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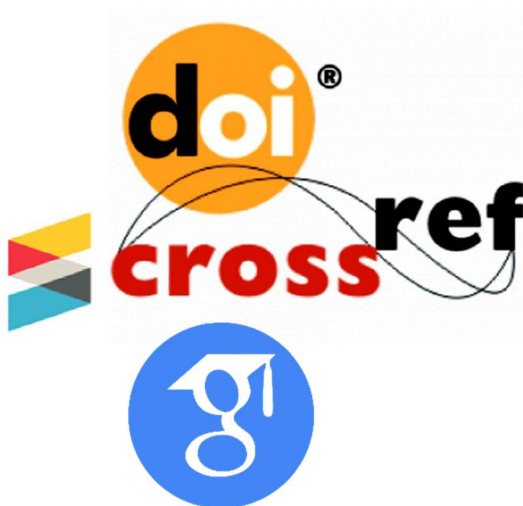
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БИОМЕДИЦИНА ВА АМАЛИЁТ ЖУРНАЛИ

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INDIVIDUALIZATION OF ART PROTOCOLS IN PATIENTS WITH DIFFERENT OVARIAN RESERVE

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ABSTRACT

Infertility remains one of the most important challenges in modern reproductive medicine and requires an individualized approach to improve the effectiveness of assisted reproductive technologies (ART). The aim of this study was to evaluate ART outcomes in patients with different ovarian reserve levels and to determine the role of personalized treatment protocols. This prospective study included 60 infertile women treated at the “Beshik” Reproductive Medicine Clinic (Samarkand, Uzbekistan) during 2025–2026. The participants were divided into two groups according to ovarian reserve: normal ovarian reserve (n=30) and diminished ovarian reserve (n=30). Ovarian reserve was assessed using anti-Müllerian hormone levels and antral follicle count, and all patients were additionally stratified according to the POSEIDON concept. Although patients with diminished ovarian reserve demonstrated lower numbers of retrieved oocytes and less favorable embryological outcomes, individualized ovarian stimulation protocols allowed satisfactory rates of oocyte maturation, fertilization, and blastocyst formation to be achieved. The findings indicate that personalization of ART protocols based on ovarian reserve assessment and POSEIDON stratification contributes to improved reproductive outcomes.

Keywords: infertility, assisted reproductive technologies, IVF, ICSI, ovarian reserve, AMH, POSEIDON, personalization

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ИНДИВИДУАЛИЗАЦИЯ ПРОТОКОЛОВ ВРТ У ПАЦИЕНТОК С РАЗЛИЧНЫМ ОВАРИАЛЬНЫМ РЕЗЕРВОМ

АННОТАЦИЯ

Бесплодие является одной из наиболее актуальных проблем современной репродуктивной медицины и требует индивидуализированного подхода для повышения эффективности вспомогательных репродуктивных технологий (ВРТ). Целью исследования явилась оценка результатов ВРТ у пациенток с различным овариальным резервом и определение значения

БИОМЕДИЦИНА ВА АМАЛИЁТ ЖУРНАЛИ

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EFFECTIVENESS OF MODERN METHODS FOR RESTORING REPRODUCTIVE FUNCTION IN WOMEN WITH PREMATURE OVARIAN INSUFFICIENCY

