

CAUSES OF HYGIOMITIS DISEASE AND METHODS OF ITS CONSERVATIVE TREATMENT

O'rinov Bekjon Shodiyevich,

First class otorhinolaryngologist

Urinova Gulnoza Shuxrat qizi,

Student of Bukhara State Medical Institute.

Annatation: Hymoritis is a disease of inflammation of the maxillary sinus. This disease occurs not as a primary disease, but as a secondary disease, often as a result of incomplete treatment of the common cold. Therefore, this article describes the origin of sinusitis and its treatment methods. There are a number of reasons that cause this disease, regardless of what they are, the disease must be completely treated. Otherwise, it can lead to serious complications.

Key words: sinusitis, purulent blood, rhinitis, pharyngitis, nasal wall deformation, influenza, tonsillitis, middle ear inflammation, sepsis, diagnosis, physiotherapy.

As the days get colder, the risk of seasonal diseases increases. Often, we hurry to go out, work and study without drying our hair well. This leads to upper respiratory tract infections. Sinusitis is such a disease. There are different types and stages of sinusitis, and people do not even suspect when they have a runny nose, because the nose is blocked during the disease. All doctors talk about monotonous, chronic, allergic, polypous, purulent, bilateral, acute and catarrhal sinusitis. In all of these, using a certain appropriate method, the attending physician determines the type of sinusitis and deals with it. Doctors often diagnose purulent, acute, bilateral sinusitis.

The main cause of sinusitis is an infection of the upper respiratory tract, which is why the development of this disease increases in the autumn-winter season. In most cases, the main cause of sinus congestion is considered to be an infection that can enter the sinus cavity through blood or even simple breathing. Basically, nasal breathing can be disturbed because a person has a bent nasal septum or suffers from rhinitis, if we talk about children, causes such as adenoids or an allergic reaction are isolated. Due to low immunity, the disease can develop well, then it is necessary to treat the sinusitis for a long time.

Experts have also identified other causes of the disease, because any part of the body can become infected. In addition, sinusitis can occur due to staphylococcus, which actually lives in a person's nose for a very long time and a person does not feel it. Because without a special examination, a person cannot be sure that he has the bacteria. If the bacterium shows its activity, then purulent sinusitis can begin in the sinus, which does not manifest itself in any way with a common cold.

In addition, the failure to treat certain diseases can cause sinusitis, they are:

- Caries of upper jaw teeth;
- Allergic reactions accompanied by rhinitis (inflammation of the mucous membrane of the nasal passages);
- Deformation (curvature) of the nasal wall and, as a result, impaired air circulation in the sinuses;
- Chronic infections — pharyngitis (colds of the larynx), tonsillitis,

Acute sinusitis develops against the background of flu symptoms. Symptoms are as follows:

- Fever;
- Pain in the joints;
- Pain in the upper jaw and nose;
- Strong flu;
- Headache, eye pain;
- Chronic sinusitis and its symptoms:
- Chronic rhinitis (inflammation of the mucous membrane of the nasal passages);
- Pain in the eye area;
- Conjunctivitis - eye cold;
- Often headaches.
- Complications of sinusitis

If there are delays in the treatment of sinusitis, this disease can lead to serious diseases such as meningitis and encephalitis. It often causes inflammation of the eyes and ears. It is very easy to diagnose acute sinusitis by X-ray. In determining the chronic form, doctor's qualification, computer tomography will help. If an accurate diagnosis is made, it is possible to rule out other diseases. But many patients deny that the disease is serious, they just think that the cold will go away. In fact, ignoring the symptoms of sinusitis can have serious consequences. They are as follows:

- ✓ Inflammation of the tonsils of the larynx;

<https://conferencea.org>

- ✓ Transition of acute sinusitis to chronic form;
- ✓ Inflammation of the middle ear;
- ✓ Heart failure;
- ✓ Defects in the kidneys and joints;
- ✓ sepsis;
- ✓ Inflammation of the brain.

Diagnosis of sinusitis

Diagnosis of sinusitis is carried out under the supervision of an otorhinolaryngologist. Diagnostic methods are as follows:

Anamnesis - gathering information about the duration of the patient's cold, pain, runny nose;

Examination of the nasal cavity, determining whether there are defects in the nasal septum;

General blood analysis - the number of leukocytes will increase, because it indicates that the inflammatory process is going on;

X-ray of the sinus cavity - pus is visible in the sinus cavity.

