

ECZEMA

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Abstract:

Eczema (Old Greek ekzema - rash on the skin, ekséō - boil) is a dermatological disease characterized by the appearance of serous papule-shaped skin rashes, swelling and itching of the affected skin areas.

Key words: eczema, skin, rash, boil, patient

It can occur in dry and wet form, differs in the polymorphism of manifestations in the form of a rash. The inflammatory process in eczema is of an allergic nature, but the causes of the disease can be different, for example, long-term skin contact with allergens, metabolic disorders, nervous and endocrine system pathologies. Therefore, complex therapy is used in the treatment of eczema and it is selected individually by the doctor for each patient.

Eczema can be acute and chronic, has a cyclical development with periods of remission, often relapses of the disease are observed. Skin rashes and unpleasant feelings related to it not only spoil the appearance of the patient and cause him discomfort, but also significantly worsen his psychological condition. Taking into account the neuro-allergic nature of the disease, this only increases the pathological process and, in turn, slows down recovery. Treatment measures include various therapeutic directions, the most effective options of which are selected for each individual case.

Given that eczema belongs to idiopathic diseases, it is difficult to determine the exact cause of the disease. However, there are some motivating factors, including:

Endogenous causes of eczema:

- Digestive disorders (pancreatitis flatulence, dysbacteriosis, hepatitis) and evacuations (diarrhea, constipation);
- Kidney dysfunction, nephrosis;
- Hereditary predisposition to atopic diseases;
- Angiovegetative neuroses;
- Neuroendocrine pathologies and others.
- Exogenous causes of eczema:
- Skin exposure to petroleum products, acids, alcohols, phenols and other aggressive and synthetic chemicals, allergens;
- Effects of ultraviolet light, extreme heat and cold and other climate changes;

- Damage to the skin, especially peripheral nerves;
- Allergic reaction to benzylpenicillins, novocaine and other pharmaceutical drugs.

SYMPTOMS OF ECZEMA

This skin disease is characterized by the following general symptoms:

Erythema is reddening of the skin that marks the affected area.

Papules are pink-red nodules rising from the surface of the erythema.

Vesicles are papules filled with serous fluid during the inflammatory process.

A pustule is a vesicle with cloudy contents and mixed with pus.

Erosion (pits) that occurs at the site of rupture of pustules and vesicles.

Hair loss in erythematous areas.

Formation of dry crusts instead of dry erosion.

Scaling of crusts and pathologically regenerated new skin is covered with dry plaques formed from the stratum corneum and branched epithelium.

WHAT TREATMENT CAN THE DOCTOR PRESCRIBE?

First of all, it is necessary to clearly understand that the treatment of eczema is possible only after a complete medical diagnosis of the patient's condition. This is because several other serious skin conditions have similar symptoms. Misdiagnosis often leads patients to self-medicate eczema without medical advice, exacerbating their current condition.

Based on the current situation, the doctor can choose the sequential treatment of the symptoms and the cause of the disease or the simultaneous complex effect. Often, treatment begins with symptomatic therapy, as this gives time to accurately determine the cause of the disease and improves the moral and physical condition of the patient.

Anti-allergic drugs are prescribed to relieve itching;

Compresses based on boric acid are used to slow down the development of eczema on the limbs and eliminate foci of skin damage;

Vitamins of the B group help the skin to regenerate, so it causes earlier recovery and is almost always used as part of complex eczema therapy;

Diuretics are widely used to speed up blood filtration (if one of the causes of eczema is poisoning with toxic substances or various salts).

If eczema becomes complicated, for example, the areas of skin damage are greatly increased, there is acute pain when performing natural activities, or there is no response to medical measures, systemic agents - corticosteroids and cytostatics are used in tablets or by injection.

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