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ANNOTATION

Objective. To evaluate the effectiveness of modern approaches for restoring reproductive function in women with premature ovarian insufficiency based on a comprehensive clinical and laboratory assessment of ovarian reserve and analysis of reproductive outcomes. **Materials and Methods.** The study was conducted at Samarkand State Medical University between 2021 and 2025. A total of 120 women of reproductive age were enrolled. The main group consisted of 70 patients diagnosed with premature ovarian insufficiency, while the control group included 50 women with tubal-peritoneal infertility and preserved ovarian function. All participants underwent clinical examination, assessment of reproductive history, measurement of follicle-stimulating hormone (FSH), luteinizing hormone (LH), estradiol, and anti-Müllerian hormone (AMH) levels. Ovarian reserve was evaluated by transvaginal ultrasonography with antral follicle count (AFC). Treatment efficacy was assessed based on changes in clinical, hormonal, and reproductive outcomes. **Results.** Women with premature ovarian insufficiency demonstrated a marked reduction in ovarian reserve compared with the control group, characterized by elevated FSH levels, decreased AMH concentrations, and a reduced antral follicle count. The application of modern comprehensive treatment strategies resulted in improved hormonal profiles, enhanced ovarian functional activity, and an increased likelihood of ovulation recovery. These findings support the potential benefits of an individualized therapeutic approach incorporating contemporary reproductive and regenerative technologies for this patient population. **Conclusion.** The comprehensive use of modern diagnostic and therapeutic approaches for restoring reproductive function in women with premature ovarian insufficiency improves ovarian functional status, enhances treatment effectiveness, and expands reproductive potential. An individualized management strategy optimizes treatment outcomes and increases the probability of achieving pregnancy. **Keywords:** premature ovarian insufficiency, ovarian reserve, anti-Müllerian hormone, follicle-stimulating hormone, reproductive function, infertility, diagnosis, treatment.

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TUXUMDONLARI MUDDATIDAN OLDIN SO'NGAN AYOLLARDA REPRODUKTIV FAOLIYATNI TIKLASHNING ZAMONAVIY USULLARI SAMARADORLIGI

ANNOTATSIYA

Tadqiqot maqsadi. Tuxumdonlarning muddatidan oldin yetishmovchiligi bo'lgan ayollarda reproduktiv funksiyani tiklashning zamonaviy usullari samaradorligini ovaryal zaxirani kompleks klinik-laborator baholash hamda reproduktiv natijalarni tahlil qilish asosida baholash. **Tadqiqot materiallari va usullari.** Tadqiqot 2021–2025-yillarda Samarqand davlat tibbiyot universiteti bazasida o'tkazildi. Tadqiqotga reproduktiv yoshdagi 120 nafar ayol jalb qilindi. Asosiy guruhni tuxumdonlarning muddatidan oldin yetishmovchiligi tashxisi qo'yilgan 70 nafar bemor, nazorat guruhini esa tuxumdon funksiyasi saqlangan tubar-peritoneal bepustligi bo'lgan 50 nafar ayol tashkil etdi. Barcha ishtirokchilarda klinik tekshiruv, reproduktiv anamnezni baholash, follikulostimullovchi gormon (FSH), lyuteinlashtiruvchi gormon (LH), estradiol va antimyuller gormoni (AMH) darajalari aniqlandi. Shuningdek, transvaginal ultratovush tekshiruvi yordamida antral follikulalar soni hisoblanib, ovaryal zaxira baholandi. Davolash samaradorligi klinik holat, gormonal ko'rsatkichlar hamda reproduktiv natijalar dinamikasi asosida tahlil qilindi. **Natijalar.** Tuxumdonlarning muddatidan oldin yetishmovchiligi bo'lgan bemorlarda nazorat guruhiga nisbatan ovaryal zaxiraning sezilarli darajada pasaygani kuzatildi. Bu holat follikulostimullovchi gormon darajasining oshishi, antimyuller gormoni miqdorining kamayishi hamda antral follikulalar sonining qisqarishi bilan namoyon bo'ldi. Zamonaviy kompleks davolash usullarini qo'llash natijasida gormonal ko'rsatkichlarda ijobiy o'zgarishlar, tuxumdonlarning funksional faolligi yaxshilanishi va ovulyatsiyaning tiklanish ehtimoli ortishi kuzatildi. Olingan natijalar ushbu toifadagi bemorlarni davolashda zamonaviy reproduktiv va regenerativ texnologiyalarni o'z ichiga olgan individual yondashuvning istiqbolli ekanligini ko'rsatdi. **Xulosa.** Tuxumdonlarning muddatidan oldin yetishmovchiligi bo'lgan ayollarda reproduktiv funksiyani tiklashga qaratilgan zamonaviy diagnostik va davolash usullarini kompleks qo'llash tuxumdonlarning funksional holatini yaxshilash, davolash samaradorligini oshirish hamda reproduktiv salohiyatni ro'yobga chiqarish imkoniyatlarini kengaytiradi. Bemorlarni individual yondashuv asosida olib borish davolash taktikasini optimallashtirish va homiladorlikka erishish ehtimolini oshirish imkonini beradi. **Kalit so'zlar:** tuxumdonlarning muddatidan oldin yetishmovchiligi, ovaryal zaxira, antimyuller gormoni, follikulostimullovchi gormon, reproduktiv funksiya, bepustlik, diagnostika, davolash.

