

# Proceedings of International Educators Conference

Hosted online from Rome, Italy.

Date: 25<sup>th</sup> January, 2024

ISSN: 2835-396X

Website: [econferenceseries.com](http://econferenceseries.com)

## GASTRITIS - SYMPTOMS, TREATMENT

Bobojonova Gulnoza

Faxriddinova Gulchexra

Teachers of the Technical College of Public Health  
named after Abu Ali ibn Sino

### Abstract:

Gastritis is an inflammation of the mucous membrane of the stomach, and the disease leads to a violation of the functions of this organ. When gastritis occurs, food is poorly digested, which leads to weakness and lack of energy. Gastritis, like most diseases, is acute and chronic. In addition, gastritis is distinguished by a decrease in the acidity of gastric juice, normal and high.

Nowadays, gastritis can be called the disease of the century. Both adults and children suffer from it.

Gastritis is characterized by various internal and external factors that cause the development of pathology. Clinically, it takes the form of inflammation (acute or chronic). Acute inflammation lasts a short time. Damage to the mucous membrane of the stomach with concentrated acids, alkalis and other chemicals can lead to dangerous consequences (death).

A long-lasting (chronic) disease reduces the quality of life and manifests itself in the form of pain. Accompanying symptoms include:

Heaviness in the abdomen;

Boiling of Jigildon;

Stuttering;

Return;

Diarrhea or constipation;

Flatulence;

Bad breath.

The chronic form of the disease is dangerous with atrophy of the gastric mucosa. As a result, the stomach glands stop working normally. Instead of healthy cells, atypical cells begin to appear. An imbalance in self-healing of the gastric mucosa is one of the causes of the development of stomach ulcers and cancer.

The stomach is the most delicate part of the digestive system. It involves at least three complex digestive processes: mechanical mixing of food particles, chemical breakdown of food products, and absorption of nutrients.



## Proceedings of International Educators Conference

Hosted online from Rome, Italy.

Date: 25<sup>th</sup> January, 2024

ISSN: 2835-396X

Website: [econferenceseries.com](http://econferenceseries.com)

In gastritis, the inner wall of the stomach - the mucous layer - is often damaged. In this layer, two components of digestion, which eliminate each other, are produced - gastric juice and protective mucus.

Food digestion in the stomach is a finely tuned biochemical process of the body. This is confirmed by the normally acidic pH environment of gastric juice (its main component is hydrochloric acid), as well as by the difference in acidity indicators in different parts of it. High acidity (pH 1.0-1.2) is observed in the initial part of the stomach, and low acidity (pH 5.0-6.0) is observed in the area where the stomach is connected to the small intestine. In the duodenum, the pH is alkaline.

Unpleasant sensation in gastritis - heartburn - is primarily the result of acid-base imbalance in some part of the gastrointestinal tract. In addition, it is the basis of the pathogenesis of gastritis, in which acid balance is deviated from the norm in certain parts of the stomach - low or high acidity.

Harsh effects on the digestive process: food and chemical poisoning, bile secretion into the stomach, intestinal infections, regular intake of certain drugs, carbonated, alcoholic drinks and other factors have a negative effect on the condition of the gastric mucosa. It has been proven that the microbial factor has a serious effect on the development of gastritis.

Short-term negative effects on the digestive process are limited to clinical symptoms in the form of acute inflammation of the following nature:

- Catarrhal;
- Fibrinosis;
- Necrotic;
- Phlegmonosis.

Catarrhal gastritis is associated with poor nutrition and mild food poisoning. Fibrinous and necrotic gastritis usually occurs as a result of poisoning with heavy metals, saturated acids and alkali salts. Phlegmonous gastritis is associated with mechanical damage to the stomach wall.

Long-term exposure to a weakened organism leads to the development of chronic pathogenesis, which is aggravated by ulcerative processes in the stomach wall. Gastritis can be the cause of oncological processes in the gastrointestinal system.

Different manifestations of gastric gastritis in people are related to its complex classification. A detailed study of the clinical symptoms of gastritis is very necessary for gastroenterologists in the application of treatment methods. In our case, it is a



## Proceedings of International Educators Conference

Hosted online from Rome, Italy.

Date: 25<sup>th</sup> January, 2024

ISSN: 2835-396X

Website: [econferenceseries.com](http://econferenceseries.com)

description of different forms of the disease, which helps students to understand the general appearance of gastritis even a little.

### References:

1. A. Ahmedov, G. Ziyamutdinova: Anatomy, physiology and pathology.
2. Nerves and stress.
3. [www.ziyonet.uz](http://www.ziyonet.uz)
4. <https://mymedic.uz/>



**E- Conference Series**

Open Access | Peer Reviewed | Conference Proceedings



E- CONFERENCE  
SERIES