



## RESPIRATORY DISEASES IN CHILDREN

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**Abstract:** This article discusses respiratory diseases in children, their causes, main symptoms and treatment methods. Diseases of the respiratory system are common among children and can develop due to various infections, allergies, genetic factors and environmental influences. The article analyzes the most common diseases of the respiratory system, such as pneumonia, bronchial asthma, bronchitis, ARVI, croup, cystic fibrosis, tuberculosis and allergic rhinitis. The causes, symptoms and treatment methods of each disease are described in detail. The importance of early detection and proper treatment of respiratory diseases in children is also emphasized. The article provides useful information for parents and doctors in maintaining the health of the respiratory system in children.

**Keywords:** children, respiratory diseases, pneumonia, bronchial asthma, bronchitis, ARVI, croup, cystic fibrosis, tuberculosis, allergic rhinitis, respiratory system, infection, allergy, treatment, symptoms, diagnosis, children's health, respiratory diseases.

### Introduction

Respiratory diseases are a serious health problem for children, which is widespread all over the world and places a heavy burden on the health system. According to statistics from the World Health Organization (WHO) and other international organizations, diseases of the respiratory system, especially diseases such as pneumonia and bronchial asthma, are one of the main causes of death among children under the age of 5. For example, WHO reported that in 2019, among children under the age of 5, the number of deaths caused by diseases of the respiratory system amounted to about 1.3 million, which is 15% of child mortality worldwide.

The respiratory system of a child and his health are of particular importance, since diseases of the respiratory system not only negatively affect the physical development of children, but can also cause them mental and psychological stress. Diseases of the respiratory system in children occur mainly as a result of infections (for example, pneumonia, bronchitis, respiratory viruses), allergic reactions (bronchial asthma, allergic rhinitis) and hereditary diseases (cystic fibrosis, it should be noted that in these cases constant monitoring and treatment are necessary).

In addition, respiratory diseases in children are often associated with environmental factors such as air pollution and stress. According to new research, mainly in developing countries, the high incidence of respiratory diseases in children is influenced by environmental factors, as well as poor sanitary conditions.

The most common symptoms of respiratory diseases include coughing, shortness of breath, fever, and conditions such as wheezing. On the other hand, the treatment of these diseases includes antibiotics or antiviral drugs for respiratory infections, antihistamines in case of allergies and bronchodilators and inhalations for diseases such as asthma.

However, early detection and proper treatment of diseases of the respiratory system in children are crucial not only for the prevention of the disease, but also for the preservation of the child's health and ensuring his quality of life. The article analyzes respiratory diseases in children, their causes, ways to

identify and treat clinical signs.

Respiratory diseases in children are the most common reason for contacting a pediatrician. They are very common in the practice of doctors of medical centers specializing in the diagnosis, prevention and treatment of childhood diseases. The main causes of respiratory diseases in a child can be called an infectious infection and an allergic reaction of the body to environmental influences. The respiratory system of a child is more easily susceptible to diseases in the presence of the following factors:

- weak immunity;
- physical passivity;
- overwork;
- e low-quality food;
- lack of vitamins in the body.
- Bronchitis

The disease is caused by inflammatory phenomena in the bronchi and is accompanied by a cough. Diagnosis: acute bronchitis is diagnosed when the period of inflammation in the bronchi does not exceed 3 weeks. With a prolonged course of the disease, doctors talk about the development of chronic bronchitis. If, at the same time, the patient still has difficulty breathing, shortness of breath, then we can talk about obstructive bronchitis. The main causative agents of the disease are bacteria (staphylococci, pneumococci, streptococci), viruses, as well as microorganisms such as chlamydia and mycoplasma.

#### Pneumonia

It is the result of pneumonia caused by an infection caused by the entry of bacteria, fungi or viruses into the body. The most common symptoms characteristic of lung disease are:

- elevated temperature;
- cough;
- chest pain when breathing.

But there are also forms of pneumonia that do not manifest themselves with some specific symptoms. At the same time, the patient may not have fever and cough, therefore, such pneumonia is dangerous for the development of a number of complications due to the late treatment of patients at the medical center.

#### Bronchial asthma

The disease is a chronic inflammation of the respiratory tract. A characteristic feature of the disease is difficulty breathing, which can be accompanied by attacks of suffocation. Most often, pathology occurs as a result of allergies or congenital intolerance to certain substances, a hereditary factor, as well as the individual mental reaction of a particular person to external circumstances. The disease is very common in childhood. According to statistics, asthma is diagnosed in every 10 children, and the prevalence of the disease among children is only increasing. Recently, in the treatment of bronchial asthma, specialists have given preference not to medicines, but to medicines of plant origin – preparations based on raw materials of plant origin.

#### Croup pneumonia

The disease is usually preceded by hypothermia, the development of an acute process of an infectious or allergic nature. The temperature immediately rises to 39°C and above, there is a feeling of chills, dry cough. Along with a severe headache, chest pain occurs with increased pain when breathing or coughing. In the future, intoxication of the body develops, the heart, central nervous and vascular systems are affected.

