BÖLÜM 5

KAS VE İSKELET SİSTEMİ HASTALIKLARININ PROFİLAKSİ ve TEDAVİSİNDE YARARLI OLABİLECEK DOĞAL ÜRÜN SEÇENEKLERİ

Erdem YEŞİLADA

GİRİŞ

Kas ve İskelet Sistemi hastalıkları (KİSH), genel anlamı ile insan vücudunda hareket veya kas iskelet sistemini (kaslar, tendonlar, ligamentler, sinirler, diskler, kan damarları vd.) olumsuz olarak etkileyen yaralanma, ağrı ve hastalıklar olarak tanımlanır. Tüm dünyada en yaygın görülen hastalıklardan biri olarak sadece bireylerin yaşam kalitesini olumsuz etkilemekle kalmayıp, işgücü kaybı ve tedavi harcamaları ile ülkelerin ekonomisine de büyük yük getirmesi bakımından en önemli sağlık sorunları arasında gösterilmektedir.

Hemen tüm hastalıkların etiyolojisinde olduğu gibi KİSH oluşumunda da hasar oluşturan etkene karşı vücudun iltihaplanma cevabı başlıca neden olarak kabul edilmektedir. KİSH oluşumunda otoimmün cevap (romatoid), enfeksiyon, bazı ilaçlar, metabolik tepki (gut) gibi etkenlerin yanı sıra ilerleyen yaş, genetik yatkınlık, obezite, ağır sporlar ya da aşırı zorlayıcı hareketler (biyomekanik yük; mesleki, ayakta dikili durmak, yük taşıma vb.) en sık nedenler arasında yer almaktadır. KİSH semptomları kişisel farklılıklar göstermekle beraber genel olarak ağrı, şişme, iltihaplanma ve hareket güçlüğü başlıca ortak şikâyetler olarak tanımlanabilir. Dolayısıyla uygulanan tedavilerde öncelikle hastanın şikâyetlerini gidererek yaşam kalitesinin artırılması, hasarın ilerlemesinin önlenmesi amaçlanmaktadır. Bu amaçla kilo kontrolü, güçlendirme egzersizleri, fizik tedavi ve rehabilitasyon uygulamaları ve kaplıca tedavisi gibi yardımcı tedavilerin yanı sıra ağrı ve iltihaplanmanın giderilmesine yönelik uygulanan farmakoterapinin (kortikosteroitler, non steroid antienflamatuvar ajanlar “NSAEİ” ve analjezikler)

makalenin kalitesine bakılmaksızın ücret karşılığı makale yayımlandığı göz önüne alınmalıdır. Bir başka önemli husus ise doğal ürünler genel olarak etkinliklerini hafif ve orta derecede semptomlar üzerinde gösterebilmektedir. Bu bakımdan ilgili çalışmada uygulama yapılan hasta grubunun semptom şiddetinin değerlendirilmesi önemlidir.

Hiç şüphesiz, KİSH şikâyetleri üzerinde etkili olabilecek doğal ürün seçenekleri bu bölümde belirtilen örnekler ile sınırlı değildir. Avokado yağı (*Persea americana*), hodan tohumu yağı (*Borago officinalis*), Evening primrose yağı (*Oenothera biennis*) gibi yağların enflamatuvar yolakta rol oynayan lipit ve protein mediyatörleri üzerindeki inhibitör etkisi ile KİSH üzerinde etkili olabildiği bildirilmektedir. Halk arasında artrit şikâyetleri üzerinde etkinliği ile bilinen ve sık olarak kullanılan ısırgan yaprağı (*Urtica dioica*) gibi çeşitli bitkisel ilaçlar bulunmaktadır. Ancak bu konularda bilimsel formatta ayrıntılı deneysel ve klinik araştırma bulgularına ihtiyaç duyulmaktadır.

Bir diğer önemli husus ise, özellikle eklemlerde meydana gelen hasarın onarımının bütün çabalara rağmen her zaman yeterli şekilde sağlanamaması nedeniyle yüksek risk gruplarında; obezler, 50 yaş üzeri bireyler, sporcular ve spora tutkulu sağlıklı yaşam uygulayıcılarının kürler halinde bu tip ürünleri profilaktik olarak kullanmaları önerilmelidir.

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