



## **PREGNANCY TOXICOSIS - THE RELEVANCE OF OBSTETRICS**

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**Annotation:** Pregnancy toxicosis is a disease that occurs during pregnancy; it occurs due to changes in the nervous, cardiovascular, endocrine systems and metabolism, and passes after childbirth. Pregnancy toxicosis is caused by existing diseases in the pregnant woman's body. Therefore, a woman in her twenties should visit an antenatal clinic as early as possible (up to 2 months) and consult a doctor.

Many women try to determine whether they are pregnant or not, and begin to listen to every change in their body. Not every woman knows when toxicosis can begin during pregnancy. Doctors set the following time limits:

- Early toxicosis - can begin in the first days of a missed period or at 5-6 weeks of pregnancy. Early toxicosis ends by 13-14 weeks, but can end earlier, each case is individual.
- Late toxicosis - its manifestations begin in the last trimester of pregnancy, and sometimes in the middle of the second trimester, which is much more dangerous for the fetus and mother.

**Keywords:** toxicosis of pregnancy, vomiting, early toxicosis, late toxicosis, nausea

These conditions begin earlier in some women, and in some later, and pass. However, in some pregnant women, these symptoms do not disappear, but worsen, as a result of which pregnancy toxicosis appears. Toxicosis of the first (early) and second half (late) of pregnancy is distinguished. The first toxicosis occurs in the first 12 weeks of pregnancy. The general condition of the woman changes, she becomes dizzy, nauseous, drools (profusely), vomits. Sometimes the woman vomits profusely, becomes weak, begins to lose weight, becomes drowsy and irritable. However, the constant vomiting (up to 20 times a day) observed in pregnancy toxicosis leads to dehydration of the body and weakness of the woman. Her blood pressure decreases, body temperature rises, her pulse quickens, her skin becomes dry, and her breath smells unpleasant. In such cases, if treatment measures do not help, it is sometimes necessary to have an abortion and remove the fetus. In the early stages of toxicosis, a pregnant woman can be treated at a clinic; excessive vomiting requires hospitalization.

Late toxicosis occurs in the second half of pregnancy, most often in the last months. These include gestational diabetes, nephropathy, preeclampsia and eclampsia. All late toxicosis occur sequentially, and the disease progresses gradually. Edema occurs in gestational diabetes. Usually, it starts in the ankles, moves to the knees, hips, abdomen and external genitals, and then gradually spreads throughout the body. The woman's face swells. Even if the edema spreads to all parts of the woman's body, her general condition does not change much, and her weight normally increases (it increases by 10 kg during pregnancy). Edema can also be detected by weighing the woman on a scale. Regular treatment is necessary for gestational diabetes. A pregnant woman should visit a doctor twice a month, follow the doctor's instructions and personal hygiene rules, and weigh herself once a week. It is recommended to limit fluid intake (up to 1 liter per day is allowed) and salt intake, eat vitamin-rich foods, vegetables, fresh fruits,



cottage cheese, and kefir. If a woman does not receive timely treatment to prevent hypoglycemia, does not follow a diet, rest, and work regimen, hypoglycemia can develop into nephropathy. Nephropathy of pregnant women usually occurs after hypoglycemia.

The main symptoms of nephropathy are swelling and protein in the urine. In nephropathy, the development of the fetus is impaired, it can be born prematurely or stillborn. In nephropathy, a woman is treated in the hospital; if not prevented, it can easily turn into preeclampsia. In preeclampsia, as in nephropathy, along with swelling, increased blood pressure, and protein in the urine, the patient also has a severe headache, blurred vision, and a feeling of flies flying before his eyes; pain appears under the breast. Headache and blurred vision indicate a serious violation of blood circulation in the brain. If the patient is not treated in time, preeclampsia can develop into a more serious disease - eclampsia.