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ЭФФЕКТИВНОСТЬ СОВРЕМЕННЫХ МЕТОДОВ ВОССТАНОВЛЕНИЯ РЕПРОДУКТИВНОЙ ФУНКЦИИ У ЖЕНЩИН С ПРЕЖДЕВРЕМЕННОЙ НЕДОСТАТОЧНОСТЬЮ ЯИЧНИКОВ

АННОТАЦИЯ

Цель исследования. Оценить эффективность современных методов восстановления репродуктивной функции у женщин с преждевременной недостаточностью яичников на

основании комплексной клинико-лабораторной оценки овариального резерва и анализа репродуктивных исходов. **Материал и методы исследования.** Исследование проведено на базе Самаркандского государственного медицинского университета в 2021–2025 годах. В исследование включены 120 женщин репродуктивного возраста. Основную группу составили 70 пациенток с преждевременной недостаточностью яичников, контрольную группу — 50 женщин с трубно-перитонеальным бесплодием при сохраненной функции яичников. Всем пациенткам проведены клиническое обследование, оценка репродуктивного анамнеза, определение уровней ФСГ, ЛГ, эстрадиола, антимюллера гормона (АМГ), ультразвуковая оценка овариального резерва с подсчетом числа антральных фолликулов. Эффективность проводимой терапии оценивали по динамике клинических, гормональных и репродуктивных показателей. **Результаты.** У пациенток с преждевременной недостаточностью яичников выявлено выраженное снижение овариального резерва, сопровождавшееся повышением уровня ФСГ, снижением концентрации АМГ и уменьшением количества антральных фолликулов по сравнению с контрольной группой. Применение современных комплексных методов лечения способствовало улучшению гормонального профиля, повышению функциональной активности яичников и увеличению вероятности восстановления овуляции. Полученные результаты свидетельствуют о перспективности использования персонализированного подхода с применением современных репродуктивных и регенеративных технологий у данной категории пациенток. **Заключение** Комплексное применение современных методов диагностики и восстановления репродуктивной функции у женщин с преждевременной недостаточностью яичников способствует улучшению функционального состояния яичников, повышению эффективности лечения и расширению возможностей реализации репродуктивного потенциала. Индивидуализированный подход к ведению пациенток позволяет оптимизировать тактику лечения и повысить вероятность наступления беременности. **Ключевые слова:** преждевременная недостаточность яичников, овариальный резерв, антимюллеров гормон, фолликулостимулирующий гормон, репродуктивная функция, бесплодие, диагностика, лечение.

