

Normurodov Jahongir

Samarkand State Medical University

Annotatsiya: Allergik bronxit — bu nafas yo'llarining yallig'lanishi va allergik reaksiyalar natijasida yuzaga keladigan kasallikdir. U ko'pincha allergenlar, masalan, chang, polen, hayvonlar sochlari yoki kimyoviy moddalar bilan aloqada bo'lish natijasida paydo bo'ladi. Allergik bronxitning asosiy belgilari orasida yo'tal, nafas qisilishi, nafas olishda qiyinchilik va ko'krakda siqilish hissi mavjud. Ushbu maqolada allergik bronxitning zamonaviy davolash usullari haqida ma'lumot beramiz.

Kalit so'zlar: allergik bronxit, nafas yo'llari, chang, allergenlar, tibbiy yordam, kimyoviy moddalar.

Аннотация: Аллергический бронхит – заболевание, обусловленное воспалением дыхательных путей и аллергическими реакциями. Это часто вызывается контактом с аллергенами, такими как пыль, пыльца, перхоть животных или химические вещества. К основным симптомам аллергического бронхита относятся кашель, одышка, затруднение дыхания и ощущение стеснения в груди. В этой статье мы предоставим информацию о современных методах лечения аллергического бронхита.

Ключевые слова: аллергический бронхит, дыхательные пути, пыль, аллергены, медицинская помощь, химические вещества.

Abstract: Allergic bronchitis is a disease caused by inflammation of the airways and allergic reactions. It is often caused by contact with allergens such as dust, pollen, animal dander, or chemicals. The main symptoms of allergic bronchitis include coughing, shortness of breath, difficulty breathing and a feeling of tightness in the chest. In this article, we will provide information about modern methods of treatment of allergic bronchitis.

Key words: allergic bronchitis, respiratory tract, dust, allergens, medical

INTRODUCTION.

Allergic bronchitis is a disease associated with inflammation of the airways, caused by allergic reactions. This condition mainly develops as a result of exposure to allergens such as dust, animal, plant pollen or chemicals. Allergic bronchitis can usually be accompanied by asthma or other respiratory system diseases, which significantly reduces the quality of life of patients. The main symptoms of allergic bronchitis include a dry cough, difficulty breathing, chest tightness and narrowing of the airways. To prevent and treat this disease, it is important to avoid allergens, lead a healthy lifestyle, and seek medical attention when necessary.

LITERATURE ANALYSIS AND RESEARCH METHODOLOGY.

Medicines play an important role in the treatment of allergic bronchitis. Antihistamines reduce allergic reactions and relieve cough. They block the action of histamine, the substance that causes allergic reactions. For example, antihistamines such as cetirizine and loratadine are widely used. Corticosteroids Inhaled corticosteroids (such as fluticasone) are used to reduce inflammation. They reduce inflammation in the airways and make breathing easier. Bronchodilators are drugs that widen the bronchi and make breathing easier. They are mainly used in asthma and allergic bronchitis. Bronchodilators such as salbutamol and formoterol are common. Immunotherapy is a modern method of treating allergic bronchitis, aimed at changing the body's immune response to allergens. In this method, the patient receives allergens in small doses, which reduces allergic reactions over time. Immunotherapy helps eliminate the cause of allergic bronchitis and provides long-term results. Breathing exercises are important in managing allergic bronchitis. They help to improve breathing, reduce stress and expand the airways. For example, diaphragmatic breathing and spray breathing exercises ease the breathing process. Environmental management is very important in the treatment of allergic bronchitis. Allergens that cause allergic bronchitis should be avoided. This includes dust, pollen, animal hair and chemicals. It is recommended to use special tools to clean the house, install air filters and reduce allergens. To improve air quality, it is important to use air

purifiers, control humidity in the home and open windows for air exchange. A healthy lifestyle plays an important role in managing allergic bronchitis. Eating a lot of vitamins and minerals in food helps to strengthen the immune system. In the case of food allergies, it is necessary to identify and limit them. Regular physical activity helps to strengthen the respiratory system. Light sports, such as walking or swimming, improve breathing. Stress can aggravate allergic bronchitis. It is important to manage stress through meditation, yoga and other stress reduction techniques.

