



## INTERNAL INFLAMMATION SYNDROME

**Akbarova G.X. Nazarova G.U.**

Andijan State Medical Institute, Andijan, Uzbekistan

**Introduction.** One of the most common complaints of family doctors today is inflammatory bowel syndrome - a disorder of the gastrointestinal tract, characterized by injury to its lower parts, the main symptoms - abdominal pain, constipation, diarrhea. Clinical signs of the disease almost always appear when the patient is awake and under stress or eating.

**Materials and methods.** Research: Andijan city Multidisciplinary Central Polyclinic. Forty percent of the 87 patients examined complained of unbearable stabbing pain and diarrhea to the Family Physician in their area. The course of the disease is often accompanied by chronic intermittent diarrhea. The disease is most often observed with 70% constipation and abdominal pain 30%. The alternation of diarrhea and constipation, in particular, intestinal dysfunction, various degrees of abdominal pain, for example: pain is observed in the diffuse epigastric area, lower abdomen, sigmoid colon, associated with eating, stress and physical activity, pain occurs in the morning or afternoon, pain decreases after defecation or after bowel movements. Pain intensity is reduced or no pain at all during sleep and at bedtime. Disorders of diarrhea: constipation, diarrhea or their recurrence, mucus in the stool, lack of blood, feeling of incomplete emptying of the bowel, pain during sleep, no false urge to defecate. In patients with flatulence (ie abdominal relaxation), nonspecific symptoms: nausea, vomiting, jaundice (ie, heartburn), discomfort in the epigastric region after eating, headache, inadequate nervous - vegetative reactions and associated heart palpitations, fatigue, helplessness, insomnia, irritability, paresthesia, depression, restlessness are observed. Depending on the complaint, 40% of the patients were examined. In addition to treating the disease in the patients, a healthy lifestyle promotion was established and as a result, recovery was observed in 98% of the patients.

**Result.** The patient is prescribed a diet with the exception of products that cannot be tolerated, psycho-emotional effects on the patient, as well as drug treatment: sedatives, tranquilizers, antidepressants. Promoting a healthy lifestyle. Correction of intestinal dysfunction. Constipation syndrome - a diet rich in plant fiber (fruits and vegetables, seaweed, oats, grown wheat grains, whole meal bread), adequate fluid intake (at least 1.5 l per day). Promotion of physical activity among the population has been strengthened.

### **Conclusion.**

1. It does not worsen until an inflammatory process or cancer develops.
2. In stressful situations, the disease may recur.
3. The recurrence of the disease increases with age.
4. Promoting a healthy lifestyle among the population. Only then will disease prevention be achieved.