Kirish. Tuxumdonlarning muddatidan oldin yetishmovchiligi reproduktiv yoshdagi ayollarda tuxumdonlarning generativ va endokrin funksiyasi 40 yoshga qadar pasayishi bilan tavsiflanadigan murakkab, ko'p omilli klinik sindrom hisoblanadi. Mazkur holat hayz siklining buzilishi, oligo- yoki amenoreya, gonadotrop gormonlar miqdorining oshishi, estrogenlar sekretsiasining kamayishi hamda ovaryal zaxiraning keskin pasayishi bilan namoyon bo'ladi. Ushbu patologiya ayolning reproduktiv salohiyatiga bevosita salbiy ta'sir ko'rsatib, bepustlik rivojlanishining muhim sabablaridan biri sifatida baholanadi. Tuxumdonlarning muddatidan oldin yetishmovchiligi zamonaviy reproduktiv tibbiyotning dolzarb muammolaridan biri bo'lib, uning klinik ahamiyati faqat fertilitetning pasayishi bilan cheklanmaydi. Estrogen tanqisligi fonida vazomotor buzilishlar, urogenital atrofiya, suyak mineral zichligining kamayishi, osteoporoz, yurak-qon tomir va metabolik kasalliklar xavfining ortishi kuzatilishi mumkin. Bundan tashqari, reproduktiv funksiyaning erta yo'qolishi bemorlarning psixosotsial holati, oilaviy munosabatlari va hayot sifatiga sezilarli darajada salbiy ta'sir ko'rsatadi. Mazkur sindromning etiopatogenezi murakkab va ko'p omilli xarakterga ega. Uning rivojlanishida genetik anomaliyalar, autoimmun jarayonlar, metabolik va endokrin buzilishlar, infeksiyon omillar, yatrogen ta'sirlar, xususan, jarrohlik amaliyotlari, kimyoterapiya va radioterapiya, shuningdek, ekologik va toksik omillar muhim o'rin tutadi. Shunga qaramay, ko'plab klinik holatlarda kasallikning aniq etiologik sababini aniqlash imkoniyati cheklangan bo'lib, bu uning idiopatik shakllari ulushining yuqoriligini belgilaydi. Tuxumdonlarning muddatidan oldin yetishmovchiligini tashxislashda klinik-anamnestik ma'lumotlarni chuqur tahlil qilish, gormonal holatni baholash, xususan, follikulostimullovchi gormon, lyuteinlashtiruvchi gormon, estradiol va antimyuller gormoni miqdorini aniqlash, shuningdek, ultratovush tekshiruvi yordamida antral follikulalar sonini baholash muhim ahamiyat kasb etadi. Zarur hollarda genetik, autoimmun va molekulyar tekshiruvlarni qo'llash kasallikning etiologik omillarini aniqlash hamda individual davolash taktikasini shakllantirish imkonini beradi.

Hozirgi vaqtda tuxumdonlarning muddatidan oldin yetishmovchiligi bilan ogʻrigan ayollarda reproduktiv funksiyani tiklash masalasi toʻliq yechim topmagan. Gormonal oʻrin bosuvchi terapiya estrogen tanqisligi bilan bogʻliq klinik belgilarni kamaytirish va uzoq muddatli asoratlarning oldini olishda muhim oʻrin tutsa-da, u aksariyat hollarda ovulyator funksiyani va tabiiy fertilitetni toʻliq tiklay olmaydi. Shu sababli tuxumdon zaxirasini saqlash, follikulogenezni ragʻbatlantirish, tuxumdon toʻqimasining funksional imkoniyatlarini yaxshilash hamda yordamchi reproduktiv texnologiyalardan samarali foydalanishga qaratilgan yangi davolash yondashuvlarini ishlab chiqish dolzarb ilmiy-amaliy vazifa boʻlib qolmoqda. Zamonaviy davolash usullari individual gormonal korreksiya, metabolik va immunologik buzilishlarni bartaraf etish, antioksidant va vitamin terapiyasi, ovulyatsiyani induksiya qilish, yordamchi reproduktiv texnologiyalarni qoʻllash hamda fertilitetni saqlashga qaratilgan yondashuvlarni oʻz ichiga oladi. Davolash taktikasini tanlashda bemorning yoshi, kasallik davomiyligi, ovaryal zaxira darajasi, gormonal va ultratovush koʻrsatkichlari, genetik xususiyatlari hamda reproduktiv rejalari hisobga olinishi lozim. Shu munosabat bilan tuxumdonlarning muddatidan oldin yetishmovchiligi kuzatilgan ayollarda zamonaviy diagnostika va davolash usullarining klinik samaradorligini oʻrganish, reproduktiv natijalarga taʼsir etuvchi prognostik omillarni aniqlash hamda individual yondashuvga asoslangan davolash algoritmini takomillashtirish zamonaviy akusherlik va ginekologiyaning ustuvor yoʻnalishlaridan biri hisoblanadi.

