RESPIRATORY SYSTEM DISEASES

Ibragimova Ziyodakhon Jaloliddinovna
Department of Histology and Biology, Fergana Institute of Public Health

Ahmadjonova Ra'nokhon Qahramonjon kizi
1st-year student of the Medical Preventive Care program, Fergana Institute of Public Health

Abstract: Respiratory diseases include various pathologies that affect the respiratory process. Among them are diseases such as bronchitis, asthma, pneumonia, and lung cancer. These diseases make breathing difficult, cause inflammation in the lungs and airways. Respiratory diseases can lead to many health problems as a result of reduced respiratory efficiency and a lack of oxygen to the body. To prevent them, it is necessary to maintain a healthy lifestyle, avoid smoking, and undergo medical examinations. Early detection and treatment of diseases are important factors in restoring respiratory health.

Keywords: Asthma, bronchitis, pneumonia, respiratory tract, lung infections, medical treatment, physiotherapy, smoking, healthy lifestyle, exposure.

ЗАБОЛЕВАНИЯ ДЫХАТЕЛЬНОЙ СИСТЕМЫ

Аннотация: К заболеваниям органов дыхания относятся различные патологии, влияющие на процесс дыхания. Среди них такие заболевания, как бронхит, астма, пневмония, рак легких. Эти заболевания затрудняют дыхание, вызывают воспаления в легких и дыхательных путях. Заболевания дыхательной системы могут привести ко многим проблемам со здоровьем из-за снижения эффективности дыхания и недостатка кислорода в организме. Чтобы их предотвратить, необходимо вести здоровый образ жизни, избегать курения и проходить медицинские обследования. Раннее выявление и лечение заболеваний являются важными факторами восстановления здоровья органов дыхания.

Ключевые слова: астма, бронхит, пневмония, дыхательные пути, легочные инфекции, медикаментозное лечение, физиотерапия.

NAFAS OLISH TIZIMI KASALLIKLARI

Annotatsiya: Nafas olish tizimi kasalliklari nafas olish jarayoniga ta'sir qiluvchi turli patologiyalarni o'z ichiga oladi. Ular orasida bronxit, astma, pneumonia, o'pkada o'sadigan saraton kabi kasalliklar mavjud. Ushbu kasalliklar nafas olishni qiyinlashtiradi, o'pkada va nafas yo'llarida yallig'lanish jarayonlarini keltirib chiqaradi. Nafas tizimi kasalliklari nafas olishning samaradorligini pasaytirishi va organizmga kislorod yetishmasligi natijasida ko'plab sog'liq muammolariga olib kelishi mumkin. Ularning oldini olish uchun sog'lom turmush tarzini saqlash, sigaret chekishdan saqlanish, va tibbiy ko'riklardan o'tish zarur. Kasalliklarni erta aniqlash va davolash nafas tizimi salomatligini tiklashda muhim omillardir.

Kalit so'zlar: Astma, bronxit, pnevmoniya, nafas yo'llari, o'pkada infektsiyalar, tibbiy davolash, fizioterapiya, sigaret chekish, sog'lom turmush tarzi, ekspozitsiya.

Introduction.

The respiratory system is one of the most important systems that ensure the vital activity of the human body. It controls the processes of supplying oxygen to our body cells and removing carbon dioxide. The healthy functioning of the respiratory system directly affects the overall health of a person. Unfortunately, the respiratory system can be disrupted due to various diseases, infections, allergic reactions and other pathological conditions. Such diseases can endanger not only the respiratory process, but also the entire organism. This article provides detailed information about the causes, symptoms, treatment methods and preventive measures of respiratory system diseases.

Literature analysis and method.

Respiratory system diseases refer to problems that damage the system that ensures the vital activity of the human body. Scientific research on these diseases covers many areas, including pathophysiology, diagnostics, treatment and prevention. Several scientific works study the factors that cause respiratory system diseases. In particular, Babadzhanov et al. emphasize that environmental factors, poor environmental conditions, genetic predisposition, and various infections play an important role in the development of respiratory diseases. Daminova studied allergic reactions in the respiratory tract and determined their connection with respiratory diseases. Tashpulatov and Sharipov analyzed the trends in the spread of respiratory diseases in the republic and effective methods of combating them.

In addition, the studies conducted by Suleymanov and Akhmedov extensively covered the clinical diagnoses and treatment methods of respiratory diseases, in particular, bronchial asthma and pneumonia. They discussed various forms of respiratory diseases and new technologies in their diagnosis. Also, the work conducted by Musaev studied modern methods of treatment of respiratory diseases and the effect of drugs against them.

In addition, the method of empirical research was used to study the spread of diseases and interviews with sick patients. Based on the data collected from patients, recommendations are developed on the clinical characteristics of respiratory diseases, their symptoms, and treatment methods. Statistical methods, including cross-sectional analysis and correlation analysis, are used for analysis. These methods help to identify the main factors in the spread of respiratory diseases. Also, this article pays special attention to the study of new scientific approaches and technologies, for example, modern diagnostic methods (X-ray, computed tomography, bronchoscopy) and the effect of drugs. All of this plays an important role in the effective treatment and prevention of respiratory diseases.

