



THE MOST MODERN METHODS OF TREATING GASTRITIS DISEASE

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ABOUT ARTICLE

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Abstract: Gastritis is inflammation in the soft mucous lining of your stomach. This lining is a protective barrier in your stomach. When it's inflamed, it means it's under attack. It might be from an infection, a substance you ingested or digestive chemicals.

INTRODUCTION

Gastritis is inflammation in the lining of your stomach. This lining (a soft tissue called mucosa) protects your stomach from the acids, enzymes and microorganisms that pass through it every day. Gastritis happens when your immune system detects a threat to this barrier. Your immune system triggers inflammation in the tissues to help fight infections and promote healing.

You can have acute gastritis or chronic gastritis.

Acute gastritis is sudden and temporary. The conditions that cause it are also acute.

Chronic gastritis is a long-term condition, though you may not notice it all the time (or at all). It tends to develop gradually, as a result of another chronic condition.

Gastritis can also be erosive or nonerosive.

Erosive gastritis means the thing that's causing your gastritis is actually eating away at your stomach lining, leaving wounds (ulcers). It's often a chemical, like acid, bile, alcohol or drugs.

Nonerosive gastritis doesn't leave erosive changes but may cause irritation, such as reddening of the stomach lining. A specific form of nonerosive gastritis, atrophic gastritis, can cause your stomach lining to react by thinning or wasting away (atrophy). This can cause digestive issues.

Atrophic gastritis (AG) is a chronic inflammation and thinning of your stomach lining. In addition, the cells in your stomach lining mimic intestinal cells.

One type of atrophic gastritis, known as environmental metaplastic atrophic gastritis (EMAG), occurs when environmental factors cause chronic inflammation. Chronic infection with *H. pylori* (*Helicobacter pylori*) bacteria often leads to this condition. These bacteria disrupt the mucus that usually protects your stomach lining from acidic juices released during digestion. Over many years, this acid destroys the cells in your stomach lining, causing EMAG.

Autoimmune atrophic gastritis (AAG) is the second type of atrophic gastritis. It occurs when your immune system attacks your stomach lining cells. Healthcare providers may also call this condition autoimmune gastritis (AIG) or autoimmune metaplastic atrophic gastritis (AMAG).

Both EMAG and AAG can lead to an increased risk of developing small neuroendocrine tumors (NETs) in your stomach. NETs are usually non-cancerous (benign). EMAG and AAG also increase your stomach cancer (gastric cancer) risk.

Gastritis may go by a more specific name, based on the cause. Some examples are:

Infectious gastritis.

Drug-induced gastritis.

Alcohol-induced gastritis.

Stress-induced gastritis.

Autoimmune gastritis.

Eosinophilic gastritis.

In the U.S., acute gastritis affects about 8 out of every 1,000 people. It's usually related to common short-term infections, alcohol and medication use. Chronic gastritis affects about 2 out of every 10,000 people in the U.S. But worldwide, as much as half of the population has chronic gastritis associated with a widespread, chronic bacterial infection called *H.pylori*.

Gastritis may not cause any noticeable symptoms. If it does, it may mean that it's more severe or it's been going on for a long time. Symptoms may happen when your stomach lining is worn down enough that it can't defend itself against its own acids and enzymes anymore. The acids may cause symptoms of indigestion, or they may cause stomach ulcers, which can hurt and bleed. Symptoms may include:

Loss of appetite, or feeling full soon after eating.

Stomach pain and bloating.

Nausea and/or vomiting.

If you have a bleeding ulcer, you may find:

Black blood in your poop (melena).

Black blood in your vomit (coffee ground emesis).

Gastritis pain is in your stomach, which is located in your upper middle abdomen ("epigastric" region). General pain from inflammation will feel like it's somewhere in this area (upper abdominal pain), but you might not be able to pinpoint the exact spot. If you have an ulcer, you might be able to pinpoint the pain more precisely. It might have a burning or gnawing quality. It might feel better when you eat.

Gastritis is a response from your immune system to something already going on inside your stomach. Your immune system sends inflammatory cells to your stomach lining to fight infections and help repair the tissues. Inflammation causes the symptoms of gastritis, if you have any. But the original offender is something else — something that's threatening your stomach lining. There are many possibilities.

Infections are among the most common causes of gastritis, especially acute gastritis. Bacterial infections and viral infections associated with the stomach flu can cause a short-term reaction that usually clears by itself. *H. pylori* infection is a common, chronic bacterial infection that can cause chronic gastritis. Less commonly, parasite infections and fungal infections can also cause acute or chronic gastritis.

