

HYGIENIC EFFECT OF ENVIRONMENTAL FACTORS ON CHILDREN WITH ALLERGODERMATITIS

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Abstract

Allergodermatitis is a condition associated with inflammation of the skin and allergic reactions. It is a common problem in children and is often associated with food, textiles, chemicals, and environmental factors. Limiting children's contact with the outside environment, such as spending less time outdoors during pollen season, can help reduce allergic reactions. It is also important to encourage children not to go outside on days when air pollution is high. In this article we will talk about the hygienic effect of environmental factors on children with allergic dermatitis.

Keywords: Dermatitis, environment, air, hygiene, psychological, sanitary, children, skin, inflammation.

Introduction

Allergodermatitis is a disease that occurs as a result of allergic reactions that cause inflammation of the skin and is most common among children. This condition is due to the fact that the immune system of children has a high sensitivity to allergens, due to the fact that it is not yet fully formed. Environmental factors, including allergens, air pollution, climatic conditions and hygiene rules, play a great role in the development of allergic dermatitis. For children, the hygienic conditions of the environment play an important role in maintaining their health and skin health. Children's allergic reactions can be prevented by practicing hygiene and reducing allergens. Also, creating a clean and healthy environment will help strengthen the immunity of children.

The Main Part

Allergodermatitis is a type of allergic reaction that causes inflammation of the skin and most often occurs in children. This condition is mainly due to allergens, such as food, dust, animal hair, and other environmental factors. The body of children becomes more susceptible to allergic reactions, as their immune system is not yet fully formed. Therefore, the hygienic effect of environmental factors plays an important role in the development and severity of allergeo-dermatitis in children. The causes of allergodermatitis are largely related to environmental factors. Children, because of their hypersensitivity, can quickly develop allergic reactions when exposed to allergens, such as food, animal hair, dust, pollen, and chemicals. These allergens make the skin of babies begin the



inflammatory process, as a result of which dermatitis appears. Children infected with allergodermatitis often suffer from itching and discomfort. This reduces their sleep quality and worsens their mood during the day. Children scratch their skin to get rid of itching, which can cause further inflammation of the skin and infections. Therefore, it is very important to manage the symptoms of dermatitis and improve the quality of life of children. For the treatment of allergodermatitis, it is necessary to avoid allergens first. By identifying allergens around children and reducing them, the progression of the disease can be prevented. For example, if a child is diagnosed with a food allergy, it is extremely important to exclude these products from the diet. Also, keeping children's clothes and bedding clean can help reduce allergens.

In the treatment of dermatitis, dermatologists often recommend special creams and lotions. These drugs help to reduce inflammation of the skin and relieve itching. In some cases, doctors may also prescribe medications such as antihistamines and corticosteroids. However, it is imperative to consult a doctor before taking medications.

Children's skin care is also very important. Using specific anti-allergy products for skin care can also help protect children's skin. Mild and hypoallergenic soaps, shampoos, and lotions designed for children play an important role in maintaining the health of the skin. Also, keeping babies always in clean and hygienic conditions helps prevent allergic reactions. The psychological state of children is also involved with allergodermatitis. Their itching and discomfort, can affect their mood. Therefore, it is very important to provide and support for children with psychological support. Parents and teachers can improve children's mental health by educating them about the disease and supporting them. [1]



Figure 1 Allergic dermatitis



Environmental factors:

1. Allergens: Food, dust, pollen, animal hair, and other allergens can cause allergic reactions on children's skin. Food allergies, such as milk, eggs, nuts, and seafood, are often the cause of allergodermatitis in children.
2. Air pollution: Deteriorating air quality, such as emissions from automobiles and industry, can exacerbate allergic reactions. Air pollution can affect the respiratory system of children, exacerbating inflammatory processes in the skin.
3. Climatic conditions: Temperature and humidity also affect the development of allergic dermatosis. High levels of moisture can lead to an increase in bacteria and fungi on the skin, which increases inflammation.
4. Hygiene rules: Following hygiene practices for children, such as washing regularly, wearing clean clothes, and doing household cleaning tasks, can help reduce allergic reactions. Failure to follow hygiene rules can increase contact with allergens. [2]

