

ИСПОЛЬЗОВАНИЕ ПЕРЕКИСИ ВОДОРОДА В НАРОДНОЙ МЕДИЦИНЕ

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Аннотация

Введение. На сегодняшний день в России перекись водорода широко используется в народной медицине, как средство лечения порезов, ран, отитов, а также, как профилактическое средство, ее принимают внутрь. Проблема такого самолечения заключается в том, что люди зачастую не предполагают, что подобное лечение перекисью гораздо опаснее, чем может показаться на первый взгляд. В данной статье будут рассмотрены негативные последствия от лечения перекисью водорода. **Цель исследования** — провести опрос относительно осведомленности людей в данном вопросе, проанализировать результаты и выявить предполагаемые опасности, которые могут настичь человека по незнанию. **Материалы и методы.** Тип исследования: опрос и анализ результатов. Способ отбора участников исследования: наличие желания пройти опрос. Методика проведения измерений: непосредственная оценка. Сбор и обработка данных производилась с помощью программного обеспечения Google Формы. **Результаты.** Почти половина опрошенных знает о лечении отитов и ринитов перекисью водорода, и приеме ее внутрь. 9 человек закапывало перекись в уши/нос и 1 пил. Также было выяснено, что 37% опрошенных не знали о том, что принятие перекиси внутрь организма может вызвать язвы, внутренние кровотечения, летальный исход. **Обсуждение.** Большой процент опрошенных не знают обо всех опасностях такого “лечения” и могут стать “жертвой” своего незнания. Решением этой проблемы может стать повсеместное распространение информации о рисках данного лечения. **Выводы.** Использование перекиси водорода в качестве средства народной медицины для приема внутрь должно быть исключено из арсенала человека для его же блага.

Ключевые слова: перекись водорода, вред, народная медицина

USE OF HYDROGEN PEROXIDE IN FOLK MEDICINE

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Abstract

Introduction. Today, in Russia, hydrogen peroxide is widely used in folk medicine, as a consequence of the treatment of cuts, wounds, otitis media, and also as a prophylactic, it is taken orally. The problem with this self-treatment is that people often don't realize this peroxide treatment is much more dangerous than they might first think. This article will discuss the negative effects of hydrogen peroxide treatment. **The aim of the study** – to conduct a survey on people's awareness of this

issue, analyzing the results and identify the alleged dangers that may overtake a person out of ignorance. **Materials and methods.** Type of study: survey and analysis of results. Method of selection of participants in the study: the presence of a desire to take the survey. Measurement technique: direct evaluation. Data collection and processing was carried out using the Google Forms software. **Results.** Almost half of the respondents knew about the treatment of otitis and rhinitis with hydrogen peroxide, and took it in. 9 people instilled peroxide in their ears/nose and 1 drank. It was also found that 37% of respondents didn't know that taking in peroxide the body can cause ulcers, internal bleeding, and death. **Discussion.** A large percentage of respondents is not aware of all the dangers of such a "treatment" and may become a "victim" of their ignorance. The solution to this problem can be the widespread dissemination of information about the risks of this treatment. **Conclusions.** The use of hydrogen peroxide as a traditional medicine for oral administration should be excluded from the arsenal of human for his own good
Keywords: hydrogen peroxide, dangers, folk medicine

INTRODUCTION

Traditional medicine has been widespread in Russia at all times, and the twenty-first century is no exception. Completely different means are used: from food, to the main items of a home first aid kit, such as hydrogen peroxide, potassium permanganate, aspirin and others. Based on the content of sites on traditional medicine, we can conclude that hydrogen peroxide cures everything. Wounds, scratches, otitis, rhinitis, malaise and even cancer, peroxide allegedly copes with all this. That is why it is used both on the skin and inside. But not everyone who is treated in this way is aware of the dangers of using hydrogen peroxide. This is a huge problem because it threatens human health and can lead to death. It is absolutely necessary to have knowledge about such self-treatment, otherwise irreparable things may happen.

Examples proving a negative impact on the human body: ¹poisoning with 3% peroxide; ²670 cases associated with the accidental use of hydrogen peroxide by children with a concentration of 3%, the children received stomach ulcers, bloody vomiting; ³A 2-year-old girl died after taking two sips of 35% hydrogen peroxide. These examples can be easily found on the Internet, but the majority don't want to know about it or ignore known information. It is ignorance that may lead to such sad consequences.

The aim of the study – to conduct a survey on people's awareness of this issue, analyze the results and identify the alleged dangers that may overtake a person due to ignorance.

MATERIALS AND METHODS

Type of study: survey and analysis of results. Method of selection of participants in the study: the presence of a desire to take the survey. Measurement technique: direct evaluation. Data collection and processing was carried out using the Google Forms software.

RESULTS

According to the results of a survey in which 54 people participated, almost half know about the treatment of otitis and rhinitis with hydrogen peroxide, and its ingestion. 9 people instilled peroxide in their ears/nose and 1 drank. It was also found that 37% of respondents did not know that taking peroxide inside the body can cause ulcers, internal bleeding, and death.

DISCUSSION

The data of this survey clearly shows that a large percentage of respondents didn't know about all the dangers of such a "treatment" and may become a "victim" of their ignorance. The solution to this problem can be the widespread dissemination of information about the risks of this treatment. Also, the younger generation should consider on folk treatment with doubt and prejudice, because the older generation often uses these methods and actively treats their children and grandchildren with this "old-fashioned method".

CONCLUSION

Thus, it was found that students had little knowledge of the harm caused by the treatment of diseases by means of the use of hydrogen peroxide. Such ignorance could be detrimental to those interviewees who dripped hydrogen peroxide into their ears/nose or drank it, or who potentially considered such a treatment option. Also, hydrogen peroxide should never be used orally, as this leads to terrible consequences that are not always reversible.

LIST OF SOURCES

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УДК 159.9.01

РОЛЬ ДЕПРЕССИИ В СОВРЕМЕННОЙ КУЛЬТУРЕ: ФИЛОСОФИЯ И МЕДИЦИНА