

STOMACH INFLAMMATORY DISEASE – GASTRITIS

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***Abstract:** Expand our knowledge about human digestive system, learning more about stomach inflammatory disease-gastritis, which has been troubling near fifty percent of humanity, also, its causes and how to prevent it.*

***Key words:** Digestive system, gastritis, helicobacter pylori, NSAIDs, detox, antibiotics*

What is human digestive system? Grinding of nutrients with the help of teeth, breaking them down in the intestine under the influence of enzymes and being absorbed into the blood through the intestinal wall is called digestion. The organs of the digestive system consist of a digestive tract starting from the oral cavity and ending with the external opening. Organs of the digestive system: Oral cavity (teeth, tongue, salivary glands), larynx, esophagus, stomach, small intestine, colon and rectum, and pancreas and liver.

Gastritis is inflammation or dystrophic changes in the stomach lining. The disease leads to a violation of the functions of these organs, as well as the development of atrophy of epithelial cells and the development of connective tissue instead.

There are various causes of this disease and most common are:

1. Helicobacter pylori;
2. Regular use of certain pain relievers, such as aspirin or nonsteroidal anti-inflammatory drugs (NSAIDs);
3. Wrong consuming schedule;
4. Consumption of alcohol and alcoholic beverages;
5. Side effects of drugs;
6. Stress;

- 7. Heart attack;
- 8. Chemotherapy and radiation;
- 9. Autoimmune disorders

And more.

Types of gastritis:

I. Acute gastritis. Acute gastritis is more symptomatic than chronic gastritis and may include serious complications such as bleeding or erosion.

Symptoms:

- Bleeding,
 - Scattered pain in the abdomen,
 - Nausea
- and similar serious complications.

This type of gastritis occurs suddenly and there are special treatments to cure it.

II. Chronic gastritis. Chronic gastritis is the term used for repeated or prolonged inflammation of the lining of the stomach. When this happens, the lining of the stomach loses its protective cells and function.

Symptoms:

- Heaviness in the abdomen;
- stuttering;
- Vomiting;
- Heartburn;
- Diarrhea or constipation;
- Decreased appetite

III. Autoimmune gastritis. In autoimmune gastritis, the body's immune system mistakenly attacks the cells of the stomach lining and it leads to gastritis. This type of gastritis is less common but can result in vitamin B12 deficiency and pernicious anemia.

Symptoms:

Heartburn (after meals; when lying down) ;

Abdominal distension;

Bloating

To occur this recommended to involve blood tests. It helps to check for specific antibodies and may require further evaluation, like: biopsy, endoscopy.

Treatment of gastritis - is carried out by relieving pain and symptoms, treating the mucous membrane of the stomach and eliminating its causes.

For example, if gastritis is acute, the patient should wash the stomach with a solution to clean the food. You need to stay hungry all day, but you are allowed to drink plain water, tea, as well as various decoctions (mint, chamomile).

Basically, food should be liquid or pureed (soups, cereal, jelly, souffle). After some time, you can gradually introduce some foods (dairy products, boiled vegetables). Then you can go back to your previous diet. However, it is better to avoid fatty, fried, sweet, spicy and freshly baked products.

Also, a gastroenterologist prescribes various drugs to restore the stomach. If there are complications of gastritis, then the patient is hospitalized in a medical institution.

There are several pharmacological groups of drugs for the treatment and prevention of gastritis, including:

Detoxifying drugs (antidotes) — activated charcoal; smecta, specific antidotes;

Antacids (adsorbents) - activated carbon, kvasts (almazilate, aluminum phosphate, bismuth subnitrate, bismuth tripotassium dicitrate), hydrotalcite, diosmectite, sucralfate;

Antiseptic and disinfectants (bismuth subnitrate);

Antidiarrheal drugs (diosmectite);

Tetracycline antibiotics (doxycycline).

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