According to the common signs distinguished by professional doctors, it is not possible to effectively diagnose sinusitis on your own, because a complete diagnosis is necessary to confirm all assumptions. Diagnostics are available to identify diseases in adults and children. Diagnostics is characterized and aimed at identifying serious diseases and finding a successful treatment method. To begin with, a rhinoscopy is performed at the medical center. In addition, the specialist should take swabs, take an X-ray to understand how affected the sinuses are. Only after a thorough examination, the doctors of the clinic make a diagnosis, discuss the price and method of treatment of sinusitis.

At the time of diagnosis, specialists first examine all possible visual factors associated with the disease. The face should be examined, as sinus problems can manifest through cheek asymmetry. If the doctor notices that the eyelids are slightly protruding, this is a reason to continue the examination and start effective treatment of sinusitis. If the doctor has found that there is pain in the sinus area, there is a runny nose and sinusitis, the mobility of soft tissues is limited, this is also a reason to think about treatment.

Another effective method is auscultatory diagnosis. If the nose is purulent, the specialist listens to it because it is a good conductor of sound. For this, the doctor uses a special device - a tuning fork, which must be precisely installed in the middle of the crown or in the sinuses. In addition, a phonendoscope is already installed in the maxillary sinuses, which allows you to listen to everything.

Diagnostics such as rhinoscopy will allow you to determine whether sinusitis treatment is necessary or not. Using special optical tools, the doctor examines the nasal cavities. It is worth noting that this method is considered by many to be one of the most accurate. But the classic method of examination in the hospital, one of the most effective, is X-ray. This is a reliable method, after which the doctor often makes a diagnosis and chooses a method to quickly treat sinusitis. Thus, with the help of X-rays, the doctor finds darkening areas of the maxillary sinuses.

If the patient has a constant runny nose, then a contrast study can also be used as a diagnosis, which is very effective during purulent sinusitis. A person with possible sinusitis is sometimes sent to electrotensiography, which is one of the most modern and innovative methods for making a correct diagnosis and prescribing treatment for sinusitis in adults.

It should be noted that any presence of sinus discomfort should be alarming, because sometimes everything is not taken into account, when sinusitis begins and when a late visit to the hospital, treatment methods do not help. It is better to immediately conduct tests, check for complications with purulent sinusitis and try to recover. Therefore, the clinic offers effective treatment and advises to check sinus problems again.

The treatment of sinusitis allows for innovative solutions and treatments. To forget about the problem for many years or even forever, it is enough to undergo one high-quality effective treatment course. The hospital offers professional treatment for adults, treatment of various sinus infections.

About how to treat the disease in detail and individually, only a doctor can tell during a personal meeting, so the treatment of sinusitis is selected for each patient. Treatment of sinusitis should be taken seriously by both the doctor and the patient. Today, various principles of treatment are recommended and used, it is important to find the root cause of all problems and investigate it.

The main goal of any doctor in the treatment of sinusitis symptoms is to eliminate swelling. There are many ways to treat sinusitis in adult patients, but the

first thing every specialist does is to remove the mucus located in the sinuses. This method is considered very effective. This allows us to move forward. First of all, all effective efforts should be made to eliminate the bacteria or infection that led to the treatment of sinusitis.

Antibacterial therapy is often used, which destroys all viruses, and special vasoconstrictor drugs are effective to eliminate swelling. Sometimes doctors decide to wash the nasal passages so that the treatment of sinusitis can proceed faster. Such measures are also very effective. In this case, doctors recommend using saline solutions and antiseptics. An important part of the treatment of any sinusitis is to get rid of pus, after which the patient must participate in physiotherapy procedures for complete recovery.

If all attempts to treat sinusitis are in vain, then the clinic has the right to perform surgical intervention based on its indications. This method, of course, helps to get rid of the disease forever, but it is carried out if the patient has no contraindications and the treatment of sinusitis is agreed with all specialists.

References:

1. Bruce W. Jafek Ann. "Secrets of Otorhinolaryngology". 2001.
2. Volkov A.G. "Frontal sinuses". M. 2001.
3. Grigoryev G.M. "Modern Drug Therapy and Prescriptions for Major Ear, Nose, and Throat Diseases." Yekaterinburg. 1998.
4. Gusel V.A., Markova I.V. "Pediatrician's Guide to Clinical Pharmacology" M: Medicine. 1989.
5. Deryugina O.V. F.I. Chumakov. "Orbital and intracranial complications of inflammatory diseases of the nose and paranasal sinuses in adults and children". Moscow, 2001.
6. Egorov V.M., Kozin V.K., Grishin B.S. Encouraging children (goals, tasks, methods). Methodological instructions. Sverdlovsk: ed. Sverdlovsk Chalk. Institute / 1987.
7. Hasanov S.A., N.Kh. Vohidov "Otorhinolaryngology" Tashkent. 2013