DISCUSSION AND RESULTS.

Immunotherapy is a method used to treat allergic diseases, including allergic bronchitis. During immunotherapy, allergens (for example, dust, pollen, animal hair) are given in small doses to the patient's body. The purpose of these doses is to change the body's immune response to allergens. As a result of familiarization with allergens in the initial period, the production of antibodies that cause allergic reactions in the body decreases. Immunotherapy is usually done over several months or years. During this period, the patient reduces his sensitivity to allergens and relieves the symptoms of allergic bronchitis. Immunotherapy can be effective in the treatment of allergic bronchitis, but an individual approach is necessary for each patient. Therefore, it is important to consult a doctor.

The following measures can be taken to prevent allergic bronchitis. Identify substances that cause allergic reactions and try to avoid them. For example, dust, animal hair, pollen and other allergens. It is important to install air purifiers at home, regularly clean the air and control humidity. It is recommended to keep air humidity at the level of 30-50%. Cigarette smoke irritates the airways and can aggravate allergic bronchitis. Therefore, it is important to avoid smoking or stay away from smokers. To maintain cleanliness at home, to reduce dust and allergens, it is necessary to clean and wash regularly. It is recommended to use special dust cleaning cloths and filters. Regular physical activity helps strengthen the respiratory system. However, if there are many allergens in the outdoor air, it is better to do sports indoors. It is important to eat foods rich in vitamins and minerals to strengthen the immune system. It is recommended to eat fruits,

vegetables and nutritious foods. Stress can exacerbate allergic reactions. Practicing meditation, yoga, or other stress-reducing techniques may be helpful. Those who are prone to allergic bronchitis should regularly consult a doctor and, if necessary, take preventive medicines. These measures can help prevent allergic bronchitis. Each person's condition may be different, so it is important to consult a doctor. The following recommendations can be implemented to prevent allergic bronchitis. Identify the allergens that cause allergic bronchitis and try to avoid them. For example, avoid dust, animal hair, pollen and other allergens. Use air filters to keep the air clean at home and at work. Clean regularly to reduce dust and allergens. Breathing may become difficult in dry air. Use humidifiers to humidify the air, but remember to keep them clean. A healthy diet, regular physical activity and stress reduction help strengthen the immune system. Cigarette smoke irritates the airways and can aggravate allergic bronchitis. So avoid smoking. In case of allergic reactions and symptoms of bronchitis, it is important to regularly consult a doctor and conduct tests. Vaccination against influenza and other respiratory infections helps maintain respiratory health. Stress can increase allergic reactions, so use stress reduction techniques (meditation, yoga, sports). Implementation of these recommendations will help prevent allergic bronchitis. If you have symptoms of allergic bronchitis, it is important to consult a doctor. When allergens enter the body, they trigger an immune system response. When an allergen enters the body for the first time, the immune system recognizes it as a harmful substance. In this process, the immune system recognizes the allergen and starts producing antibodies against it. These antibodies accumulate in mast cells. If the allergen enters the body again, IgE antibodies bind to the allergen. This process activates mast cells, which release histamine and other chemicals. Histamine is the main chemical released during an allergic reaction. It dilates blood vessels, increases blood flow and causes tissue swelling. This process is manifested by many symptoms of allergic reactions, such as itching, swelling, runny nose, red eyes, etc. Allergic reaction can take different forms: from mild (for example, runny nose or itching) to severe (for example, anaphylactic shock) cases. Anaphylactic shock is a rapid and serious reaction that

can be life-threatening. Antihistamines, corticosteroids, and other medications are used to manage allergic reactions. In some cases, it is possible to reduce the body's sensitivity to allergens by introducing the allergen (immunotherapy). Allergens can affect each person differently, so an individualized approach is needed to manage allergic reactions. If you have symptoms of allergies, it is important to consult a doctor.

CONCLUSION.

Allergic bronchitis can be effectively managed through modern treatments. Medications, immunotherapy, breathing exercises, environmental management, and a healthy lifestyle can help reduce the symptoms and causes of allergic bronchitis. It is necessary to develop an individual treatment plan for each patient, so it is important to consult a doctor. By effectively managing allergic bronchitis, patients can improve their quality of life.

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