



## GASTROINTESTINAL SYSTEM, INTESTINAL INFECTION

Rustamova Madina Rustam qizi<sup>1</sup>

<sup>1</sup>Student of Tashkent Medical Academy Termiz Branch  
Karimov Islom Baxtiyor o'g'li<sup>2</sup>

<sup>2</sup>Student of Tashkent Medical Academy Termiz Branch  
Qo'ziboyeva Aziza Ibrohim qizi<sup>3</sup>

<sup>3</sup>Student of Tashkent Medical Academy Termiz Branch

E-mail: rustamovamadina307@gmail.com

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**Abstract:** The hot climate of Uzbekistan, the specific characteristics of our people's diet, and the deterioration of the ecological situation in some regions are causing an increase in gastrointestinal diseases among the population of our republic. Today, there are various methods of diagnosing diseases of the digestive system, which allow to accurately identify the problem and prescribe effective treatment. Modern technologies make these methods painless for the patient and indispensable for the specialist.

**Keyword:** infection, Infection, Diagnosis of intestinal infection.

**Аннотация:** Жаркий климат Узбекистана, особенности питания нашего народа, ухудшение экологической ситуации в некоторых регионах обуславливают рост желудочно-кишечных заболеваний среди населения нашей республики. На сегодняшний день существуют различные методы диагностики заболеваний органов пищеварения, позволяющие точно выявить проблему и назначить эффективное лечение. Современные технологии делают эти методы безболезненными для пациента и незаменимыми для специалиста.

**ключевые слова:** инфекция, Инфекция, Диагностика кишечной инфекции.

**Annotasiya:** O'zbekistonning issiq iqlimi, xalqimizning ovqatlanishdagi o'ziga xos xususiyatlari, ayrim hududlarda ekologik vaziyatning yomonlashishi respublikamiz aholisi orasida oshqozon-ichak tizimi kasalliklari ko'payishiga sabab bo'lmoqda. Bugungi kunda ovqat hazm qilish tizimi kasalliklarini tashxislashning turli xil usullari mavjud bo'lib, ular muammoni aniq aniqlash va samarali davolanishni buyurish imkonini beradi. Zamonaviy texnologiyalar ushbu usullarni bemor uchun og'riqsiz va mutaxassis uchun ajralmas holga keltiradi.

**Kalit so'zlar:** Ichak infeksiyasi, Infeksiyasi, Ichak infeksiyasi diagnostika.

Gastrointestinal disease is a type of disease related to the gastrointestinal tract, which includes the esophagus, stomach, small intestine, large intestine, and rectum, and accessory digestive organs, the liver, gallbladder, and pancreas. The normal functioning of the stomach depends on the integrity of its mucous membrane. For this, it is necessary to maintain a clear balance between protective and aggressive factors in the human body and from the outside.

Aggressive factors that damage the mucous membrane:

Hydrochloric acid;

Pepsin;

Bile acids;

Pancreatic juice (its fall into the duodenum);

Bacteria and microorganisms;

Foodborne toxins (including drugs).

Both external and internal factors affect the gastrointestinal system.

External factors:

Eating disorder (quantity and quality of food, eating a lot in the evening);

Consumption of alcoholic beverages;

A lot of use of sharp spices in cooking;

The impact of infections caused by non-compliance with sanitary and hygienic rules in the storage of food products and ingredients;

Allergy to certain foods such as eggs, spices, fruits, raspberries, strawberries;

Adverse effects of certain drugs.

Internal factors:

Effects of infections and diseases such as influenza, tuberculosis, kidney and liver failure;

Disintegration of tissues in the body under the influence of burns, freezing, radiation.

Causes of intestinal infection

The source of infection can be drinking water, poorly washed vegetables and fruits, which carry infections and insects. A particularly dangerous period for the occurrence of the disease is the summer, when the product deteriorates quickly due to the heat. Through the esophagus, the intestines and bacteria enter the stomach and intestines, the process of fermentation begins, which causes various malfunctions in the human body.

Symptoms of intestinal infection

Symptoms vary depending on the pathogen, but there are common signs that distinguish intestinal infections. Among them are general weakness, loss of appetite, heaviness and pain in the stomach, headache. After some time, other symptoms of the disease appear - diarrhea, vomiting, acute abdominal pain, fever and chills may occur.

Diagnosis of intestinal infection

First, appendicitis, poisoning, external pregnancy, etc. It is necessary to distinguish intestinal infection from such diseases. Bacteriological examination of faeces or vomit should be carried out soon. Serological studies may be required to clarify the diagnosis.

Treatment of intestinal infection

Treatment is aimed at removing microorganisms and restoring water balance and intestinal microflora. With minor symptoms, it is possible to use sorbents on the breastbone, vomiting - residron solution and limit food. If the patient has a high fever or blood in the stool, consult a doctor. In such cases, treatment with antibiotics is sometimes indicated in a hospital.

Prevention of intestinal infection

The rules for preventing these pathologies are simple and well-known - wash your child before eating, wash vegetables and fruits well, drink only boiled or bottled water, monitor the neighborhood of food, always use a wet napkin, etc.

Conclusion: A person should always pay attention to his health... It is necessary to use medical measures for diseases of the gastrointestinal system with the advice of a doctor. Protection of the gastrointestinal system from disease is carried out first of all by following a healthy lifestyle. Simple things protect us from such diseases.

For example, simple rules of hygiene: washing hands with soap, washing vegetables and fruits and eating them, physical exercises, always keeping clean.

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