Materiallar va tadqiqot usullari. Mazkur tadqiqot Samarqand davlat tibbiyot universiteti Akusherlik va ginekologiya kafedrasida hamda uning klinik bazalarida olib borildi. Tadqiqot dizayni prospektiv, qiyosiy klinik tadqiqot koʻrinishida tashkil etildi. Tadqiqotga 2021–2025-yillar davomida tuxumdonlarning muddatidan oldin yetishmovchiligi tashxisi qoʻyilgan reproduktiv yoshdagi ayollar jalb qilindi. Tadqiqotda jami 120 nafar ayol ishtirok etdi. Asosiy guruhni tuxumdonlarning muddatidan oldin yetishmovchiligi tashxisi tasdiqlangan 70 nafar bemor tashkil etdi. Nazorat guruhiga esa tubar-peritoneal bepustlik sababli yordamchi reproduktiv texnologiyalar dasturiga tayyorlanayotgan, tuxumdon funksiyasi saqlangan 50 nafar reproduktiv yoshdagi ayollar kiritildi. Tadqiqotga kiritish mezonlari sifatida 40 yoshgacha boʻlgan ayollar, kamida 4 oy davom etgan oligomenoreya yoki amenoreya, ikki marotaba (kamida 4 haftalik interval bilan) aniqlangan follikulostimullovchi gormon (FSH) darajasining 25 IU/L va undan yuqori boʻlishi hamda antimyuller gormoni (AMH) koʻrsatkichining pasayganligi belgilandi. Tadqiqotdan chiqarish mezonlariga homiladorlik, malign neoplaziyalar, ogʻir ekstragenital kasalliklar, tugʻma jinsiy aʼzolar nuqsonlari hamda tadqiqotda ishtirok etishga rozilik bermagan bemorlar kiritildi. Barcha ishtirokchilarda klinik-anamnestik maʼlumotlar yigʻildi, umumiy va ginekologik koʻrik oʻtkazildi. Laborator tekshiruvlar doirasida follikulostimullovchi gormon (FSH), lyuteinlashtiruvchi gormon (LH), estradiol, prolaktin, antimyuller gormoni (AMH), tireotrop gormon (TSH), erkin tiroksin (fT4) hamda zaruratga koʻra boshqa gormonal koʻrsatkichlar aniqlandi. Instrumental tekshiruv sifatida transvaginal ultratovush tekshiruvi bajarilib, tuxumdon hajmi, antral follikulalar soni (AFC), bachadon va qoʻshimchalarning anatomik holati baholandi. Koʻrsatmalar mavjud boʻlgan hollarda genetik tekshiruvlar, jumladan FMR1 geni CGG takrorlari tahlili hamda autoimmun omillarni aniqlashga qaratilgan laborator tekshiruvlar amalga oshirildi. Davolash samaradorligini baholashda klinik belgilar dinamikasi, gormonal koʻrsatkichlarning oʻzgarishi, ultratovush parametrlarining yaxshilanishi, ovulyator faoliyatning tiklanishi hamda reproduktiv natijalar asosiy mezon sifatida qabul qilindi. Reproductiv funksiyani tiklash samaradorligi spontan homiladorlik yoki yordamchi reproduktiv texnologiyalar natijasida homiladorlikka erishish koʻrsatkichlari asosida baholandi.