Environmental factors have a direct impact on children's skin health. For example, allergens can be food, dust, pollen, animal hair and chemicals. Children, because of their hypersensitivity, respond quickly to these allergens. Therefore, it is very important to reduce allergens and limit them around children. By improving hygienic conditions, allergic reactions of children can be prevented. Hygiene also plays an important role in maintaining children's skin health. Living in clean and hygienic conditions every day will help protect the skin of babies. For example, regular cleaning of children's clothes and bedding can help reduce allergens. On the other hand, proper care of the skin of babies will protect them from allergic reactions. It is recommended to use special anti-allergy creams and lotions for skin care. [3]

Air pollution also affects the development of allergic diseases. High levels of air pollution in cities and industrial areas can exacerbate allergic reactions in children. Therefore, it is very important to provide a clean air environment for kids. Spending more time outdoors helps children strengthen their immunity and is important in the prevention of allergic diseases. [4]

Climatic conditions also affect the development of allergic dermatitis. For example, humid and hot climatic conditions can increase the moisture of the skin and provoke allergic reactions. Therefore, creating suitable climatic conditions for babies is important in maintaining their skin health.

The main causes of allergodermatitis are:

1. Food allergens: Milk, eggs, nuts, and other foods.
2. Clothing and textiles: Synthetic materials, dyeing agents.
3. Chemicals: Cleaning products, perfume products.
4. Environmental conditions: dust, pollen (pollen dust), animal whiskers.

Diagnosis, assessment, treatment and prevention of atopic dermatitis in children is carried out by dermatologists with the direct participation of allergists, infectious disease specialists and doctors of other specialties. [5]





Figure 2 Allergic dermatitis

Atopic dermatitis is a pathology characterized by chronic immune inflammation of the skin. Statistically, one in 4 children in the world suffers from various forms of AD. In Russia, about 15% of children have typical signs of the disease, which diminish with the growth of the child. According to studies, approximately one-third of patients who notice clinical signs during childhood will feel satisfied at puberty if treatment is started in a timely manner. All skin rashes in infants are associated with atopic dermatitis in up to 85%, and girls suffer from pathology 1.5 times more often than boys. The disease has a pronounced allergic nature. The link between atopic dermatitis and other manifestations of immune dysfunction including atopic dermatitis and bronchial asthma, various forms of allergic rhinitis, conjunctivitis and food allergy has been proven. [6]

The skin of babies is very delicate and susceptible to allergic reactions. That is why it is so important to comply with the rules of hygiene:

- ❖ It is necessary to wash the baby's skin regularly. For this, it is recommended to use mild and hypoallergenic soaps.
- ❖ It is necessary to choose clothes made of natural tissue. Synthetic material can itch the skin.
- ❖ In the diet of the baby, food that provokes allergic reactions should be avoided. Careful choice of feed is necessary.
- ❖ It is necessary to carry out regular cleaning work to minimize dust and allergens inside the house. In places where small children spend a lot of time, it is important to monitor air quality.
- ❖ It is possible to improve air quality by regularly ventilating rooms.
- ❖ Stress can also provoke allergic reactions, so it is imperative to consider the psychological state of the child.

Children also become very sensitive to environmental factors during adolescence, as their immune systems are not yet fully formed. Environmental factors, including air quality, water, food, as well





as clean and hygienic conditions, have a major impact on children's health, development, and overall well-being. These factors play an important role in the formation of children's immunity to disease. It is also worth paying attention to the nutrition of the kids. Allergic reactions often occur in relation to certain foods. Identifying food allergens and excluding them from the diet of children is important in the prevention of allergic dermatitis. The hygienic effect of environmental factors on children suffering from allergodermatitis is enormous. By practicing hygiene, reducing allergens, and creating a cleaner environment, it is possible to maintain children's skin health and prevent allergic reactions. It plays an important role in improving children's health and improving their quality of life. [7]

Conclusion

For children suffering from allergodermatitis, the hygienic effect of environmental factors is very important. Observing hygiene, reducing allergens, and creating a clean environment is of great importance in maintaining children's skin health. Such measures can help reduce the allergic reactions of children and improve their overall health. Creating hygienic conditions for kids is the first step, which is of paramount importance in maintaining their health. In a nutshell, children with allergeo-dermatitis tend to have hypersensitivity to a variety of allergens. To maintain their skin health and prevent allergic reactions, avoiding allergens, proper care, and psychological support are essential. It is played by an important role in improving the quality of life of children and improving their health.

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