

Prevention of urinary stone diseases

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Abstract: This article provides information about kidney stone disease and its prevention and treatment.

Key words: Kidney stone disease, urinary tract, urinary stone disease, urologist, nephrologist.

Today, doctors are faced with the problem of "rejuvenation" of many diseases that used to be typical of the older generation. It should be noted that the cause of many diseases affecting people, regardless of age, is an unfavorable environmental environment, stressful situations, and deterioration of heredity. Such diseases include diseases of the kidneys and urinary tract - urinary stone disease, inflammation of the kidneys and urinary tract (cystitis, pyelonephritis), etc. Urinary stone disease is the formation of stones in the kidney and other organs of the urinary system. is a disease manifested by The disease occurs in people of different ages, from children to the elderly. Why do stones appear? The main mechanism of the disease is congenital - a slight violation of metabolism, which leads to the formation of insoluble salts that form stones. However, even if you have an innate tendency to develop urolithiasis, it will not develop if the following factors are not present. Climate factor. If you live in a hot climate, you sweat a lot. As a result, the concentration of some salts in the body increases, and stones may begin to appear. Geographical factor. The composition of water plays an important role in this (hard water with a lot of calcium salts allows the occurrence of urolithiasis), food (bitter and sour food increases the acidity of urine, as a result of which stones are formed more easily). -permanent lack of vitamins and ultraviolet rays in food contribute to the formation of stones, etc. Looking at the truth, each of us has to admit that we cannot individually influence the environment, heredity and the amount of stress! But prevention... That's another matter altogether! A doctor's diagnosis is not a judgment, but a guide to change your attitude towards your health and lifestyle. Now you need to change your attitude towards the consumption of salt, spices and alcohol. [1] If the accumulation of insoluble salts ("sand") is detected in the urine, the doctor will recommend a special therapeutic diet. But, despite this, if the symptoms of the disease appear - there is no way without treatment. In addition to actively used synthetic drugs, treatment with medicinal plants is becoming more and more important, they improve the results of treatment, are gentle and balanced on the body. has an effect. Especially when it comes to medicines made from modern medicinal plants, here everything is standardized, from the soil, the quality of the plants, the selection of the optimal time of their collection and the determination of the proportions of the various components, to the production of the extract itself. [2]

Renal stone disease is a chronic disease in which stones appear in the renal calyx system as a result of impaired urinary excretion (concentration) activity and changes in the quantity and quality of urine. These changes are also related to the violation of the general metabolism in the body. As a result of overeating (especially meat products), the increase in protein breakdown leads to the violation of this metabolism in the body. That is, due to the disease, stones appear from the salt accumulated in the urinary system and urinary tract of the kidneys.

Causes of kidney stone disease.

The causes of kidney stones are not fully understood. However, metabolic disorders in the body are one of the main reasons. Also, a violation of the urinary system (urodynamics) caused by infectious inflammation in the kidneys and urinary tract aggravates the disease.

Symptoms of kidney stones

First of all, the urine becomes painful and painful, and the urine becomes cloudy. As a result of the accumulation of stones in the urinary tract, an obstruction appears and causes kidney stones. And the pain can go to the level of an attack. The pain in the lower back is aggravated by pulling towards the bladder. During and after an attack, the urine becomes blood-tinged. Symptoms such as nausea, vomiting, loss of

appetite, sleep and other mental disorders can also be observed in the disease. Such patients should definitely refer to urologists and nephrologists. The disease is accurately diagnosed based on examination with the help of laboratory and special equipment.[3]

Treatment of the disease.

It cures the disease mainly consists of coordination of metabolic disturbances in the body, smoothing of urine movement in the kidneys and urinary tract. It also fights against urinary tract infections.

Prevention of kidney stone disease.

To prevent the occurrence and development of the disease, first of all, it is necessary to track the metabolism in the body. This is achieved by following a healthy lifestyle and a strict diet.

Not allowed!

It is forbidden to consume large amounts of bile and products that produce uric acid. Salt, liver, kidney, tongue, sausage and smoked meat, margarine, quail eggs, brinjal, cheese, chocolate, mushrooms, figs, mash, peas, beans, bitter black tea, coffee and cocoa. it is required not to possess goods.[4]

Summary:

Patients should mainly eat lean beef, boiled, steamed poultry and fish, vegetable oils, butter, chicken eggs (no more than one per day), first and second grade flour products , can eat jam, marmalade, rice and buckwheat (buckwheat), cabbage, cucumber, radish, pumpkin, carrot. Fruits such as apricots, quinces, pears, apples, peaches, grapes, melons and cherries are very useful. Green tea, fruit and vegetable juices, and herbal teas are also recommended.

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