

## DISEASE NEPHRITIS– SYMPTOMS, TREATMENT

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**Abstract:** Nephritis (kidney inflammation) is a group of inflammatory kidney diseases in which the glomerular apparatus is damaged. In nephritis, the renal pelvis system, balls, veins and tubules are damaged.

According to medical information, nephritis often occurs among children (mainly girls) and young boys.

Nephritis disease - kidneys

### REASONS FOR THE SURFACE

Depending on the type of nephritis, the cause of this disease can be an acute respiratory viral infection, scarlet fever, angina, a chronic focus of infection (tonsillitis, dental caries, etc.). As a rule, nephritis develops within 10-20 days after the onset of acute illness.

The general weakness of the body, low immunity, vitamin deficiency, excessive fatigue, general or local cooling can be the driving factor for the development of nephritis. When cooling is observed, the blood supply to the kidneys deteriorates, which contributes to the development of the inflammatory process in them. The likelihood of developing nephritis increases with alcohol abuse, autoimmune diseases, poisoning, diabetes, and oncological diseases.

### SYMPTOMS AND SIGNS

Initial complaints of the patient include increased fatigue, decreased appetite, back pain and headache. When the disease becomes acute, swelling and a slight increase in body temperature are observed. The skin, especially the face, may become flushed. In addition, in nephritis, there is a decrease in the volume of urine, and the color is cloudy or reddish.

In some cases, symptoms of nephritis include nausea, vomiting, dry mouth, and thirst. Urine and blood tests reveal hematuria, massive proteinuria, dysproteinemia, hyperlipidemia, and hypercholesterolemia.

## DIAGNOSIS

If nephritis is suspected, the following diagnostic methods are used:

Collection of anamnesis;

Biochemical blood analysis;

Urine analysis;

Ultrasound examination of kidneys;

Kidney biopsy (required in some cases).

## TYPES OF DISEASE

The following types of the disease are distinguished:

Pyelonephritis is an inflammation of the kidneys with a bacterial etiology.

Interstitial nephritis is an inflammation of the kidneys in which kidney tubules and interstitial tissues are damaged.

Glomerulonephritis is a kidney disease characterized by glomerular inflammation.

Shunt nephritis is a type of disease characterized by complications of the immune complex of kidney balls.

## PATIENT'S ACTION

When symptoms of nephritis are observed, you should consult a urologist. If nephritis is detected, you should follow the doctor's recommendations regarding taking medications and diet.

## TREATMENT

The necessary treatment is selected depending on the form of the inflammatory process in the kidney. In acute nephritis, a special diet, limited fluid intake and bed rest are recommended. The basis of therapy is treatment with antibiotics. Antibacterial preparations based on kefzon, gentamicin, penicillin, and seporin are often used. The severity of antibiotic therapy depends on the patient's condition.

In the treatment of nephritis, it is necessary to monitor the general condition of the patient and measure blood pressure regularly. When blood pressure increases and swelling is observed, the patient is prescribed diuretic drugs. Detoxification drugs are also used in the complex treatment of nephritis.

If the conservative treatment of nephritis does not give the desired results, in this case, a surgical operation to open these purulent tumors and decapsulation of the kidneys is considered.



The successful completion of treatment mainly depends on the patient's discipline and adherence to all medical recommendations.

### COMPLICATIONS

Without proper treatment, nephritis can progress to a chronic stage, which poses a risk of developing kidney failure. It is also possible to develop cardiovascular and respiratory system complications.

### PREVENTION

Prevention of nephritis is based on timely treatment of all infectious diseases. Exercise, a healthy lifestyle, a balanced diet and other measures aimed at increasing the level of immunity reduce the likelihood of developing this disease.

### References:

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