



COURSE OF BRONCHIAL ASTHMA, TREATMENT AND PREVENTIVE MEASURES

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Abstract:

Bronchial asthma is a chronic inflammatory disease of the respiratory system, characterized by narrowing of the airways, as well as difficulty in breathing and cough. This disease can develop at any age, but most often begins in childhood. Bronchial asthma not only affects individual health, but can significantly reduce the patient's quality of life. Asthma attacks are often triggered by allergens, pollutants, physical activity, stress, or weather conditions.

Keywords: Bronchial asthma, respiratory system, allergens, pollutants, seizures, patient, disease.

Introduction

The course of bronchial asthma can be different for each patient. Some have asthma attacks only in certain situations, such as during allergic reactions or physical activity, while others may experience the disease continuously. Asthma symptoms are often characterized by shortness of breath, cough, wheezing, and are often worse in the evening and early morning. Such conditions can reduce the quality of the patient's sleep and cause fatigue and discomfort during the day. A number of factors play an important role in the development of asthma. Factors such as genetic predisposition, environmental conditions, allergens and infections affect the development of asthma. Also, various allergens such as pollen, house dust, animal dander and cigarette smoke can trigger asthma attacks. Avoiding these allergens is important to reduce asthma symptoms and attacks. In the treatment of bronchial asthma, first of all, it is necessary to consult a doctor. When asthma symptoms appear, a doctor may prescribe medications, such as bronchodilators and anti-inflammatory drugs. Bronchodilators help widen the airways, making it easier to breathe. Anti-inflammatory drugs reduce inflammation in the airways and help prevent asthma attacks. Inhalers are very important in the treatment of asthma. They allow direct delivery of the drug to the patient's respiratory tract, which accelerates the effect of the drug and increases its effectiveness. Taking regular inhalers is



important in preventing asthma attacks. Patients need to take their medications correctly and regularly, as this plays an important role in controlling asthma symptoms and attacks. There are a number of measures to prevent asthma. First of all, it is important to avoid allergens and keep the environment clean. It is necessary to reduce dust, animal hair, pollen and other allergens in the house. [1]

Also, avoiding cigarette smoking and passive smoking is important in protecting the respiratory system. For this, it is necessary not to smoke at home and reduce the amount of pollutants.[2]

Physical activity is also important in the fight against asthma. However, before starting physical activity, it is necessary to consult a doctor. For some patients, physical activity can trigger asthma attacks, so special training and preparation is necessary for these conditions. Exercise can reduce asthma symptoms and attacks, but each patient needs an individualized approach. Stress and mood also play an important role in the development of asthma. Meditation, yoga, and other relaxation techniques are recommended for stress reduction and mental health. These methods help improve breathing and increase general well-being. Managing stress can help reduce asthma attacks and improve the patient's overall health.[3]

As bronchial asthma is a chronic disease, patients should always monitor their condition and consult a doctor regularly. To prevent asthma attacks, patients should take their medications correctly and regularly, as well as monitor their health conditions. Patients need to be proactive in controlling their health, work closely with their doctors, and strive to improve their lifestyles. In general, a comprehensive approach is necessary to fight bronchial asthma. This includes not only taking medication, but also lifestyle changes, reducing stress, and avoiding allergens. It is important for patients to be proactive in managing their health and preventing asthma attacks. Patients living with asthma are encouraged to contact asthma and allergy organizations for additional support and information. These organizations offer patients the opportunity to learn more about their disease, receive support, and share experiences with other patients. Asthma is a complex and multifaceted problem, but with the right treatment and prevention measures, patients can improve their quality of life and control the disease. For this, it is necessary for patients to be active in controlling their health, consult with doctors and strive to improve their lifestyle.[4]



Conclusion

In short, bronchial asthma is a serious disease that is associated with inflammation and narrowing of the respiratory system. Asthma attacks can be controlled and quality of life improved for patients with the right treatment and prevention measures. For this, it is necessary to consult with doctors, take medicines correctly, avoid allergens and lead a healthy lifestyle.

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