

SYMPTOMS OF DISEASES OF INTESTINAL INFECTIONS AND METHODS OF THEIR TREATMENT

Valiyeva Nodiraxon Maxamatjonovna

Assistant of the Department of Infectious Diseases of the
Andijan State Medical Institute, Andijan, Uzbekistan
phone: +998916190251, email: nvaliyeva1881@bk.ru
ORCID: 0000-0002-4203-1070

Annotatsion: This article provides information on intestinal infections and the diseases that arise from them, pathogenesis of the disease, methods of treatment. In order not to infect such diseases, a person must constantly follow the rules of personal hygiene.

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Intestinal infections are diseases caused by microorganisms that infect the digestive tract. They can manifest as loose stools, vomiting, abdominal pain and general malaise. The duration of the disease depends on the pathogen, but most often the symptoms disappear within a few days. However, with improper treatment, complications may occur, one of which is dehydration. Therefore, if intestinal disorders occur, it is important to consult a general practitioner, an infectious disease specialist or a therapist in a timely manner.

Causes and methods of transmission

The source of the disease is most often an infected person or a bacterial carrier – a person who has suffered an infection, sometimes even without symptoms, and continues to secrete a microorganism.

The main mechanism of transmission of the disease is fecal-oral. This means that the pathogen is released into the external environment with feces or vomit, where it can persist for a long time. Then it enters the human digestive tract in various ways. There are three such paths:

Food – consumption of contaminated products: meat, milk, eggs, fish, confectionery, vegetables, fruits, etc. Microorganisms can enter them through the contaminated hands of personnel who work in food production, in violation of technology, storage and transportation rules, insufficient heat treatment, etc.

Water – drinking tap water contaminated due to violations of its purification or disinfection regimes, using water from barrels, cisterns, wells, as well as getting water into the mouth and nose when bathing in reservoirs.

Contact – infection through dirty hands, when using common dishes, linen.

Some intestinal viruses can additionally be transmitted by aerosol.

Pathogens:

Infectious diseases of the gastrointestinal tract can be caused by various microorganisms: viruses – rotaviruses, adenoviruses, enteroviruses;

bacteria – shigella, Escherichia coli (E. coli), salmonella, campylobacteria, vibrio cholerae; the simplest ones are giardia, amoebas.

The most common causes are rotavirus infection and E. coli.

Pathogens differ in their effect on the body: they can cause damage to the walls of the stomach and intestines, increase the output of water and electrolytes, lead to the development of gastrointestinal diseases - gastritis, enteritis, colitis.

It promotes the reproduction of microbes by weakening the immune system. Therefore, intestinal infections often occur against the background of gastritis with low acidity, vitamin deficiency, intestinal dysbiosis.

Symptoms

From the mouth, microorganisms enter the stomach, and then into the intestines, where they begin to multiply intensively. This period is not accompanied by symptoms and is called incubation. It lasts in most cases from 6 to 48 hours. After that, various manifestations arise:

nausea, vomiting of eaten food;

pain in the upper abdomen, the umbilical region, or throughout the abdomen;

the appearance of frequent loose stools with a changed consistency;

rumbling in the intestines;

painful or false toilet urges;

bloating and increased gas formation.

The general condition may be disturbed, weakness, headache and muscle pain, fever may be disturbed. The symptoms of intestinal infection in patients and the severity of manifestations depend on the amount of pathogen ingested.

One of the most unpleasant consequences of acute intestinal infections is dehydration. It develops due to the fact that pathogen toxins increase the release of water and electrolytes into the lumen of the gastrointestinal tract, causing diarrhea. Also, fluid and salt losses occur during vomiting. Signs of dehydration include dry and flabby skin, weight loss, thirst, muscle weakness, low blood pressure, rapid heartbeat, and decreased urine output. In severe cases, acute renal failure, impaired consciousness, and seizures develop.

Diagnostics

Examination for intestinal infection in adults includes a doctor's interview and examination, laboratory tests. They are carried out to confirm the diagnosis, identify the pathogen and exclude complications.

Clinical blood test: signs of inflammation may be detected, with dehydration - an increase in hemoglobin.

Urine analysis: if complications occur, protein, cylinders, and an increase in specific gravity may be detected.

Microbiological examination of feces: fecal culture is prescribed for bacteria (pathogens of dysentery, salmonellosis, escherichiosis, etc.), analysis for viruses (rotavirus, enterovirus), etc. This analysis helps the doctor identify the cause of the infection and decide how to treat it. Bacterial studies of vomit and gastric lavage can also be carried out.

