

## **CAUSES OF ALLERGY DEVELOPMENT AND METHODS OF THEIR TREATMENT**

**Adusalomov Asadbek Xasanboy o'g'li**

**Abdurakhmonov Shokhjakhon Ikromjon o'g'li**

Students of Andijan State Medical Institute

Research advisor: **Madumarova Makhfuza Maksimovna**

Senior teacher of the Department of Pathological Physiology

**Abstract:** In this article, we will get acquainted with allergy, which is a current problem, the causes of its development, and the methods of treatment of allergies. The purpose of the article is to provide quick first aid to allergic patients and prevent the development of allergies.

**Key Words:** Allergy, allergen, sensitization, collagen, myelin, Antihistamine, Steroid drops, Enterosorbent, Immunotherapy, leukotriene.

Allergy is a specific reaction of the human body to various foreign substances with allergenic properties. A reaction to an allergen occurs immediately or gradually through hypersensitivity. Real and false (pseudoallergic) allergic reactions may occur in response to an allergen entering the body. Before the actual allergic reaction begins, a certain period of time passes, during which the body's sensitivity to the substance it encounters for the first time increases, which is called sensitization. Sensitization depends on the formation of specific protein substances - antibodies or lymphocytes that can interact with the allergen in response to the first allergen in the body. Until then, if the allergen has been removed from the body, no symptoms of the disease are visible. If the allergen is not removed or re-enters the body after it has been removed, it interacts with the above antibodies or lymphocytes and causes an allergy. As a result, a number of biochemical processes begin, many substances such as histamine, serotonin are released, damage cells, tissues and organs, thus, a reaction occurs in response to a special, that is, an allergen that has previously affected the body, and an allergic disease appears. False reactions begin when the body is exposed to an allergen for the first time. There is no sensitization period. The allergen that enters the body produces substances that damage cells, tissues and organs. False reactions often occur to drugs and foods. The body does not always become allergic when exposed to an allergen. Heredity, state of nervous and endocrine systems are important in this, because the disease is mainly caused by dysfunction of these systems and severe mental experiences. Allergy prevention consists in taking measures to prevent the re-introduction of sensitizing substances into the body and violation of the body's protective reactions. Antigens: a) components of their own cell membranes (unchanged and changed under the influence of various factors); b) secondary fixed (adsorbed) antigens on cell membranes, for example, drugs; c) non-cellular components of tissues (collagen, myelin).

The most common allergens - Allergen is a substance that causes an allergic reaction in some sensitive individuals. Some of their types cause a reaction in most patients. Animals-Dust fleas-their excrement, Wool, Fur, Bran, Fel d1 is a protein found in fat and saliva of cats.

Medical-Penicillin, Salicylates are salts of salicylic acid usually found in aspirin, Sulfanamides.  
Food - Nuts, legumes, oats, beans, celery, sesame, seafood, eggs, dairy products, honey.

Insects-Bee, ant venom, Flea, mosquito, other poisonous insect bites.

Manifestation It is observed that all parts of the body are red and itchy. Damaged tissues also swell (angiodystrophy). Some say that they feel a burning sensation on the skin. Swelling of the tongue and throat is observed in about 20% of cases. If the skin turns a strange blue color, it can be a sign of hypoxia (lack of oxygen). A stuffy nose is noted in some patients. The mucous membrane covering the front part of the eyes and the inside of the eyelids (conjunctiva) can be inflamed. In addition, the following signs are determined by the respiratory system:

Difficulty breathing, wheezing during breathing due to bronchial spasm, stridor; strong trembling voice during breathing, hoarseness, odynophagia, pain when swallowing, cough.

Diagnosis There are several ways to identify pathology. The doctor asks the patient questions about the origin of the allergy, when it appears, and its symptoms. In addition, he asks if there is such a situation in other family members.

Allergy treatment methods - The most effective method of treatment is to avoid exposure to allergens. However, sometimes it is not possible to completely get rid of the allergen. It is important to teach patients how to correctly identify substances they are sensitive to.

Medicines- Medicines can help relieve allergy symptoms, but they cannot cure it. Before using any medicine, you should consult a doctor.

Antihistamines- (histamine antagonists): they stop the action of histamine produced in the body, which is part of the allergic reaction. Some antihistamines are not suitable for children. Nasal Drops- Some patients report that nasal drops help with pollinosis. Nasal drops have a short-term effect.

Leukotriene receptor antagonists (antileukotrienes): prescribed for asthma or when other treatments have failed. Drugs of this group block the effects of leukotrienes - chemicals that cause swelling. Leukotriene is produced in the body during an allergic reaction.

Steroid drops help to reduce nasal congestion.

Enterosorbents are used to treat food and drug allergies. Immunotherapy is also called hyposensitization. Such therapy restores the normal functioning of the immune system. The doctor gradually affects the doses of the allergen over several years. The goal is to induce long-term tolerance, which reduces the production of IgE.

Immunotherapy is used only for severe types of allergies. Another method of immunotherapy is intravenous administration of anti-IgE monoclonal antibodies. They bind free IgE to IgE on the surface of B-lymphocytes, which serves as a signal for their destruction. They do not bind to IgE fixed on the surface of basophils and mast cells through Fc-receptors, otherwise they could trigger the development of an allergic reaction. The first antigen in this group is omalizumab. Such injections are made regularly, and the dose is gradually increased. During immunotherapy, it is necessary to visit a doctor 2 times a week for several months. In this case, it is increased each time until the desired dose of the drug is selected. If it starts to help, the visit to the doctor will be reduced to once every 2-4 weeks, and the visits will last for several years. At this time,

the number of allergies will be less, their strength will be weaker, and they may even disappear completely. Alternative methods - due to the fact that allergy is not short-term, but chronic, and its occurrence is not related to infection, therapy should include methods with long-term effects. Therefore, changing the lifestyle, environment, and habits of the patient are considered the most effective treatment methods. Prevention Although treatment can help relieve allergy symptoms, patients should avoid exposure to certain allergens. In some cases, this is not an easy task. It is almost impossible to avoid plant dust in spring and summer. Even the cleanest homes contain mold spores or dust. So: Reduce the impact of dust fleas Replace carpets with other, hard coverings, replace traditional curtains with roller blinds, regularly clean pillows, chairs and soft toys. If possible, wash them in hot water, woolen or do not use feather pillows.

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