

**THE CURRENT RELEVANCE OF BRONCHIAL ASTHMA AMONG OUR  
COUNTRY'S POPULATION**

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**Abstract:** Bronchial asthma is a chronic, inflammatory and obstructive disease of the respiratory tract, which occurs in an average of 5% of the world's population and is also an urgent medical and social problem in Uzbekistan.

**Keywords:** Bronchial asthma, Etiology, Pathogenesis, Classification, Clinical signs, Incidence statistics in our country, Treatment, Strategic proposals, Prevention

**Main part:** Bronchial asthma is a chronic inflammatory disease of the respiratory tract, which is accompanied by clinical symptoms such as acute narrowing of the bronchi (bronchospasm), difficulty breathing, wheezing, cough and chest tightness. In the 21st century, asthma is one of the most urgent problems of world health. In the Republic of Uzbekistan, the number of cases of this disease is also increasing from year to year.

**The prevalence and relevance of the disease**

Bronchial asthma is one of the most common respiratory diseases among the population of Uzbekistan, especially in children and adults, which is explained by the dependence of the disease on hereditary and external factors. The disease has a negative impact not only on the healthcare system, but also on the economy, as the working capacity of patients decreases, the quality of life deteriorates, and constant medical supervision is required.

Bronchial asthma not only worsens the physical condition of the patient, but also negatively affects his psychological, social and economic activity. Constant medication use, a large number of visits to hospitals, a decrease in work capacity - all this is the basis for assessing asthma as a relevant disease.

The basis of changes in the bronchi is the sensitization of the body (becoming sensitive). As a result of immediate allergic reactions, which occur in the form of anaphylaxis, the body produces antibodies, and when the same allergen is re-exposed,

histamine is quickly released, which leads to swelling of the bronchial mucosa and hypersecretion of the glands. Immunocomplex allergic reactions and delayed hypersensitivity reactions develop in a similar way, but manifest with less pronounced symptoms. In recent years, the level of calcium in the blood has also been considered a predisposing factor, since excess calcium can lead to spasms, including spasms of the bronchial muscles. Pathological examinations of people who died from shortness of breath show complete or partial obstruction of the bronchi with viscous, thick mucus and emphysematous lung expansion due to difficulty in exhaling. Microscopic examination of tissues gives a similar picture - a thickened muscle layer, hypertrophied bronchial glands, infiltrative, desquamated state of the bronchial walls.

### **Factors leading to bronchial asthma**

**The main factors contributing to the increase in bronchial asthma in our country are:**

- ❖ Air pollution (vehicle exhaust, dust, industrial waste)
- ❖ House dust and fungal spores
- ❖ Hereditary predisposition
- ❖ Respiratory tract infections
- ❖ Allergens (pets, flowers, food products)
- ❖ Stress and environmental problems

### **Prevention and measures in the health care system**

**Today, a number of works are being carried out in Uzbekistan to early detect, diagnose and control asthma:**

- ✓ Medical examinations are being conducted among the population
- ✓ Respiratory hygiene is being promoted among schoolchildren and young people
- ✓ The number of allergists and pulmonologists is increasing
- ✓ Dispensary control is being strengthened
- ✓ The supply of inhalers and corticosteroid drugs in pharmacies is improving

### **The importance of prevention and treatment**

Early detection of the disease and Proper treatment plays an important role in improving the patient's quality of life. The main treatment methods are: inhaled bronchodilators, glucocorticoids, antileukotrienes, and allergen avoidance. It is recommended to maintain cleanliness in the home, protect against dust, ventilate the room, and reduce harmful factors. It is difficult to completely get rid of the disease, but it is possible to control it and reduce attacks.

### **Social significance and relevance of the disease**

Bronchial asthma is relevant not only as a medical, but also as a social problem: patients are associated with a decrease in the quality of life, disability, economic losses, and family problems. Industrial dust and environmental factors affect the spread of the disease, therefore, environmental protection and promotion of a healthy lifestyle remain urgent issues

### Future strategies and proposals

- ✚ Increase preventive medical examinations - especially among children and adolescents
- ✚ Increase the skills of family doctors, on the diagnosis and treatment of asthma
- ✚ Increase explanatory work in the media
- ✚ Ensure the availability and quality of medicines
- ✚ Introduce allergen tests and spirometry devices in polyclinics

**Conclusion:** Today, bronchial asthma is one of the most common and relevant chronic diseases in our country, and measures for its prevention, early diagnosis, and effective treatment are of great importance in maintaining public health. The widespread nature of the disease, its dependence on genetic and external factors, and its impact on quality of life and economic stability make it a pressing problem.

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