A general analysis of feces (coprogram) allows you to clarify the affected part of the intestine. The presence of undigested fiber, fat, and muscle fibers indicates inflammation of the small intestine. A large amount of mucus, lumps, leukocytes, erythrocytes, epithelial cells indicates a process in the large intestine.

Serological diagnosis: a blood test is performed for antibodies to pathogens of dysentery, salmonellosis and others, and after 7-10 days the dynamics of their increase is evaluated.

Biochemical blood test: performed to assess kidney function, electrolyte disorders – a decrease in potassium, sodium, and calcium.

According to the indications, blood cultures for sterility (with prolonged fever), colonoscopy (with diarrhea for more than 14 days), X-ray or ultrasound of the abdominal cavity, stool tests for protozoa (giardia, amoebas) and other types of diagnostics can be prescribed.

Treatment of intestinal infection

Therapy depends on the severity of the condition. The basic principles are:

therapeutic nutrition;

rehydration – replenishment of liquid and salt losses;

taking sorbents – medicines that are able to remove bacteria, viruses and their toxins from the digestive tract;

correction of gastrointestinal flora disorders;

the use of enzymes to facilitate the digestion and assimilation of food;

prescribing antibiotics depending on the pathogen.

The main thing in intestinal infections is to prevent dehydration. Therefore, with diarrhea and vomiting, it is recommended to drink glucose-salt solutions. They can be prepared at home: add 1 tsp salt, 8 tsp sugar and lemon juice to 1 liter of boiled water. But pharmacy preparations are more convenient. The powders are diluted in 1 liter of boiled water and taken fractional, 1-2 tablespoons every 5-10 minutes. You can alternate them with tea, a decoction of rice, rosehip, fruit drinks, boiled water. The amount of alcohol consumed should be at least 1 liter in 4 hours. After each liquid stool, you must additionally drink 100-200 ml of the solution.

One of the main roles in the treatment of intestinal infection is played by enterosorbents - activated carbon, silicon dioxide, Enterumin and others. The preparations are the smallest particles with different sorption capacity. They bind and remove bacteria, viruses, toxins, decomposition products, gases. Their use reduces the load on the liver and kidneys, normalizes gastrointestinal motility and digestion, and helps restore beneficial microflora. When they are taken from the first hours of the disease, the duration and frequency of loose stools, vomiting decreases, and the general condition improves.

Almost always, with diarrhea, the balance of the normal intestinal microflora is disrupted. To restore it, the doctor may recommend taking eubiotics (probiotics). These include preparations containing useful living microorganisms, their components or substances that stimulate their growth.

According to strict indications, specialists prescribe antibiotics, antimicrobials, and antiseptics. Enzymes (pancreatin) are also used in intestinal infection. They are usually prescribed for 3-4 days of illness, during the period of diet expansion. To reduce bloating and gas formation, defoamers (simeticone group drugs) can be added to treatment, and antispasmodics for pain.

In case of severe infection – repeated vomiting and diarrhea, dehydration, fever over 39 degrees, the appearance of blood in the stool, the doctor will send for hospitalization. This is especially true for elderly people with heart disease, kidney disease, and diabetes mellitus.

Prevention

The main measures for the prevention of infectious diseases of the gastrointestinal tract are hygiene, proper cooking and storage of food.

Wash your hands thoroughly with soap before eating, after going outside, going to the toilet, and use sanitizers in public places.

Use boiled or bottled water for cooking and drinking.

Wash vegetables, fruits and berries.

Follow the temporary recommendations for cooking.

Do not use substandard or expired products.

Try not to swallow water when swimming in the sea, river, lake.

If someone in the family is sick, use individual towels, dishes, cutlery, bed linen to avoid transmission of infection. Wet cleaning should be carried out daily using disinfectant solutions.

Conclusion.

Thus, patients with different forms of intestinal diseases are and to complex bacteriological, allergic and serological examinations of healthy people based on the development of acute and chronic intestinal diseases of the body it should be recognized that increased sensitivity to bacteria plays an important role.

Bacteria of the results of bacteriological, serological and allergological studies compatibility with allergens indicates the peculiarity of skin fractures, BSO for this method is caused by representatives of the conditionally pathogenic intestinal flora of the intestine diagnostic methods for determining the etiology and pathogenesis of diseases allows to enter the Arsenal.

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