#### Causes

Toxemia occurs as a result of poisoning by harmful substances formed in the mother's body during the development of the embryo. The main causes of toxicosis in pregnant women are:

- insomnia;
- severe fatigue;
- malnutrition;
- multiple pregnancy;
- diseases of the gastrointestinal tract.

Changes in the hormonal system. From the first hours of fertilization of the egg in the uterine cavity, hormonal changes begin in a woman. The composition of hormones changes dramatically, which is reflected in the behavior, health and condition of the pregnant woman. Against the background of these changes, the woman becomes impressionable, easily upset and tearful, her sense of smell increases. In the first month of pregnancy, the fetus is considered a "foreigner" for the mother's body, and the body wants to destroy it, which affects the mother's condition. But when does toxicosis end in pregnant women? After some time, the hormone levels stabilize and the mother's body calmly accepts the embryo, and the fight against toxicosis stops by the second trimester.

Placental development. The probability of this theory is quite logical. Toxicosis bothers in the first trimester of pregnancy, that is, up to 13-14 weeks. The sharp disappearance of toxicosis is associated with the fact that the placenta is already formed. And now the performance of many functions is transferred to the placenta, including the retention of toxic substances. Until the placenta completes its development, the pregnant woman's body tries to protect itself from possible poisoning by vomiting.

Protective reaction. The mother's refusal of certain products and late toxicosis during pregnancy is a natural protective act. The expectant mother first of all experiences nausea in relation to cigarette smoke, caffeinated drinks, fish, meat and eggs. Given the pathogens they contain, these products can be dangerous to health. Nausea and vomiting protect the mother and fetus from the



ingress of dangerous substances, in such a situation toxicosis is considered biologically important. In addition to the toxins and poisons contained in the food product, insulin produced after each meal has a negative effect on the development and growth of the embryo.

Chronic infections and diseases. Untreated infections and diseases lead to a weakening of the immune system of the expectant mother. This can cause toxicosis in the first trimester, so what to do? It is necessary to start taking vitamin complexes at the stage of pregnancy planning, as well as consult a specialist and undergo a full examination. After that, it is important to undergo a course of treatment, especially if there are infections.

Psychological changes. Severe toxicosis in the third trimester can begin due to the mental and emotional state of the mother. Anxiety, stress, insomnia, emotional shock and nervousness are the causes of severe toxicosis, leading to nausea and vomiting. According to doctors, late toxicosis develops in women who have had an unexpected and unplanned pregnancy. In addition, many women prepare themselves for the possibility of severe toxicosis in the first trimester or later periods of pregnancy. The effect of self-reassurance is well known to everyone. According to scientists, with the onset of pregnancy, the nervous system undergoes major changes, and the brain centers responsible for the gastrointestinal tract and sense of smell are activated during this period.

Age criteria. Pregnancy after 30-35 years is considered dangerous, especially if this is the first pregnancy or if there have been many abortions before. At this age, the development of toxicosis can be stronger and more dangerous. Experts say that the younger the expectant mother is, the easier it is to experience the symptoms of toxicosis. But this is not the case in all cases, there are exceptions.

- Genetic background. There is a high probability that the development of toxicosis in the second trimester is due to the influence of a hereditary factor. If someone in the previous generation suffered from toxicosis at the 16th week of pregnancy or at other times, then with a 70% probability this problem will not bypass you either. If a woman had toxicosis during a previous pregnancy, the risk of worsening symptoms increases.

It should also be noted that a healthy woman is less prone to toxicosis, but in women with chronic diseases, infections and an unhealthy lifestyle, toxicosis is more severe.

There are several degrees of toxicosis:

- The first - vomiting (nausea) is rarely observed, up to 5 times a day. Weight loss is not so serious, up to 3 kilograms;
- The second - vomiting up to 10 times a day and weight loss can be 3-4 kg for two weeks, which can lead to a decrease in blood pressure;

The third is frequent and prolonged nausea, up to 25 times a day, significant weight loss - more than 10 kg, fever and rapid heartbeat.

