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FLATULENCE - SYMPTOMS, TREATMENT

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Abstract:

Abdominal rest, flatulence (Greek: метеоризм - rise up, rest) is the relaxation of the stomach and the increase in the formation of gas in the intestines. In healthy people, the cause of such a disorder may be a specific diet or a tendency to constipation: the food that enters the body is retained in the intestines, leading to decay processes, resulting in gas. The formation of a large amount of gas can indicate the development of the disease.

Information about abdominal rest

PHYSIOLOGICAL PROCESSES RELATED TO ABDOMINAL REST

In the intestines of a healthy person, there are approximately 200-900 milliliters of gas produced as a result of the vital activity of the intestinal microflora. Through defecation and other processes, on average, 100-500 ml of gas is released from the intestine per day.

And in meteorism, the volume of released gas can reach 3 or more liters. In healthy people, the composition of the gas mixture is as follows:

Nitrogen (N₂) — 24-90%;

Carbon dioxide (CO₂) — 4.3-29%;

Oxygen (O₂) — 0.1-23%;

Hydrogen (H₂) — 0.6-47%;

Methane (CH₄) — 0-26%;

A small amount of hydrogen sulfide (H₂S), ammonia (NH₃), volatile mercaptans.

The unpleasant state of flatulence is accompanied by abdominal pains, belching, hiccups, heaviness, abdominal distension, which pass after the release of gas after the act of flatulence. Sometimes constipation alternates with diarrhea.

The volume of gases and the periodicity of their release are individual in healthy people. The natural and normal number of flatulence is 13 to 21 times a day. This is not flatulence, but a natural physiological process.



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CAUSES OF STOMACH REST

The tendency to flatulence is explained by differences in the composition of the microflora. The causes of flatulence can be as follows:

Violation of eating rules;

Disorders of digestive processes, dysbacteriosis;

Predominance of gas-forming bacteria;

Disorders of motor activity of the gastrointestinal tract;

Mechanical disorders of bowel function;

Increased pressure in the intestine when rising to a height;

Disturbance of emotional state.

Food products with a high potential for gas formation contribute to the formation of gas in the intestine:

Dairy products soft cheeses, ice cream

Vegetables are onions, celery, cabbage, radishes, cucumbers, carrots, potatoes

Fruits are apples, peaches, plums, grapes, pears, apricots

Bread products from yeast dough, bread and unrefined cereal products, buns, dumplings, pizza

Legumes are peas, beans

Cereals are refined wheat, oat and oat products, processed bran

Other products are raisins, beer, mushrooms

Eating fatty foods causes increased gas production. Eating large portions 1-2 times a day puts a big load on the stomach and rectum, and retention of food mass leads to the formation of gases in large quantities.

In the 2nd and 3rd trimesters of pregnancy, the increase in the size of the uterus and pressure on the intestine can also cause flatulence.

In digestive disorders, flatulence is observed in patients suffering from a lack of enzymes, a violation of the circulation of bile acids in the intestine and liver, and dysbacteriosis. Aerophagia (swallowing a large amount of air with food) can also cause flatulence in cases of impaired motor activity in the intestines.

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