

THE IMPORTANCE OF DIET IN PATIENTS WITH CIRRHOSIS OF THE LIVER

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Abstract

Cirrhosis of the liver is a chronic progressive liver disease with varying degrees of symptoms of functional liver failure. From a morphological point of view, the disease is characterized by necrosis of hepatocytes and their replacement with connective tissue, as well as the formation of regenerator nodes and restructuring of the entire structure of the liver. In economically developed countries, cirrhosis is one of the 6 main causes of death of patients between the ages of 30 and 60, accounting for 20-35 cases per 100,000 population. Every year in the World, 45 million people die from developing liver viral cirrhosis and hepatocellular carcinoma against the background of a carrier of the hepatitis B virus.

Keywords: Cirrhosis of the liver, hepatitis, hepatoprotector, necrosis, probiotics, ascites, carcinoma, dyspeptic syndrome.

Introduction

The liver is one of the most important organs of the human body, providing blood purification from toxins. This organ is also actively involved in the digestive system, in the metabolism of carbohydrates, lipids and proteins. It is not surprising that any malfunctions of the liver negatively affect the entire body and the patient's life activity. Cirrhosis of the liver is a serious disease, as a result of which the liver tissue is replaced by connective tissue, and the organ ceases to perform its function. Cirrhosis of the liver can enter the ranks of chronic progressive diseases and lead to dangerous consequences for human life. In 2020, The Lancet Journal of Gastroenterology & Hepatology published a fundamental work devoted to the study of epidemiological indicators of cirrhosis in 200 countries from 1995 to 2019. He also noted specific geographical fluctuations in the frequency of pathology. Among the population of the Asia-Pacific region, Central Latin America, Central and Eastern Europe, the incidence of compensated cirrhosis was found to be 6-7 times higher than in North America, Southeast Asia and Australia. In the same areas, there was a maximum incidence of decompensated cirrhosis. In most areas, men had a higher incidence of compensated and decompensated cirrhosis than women. Cirrhosis of the liver is the result of a long-term active course of hepatitis of different etiologies, therefore, the frequency of liver diseases in different countries is of interest. A large study was conducted in the United States examining the hospitalization of 1,016,743 people with chronic liver disease from 2012 to 2016. The frequency of hospitalization for every 100,000 residents during this period ranged from 3,056





to 3,757, with financial costs for treating patients increasing from US \$ 15 billion to 18.8 billion. The median age of patients was 56.8 years in 2012 and 57.8 years in 2016. The liver is the most important and vital organ of a person and plays the role of the "second heart". A person has a so-called Portal vein, from where venous blood enters the liver. At this stage, blood flows through the liver lobules, as well as through hepatocyte cells such as the common sponge. In addition, it contains cells that carry out blood filtration work, which contain excess vitamins, which have a negative effect and contain potentially dangerous substances that immediately produce glucose, as well as glycogen, necessary for the body. Cells also synthesize lipids, bile acids, and direct bile secretion. A healthy liver shape has the following appearance – it is a soft and at the same time flexible tissue through which blood flows without problems. For some reason, healthy tissue can cause problems over time, or rather damage. Doctors call this tissue stroma, orally cirrhosis. The distribution of connective tissue is carried out throughout the organ. In general, "cirrhosis" has several interpretations at once. The first part of the word comes from the Greek "Cirrus" or "red", where the damaged liver acquires a red color. The second half of the word has the Latin name *osis*, which literally means any growth. The more damage to healthy liver tissue, the worse the general principle of the organ. Characteristic phenomena of the damaged liver-this begins with a person's loss of working capacity, the appearance of a characteristic weakness of the body, the appearance of acute pain in the lower abdomen and a general violation of the digestive system. Body temperature rises, pain appears in the joints. In the case of a severe form of cirrhosis, liver-cell insufficiency occurs, there is an increase in pressure in part of the Portal vein, which leads to the formation of "Portal Hypertension". A person with cirrhosis of the liver poorly Digests fatty foods and alcoholic beverages. Experts and doctors have identified the following main cause of the appearance of a dangerous disease – cirrhosis of the liver. 1. Alcohol consumption. This is probably one of the most common causes of the disease. According to statistics, 10-20% of alcoholics always have cirrhosis of the liver. This is due not to alcohol consumption, but to the presence in the drink of ethyl alcohol, which destroys the liver, forming acetaldehyde, alcoholic hepatitis. In almost 95% of countries around the world, alcohol is ranked 1st in terms of the causes of the disease. 2. Fatty liver disease. This phenomenon is characteristic of people who are overweight. The presence of fat deposits in the liver leads to the appearance of scars and the growth of stroma. In addition to obesity, fat disease can occur due to diabetes, poor nutrition, as well as coronary artery disease and improper use of steroids. 3. Hepatitis C is in the chronic stage. If the disease has a chronic and advanced form, 20-30% leads to cirrhosis of the liver. Also, the main cause of liver transplantation was alcoholism and chronic hepatitis C disease, which caused cirrhosis of the liver. The viral nature of hepatitis C is determined in people who are addicted to opiates, that is, there are signs of use for inserting a dirty needle into a vein. 4. Chronic form of hepatitis B, in which the risk of cirrhosis of the liver remains very high. 5. Hereditary diseases and autoimmune diseases. In order to reduce serious risks in the future, it is necessary to identify such a tendency in the early stages. 6. Wilson's Disease. This rare disease is caused by cirrhosis of the liver. Signs are the appearance of a very large amount of copper in the liver. . The nature of this disease is not yet well understood. 7. Poisoning of the human body with dangerous substances. This results in cirrhosis of the liver. Clinically, 3 stages of the disease are identified – compensator, subcompensator and decompensator. There are no specific features at the compensation stage. However, there are signs



