish, rabbit or poultry meat, lean beef, veal (meat must be chopped), soup with added sour cream, low-fat fermented milk products, milk, unleavened cheese, boiled eggs [1], rice [2], buckwheat [3], pearl barley, oats [4], limited - semolina and wheat porridge.

### **Traditional recipes for treating cysts:**

- squeezed juice of burdock leaves [5] for kidney cysts is taken for two months three times a day before meals, burdock gruel is also used;
- tincture of golden mustache joints in vodka, take on an empty stomach in the morning, in the evening forty minutes before meals;
- aspen bark powder, taken three times a day, half a tablespoon;
- green tea with honey [6] and milk, drink twice a day;
- decoction of prickly rose hip roots [7], taken half a glass twice a day;
- fresh lingonberries along with cream, sour cream, honey;
- the red root is infused in a thermos and taken three times a day an hour before meals;
- elecampane tincture with the addition of yeast [8,9]. Taken three times a day after meals;
- a decoction of the following plants: stinging nettle [10], tripartite string, tricolor violet, wormwood [11], St. John's wort, burdock root [12], sandy immortelle, walnut leaves [13], small centaury, joster fruits, knotweed, common oregano, medicinal valerian root [14], horse sorrel root [15]; Brew in a thermos, take several times a day before meals;
- parsley tincture [16,17] is taken little by little throughout the day;
- alcohol tincture of white acacia flowers, or its bark, take one tablespoon three times a day;
- decoction of walnut partitions, take half a glass three times a day;
- infusion of the following herbs: mountain ash [18], medicinal chamomile [19], mantle, shepherd's purse, viburnum bark, rhodiola rosea, motherwort, infused in a thermos, take a quarter glass three times a day;
- tincture of clover stems and heads [20] – prepared in the evening, drunk during the day;
- tincture of raisins with vodka, take a tablespoon before meals;
- onion recipe: a medium onion [21] is poured whole with honey, then a tampon is made from it overnight (the recipe is used to treat vaginal cysts);
- a tincture prepared from porcini mushrooms [22] is prepared with vodka or alcohol, and is taken twice a day, a teaspoon.

### **Dangerous and harmful products for cysts**

smoked products, meat and fish, chemically treated vegetables, products with food additives (tartrazine E 102, boric acid E284, amarzant E123, sodium tetracarbonate E 285, gluconic acid E574, tin chloride E512, polydextrose E1200, Quillaja extract E999, erythrosine E127), moldy bread, rotten apples, sea buckthorn [23], other fruits, fruits, vegetables, berries, juices, jams or preserves that are made from moldy raw materials, boiled water several times, soy sauce, genetically modified nuts, vinegar, canned food, fast food food

Limit the consumption of coffee, margarine and butter from vegetable fats, fatty meat and liver, alcohol, sugar, salt, yeast bread,

**Kidney cyst** : moderate consumption of protein foods, exclude crayfish, crabs, shrimp, beans, beef and sea fish from the diet - the metabolism of these products produces a large amount of urea, guanidine, polyamine, creatinine. The diet is similar to that used for kidney disease.

**Pancreatic cyst**: all types of legumes (the resulting gases cause pain when there is pressure on surrounding organs), white cabbage [24] and pears [25] (they are dangerous for the gland due to the content of tree fiber), millet (contains a lot of carbohydrates, partially deposited as fat), tobacco, spices, tomatoes [26], alcohol [27] (irritate the mucous membrane, causing complications, tumors, increased secretion of juice).

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Received 08.06.2021

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