Alcohol and certain drugs can cause either acute or chronic gastritis, depending on how much and how often you use them. They can cause chemical erosion of your stomach lining (erosive gastritis). Overuse

of NSAIDs (nonsteroidal anti-inflammatory drugs), such as aspirin and ibuprofen, is one of the most common causes of acute gastritis. Some recreational drugs, like cocaine, may also cause it.

Autoimmune diseases cause chronic inflammation. In autoimmune disease, your immune system mistakenly attacks your body's own cells with inflammation. Chronic autoimmune gastritis can happen spontaneously. Or, more rarely, you may have gastritis as a side effect of another autoimmune disease. Your immune system is made up of organs and cells meant to protect your body from bacteria, parasites, viruses and cancer cells. An autoimmune disease is the result of the immune system accidentally attacking your body instead of protecting it. It's unclear why your immune system does this.

There are over 100 known autoimmune diseases. Common ones include lupus, rheumatoid arthritis, Crohn's disease and ulcerative colitis.

Autoimmune diseases can affect many types of tissues and nearly any organ in your body. They may cause a variety of symptoms including pain, tiredness (fatigue), rashes, nausea, headaches, dizziness and more. Specific symptoms depend on the exact disease.

A major surgery, trauma or critical illness can cause acute gastritis. Severe physiological stress causes your body to withdraw blood supply from your digestive system to redirect it toward your more vital organs. This lowers your stomach lining's defenses, making it more vulnerable to the chemicals inside. Other causes of gastritis include:

Radiation therapy (mucositis).

Chemotherapy.

Bile reflux.

Erosive gastritis can proceed to peptic ulcer disease. Ulcers can cause gastrointestinal bleeding, leading to anemia. Frequent ulcers can also cause scarring. Scar tissue in your stomach can become a problem if it narrows or blocks the openings at the bottom (pylorus). This is called gastric outlet obstruction (GOO).

An ulcer that doesn't heal may eventually wear a hole all the way through your stomach wall (gastrointestinal perforation). This can allow bacteria from your stomach to escape into your abdominal cavity (peritonitis). Peritonitis can lead to further complications, including septicemia and sepsis.

Peptic ulcer disease is a condition in which painful sores or ulcers develop in the lining of the stomach or the first part of the small intestine (the duodenum). Normally, a thick layer of mucus protects the stomach lining from the effect of its digestive juices. But many things can reduce this protective layer, allowing stomach acid to damage the tissue.

Gastrointestinal bleeding is when there is blood loss from any of the several organs included in your digestive system. It can occur from any part of the GI tract that runs from your mouth to your anus.

Anemia happens when you don't have enough red blood cells or your red blood cells don't work as they should. Your red blood cells carry oxygen throughout your body. Oxygen powers your cells and gives you energy. Without healthy red blood cells that do their job, your body doesn't get the energy it needs to function. While some types of anemia are short-term and mild, others can last for a lifetime. Left untreated, anemia may be life-threatening.

Nonerosive gastritis causes complications much more slowly. But after many years, it can cause your stomach mucosa to diminish (atrophy) and to lose some of its functionality. You may have trouble digesting and absorbing certain nutrients, such as iron, folic acid and vitamin B12 (pernicious anemia). Rarely, long-term gastritis can cause the cells in your stomach lining to restructure themselves to look like a different sort of tissue altogether. This is called gastric intestinal metaplasia. Healthcare providers consider this cellular change precancerous, meaning it can raise your risk of developing stomach cancer.

A healthcare provider will start by asking you about your symptoms and health history. They might suspect gastritis based on your answers, but they won't know for sure if you have it without testing for it. They might begin with an imaging test, such as an upper GI series, a series of X-rays of your upper GI tract. This test can detect ulcers or erosion in your stomach lining, though not always gastritis itself.

The real proof of gastritis is microscopic, so a healthcare provider will need a tissue sample to confirm it. They can take a sample (biopsy) during an upper endoscopy exam. This exam goes inside your upper GI tract with a tiny camera on the end of a long catheter (endoscope). An endoscopist can take a biopsy through the endoscope. They'll usually recognize gastritis visually even before the biopsy confirms it.

You might need additional tests to isolate the cause of gastritis or to check for complications. Your provider may order:

Blood tests.

Stool test.

H. pylori breath test.

Acute gastritis goes away after the acute cause of it does. If you have an infection, in most cases your immune system will clear it out shortly, and then the inflammation will go down. If you briefly overdosed on alcohol or pills, your stomach lining will soon repair itself. If blood flow to your stomach was temporarily reduced but is now restored, your stomach lining will begin the healing process.

Chronic gastritis doesn't go away by itself, but treatment can help it go away. Chronic gastritis is linked to another chronic condition that you have. Specific treatments can cure some of these conditions. Other conditions aren't curable, but long-term treatments can reduce the inflammation they cause. Chronic gastritis may have done deeper damage to your tissues, so they may take longer to heal.

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