#### Croup

The disease is very common in childhood. It is characterized by the presence of purulent plaque on the larynx and pharynx. The cause of the pathology is usually a viral-bacterial lesion, leading to inflammation of the epiglottis cartilage. In complex forms of the disease, the child cannot breathe and a special tracheostomy tube must be inserted into the trachea. The sick child has a fever, he can neither eat nor drink.

#### Sore throat

It refers to acute infectious diseases. In angina, inflammatory processes affect the palatine tonsils and pharyngeal mucosa. The symptoms of the disease are manifested by high fever and the development of general intoxication of the body, in which the child:

- \* sluggish, becomes weak;
- \* complains of headaches;
- \* lack of appetite;
- increased sweating;
- cold;
- \* sore throat increases when swallowing.

On examination, enlarged 1.5-2 times and discolored tonsils are visible, as well as swollen and painful lymph nodes.

#### Whooping cough

This is an acute infectious disease of a bacterial nature, the causative agent of which is pertussis bacillus. Once in the upper respiratory tract, the whooping cough stick spreads to the bronchi, larynx, trachea. The child has a high fever (up to 40°C), cough, runny nose, breathing noise. Coughing attacks worsen during sleep and can be accompanied by vomiting and even seizures. Sputum is very viscous, expectorates with great difficulty. The cough can last a very long time, usually from 1 week to 3 months. With a complicated course of the disease, pneumonia may develop.

#### Acute rhinitis

This is an inflammation of the mucous membrane of the nasal passages, the external sign of which is a protruding runny nose. The cause may be an infection or allergy. Rhinitis can occur as an independent disease and often occurs as a result of complications of such acute infectious diseases:

- influenza;
- adenovirus infection;
- measles;
- diphtheria;
- red fire.

#### Preventive measures

Prevention of respiratory infections in a child is an urgent topic not only for medical students of medical universities, but also for experienced pediatricians with extensive practical experience. It includes a set of various measures for the prevention and prevention of diseases of the respiratory system in children.

Measures to harden the child's body from an early age are important to prevent the development of respiratory diseases in children. It's not for nothing that they say: "in a healthy body, common sense! And in order for the body and soul of a little man to be truly healthy and harmonious, first of all it is necessary to adhere to the following simple recommendations of specialists:

- e follow the rules of personal hygiene: This includes daily brushing of teeth, wearing clean clothes and underwear, as well as regular water treatments;
- do not forget about morning exercises;
- and outdoor games and physical exercises. It is important to explain to the child that breathing through the nose is correct and important. This is necessary in order for the air to heat up to an optimal value before entering the lungs, as well as for proper filtration from foreign particles and microorganisms;
- about hardening procedures (rubbing, contrast shower, washing with cold water, etc.);
- and a full meal necessarily includes fresh fruits and vegetables;
- a regular ventilation and wet cleaning of the room in which the child is located;
- avoid eating foods that can cause an allergic reaction in the baby;
- and at the first symptoms of respiratory diseases in children, immediately consult a doctor, without waiting for the disease to turn into a chronic form.

In addition, it is necessary to undergo all the necessary vaccination procedures carried out in the polyclinic, timely and adequately treat the child in case of his illness, prevent complications, and strictly follow all instructions and recommendations of doctors.

The causes of diseases of the respiratory system in children can be very different:

- Infections: Viruses and bacteria enter the respiratory tract, causing inflammation and infection. For example, influenza, respiratory syncytial virus, adenovirus and tuberculosis.
- Allergies: Environmental allergens (pollen, dust, animals) can cause inflammation of the respiratory tract.
- Genetic factors: Some diseases, such as cystic fibrosis or asthma, may be related to hereditary factors.
- Environmental factors: polluted air, cigarette smoke, cold air and other stressful factors can harm the health of the respiratory system.
- Symptoms Of Respiratory Diseases
- The main symptoms of diseases of the respiratory system in children are:
  - Cough: Persistent or severe coughing, especially in the evening, may be a sign of illness.
  - Shortness of breath: choking, shortness of breath, shortness of breath, or difficulty breathing.
  - High temperature: a high fever indicates an infection or inflammation in the child.
  - Nasal congestion and difficulty breathing: difficulty breathing through the nose.
  - Nausea and weakness of the body: headache, general weakness or stunted growth in infants.

#### Treatment Of Respiratory Diseases

Diseases of the respiratory system in children are treated in different ways. Treatment methods vary depending on the type, severity of the disease and the general condition of the child:

- Medications: antibiotics for the treatment of bacterial infections, antiviral drugs, asthma inhalers and antihistamines to reduce allergies.
- Inhalations: Inhalers or nebulizers are used to directly inject medication into the lungs and bronchi.
- Home care: the child has a good rest, drinks a lot of fluids, keeps the air clean and makes breathing easier.
- Hospitalization: in serious cases, hospitalization of the child may be required, especially if there is difficulty breathing or lack of oxygen.

#### Conclusion

Diseases of the respiratory system in children can lead to serious health problems, so their early diagnosis and treatment are crucial. It is important that every parent knows the symptoms of diseases of the respiratory system of their children, as well as apply the necessary treatment methods. If the child notices breathing problems, you should immediately consult a doctor.

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