

BÖLÜM 7

Fibromiyaljide GETAT Yöntemleri ve Beslenme

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Tamamlayıcı tıp, konvansiyonel tıbbın bir parçası sayılmayan ancak tıbbın çeşitli alanlarında ve sağlık hizmetleri sisteminde yer alan uygulamalar ve ürünler olarak tanımlanmaktadır . Geleneksel ve tamamlayıcı tıp (GETAT) uygulamaları tüm dünyada ve ülkemizde 1990'lı yıllardan sonra giderek artış göstermiştir. Dünya Sağlık Örgütü 2000 yılı verilerine göre GETAT uygulamalarının sıklığı Afrika'da %80, Kanada'da %70, Avustralya'da %48, ABD' de %42, Belçika'da %38, Fransa'da %49 dur. Ülkemizde ise çalışma sayısının az olması nedeniyle çok sağlıklı veriler olmamakla birlikte GETAT uygulamalarının sıklığı %42- %70 olarak belirtilmiştir .(1) Bu artış dünyada ve ülkemizde bu uygulamaların yasal düzenleme ile takip edilmesi ihtiyacını doğurmuştur. Bu nedenle; ülkemizde GETAT ile ilgili ilk yasal düzenleme Mayıs 1991 yılında çıkarılan akupunktur tedavi mevzuatıdır ve 2002 yılında tekrar düzenlenmiştir. Sağlık Bakanlığı 27 Ekim 2014'de 29158 sayılı Resmi Gazete'de "Geleneksel ve Tamamlayıcı Tıp Uygulamaları Yönetmeliği"ni yayınlamıştır.

Bu yönetmelik ile tamamlayıcı tedavi yaklaşımlarının eğitim müfredatı ve uygulama pratiği, uygulayacak kişilerin nitelikleri ve yetkilendirilmesi konusu netlik kazanmıştır .(2) Uygulama ile tedavi yetkisi hekim ve kendi alanlarında olmak üzere tıp doktorları,diş hekimleri,eczacılara ve klinik psikologlara verilmiştir. Yönetmelikte, akupunktur, fitoterapi,ozon uygulaması,homeopati,kupa

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Krizantemin yapraklarında 'antik aspirin' adı verilen partenolitlerin aktif içerik ve mekanik etmen oldukları düşünülmektedir. Bu bileşikler enflamasyonu ve platelet birikimini inhibe ederek migreni,romatid ağrısı, menstrüel ağrısı ve fibromiyalji hastalarındaki kronik ağrısı azaltabilir. Eldeki bazı kanıtlar bitkilerdeki ve biyoyararlanımdaki farklılıklar kullanılan, ekstrat ve dozajdan kaynaklandığı düşünülen etkinlik eksikliklerini işaret etmektedir.(163) Yetişkinlerde günde 4 sefere kadar 100-325 mg kullanımla gerçekleştirilmiş olup standardize şekilde %0.2-0.4 partenolit içermektedir. Karbondioksit ile ekstrakte krizantem katkıları için günde 3 sefer, 6.25 mg doz 16 haftaya kadar başarıyla kullanılmıştır.(163)

5. Söğüt Kabuğu

Hipokrat zamanından beri hastalar ateş veya ağrı için söğüt kabuğu çiğnemistir.(164) Buna sıklıkla doğanın aspirini adı verilmektedir çünkü söğüt kabuğunun aktif içeriği sulu silindir ve 1800'lerde aspirin'in geliştirilmesinde kullanılmıştır. Ama analjezik ve antienflamatuvar özellikleri salisinin kabukta ki flavonoidler ve polifenollerle kombinasyonundan ileri gelir. Her ne kadar ikisi de selektif olmayan COX-1 ve COX-2 inhibitörleri olsalarda çok bileşenli sinerjisi söğüt kabuğuna aspirine kıyasla gastrointestinal sistem hasarı olmaksızın daha geniş bir etki mekanizması sağlar. İnsanlar bu bitkiyi baş ağrısı,bel ağrısı,miyalji,osteoartrit,romatoid artrit, dismenore ve gut için kullanmışlardır. Bel ağrısı olan ve 240 mg söğüt kabuğu kullanan hastalarda 120 mg yada plasebo kullananlara kıyasla daha anlamlı bir ağrı azalması sağlanmıştır. (165)

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