## **SYMPTOMS OF TOXICOSIS IN PREGNANT WOMEN**



After the egg is fertilized, the expectant mother's body begins to adjust its work rhythm for two people - mother and child. As a result, the mother experiences discomfort in the early stages, which is called toxicosis.

First of all, a woman begins to experience anxiety, increased salivation, loss of appetite, nausea, weakness, drowsiness, changes in taste receptors, vomiting, and weight loss. In rare cases, early toxicosis can be accompanied by dermatosis, asthma, osteomalacia - softening of the bone substance, tetany - tremors of skeletal muscles. Symptoms of severe toxicosis appear regardless of the sex of the child. Symptoms of toxicosis can also be observed in a pregnancy that has stopped developing, this condition is distinguished by the absence of fetal movement and the absence of a heartbeat.

Signs of toxicosis of pregnancy

Toxemia in pregnant women has the following symptoms:

- nausea increases in the morning;
- multiple vomiting (in severe cases, it can be provoked by any active activity);
- dizziness;
- heart palpitations, blood pressure disorders;
- rapid fatigue;
- weakness.

Depending on the severity of the symptoms, the following forms are distinguished:

- mild - the woman's condition is satisfactory, the number of vomiting attacks is no more than 5 times a day;
- moderate - the number of vomiting attacks reaches 10 times a day, weight loss, pulse quickens;
- severe - a sharp deterioration, vomiting attacks up to 25 times a day, body temperature rises, arms and legs swell.

All symptoms of the disease disappear after termination of pregnancy.

Diagnostics

An obstetrician-gynecologist will help to cope with the symptoms of toxicosis. To do this, he will perform the following:

- gynecological examination;
- ultrasound examination of the pelvic organs;



- Ultrasound of the pelvic organs
- General urine analysis
- General blood test

To get rid of toxicosis during pregnancy:

- Before getting out of bed, you should eat a piece of bread, biscuits, or best of all dried fruit. Make mint tea, add a slice of lemon and a pinch of sugar to it, this will normalize the level of glucose in the blood. All of these methods will help to eliminate the symptoms of toxicosis in the early stages or in the last trimester.
- You can suck a slice of lemon or orange, sour fruits usually relieve nausea. But in many people, on the contrary, toxicosis can worsen, so you need to listen to your body and test all methods gradually.

You should drink drinks and juices that are right for you: herbal teas, cold drinks, plain water, vegetable broth.

- Instead of drinks with a lot of dyes, you can eat products that contain a lot of liquid - melons, watermelons, grapes and ginger, they are the best option for toxicosis. Sometimes you can treat yourself to ice cream.
- Heavy, spicy and fried foods should be replaced with steamed dishes. In addition, dairy products, fruits and vegetables are easily digested, do not strain the stomach and are very beneficial for health.
- Food intake should be divided into several portions and eaten in small portions, but often. So that the stomach does not remain empty during the day, you can eat crackers, bananas or apples.
- It is not recommended to lie down immediately after eating. You should wait a few hours before going to bed or just lying down.
- A proven grandmother's recipe for toxicosis during pregnancy is to eat a spoonful of honey as soon as the first symptoms of toxicosis appear.

Treatment of toxicosis of pregnancy

- drugs that block the vomiting reflex;
- sedatives;
- vitamins containing folic acid;
- exercise therapy.

## **Conclusion**



To prevent or alleviate the symptoms of toxicosis as much as possible, a pregnant woman should eat in small portions every 2-3 hours. She should give up fatty, smoked, spicy foods, limit chocolate, salty foods. Food should not be too hot or too cold.

Of the liquids, non-carbonated mineral water, non-spicy tea with lemon, herbal teas and infusions, cranberry juice, apple juice, nettle tincture, water with the addition of lemon juice are recommended.

To prevent toxicosis, women are recommended to:

- spend more time outdoors;
- avoid activities that increase nausea (travel by public transport, strong odors);
- regularly visit an obstetrician-gynecologist.

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