Tadqiqot natijalari. Tadqiqotda jami 120 nafar reproduktiv yoshdagi ayol ishtirok etdi. Shundan 70 nafar (58,3 %) ayolda tuxumdonlarning muddatidan oldin yetishmovchiligi tashxisi tasdiqlanib, ular asosiy guruhni tashkil etdi. Nazorat guruhiga tubar-peritoneal bepustlik sababli yordamchi reproduktiv texnologiyalar dasturiga tayyorlanayotgan, tuxumdon funksiyasi saqlangan 50 nafar (41,7 %) ayol kiritildi. Asosiy guruh bemorlarida klinik-anamnestik tekshiruv natijasida hayz siklining buzilishi, uzoq muddatli amenoreya yoki oligomenoreya, reproduktiv funksiyaning pasayishi va bepustlik holatlari ustunligi qayd etildi. Gormonal tekshiruvlar tuxumdonlarning funksional faolligi pasayganligini, ovaryal zaxiraning kamayganligini hamda reproduktiv tizim

faoliyatida endokrin buzilishlar mavjudligini tasdiqladi. Ultratovush tekshiruvlarida asosiy guruh bemorlarida tuxumdonlar hajmining kichrayishi, antral follikulalar sonining kamayishi hamda ovaryal zaxira pasayishi bilan mos keluvchi morfologik o'zgarishlar kuzatildi. Nazorat guruhidagi ayollarda esa tuxumdonlarning anatomik va funksional holati reproduktiv yosh me'yorlariga mos ekanligi aniqlandi. Kompleks davolash chora-tadbirlari qo'llanilgandan so'ng asosiy guruh bemorlarida klinik holatning yaxshilanishi, gormonal ko'rsatkichlarning me'yorlashishga moyilligi hamda ultratovush tekshiruvlarida ovaryal faoliyatning faollashish belgilari kuzatildi. Reproductiv funksiyani tiklashga qaratilgan zamonaviy yondashuvlar bemorlarning reproduktiv salohiyatini yaxshilashga xizmat qilishi aniqlandi. Olingan natijalar tuxumdonlarning muddatidan oldin yetishmovchiligi bo'lgan ayollarda kompleks klinik, laborator va instrumental tekshiruvlarni qo'llash kasallikni erta aniqlash, individual davolash taktikasini tanlash hamda reproduktiv funksiyani tiklash imkoniyatlarini oshirishda muhim ahamiyatga ega ekanligini ko'rsatdi.

Xulosa. O'tkazilgan tadqiqot natijalariga ko'ra, tuxumdonlarning muddatidan oldin yetishmovchiligi reproduktiv yoshdagi ayollarda uchraydigan dolzarb tibbiy muammolardan biri ekanligi tasdiqlandi. Tadqiqotda ishtirok etgan 120 nafar ayolning 70 nafari (58,3 %) tuxumdonlarning muddatidan oldin yetishmovchiligi tashxisi bilan asosiy guruhni, 50 nafari (41,7 %) esa tubar-peritoneal bepustlik sababli yordamchi reproduktiv texnologiyalar dasturiga tayyorlanayotgan va tuxumdon funksiyasi saqlangan ayollarni nazorat guruhini tashkil etdi. Asosiy va nazorat guruhlari o'rtasida o'tkazilgan qiyosiy tahlil tuxumdonlarning funksional holatini kompleks baholash, ovaryal zaxirani aniqlash hamda reproduktiv salohiyatni baholashda klinik, gormonal va instrumental tekshiruvlarning muhim ahamiyatga ega ekanligini ko'rsatdi. Tadqiqotda qo'llanilgan kompleks diagnostik yondashuv tuxumdonlarning muddatidan oldin yetishmovchiligini erta aniqlash, kasallikning og'irlik darajasini baholash va individual davolash taktikasini tanlash imkonini berdi. Shunday qilib, tuxumdonlarning muddatidan oldin yetishmovchiligi bo'lgan ayollarda zamonaviy klinik-diagnostik yondashuvlarni qo'llash reproduktiv funksiyani tiklash imkoniyatlarini kengaytiradi, davolash samaradorligini oshirishga xizmat qiladi hamda yordamchi reproduktiv texnologiyalarni qo'llash natijalarini yaxshilash uchun muhim ilmiy-amaliy asos bo'lib xizmat qiladi.

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