

An innovative method for the treatment of microliths of the gallbladder  
in the early stages of the disease

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Cholelithiasis is one of the most common human diseases, which ranks third in prevalence [4] after cardiovascular diseases and diabetes mellitus.

In Russia, the prevalence of gallstone disease ranges from 3–12%. In women, this disease occurs 3-4 times more often than in men.

The incidence among both men and women gradually increases with age, reaching a maximum by the age of 60 [2].

In Europe and Russia, 80–90% of patients have cholesterol stones. According to the literature, about 30% of patients with cholecystolithiasis can be subjected to litholytic therapy [3].

For treatment, drugs UDCA (ursodeoxycholic acid) are used. Medicines are prescribed in cases where other types of treatment are contraindicated for the patient, as well as in the absence of the patient's consent to the operation. Surgical treatment undergoes 20% of patients, the rest are monitored for a painless form of gallstone disease [9].

Thus, the solution to the issue of a new approach to the litholytic therapy of the gallbladder is very urgent.

#### Methods

We studied 46 patients with cholelithiasis with a disease duration of up to 1 year and a calculus size of up to 1 cm. The study was carried out for 14 months with a frequency of examination every 3 months. The dynamics of pain syndrome, the frequency of occurrence of dyspeptic manifestations, the quality of life of patients were assessed; according to ultrasound data, the dynamics of the size of calculi was assessed. According to the biochemical blood test (AST, ALT, GGTP), the groups included patients with an excess of these indicators no more than 2 times higher than the upper limit of the norm. Information transfer of medications (Geptral, Ursosan, Essentiale) was carried out on water using the equipment of the company "IMEDIS", the amount required for admission was tested and ranged from 1/4 to 1 tbsp. at the reception twice a day.

The patients were divided into 3 groups:

1st - 16 women who received drug therapy with Heptral - 10 mg 3 r. per day, Ursosan - 10 mg per kg of body weight once at night, Essentiale - 1 t. 3 r. per day for 3 months;

2nd - 15 patients who received only informational copies of drugs in alternation, or in a combination of Heptral, Ursosan, a complex for the treatment of the liver, Essentiale;

3rd - 15 women who received combination therapy with medicines and information copies in the first 3 months. therapy and then up to a year receiving information copies of drugs.

The age of the patients was  $35 \pm 7$  years. The patients were randomized by gender, age, and comorbidity.

### results

Against the background of the therapy, all patients noted an improvement in their well-being, an improvement in the quality of life, and a decrease in dyspeptic manifestations. On the 3rd month of observation, normalization of the parameters of AST, ALT, GGTP was observed in all groups. In the 1st group, there was a decrease in the size of calculi in 21% of cases, in the 2nd - 24% and in the 3rd - 33% of cases.

On the 6th month of observation in the 1st group, stones decreased in size in 5 patients (33%) in the 2nd group - in 10 patients (63%), without significant dynamics - in 6 patients (37%), in the 3rd group the effect was achieved in 66% of cases. By the 14th month of observation, a decrease in the size of calculi, in the 1st group the effect was preserved in 33% of cases, in the 2nd group - in 12 patients (75%), without pronounced dynamics - in 4 patients (25%), in Group 3 achieved the maximum effect in 12 patients (80%). The rest of the patients showed no negative dynamics. In the 1st and 3rd groups, dyspeptic symptoms were noted in 5 and 4 people for taking Ursosalk, respectively. In the 2nd group, there were no side effects on the therapy.

### Discussion

Against the background of medical litholytic therapy, we observed a decrease in the size of stones by more than 50% until complete resorption by 3 months. in 33% of patients. The effect persisted up to 14 months, which is confirmed by the literature data in other studies [2].

Bacteria play a significant role in the development of gallbladder stones. [7].

In particular, bacterial infection is more important in the formation of brown stones and less in the primary formation of black and mixed, cholesterol stones. *E. coli*, *Proteus*, *Enterobacter*, *Pseudomonas*, *Klebsiella*, *Enterococcus* are found directly in bile [10]. Lipid imbalance plays an important role in the formation of cholesterol stones [8].

The appointment of ursosan, Heptral, Essentiale promoted the absorption of cholesterol, bile genesis in the hepatocyte, and a decrease in the concentration of lipids in the bloodstream. The mechanism of hypolipidemic action is due to the activation of the 7-alpha-hydroxylase enzyme, which causes an increase in bilegenesis in the hepatocyte and a decrease (as a result) of the synthesis of VLDL and their transformation into LDL [1].

The inclusion of Essentiale in the treatment complex made it possible to normalize lipid metabolism at the cellular level [2]. It has been proven that Essentiale forte N therapy reduces lipid peroxidation and leads to the restoration of the cell membranes of all cells of the body and the normalization of the activity of enzymes associated with cell membranes. Essentiale forte N therapy also increases the solubility of cholesterol in bile by increasing the secretion of polyunsaturated PC into bile.

Information copies of drugs, possessing the properties of medicinal

analogs, have additional characteristics [5, 6], allowing to show anti-inflammatory, anti-edema and immunomodulatory effects. It is possible that these properties of drugs are associated with a higher percentage of litholytic therapy in groups 2 and 3. However, the combination of the informational copy with the original made it possible to achieve better results. A similar effect was observed by other authors using low-intensity radiation with drug therapy [5].

#### conclusions

1. Drug therapy with drugs Ursosan, Heptral, Essentiale in standard dosages can reduce the size of calculi in the gallbladder by more than 50% in 33% of cases when taking the drug for 3 months. with a disease duration of up to 1 year and a stone size of up to 1 cm.
2. Informational preparations of ursosan, Heptral, Essentiale allow achieve positive results in the treatment of gallstone disease.
3. An increase in the duration of treatment up to 14 months. increases the percentage positive results.
4. The combined reception of informational preparations with their originals gives best result.

#### Literature

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