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EARLY TOXICOSIS IN PREGNANCY

Annotation: As a rule, pregnancy is a version of the physiological state of the body, it does not bother the woman and she feels well. It appeared in the early period and is used to identify signs of pregnancy, vomiting and other symptoms, in fact, they say that not everything is safe in the body of the future mother.

Key words: pregnancy, toxicosis, mother and baby.

Toxicosis can occur during pregnancy. By the initial and clinical course they are divided into early and late. Early toxicosis of pregnancy is called toxicosis, which occurs in the first twelve weeks of the child. This leads to a violation of the regulation of hormones responsible for metabolism and behavioral reactions in the body. There are several theories about the onset of toxicosis in the early stages of pregnancy:

1.Nerve-reflex, according to which there is a violation of the interaction of the central nervous system with plants and, consequently, internal organs. By performing a protective function during pregnancy, the brain activates the subcortical centers. Early toxicosis, the center of vomiting, fragrant zones and other subcortical structures begin to function more actively.

2.The theory of immunal understand that in the early stages of pregnancy toxicosis occurs, because the fetus differs from the mother in the composition of the gene, and from the first days the mother begins to develop antibodies, which leads to poisoning of the body.

3.Hormonal. Pregnancy leads to significant hormonal changes in the body of a woman, hormones are formed that help maintain pregnancy and X-ray growth. It breaks down the usual hormonal status and leads to toxicosis in early pregnancy.

4. Psix psyche. Negative emotions, acceptance of one's own state, fear for the health of the child also contribute to the general appearance.

In general, toxicosis, which occurs in the first weeks of pregnancy, arises as a result of the regulation of neuroendocrine, which makes it difficult for a woman to adapt to pregnancy. Not only early toxicosis, on the contrary, is called "adaptation disease". The emergence of this disease can lead to chronic diseases of the liver, endocrine and reproductive systems, inadequate nutrition, stress, previous abortion, smoking and other omissions.

Symptoms of toxicosis in the early stages of pregnancy

One of the most common manifestations of toxicosis is vomiting of pregnant women. Vomiting, which has already undergone toxicosis in the first week of pregnancy, becomes much more difficult than after its appearance. There are three levels of vomiting:

- Easy - 5 times a day, usually after eating;
- On average - 10 times a day, regardless of food, with weight loss up to 3 kilograms;
- 25 times a day, the body loses weight on 10 kg, leads to dehydration with a violation of the cardiovascular system and kidneys.
- Vomiting can be accompanied by nausea and runny nose, which leads to the loss of protein and fluid.

Other manifestations of toxicosis in early pregnancy are:

- Dermatoses, with strong itching of the skin, can lead to acne and depression.
- Manifested by bronchial asthma, fluid and dry cough cells;
- Osteomalacia and tetany. The appearance of retention as a result of softening of bones and violation of the exchange of calcium and phosphorus.

How to eliminate toxemia during pregnancy?

First of all, you need to change your lifestyle: reduce stressful stress, get a full sleep, rational nutrition (food should contain the necessary substances, it should be divided into frequent and small portions), get rid of bad habits, walk in the open air.

It is better if a pregnant woman knows well how to relieve toxicosis at home. If it does not get out of the bag, you can chew crackers or a dry biscuit, soak a slice of lemon and slightly reduce vomiting. During the day, it is recommended to drink a small amount of mineral water, broth of wild almonds and mint. If you use acupuncture, you have first studied the necessary biologically active points. If the methods listed above are ineffective, you should consult a doctor who will advise - how to make it easier.

At present, it is not yet clear what exactly is the cause of the origin of toxicosis. The International Association of Obstetricians and Gynecologists has identified the reasons that can lead to its occurrence. They are as follows:

1. Hormonal changes. After the first fertilization of a woman, the hormone secretion in the body changes. As a result of this, a woman begins to feel bad.

2. Caused by chronic diseases. Many have chronic disease (especially by digestion, respiratory and endocrine systems) and the immune system is sluggish. Many have toxicosis in women. Therefore, a woman planning pregnancy should undergo a general medical examination before joining, if she has chronic diseases, treat them.

