

NAUSEA - CAUSES, TREATMENT

Aminova Iroda

Hamidova Shaxnoza

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

Abstract:

Nausea is a symptom of many diseases caused by various reasons. Epigastrium is an unpleasant feeling in the upper part of the abdomen, which can spread to the esophagus and oral cavity. The nature of this condition is multifactorial. Nausea occurs as a result of the stimulation of signals from the nerves of the nausea center of the brain (abdominal and vagus). Often, along with nausea, patients complain of hyper salivation, i.e. excessive salivation, tachycardia, body weakness, pale skin, hypotonia, cold feet.

CAUSES OF NAUSEA

Nausea is caused by various factors and diseases. If nausea lasts long and continuously (for several days) or is often disturbing, manifests itself with additional symptoms, if it disturbs the quality of life, it is necessary to consult a doctor.

Nausea

Nausea can be caused by:

Cholecystitis. An inflammatory process in the gallbladder or stones formed in this organ usually cause nausea that begins during food consumption. Abdominal distension is accompanied by a bitter or metallic taste in the mouth, flatulence, pain under the right rib.

Taking some medications. Nausea is a side effect of many medications. Usually these include iron preparations, antivirals, anthelmintic agents, antibiotics, anti-inflammatory drugs.

Poisoning. This is the simplest, but one of the most common reasons. One of the etiological factors of nausea is the consumption of improperly stored, expired, old products.

Gastritis. Inflammation of the mucous membrane of the stomach causes nausea (especially after eating). It is accompanied by pain in the epigastrium, a feeling of expansion. To eliminate it, it is recommended to follow a proper diet and treat gastritis directly.



Migraine. Chronic headache can be accompanied by nausea and dizziness.

Pyelonephritis. Inflammation of the kidneys causes nausea, sometimes leading to vomiting. Important distinguishing symptoms include back pain and pain during urination.

Hypertension. Constant high blood pressure is often accompanied by morning sickness, as well as dizziness, swelling in the body, and redness of the face.

Brain injury. Concussions and brain injuries can cause nausea of a neurological nature.

Sunstroke. Staying in the sun for a long time, especially on hot summer days, can cause sunburn. Factors such as excessive physical exertion and dehydration in hot and humid conditions can also cause heat stroke and nausea.

Appendicitis. In this case, nausea leads to vomiting, abdominal pain is observed, the pain is first observed in the upper part of the abdomen, and then falls to the lower right area.

Heart attack, heart problems. Even in this case, nausea progresses to vomiting and does not give relief, abdominal pain, hiccups, pale skin and a feeling of suffocation are observed.

Meningitis. Nausea is neurological in nature, accompanied by high fever, fear of light, and a feeling of pressure in the neck.

Parasitic infestation. Some types of worms can cause nausea that may or may not be related to eating.

Shaking in transport. A weak vestibular apparatus can often cause nausea due to shaking while riding in transport.

Intestinal infection. Nausea accompanied by vomiting is observed, abdominal pain, temperature rise, and weakness are noted. In such cases, treatment should be started immediately, rather than delayed, because intestinal infections usually lead to diarrhea, which in turn leads to life-threatening dehydration.

Since this symptom occurs for various reasons, treating nausea means treating the primary disease that causes it. Self-medication can cause serious complications in this case, so it is recommended to consult a doctor.

Recommendations for eliminating nausea in different cases:

When you eat a lot, you should reduce the amount of food, avoid fatty and spicy foods.



Anti-nausea pills help with motion sickness. For seasickness, a patch containing scopolamine is used and applied 6 hours before the trip.

A course of psychotherapy is useful in relieving nausea caused by stress or mental illness.

References:

- 1.Merta Dj. General Practitioner Directory.
- 2.Magazanik N.A. The art of communicating with patients.
3. www.ziyonet.uz
4. <https://mymedic.uz/>

