



## **THE COURSE OF ALLERGIC DISEASES AND PREVENTIVE MEASURES**

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### **Abstract**

According to WHO, allergic diseases account for 35 to 40 percent of the world's population, and the incidence rate varies greatly from country to country. The XXI century, according to the conclusion of this organization, is the century of allergic diseases. The formation and spread of allergic diseases in the world is due to the influence of environmental factors, the appearance of new allergens, violation of microecology (intestinal flora, skin, mucous membranes), stress, excessive use of medicines. This article discusses the types of allergic diseases, clinical course, treatment methods, preventive measures.

**Keywords:** Allergy, allergen, sensitization, idiosyncrasy, anaphylactic shock, allergic rhinitis, Quincke's edema.

### **Introduction**

Allergy is characterized by the body's sensitivity to the effects of certain environmental factors called allergens (chemicals, microbes and their waste products, food). Allergy became known to doctors of the XX century. In 1902, the Viennese physician Pirke for the first time became confused about why children get sick after repeated injections of diphtheria (horse) serum, and, following the clinical picture of serum sickness, established the law of allergy. Allergic diseases (bronchial asthma, exudate, allergic rhinitis, dermatitis, drug and food allergies) are common and are becoming more common. This is caused by a large number of antibiotics and other drugs, as well as various synthetic materials, dyes, and chemicals.

From simple chemicals ( bromine, iodine) to even the most complex compounds (proteins , polysaccharides , etc . ) can cause allergies, that is, serve as allergens. Many of them are formed when they enter the body from the outside (exogenous allergens), while others are formed inside the body itself (endogens or autoallergens). Exogenous allergens can enter the body by non - infectious ( household chemicals , flower dust ) and infectious ( bacteria , fungi , viruses ) in



various ways, causing damage to various organs and systems . These allergens are divided into the following groups. Biological allergens. These are microbes, viruses, fungi, helminths, serums and vaccine preparations. Taleikin microbes cause diseases that occur with allergies (tuberculosis, brucellosis, IX sweating, etc.). Diseases that cause more allergies in terms of outbreaks are usually called infectious allergic diseases. These diseases are often caused by microorganisms present on human skin, in the respiratory tract, in the oral cavity and inside it. Products that occur in the metabolism and when they die, cause allergies.

**Medicinal allergens** . Almost any drug can cause allergies. When using antibiotics, vitamins, sulfonamides, novocaine and other drugs, allergic reactions often occur. Penicillin causes more allergies than other drugs, and in some cases even leads to death. keladi.Uy are pathogens of allergens . These include dust from the house, carpets, clothes, bedding, mold on the walls, animal hair. Powders used in washing can also cause allergies.

**Household allergens** are more likely to cause respiratory diseases (bronchial asthma, allergic rhinitis).

**Industrial allergens.** A huge number of products produced in the chemical industry –various oils, dyes, various preparations, even make-up products and other sawdust-can be allergens. These, by their nature, cause various allergic reactions. Skin diseases referred to as occupational –related allergic contact dermatitis are central to these reactions. Physical factors such as hot, cold, mechanical influences make up a separate group of allergens. When an Allergen gets into the body, a specific or nonspecific reaction may occur in response.

Plant allergens. These include the flowers and pollen of trees,plants.After a certain period before the onset of a specific reaction, the body's sensitivity to the substance that first fell on it increases, called busensebilization. Of great importance in the occurrence of sensebilization is the appearance in the body of individual protein substances in response to allergens that first fell on it –antibodies or lymphocytes that can interact with the allergen to it. Here are the symptoms of any disease that appear when the allergen is excreted from the body until these appear . If there is no outflow or there is a recurrence to the body after exiting , at this time it interacts



with boyagi antibodies or lymphocytes, causing allergic reactions .As a result of this, a qncha biochemical processes are initiated, such as histamine, serotonin, which secrete talagins and damage cells , tissues and organs, thus causing an allergic disease, which occurs specifically, that is, only in response to an allergen that previously affected the body.

Nospecific allergic reactions are observed when the body is first exposed to an allergen .There will be no period of sensebilization in this . The allergen itself, which has fallen into the body, characterizes substances that damage cells, tissues and organs . In some, and the inability to bear diseases-idiosyncrasy is among such reactions. Most often, a specific allergic reaction in a person is divided into types that begin quickly and slowly . Reactions that occur 15-20 minutes after specific allergic exposure to the patient in the body skin , respiratory organs, and digestive tract (rash on the body , narrowing of the bronchi, constipation, etc) .Slow-onset allergic reactions persist for several hours and sometimes throughout the day . These include over-sensitization to bacteria (tuberculosis , burutselosis, etc.), dermatitis found in chemical industry workers ,pharmacefts, medical workers. Hamisha also does not develop allergies when the body is exposed to allergens. In this, the state of heredity, nervous and endocrine systems plays a big roll. At the same time, not the allergic diseases themselves, but the predisposition to them is passed down from generation to generation . Sometimes the body's proteins react to these differently than usual, called autoallergiadeb.