3. Psycho-emotional state of a woman. Stress, lack of sleep, excess of mental work cause toxicosis to come and make its passage difficult.

4. Harmful habits, drinking alcohol, smoking and taking drugs.

5. Age of the woman. Early pregnancy (up to 20 years) and late first pregnancy (over 35 years) are accompanied by various manifestations of toxicosis.

6. Hereditary predisposition. If a woman's mother, aunt and grandmother suffered from toxicosis during pregnancy, then in the same woman, too, there is a high probability of toxicosis.

3 different forms of toxicosis differ

1. Early toxicosis (in the first trimester of pregnancy);

2. Late toxicosis (in the second and third trimester, most often in the last two to three months);

3. Rarely toxicosis (most often observed at the age of 1-3 months of pregnancy, but at any stage of pregnancy).

How to relieve toxemia during pregnancy toxicosis during pregnancy, prescribes treatment and, if necessary, suggests hospitalization.

Typical outpatient appointments:

- sedatives (valerian);
- hepatoproteins (hofitol, Essentiale);
- sorbents (enterosgel, polyphepan);
- cerucal (as an antiemetic drug).

Infusion therapy in severe form of toxicosis is necessary in hospital conditions. The use of physiotherapy can also improve the situation:

Special treatment of early toxicoses.

- Providing physical and emotional memory to a woman;
- Proper eating regimen (eating calorie foods less often, every 2-3 hours);
- Reception of sedative drugs (Valerian nastoyka);
- Take preventive measures against vomiting;
- Vitaminoterapiya;
- Hepatoproteins;
- Intravenous injection of fluids against dehydration.

Rare forms of toxicoses, types, duration of occurrence, treatment

Toxicoses of such appearance occur in the first trimester of pregnancy, but can also be observed at any stage. These include:

- Dermatoses;
- Pregnancy jaundice (yellow skin of the skin and mucous membranes);
- Atrophy of the liver "yellow";
- Bronchial asthma;
- Tetania (dehydration of various parts of the body as a result of a violation of calcium metabolism);

- Osteomalacia (softening and deformation of bones as a result of violation of phosphorus and calcium metabolism in the body).

Dermatoses are skin diseases that occur during pregnancy. In most cases, itching that has spread all over the skin. The general condition of a woman worsens, the excitability increases, sleep is disturbed. Sometimes skin eczema is also observed (accompanied by inflammatory disease of the skin, itching, aching, the appearance of a rash). Treatment is carried out in stationary conditions. A woman is prescribed a diet, it is forbidden to eat sharp, spicy and smoked products. To reduce the feeling of itching and bitterness, antihistamine drugs, vitamins, calcium preparations are prescribed. To the injured skin area are made of manganese.

Pregnant jaundice appears in rare cases. On its basis, as a result of liver damage, there is yellowing of the skin, itching. If such a diagnosis is made, the woman is immediately hospitalized and pregnancy is stopped.

“Yellow” dystrophy of the liver is the most dangerous manifestation of toxicoses. Too heavy a night ends with death in most cases. Damage to the liver occurs, jaundice increases, seizures begin, and the woman becomes in a state of coma. Immediately stopping pregnancy can save a woman's life.

Bronchial asthma. Very rare occurrence of toxicosis. Her treatment is positive and pregnancy is preserved. A woman is prescribed sedatives, vitaminotherapy and calcium preparations.

Tetany of pregnant women. As a result of a violation of the function of the thyroid gland, deficiencies in the exchange of calcium in the body arise. In the clinical picture of the disease, there is a strong contraction of the muscles of the upper and lower parts of the body, the contraction of the muscles of the face and abdomen is rare. In the treatment, parathyroidin hormone (a hormone produced from the thyroid gland), calcium preparations are used. The result is positive and pregnancy is preserved.

Osteomalacia is caused by a violation of the exchange of calcium and phosphorus in the body. The clinical picture is manifested by softening and

deformation of the bones, most often the bones of the spine and pelvis. Treatment is carried out with vitamins D and E, physiotherapy. If the result of the treatment is unknown, pregnancy is stopped.

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