Several methodological approaches are used in the study and analysis of respiratory diseases. These methods may vary depending on the purpose of scientific research, the scope of the problem and the object of study. The following are the main methods used to study respiratory diseases:

Empirical methods allow for the direct study of respiratory diseases in practice. Researchers collect data through surveys with patients, clinical observations and laboratory tests. These methods study the clinical symptoms of respiratory diseases, the course of the disease, the effectiveness of treatment and the general condition of patients.

Clinical studies of respiratory diseases involve observing the daily condition of patients and assessing symptoms. This method analyzes current treatments for diseases and differences between patients. It allows us to study the responses of patients at different stages of the disease.

Statistical methods are widely used in data collection and analysis. Statistical methods such as cross-sectional analysis, correlation analysis, regression analysis are used to draw conclusions about the main factors affecting the spread of respiratory diseases, the geographical and demographic characteristics of diseases, and the effectiveness of treatment methods. At the same time, statistics are used to identify the main risk factors for diseases.

The use of experimental methods is also important in the study of respiratory diseases. This method tests the effectiveness of new diagnostic methods, drugs, or treatment protocols. The study identifies effective methods for preventing and treating diseases through experiments in clinical and laboratory conditions.

Interviews with patients, doctors, and specialists are conducted in the analysis of respiratory diseases. Questionnaires collect information about experiences with respiratory diseases, attitudes towards treatment methods, changes and successes. This method can be used to understand patients' experiences during treatment and provide advice on disease prevention.

Laboratory tests are important for the diagnosis of respiratory diseases. In particular, methods such as blood, urine, spirometry, bronchoscopy, computed tomography (CT) and radiography are used to determine the presence and degree of development of diseases. Laboratory and instrumental methods can be used to study the pathophysiological processes of respiratory diseases in more depth.

Epidemiological methods are used to study the prevalence of respiratory diseases and their associated risk factors. This method analyzes the rate of spread of diseases, their relationship to physical, social, environmental and genetic factors. Epidemiological studies help determine the geographical location, frequency and impact of respiratory diseases.

Mathematical and computer simulation methods are also used in the analysis of respiratory diseases. These methods are used to predict the development of diseases and the effectiveness of treatment methods. Computer models are used to simulate various disease states and their impact on treatment. Respiratory diseases consist of various pathological conditions, all of which can make breathing difficult or even completely stop. The following main diseases can be considered: Bronchial asthma is a chronic disease associated with inflammation and narrowing of the airways. Asthma attacks are manifested by pain when breathing, itching, shortness of breath and coughing. Asthma can usually be associated with allergies, infections or chemicals. COPD, often associated with smoking, leads to the loss of lung tissue and narrowing of the airways. In this disease, the lungs cannot perform their normal functions, as a result of which patients have difficulty breathing. The main symptoms of COPD are cough, shortness of breath, lung damage, and frequent infections. Pneumonia is an inflammation of the lung tissue caused by bacteria, viruses, or other microorganisms. The main symptoms of this disease are fever, shortness of breath, cough, difficulty breathing, and chest pain. Pneumonia can be life-threatening if not treated promptly.

Tuberculosis is a bacterial disease that usually affects the lungs and other parts of the respiratory system. The main symptoms of tuberculosis are cough, bloody sputum, fever, and fatigue. Although antibiotics are currently effective in treating tuberculosis, some strains can become resistant to antibacterial drugs. Lung cancer is one of the most dangerous forms of respiratory diseases. The main causes of this disease are smoking, prolonged exposure to chemicals in the air, or radiation. Lung cancer can develop rapidly and can be fatal if not treated early. Sleep apnea is a temporary cessation of breathing that occurs during sleep. This condition occurs when a person's airways become blocked or the lungs are not getting enough air. Sleep apnea reduces the quality of sleep and increases the risk of heart disease.

Causes of respiratory diseases

There are various causes of respiratory diseases. They can be as follows:

Infections: Viruses, bacteria, fungi, and other microorganisms can enter the respiratory system and cause inflammation. For example, influenza, pneumonia, and bronchial asthma.

✓ Allergies: Allergic reactions can cause inflammation of the respiratory system. Asthma and allergic rhinitis are common among these conditions.
✓ Chemicals and air pollution: Smoking, airborne pollutants, dust, or air pollution can cause respiratory diseases.
✓ Genetic factors: Some people may be genetically predisposed to respiratory diseases. For example, bronchial asthma and inflammatory diseases.
✓ Dangerous habits: Smoking and harmful working conditions contribute to the development of respiratory diseases.

Conclusion

Diseases of the respiratory system pose a great threat to human health, since the healthy functioning of this system plays an important role in ensuring the normal functioning of the body. Various pathologies of the respiratory system, such as bronchial asthma, COPD, pneumonia, tuberculosis, lung cancer and sleep apnea, cause a wide range of problems in the body. Their causes can be associated with factors such as infections, allergic reactions, poor environmental conditions, smoking and genetic predisposition. To prevent respiratory diseases, it is necessary to lead a healthy lifestyle, live in fresh air, quit smoking, and take preventive measures against allergies. Also, modern diagnostic methods, drugs and physiotherapeutic methods are important for the early detection and treatment of respiratory diseases.

In addition, the use of individual approaches and modern medical technologies in the treatment of respiratory diseases allows achieving effective results in improving the patient's health. The development of a healthy lifestyle and the correct orientation of medical care are important factors in the prevention and effective treatment of respiratory diseases.

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