that indicate the onset of the disease. The remaining living cells take on the main burden of the work that the dead cells have done before. A little pain is felt under the ribs, heaviness appears in the abdomen, a person suffers from flatulence. A Bemok person immediately gets tired, manifested by signs of suffering from nausea and flatulence. . At this stage, the liver becomes larger. Subcompensation stage. The number of dead tissues increases, and the remaining living tissues cannot do the work. A person experiences weakness, nausea, there are signs of loss of appetite, apathy appears. The patient sharply loses body weight, pain appears on the right side, which becomes noticeable. In half of those infected with the disease, gynecomastia or abnormal breast enlargement occurs, which is often accompanied by neoplasm and characteristic pain. During the decompensation phase, the patient suffers from liver failure. Fluid accumulation (ascites) is formed in the abdominal cavity, and encephalopathy can develop in parallel. At this stage, jaundice appears, the skin color and whites of the eyes change. Symptoms of the last stage. The most recent stage is the terminal stage. Doctors diagnose the disease based on the main symptoms that characterize it. characteristic venous "stars" appear on binson's body. The skin acquires a characteristic reddish color. The face will look worn and unhealthy. Lips, cheekbones and palms are of a characteristic reddish color. An abnormally swollen belly appears. The lower extremities swell and enlarged veins form on the abdominal walls. Since the disease is almost asymptomatic at an early stage, patients rarely see a doctor. The diagnosis of cirrhosis of the liver at the compensatory stage is usually done by accident when examined for other reasons. To diagnose the disease, the patient is prescribed the following laboratory examinations: conducting laboratory blood tests - general and biochemical; abdominal ultrasound to assess changes in liver tissue; liver biopsy to determine the nature of changes; the initial task in the treatment of liver cirrhosis is to stop the development of changes. For this, the following are usually used: careful drug therapy-taking hepatoprotectors, enteroseptics, probiotics; a special diet that includes complete abstinence from alcohol, restriction of the use of salt, fat, protein foods; moderate physical activity, daily walking, exercise therapy and physiotherapy; if necessary, surgical treatment: removal of excess fluid as the ascites develops, restoration of vascular function, in the most severe cases – donor organ transplantation. Dietary adherence to cirrhosis of the liver is one of the most important factors in maintaining organ function. In addition to strictly prohibiting alcohol, it also includes foods with a high fat content and the exclusion of spicy spices, fried foods, salted and smoked meats, canned food and all types of sausages from the diet. In addition, tomatoes, garlic, chocolate, mushrooms are prohibited. It is necessary to completely eliminate the use of table salt with Assit. Strict adherence to clinical recommendations can significantly extend the life of the patient. The therapeutic diet prevents liver restoration and the development of serious complications such as cirrhosis and encephalopathy. Compliance with it is especially important in various diseases of the liver and gallbladder. The main principles of proper nutrition for liver health are as follows. What is good for the liver in terms of nutrition? M. I. According to Pevzner's classification, one of the best diets is Table 5. Such a diet allows you to support the main functions of this organ and the bile system. In particular, liver diets allow: to ensure the necessary level of metabolic processes in liver cells, hepatocytes. Restoration of the ability of the organ to process toxic substances. The risk of cirrhotic changes should be avoided. Support normal bile formation. Which foods restore the liver and keep it in a healthy state? Food rich in antioxidants, vitamins and minerals plays an



