



## COMPARATIVE EVALUATION OF THE EFFECTIVENESS OF SPIRONOLACTONE AND EPLERENONE IN PATIENTS WITH CHRONIC HEART FAILURE

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**Introduction.** Chronic heart failure (CHF) is a pathophysiological condition in which the heart cannot meet the needs of tissue exchange due to impaired pumping function. According to the results of scientific research conducted in recent years, at least 26 million people are currently suffering from chronic heart failure. Despite the advances in modern medicine in the field of treatment and prevention, mortality and morbidity from this disease is still high. Statistical observations show that the number of patients with CHF will increase by 46% by 2030[2]. Prevention of such a negative growth creates the need for more in-depth research in the field of medicine.

**Purpose.** Evaluate comparative efficiency of spironolactone and eplerenone on neurohumoral parameters in patients with chronic heart failure.

**Material and methods.** 100 patients with CHF of ischemic genesis with II and III FC CHF were examined. (men aged 38–60, mean age – 54.51±6.89 years) at baseline and after 6 months of treatment. To evaluate the comparative effectiveness patients were divided into 2 groups: the first group (I) consisted of 54 patients with FC II (28) and III FC CHF (23 patients), who were taken for 6 months against the background of standard therapy -spironolactone; the second group (II) - 46 patients with II FC (26) and III FC CHF (23 patients) - eplerenone.

**Results.** Analysis of the results of the study in the spironolactone group for the content neurohormones in the blood of patients with CHF showed that the positive effect of therapy on the level neurohormones are more pronounced in patients with FC II. So, as a result of the therapy in patients with FC II, the content of AI decreased by 26.6% ( $p<0.001$ ) from the initial values, and NA content – by 20.2% ( $p<0.05$ ). In patients with III FC, a significant decrease was observed only AI level by 20.2% ( $p<0.05$ ). 5). The level of NA decreased by 10.9% ( $p>0.05$ ) from the initial value, which turned out to be statistically insignificant. results study of the effect of six-month therapy with eplerenone on the content of NA and aldosterone in the blood in patients with CHF FC II and III showed that in this group of patients the content of neurohormones in the blood of patients with CHF is significantly reduced as FC II and FC III. As a result of the therapy, patients with FC II showed a significant decrease in the content of AI by 28.4% ( $p<0.01$ ), and NA, by 24.6% ( $p<0.01$ ) of the baseline. In patients with CHF FC III, the level of NA decrease was more significant than in FC II. In particular, as a result of the therapy, the content of AI decreased by 32.1% ( $p<0.001$ ), and NA by 19.8% ( $p<0.05$ ) from the original scores. results of comparative efficacy of spironolactone and eplerenone showed that the effectiveness of complex therapy on the level of neurohormones is almost the same in both groups in patients with FC II. However, in patients with FC III there is a clear superiority of the complex therapy with eplerenone than with spironolactone. In the group of patients taking eplerenone, the level of AI and NA decreased by 32.1% and 19.8%, respectively, while in the spironolactone group it decreased by 20.2% and 10.9%, respectively, and besides, the level of decrease in NA was unreliable from the original score.

**Conclusion.** Thus, complex therapy with spironolactone and eplerenone in patients with CHF contributed to a decrease in the level of neurohormones, while the effect of eplerenone was more pronounced in both patients with II and III FC.