

**GASTRITIS CAUSES, SYMPTOMS**

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**Abstract:** *Gastritis or inflammation of the lining of the stomach is one of the most common human diseases. According to statistics, about 80-90% of people have experienced an episode of illness at least once in their lifetime. In old age, 70-90% of people suffer from various forms of gastritis. A chronic form of gastritis can turn into an ulcerative disease, stomach cancer.*

Gastritis is an inflammation of the lining of the stomach that causes the organs to malfunction. When gastritis occurs, food is poorly digested, leading to weakness and lack of energy. Gastritis, like most diseases, can be acute or chronic. In addition, gastritis is characterized by a decrease in the acidity of gastric juice, normal and high.

Nowadays, gastritis can be called a century disease. Both adults and children suffer from it.

Gastritis is characterized by various internal and external factors that contribute to the development of pathology. Clinically in the form of inflammation (acute or chronic). Acute inflammation is short-lived. Damage to the gastric mucosa with concentrated acids, alkalis and other chemicals can lead to dangerous consequences (death).

Prolonged (chronic) illness reduces quality of life and manifests itself in the form of pain. Accompanying symptoms include:

- Abdominal heaviness;
- Heartburn;
- Diarrhea or constipation;
- Flatulence;
- Bad breath.

The chronic form of the disease is dangerous with atrophy of the gastric mucosa. As a result, the pancreas stops working properly. Atypical cells begin to appear instead of healthy cells. Self-repair of the gastric mucosa is one of the causes of imbalance - the development of ulcers and cancer.

The stomach is the most delicate part of the digestive system. It involves at least three complex digestive processes: the mechanical mixing of the food ball, the chemical breakdown of food, and the absorption of nutrients.

Gastritis often affects the lining of the stomach, the lining of the stomach. This layer produces two complementary digestive components - gastric juice and protective mucus.

Digestion in the stomach is a finely tuned biochemical process of the body. This is confirmed by the normal acidic pH of gastric juice (its main component is hydrochloric acid), as well as by the difference in acidity in different parts of it. High acidity (pH 1.0-1.2) is observed in the initial part of the stomach, while low acidity (pH 5.0-6.0) is observed at the junction of the stomach with the small intestine. In the duodenum, the pH is alkaline.

Unpleasant sensation in gastritis - heartburn - is primarily the result of a violation of the acid-base balance in any part of the gastrointestinal tract. In addition, the pathogenesis of gastritis is characterized by abnormal acid balance in certain parts of the stomach - low or high acidity.

Rough effects on digestion: food and chemical poisoning, gastric bile excretion, intestinal infections, regular intake of certain medications, carbonated, alcoholic beverages and other factors have a negative impact on the condition of the gastric mucosa. Microbial factors have been shown to significantly affect the development of gastritis.

Short-term adverse effects on digestion are limited to clinical signs of acute inflammation of the following nature:

- Catarrhal;
- Fibrinosis;
- Necrotic;
- Phlegmon.

Catarrhal gastritis is associated with malnutrition and mild food poisoning. Fibrinosis and necrotic gastritis usually occur as a result of poisoning with heavy metals, saturated acids, and hydroxide salts. Phlegmonous gastritis is associated with mechanical injury of the stomach wall.

Long-term effects on the weakened organism lead to the development of chronic pathogenesis, which is aggravated by ulcerative processes in the stomach wall. Gastritis can cause oncological processes in the gastrointestinal tract.

The diversity of gastritis in humans is due to its complex classification. A detailed study of the clinical signs of gastritis is essential for gastroenterologists in the use of treatment modalities. In our case, it is a description of different forms of the disease, which helps students to understand at least a little bit of the general appearance of gastritis.

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