important role in the diet. Such products include olive oil, nuts, green vegetables and fish. Proper nutrition as a basis for the restoration of liver diseases the diet for liver disease not only helps to reduce the load on the affected organ, but also contributes to its recovery. Most importantly, it will be necessary to try to follow the following recommendations. Power mode. It is recommended to eat in small portions, but most often, preferably — at least 5 times a day. This will help prevent overeating and remove additional stress on the liver. The optimal weight of one serving is about 200 g. Temperature regime of dishes. The optimal temperature of products intended for consumption should be 15-50 degrees. Cooking technology. The diet for liver disease should exclude fried, smoked and canned foods. The best cooking methods are to boil or steam. Food composition. To reduce stress on the digestive system, products must be crushed to a homogeneous consistency. Liver restoration products should only be included in the daily menu after consulting a hepatologist and gastroenterologist. This is because organ pathologies often coexist with diseases of the stomach, pancreas and gallbladder. Foods prohibited for liver problems prohibit the consumption of dietary rich bread, semi-finished products for Sick liver. In addition, it will be necessary to exclude the following products from the diet. High-calorie meat or fish-based broths; fatty meat products; Cream, whole milk, high-fat cottage cheese; radish, white cabbage, chocolate, ice cream, sour fruits and berries; carbonated drinks, coffee and strong tea; spicy spices (mustard, pepper, Horseradish, as well as various ketchup and sauces). Together with these, it will also be necessary to refrain from alcohol. Even in small amounts, alcohol causes liver damage. Recommendations and restrictions it is necessary to strengthen food aid to keep the liver healthy and help it recover. To do this, it is necessary to increase the calorie content of the diet to 2800-3000 kcal/24 hours. The category of " healthy food for the liver " includes: bread and cereals. Dried rye and rye-wheat bread will have to be eaten. Cereals (buckwheat, rice, oatmeal and semolina) will also be an excellent choice. Meat and seafood. The menu should include lean varieties of meat and fish (chicken, turkey, squid and shrimp). Dairy products The diet should include milk, cottage cheese, kefir and low-fat hard cheese. Vegetables. Zucchini, zucchini, beets, carrots, peppers, tomatoes, cucumbers and onions (especially the blue variety) provide the body with the necessary vitamins and minerals. Fruits and berries. Sweet varieties of fruits and berries are useful, as well as compotes and decoctions of dried fruits (especially decoctions of rose hips).. What can I eat with a sick liver? The answer is a lot, but in moderation. For example, eggs can be included in the diet, but yolks should be consumed in limited quantities. In the menu, you can add pasta products made from high-grade flour. It will be necessary to monitor the rate of salt intake (no more than 10 g per day) and correctly combine different fats. When using salt, it should be added directly to ready-made meals. The basics of proper nutrition for the preservation and restoration of the liver according to the rules of the diet for the restoration of the liver, the combination of useful products and the elimination of harmful substances helps to ensure the optimal functioning of this organ. An important component of the diet for liver diseases is protein. It is found in meat, fish and dairy products. However, it is advisable only if low-fat varieties are used. Legumes, despite their protein properties, are not uncommon to cause digestive problems, so their use should be limited. To combat fatty liver infiltration, foods containing lipotropic substances should be included in the diet. Vegetable fiber, which is found in vegetables and fruits, is especially useful. Carbohydrates are the main source of energy and provide a high calorie content for the liver. Their optimal volume





should not exceed 450 g per day. It is necessary to limit the consumption of ordinary sugars at all. Excellent sources of complex carbohydrates are cereals, bread, sweet fruits and berries, honey and nuts. Fruits and berries with antioxidant properties will be able to prevent oxidative stress on liver cells. Therefore, it is recommended to include black currants, citrus and bell peppers in your diet. Vitamin and mineral support of the liver in order to ensure the health and proper functioning of the liver, it is necessary to provide the body with all the necessary vitamins and minerals. In particular, the following can be used: it is found in vegetables and fruits of red and orange color. Together with vitamin E, it participates in the activity of free radicals in the body. It helps to stop inflammation and liver diseases. Lovers of vegetables and fruits are advised to enrich their diet with carrots, sweet peppers and apples. It is found in sea buckthorn, some types of cabbage, as well as citrus fruits. This vitamin not only strengthens the immune system, but also activates detoxification processes in the liver. Precious minerals. Sulfur and iodine also play an important role in liver health. They are found in cauliflower and Brussels sprouts, as well as seafood. Remember that B vitamins are important, which are involved in many biochemical processes of the liver. They can be found in wheat and oat grains. If we talk about diets for liver diseases, then it is worth paying attention to the 5A diet. it is intended for patients with an acute stage of hepatitis. It is also recommended when liver damage is combined with other diseases of the gastrointestinal tract. The basic principles of this diet are rigor and accuracy in food preparation.

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