

ALLERGIC DISEASES AND THEIR PREVENTION.

<https://doi.org/10.5281/zenodo.18500725>

Nishonova Dilafruz Tajimatovna

Central Asian Medical University medical university

Assistant of the Department of "Normal and Topographic Anatomy"

Abdurasulova Mubinaxon Dilshod qizi

Central Asian Medical University medical university

Medical direction II year Pediatrics group 524 students

Abstract

In this article Allergy is the body's immune response to certain factors in the environment, various substances. The substances that cause an allergic reaction are called "allergens", and they come in different forms. In addition, allergic diseases can be caused by hereditary factors, various types of stomach diseases, ecology, hot and cold weather, and intestinal helminths. is being talked about.

Keywords

allergen, allergy, pollen, plants, insects and their venom, various medications, skin itching, sneezing.

Nowadays, allergic diseases are widespread among adults and children. So, what kind of disease is this? How can we prevent it? Are allergic diseases contagious? We can get answers to several questions through this article. According to the World Health Organization, 35-40% of the world's population suffers from this disease.

Allergy-is the body's immune response to certain factors in the environment, various substances. The substances that cause an allergic reaction are called "allergens", and they come in different forms.

For example:

- Plants, flower pollen
- Various medications
- Food and drinks
- Insects and their bites
- Animal fur.

In addition, allergic diseases can also be caused by hereditary factors, various types of stomach diseases, ecology, hot and cold weather, and intestinal helminths. About this disease, the doctor of chemistry, associate professor Khojimatov Maqsadbek, department of chemistry of Andijan State University, has the following

opinion: "Hereditary predisposition plays a major role in the development of allergies. If one of the parents suffers from allergies, the probability of developing allergies in a child is 30-40%, and if both the father and mother have allergies, the probability of developing the disease in a child can increase to 70-75%." According to the results of the examination of doctors Masharipova Roza Telmanovna, Aliyeva Farogat Rustamovna, Dzhumaniyozova Gulsara Mayliyevna, the Urgench branch of the Department of Pediatrics and Neonatology of the Tashkent Medical Academy, allergic diseases can also occur due to the keeping of various pets in the houses where children live.

According to the World Health Organization, the 21st century is the century of allergic diseases, and this disease is the most common non-communicable disease on Earth. By 2025, half of the world's population will have to deal with allergic diseases. However, the results of observations 50-60 years ago show that the disease was detected in 2-3% of the population. This shows that the incidence of the disease is increasing among the population. Director of the Republican Scientific Specialized Center for Allergology, Doctor of Medical Sciences Ilmira Rozikova said that allergic diseases are associated with environmental pollution, increased consumption of food products enriched with chemical additives and preservatives, excessive use of medications, inactivity and stress, and can occur due to these factors. According to data, food allergies are observed in 1.1% to 10.8% of the world's population. It has been established that only salt and sugar do not cause allergies, and all other products can cause allergies to some extent. According to professors of Samarkand State Medical University RB Abdullayev and Sh.Kh. Ziyadullayev, allergies can mainly be caused by dust and other factors. All the data shows that allergies are not caused by just one factor, they manifest themselves in different ways at different times. Their symptoms can be as follows:

1. Itchy skin
2. High body temperature
3. Sneezing
4. Various skin rashes
5. Difficulty breathing
6. General weakness
7. Tremors and others

In my opinion, allergy is a disease that does not cause much trouble, but in some exceptional cases it can cause negative consequences. Also, this disease is not classified as an infectious disease, that is, it is not contagious. Depending on the type of allergy, it can be treated with medications. Unfortunately, today there is no single remedy for its treatment.

Therefore, it is necessary to consult a doctor as soon as symptoms of the disease appear.

In fact, allergies are seasonal depending on the season;

According to the mechanism of development, they are divided into allergic reactions that occur quickly in the body and allergic reactions that develop slowly.

Seasonal allergies appears in a certain season and is not observed at other times. For example, in the autumn or spring months, "Allergic rhinitis" can occur due to pollen and other factors. Allergic rhinitis is an inflammation of the nasal mucosa, that is, a strong response of the immune system to allergens that enter the respiratory tract. To treat allergic rhinitis, first of all, you need to see a doctor. After that, a general analysis is taken from the patient's blood. In addition, laboratory tests are performed. Treatment can include immunotherapy or inhalation, as well as the use of drugs and sprays. Rapid allergic reactions in the body include Quincke's edema, bronchial asthma, dermatitis, anaphylactic shock and allergic rhinitis. Slow-acting allergic diseases include leprosy, scabies, dysentery. To prevent these, it is necessary to stay away from allergens, consult a doctor and use medications correctly.

According to the Lex.uz website, the Resolution of the President of the Republic of Uzbekistan "On measures to improve the quality of prevention and treatment of allergic diseases" states that screening programs are expected to be established to identify and properly prevent allergic diseases in children and adolescents, provide them with free inhalation medications, and eliminate allergic diseases.

To prevent the disease, it is recommended to avoid contact with all allergens, and it is easier to prevent this disease than to treat it. To reduce or suppress allergy symptoms, drugs such as "Suprastin", "Allergozan", "Parlazin", "Claritin", "Zirtek", "Zodak" and the like are used. If the symptoms are significant, it is necessary to consult an allergist.

In conclusion, we can say that allergies can be caused by heredity and external factors. It is also worth knowing that this disease is easier and more effective to prevent than to treat. In order to prevent allergic diseases, it is necessary to go out less during the seasonal period, that is, during the seasons that provoke the disease, for example, in the spring or autumn months, to walk less;

use of medications correctly, under the supervision of a doctor;

Avoidance of allergenic foods, temporary or total elimination depending on the severity of the disease;

follow sanitary rules at home and on the street;

Stay away from trees with pollen that causes allergies and avoid getting close to them as much as possible;

It is necessary to avoid contact with animals and definitely not to get into stressful situations. If the patient has allergies, he is asked to consult a doctor. However, if timely help is not provided, the causes of allergies can lead to negative consequences.

To prevent allergies, it is necessary to avoid contact with allergens and stay away from them. At the same time, it is enough to follow sanitary rules, clean the house frequently, and avoid contact with plants and animals.

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