**Acute donkey and quincke's edema** These are characterized by a rash on the skin, sometimes on the mucous membranes, as well as the appearance of tumors. The body's allergic reaction is caused by increased sensitivity to certain products (eggs, chocolate, strawberries, Tangerine cheese, mushrooms , fish) and drugs ( antibiotics, sulfonamides ,quinine,etc.), insect(Wasp, scorpion) bites, flower sniffing or touching any plant ( nettle).Clinical picture: patients complain of severe itching of the skin, increased body temperature , abdominal pain and nausea. In a quincke's edema, the skin of the face and mucous membranes (mucous membranes around the lower eyelid area or eyes ) suddenly swell. The swelling sometimes spreads over the entire face of the patient to the leg of the arm .The boundaries of the tumor are not sharply known. The swollen area of the skin is whitish or yellowish. When pressed against the swollen area with a finger, the skin color does



not change and a pit is not formed from the pressing, the swollen area is usually not felt by any pain sensations. Patients sometimes moaned from the fact that the swollen area itches, pulls. The swelling lasts for several hours, then the name disappears without a badge. Quincke's edema sometimes occurs in the mucous membranes of the internal organs (hoarseness, stomach, esophagus,), which leads to the failure of the corresponding organ function. Swelling of the mucous membrane of the hiccup is especially dangerous, which can cause a person to suffocate. Edema appears in different periods of time. In such patients, donkey rash often occurs, donkey rash is characterized by the appearance of small rashes on the skin of the body that are severely itchy, while these areas can merge. Donkey rash is caused by disorders of the activity of the gastrointestinal tract, vomiting, severe mental experiences.

**Treatment.** If the donkey or Quincke tumor is caused by penicillin, then 1000,000 units of penicillinase in 2-3ml isotonic sodium chloride solution is sent between the muscles for 2-4 days. In other cases, anti-histamine drugs from 1-2ml are administered between the muscles. (2.5% lye pipolphen, 2% lye subrastin, and 1% lye dimydrol solution). Subcutaneous injection is made from 0.1% adrenaline solution to 0.5 ml or 5% ephedrine solution to 1ml. In severe cases, it is advisable if 30-40mg of prednisolone or 125-130mg of hydrocortisone is administered between the muscles. In addition, patients are given ascorbic acid from 0.25 mg to 2-3 times a day. In order to reduce severe itching, it is recommended to wipe the skin with alcohol solutions (2% salicylate alcohol, or drinking soda 1.5 spoons of soda in 1stakan water) **and fresh lemon juice.**

**Anaphylactic shock** Uncontrolled and often self-conscious use of antibiotics from drugs, vaccines and serums, food products, bee stings, and others have caused anaphylactic shock. Clinical picture. The disease is clinically observed with a decrease in arterial blood pressure, fainting with the appearance of tumors on the face and mucous membranes, donkey rash with less vomiting and diarrhea, in which foam comes out of the mouth, swelling of the face, hiccup rash on many areas of the body, urine is caught. The heart tone becomes fuzzy, the eyebrows expand. In severe types of the disease, intestinal bleeding, dyspnea, brain tumors, liver enlargement, comatose are noted. Sometimes the patient dies within a few minutes before changes in the internal organs occur. In other cases, death due to

damage to the internal organs (liver, kidney, heart, brain, meda intestinal tract ) occurs after 1-2 days.

Treatment . it is necessary to immediately turn the head to one side, putting the patient in the position. Then the vomit masses will not go to the airways. Treatment to eliminate deficiencies in the cardiovascular system and respiratory activity neutralize active biological toxins in the blood, prevent the passage of allergens into the blood, energize important functions for the vital activity of the body, which will be concentrated. To eliminate circulatory defects, a 0.5 ml 0.1% adrenaline solution is prescribed per M/o, in severe cases, a drug is injected into the vein. The vein is injected with norepinephrine in a drip method. Prednisalone is administered slowly (in an amount of 2% drug 100ml)into the vein. A tracheostomy is performed on the hiccup tumor, artificial respiration is given, oxygen is prescribed to the vein eufillin. 800,000 t Per m/o to prevent anaphylactic shock that occurs when penicillin is administered.B penicillinase should be administered if the reaction is from penicillin.

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