

DETERMINATION OF THE INCIDENT LEVEL OF CHRONIC VIRAL HEPATITIS AMONG THE POPULATION OF OQDARYO DISTRICT (SAMARKAND REGION)

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Abstract

Viral hepatitis is an inflammation of the liver that is caused by a variety of infectious viruses and noninfectious agents leading to a range of health problems, some of which can be life threatening. There are five strains of the hepatitis virus, referred to as types A, B, C, D and E. While they all cause liver disease (hepatitis), they differ in important ways including modes of transmission, severity of the illness, geographical distribution and prevention methods. In particular, types B and C lead to chronic disease in hundreds of millions of people and together are the most common cause of liver cirrhosis, liver cancer and viral hepatitis-related deaths.

Keywords: viral hepatitis, chronic, liver.

Introduction

An estimated 354 million people worldwide live with hepatitis B or C, and for most, testing and treatment remain beyond reach. Some types of hepatitis are preventable through vaccination. A WHO study found that an estimated 4.5 million premature deaths could be prevented in low- and middle-income countries by 2030 through vaccination, diagnostic tests, medicines and education campaigns. WHO's global hepatitis strategy, endorsed by all WHO Member States, aims to reduce new hepatitis infections by 90% and deaths by 65% between 2016 and 2030.

Purpose of the study

The purpose of study is to make differentiation between the strains of hepatitis, estimate severity of infection and determine which strain is more hazardous and contagious among a population. Causative agent of hepatitis is hepatitis virus. There are several strains of hepatitis (hepatitis A, B, C, D, E, and G) in which hepatitis B and C are being most hazardous. The Classification of hepatitis on the basis of mode of transmission. The hepatitis A and hepatitis E are transmitted via faeco oral route, hepatitis B transmitted via parenteral, sexual or by vertical transmission and hepatitis C and D transmitted via parenteral route. The frequency of chronic viral hepatitis patients increases gradually in the oqdaro district (Samarkand region). In which infection occurs more in female as compared to males. And this outbreak mainly caused by hepatitis B and hepatitis C as compared to other strains. Beside that chronicity of infection is appreciated more by hepatitis B.



Materials and methods of research:

In 2019-2023, 137 patients with ChVHs, who applied to the hepatology center of the Samarkand Regional Infectious Diseases Clinical Hospital in an outpatient setting, were taken under observation. Among the laboratory tests, antigens and antibodies of hepatitis B, C, D viruses were checked by the general blood test, biochemical blood test, PCR and ELISA method. In order to determine the level of fibrosis in the liver, a non-invasive examination method - elastometry was performed on the fibroscan device. The method of inquiry was conducted with the patients themselves and their close relatives, and the method of comparing the disease according to the etiological factors was used.

Research results

Now a days the incidence of chronic hepatitis is increasing year by year, and hepatitis B and C viruses are at the top of the list. When the citizens of oqdaro district complains about the symptoms to the hepatology center of the Samarkand Regional Infectious Diseases Clinical Hospital and that symptoms are properly examined by the specialist. And some investigation protocols performed by doing anamnesis morbi and physical examination respectively. The findings acquired from the investigation are as follows – more than 90% patients are having general weakness and rapid fatigue and approximately 40% patients have pain and heaviness at right hypochondriac region. In the objective examination : no signs of jaundice were detected in the skin, mucous membranes and sclera of the eyes, scleral jaundice was observed in only 21% of patients, and no changes were noted in other systems. The clinical symptoms of hepatitis are more often seen in hepatitis B patients as compared to hepatitis C infected patients. When this patients are examined under laboratory and instrumental methods of investigation, the results are as follows, out of 137 hepatitis infected patient- 67 patients are hepatitis B infected, 61 patients are hepatitis C infected, 6 patients are hepatitis B & D infected, 3 patients are suffering from hepatitis C with liver cirrhosis. On the basis of gender 51 are male patients and 86 are female patients. If we look at the age group 40 patient are above 50 years and 97 patients are below 50 years of age.

Etiology	Number of patients			age		
	General	Man	Woman	18-44	45-59	60-74
VHB	67	22	45	60	7	-
VHB-D	6	3	3	6	-	-
VHC	64	26	38	21	22	21

Conclusions:

The conclusion made by comparing the results on behalf of severity of infection by strains of hepatitis virus, on the basis of gender, on the basis of age group.

- 1 That patients of hepatitis B is slightly more than hepatitis C, by comparing gender females patients are 1.72 times more infected than males.
2. As by the reports patients with hepatitis C are more likely to develop liver cirrhosis.
3. These results indicate that there is a need to conduct public awareness campaigns about viral hepatitis and to increase medical knowledge of the public about the prevention of ChVHs,



especially among the population aged 18-44 years. That it should be carried out is reflected in the above results.

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