

ASTHMA

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Abstract: *Asthma is a non-severe form of pneumonia that is characterized by inflammation and narrowing of the airways. According to the World Health Organization, the number of people with asthma worldwide in 2019 was 262 million, of which 461,000 died.*

Key words: *asthma, pain, chronic inflammation, allergic*

Asthma translated from the Greek, means "suffocation," "pain," and is characterized by persistent and recurrent attacks of suffocation.

Bronchial asthma is a chronic inflammation of the bronchi caused by allergic or infectious causes, and the disease can be divided into allergen-dependent and non-allergenic.

In medicine, allergens are divided into four main groups: tree pollen, house dust, animal hair, and others. Non-allergic causes include physical exertion, depression, and cold weather. It is true that cold weather, viral infections, pungent odors, and nervousness are not allergens, but these factors can trigger an asthma attack.

What are the symptoms of the disease?

- The disease is characterized by regular coughing day and night, suffocation and difficulty breathing, coughing during exercise, "whistling" in the chest, irritability when in contact with allergens, and chest discomfort.

When the patient's breathing is short, there is severe pain in the diaphragm area of the body. The patient's condition improves somewhat when the attack is accompanied by a cough and the sputum on the inner surface of the bronchi is removed. In an attack of the disease, gas exchange in the alveoli of the lungs is sharply reduced. This leads to weakness of the body, speech problems and tachycardia (rapid heartbeat).

In addition, in some cases, the onset of the disease is exacerbated after exercise. Some people feel bad when they breathe cold air. This, of course, depends on the individual characteristics of the body.

It is important to pay close attention to the disease, otherwise it can lead to various accidents. If not treated in time, asthma can even lead to death. Therefore, it is not good to ignore it.

Is Asthma a Hereditary Disease?

- One third of adults with bronchial asthma suffer from this disease in childhood. People who get rid of it during adolescence are more likely to be at risk for asthma when

they grow up. At this time, the risk of developing the disease is increased by genetic factors, as well as the influence of the environment.

Among the causes of bronchial asthma in medicine, hereditary predisposition is mentioned separately. Hereditary factors are especially important in allergic bronchial asthma. If one of the parents has the disease, the probability of the disease in the unborn child is 20-30%. If both parents are considered asthmatic, the probability of inheriting the disease is 75 percent.

Asthma is more common during sleep. This is because the sensitivity of the airways increases during this time and the contractions of the lungs decrease. At night, the body also produces special substances that alter lung function and lower body temperature. This causes the airways to cool.

- Doctors recommend people with this disease to relax twice a year in nature, especially in sanatoriums where spruce is planted.

It is also important that the food you eat is free of allergens. Remember, it can be very difficult to fight this disease if you do not follow the routine in your lifestyle.

It should be noted that bronchial asthma is a chronic disease that is difficult to completely cure. However, with the right treatment options, it is possible to bring the patient's general condition to a long-term and stable level, thereby improving his or her health.

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