

THE STATE OF TOXICOSIS IN PREGNANCY AND METHODS OF TREATMENT

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Abstract

Pregnancy is a complex period in which many physiological and hormonal changes occur in a woman's body. During this process, many women face toxicosis of pregnancy. Toxicosis is a set of symptoms that develop during pregnancy and worsen the general condition of a woman. The main purpose of this article is to provide information about the manifestations, causes and treatment methods of toxicosis.

Keywords: Pregnancy, toxicosis, vomiting, headache, thirst, insomnia, discomfort.

Introduction

The main symptoms of toxicosis of pregnancy include loss of appetite, nausea, vomiting, headache, fatigue and insomnia. These conditions are often observed in the first trimester of pregnancy, that is, in the first three months. There are a number of theories about the causes of toxicosis. Among them, there are hormonal changes, changes in the immune system, psychological factors, and nutritional disorders.

MATERIALS AND METHODS

The most common form of toxicosis of pregnancy is called "early toxicosis". This condition often appears in the first trimester of pregnancy and is characterized by nausea, vomiting, loss of appetite and other discomforts. In such cases, women often become sensitive to different foods and their nutrient intake is limited. This, in turn, can have a negative impact on the development of the fetus. Treatment methods of early toxicosis are often symptomatic. Women are advised to eat light meals such as crackers or fruit to reduce nausea. It is also important to drink plenty of fluids during nausea. If vomiting becomes more severe, doctors may prescribe medication. However, it is



necessary to consult a doctor before taking the medicine. Cases of toxicosis usually decrease in the second trimester of pregnancy. However, for some women, discomfort may continue during this period.[1]

In the second trimester, special forms of toxicosis can appear, for example, "evening toxicosis". This condition is characterized by nausea and vomiting during the evening or night. This condition is often associated with the growth of pregnancy and is associated with changes in the digestive system. [2]

RESULTS AND DISCUSSIONS

Nutrition plays an important role in the treatment of toxicosis during pregnancy. By choosing the right food, a healthy and balanced diet improves the general condition of a woman. The presence of more vitamins and minerals in food helps the development of the fetus. During pregnancy, it is recommended to eat a lot of fruits and vegetables, as well as choose foods rich in protein. In some cases, alternative medicine methods can be used in the treatment of toxicosis. For example, methods such as acupuncture, aromatherapy, or phytotherapy may work well for some women. But before using such methods, it is necessary to consult a doctor. Severe forms of toxicosis of pregnancy are called "late toxicosis". This condition can occur in the last trimester of pregnancy and can dramatically worsen the general condition of a woman. This condition is often accompanied by increased blood pressure, edema and other discomforts. If symptoms of evening toxicosis appear, it is necessary to consult a doctor immediately. There are a number of measures to prevent toxicosis during pregnancy.[3]

First, before pregnancy, women should improve their health, pay attention to their diet and reduce stress. Secondly, it is important to undergo regular medical examinations and necessary tests during pregnancy. Psychological aspects are also important in the prevention of toxicosis of pregnancy. Stress and anxiety can lead to an increase in toxicosis of pregnancy. Therefore, women need to prepare themselves mentally, think positively and use different methods to reduce stress.[4]

Toxicosis during pregnancy can cause discomfort for many women. Toxicosis usually occurs in the first trimester of pregnancy and has symptoms such as nausea, vomiting, fatigue and headache. However, toxicosis can be prevented by some measures. First of all, a healthy diet is important. A balanced diet is essential for women during pregnancy. Eating fruits, vegetables, the right protein sources, and whole grains supplies the body with the vitamins and minerals it needs. Eating small portions but often reduces nausea and vomiting. It is recommended to eat every 2-3 hours, which helps prevent stomach upset and nausea. Fluid intake is also very important. Drinking enough water throughout the day prevents dehydration and improves digestion. Herbal teas and fruit juices are also good options. Reducing stress also plays an important role in preventing toxicosis. Stress and anxiety can lead to increased toxicosis of pregnancy. Therefore, using stress reduction techniques such as yoga, meditation, and breathing exercises can be helpful. Physical activity is also important. Moderate physical activity, such as walking or swimming, improves circulation and supports overall health. It is necessary to consult a doctor before starting any physical activity. Good sleep is also important in preventing toxicosis. Getting enough and quality sleep during the day helps the body recover. Also, getting help from family and friends, emotional support, helps to improve a woman's health and reduces stress. It is also important to identify food sensitivities. Some foods can aggravate toxicosis of pregnancy. If you experience nausea or other



discomfort after eating any food, it is recommended to avoid these products. It is necessary to consult a doctor before taking medicines during pregnancy, because some medicines can increase toxicosis or have other negative effects. In general, to prevent toxicosis during pregnancy, it is important to lead a healthy lifestyle, eat right, reduce stress and consult a doctor regularly. Since every woman's body is individual, it is necessary to consult a doctor in case of any changes or discomfort. With the help of these measures, you can have a more comfortable and healthy pregnancy.[5]

CONCLUSION

In conclusion, the symptoms and treatment methods of toxicosis of pregnancy can be individual for each woman. The most common forms of toxicosis, such as free toxicosis and evening toxicosis, are often temporary and can be eliminated by proper nutrition and consultation with a doctor. It's important for women to take care of themselves, reduce stress, and eat right for their health and well-being during pregnancy. This is necessary not only for the health of the woman, but also for the health of her future child.

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