

FEATURES OF THE COURSE OF SYMPTOMS IN CHILDREN WITH RICKETS

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Abstract: This article discusses rickets, common in children, and its symptoms.

Keywords: rickets, treatment of widows, health, in children, prematurity, impotence, artificial feeding.

Rickets (Young rachis — spine), Shirza is a disease that occurs in young children. This is caused by a violation of phosphorus-calcium metabolism due to a lack of vitamin D in the body. Rickets is most often caused by prematurity of the child, impotence, artificial feeding.

If a child is not cared for properly, he does not use nature and sunlight, if he is not fed properly, he does not receive enough vitamin D in his body or due to a lack of ultraviolet rays, the formation of vitamin D in his skin is disrupted, which exacerbates rickets.

In addition, frequent illnesses of the child, violations of the mother's diet during pregnancy are also the cause of rickets. Rickets disease leads to metabolic disorders and disruption of various organs and systems. With this disease, the metabolism of mineral salts, such as phosphorus and calcium, is especially severely disrupted. In the intestine, there is a change in the absorption and deposition of calcium in the bones, which leads to thinning of the bone and softening of its tissues, disruption of the nervous system and internal organs.

In the initial period of the disease, changes occur in the nervous system of the patient: the child becomes timid, aggressive, capricious or playful; sweats heavily, the face when sucking, the back of the head when lying soaked with sweat. Since the child is worried about itching, his hair falls out on his back when he rubs his head against the pillow.

As the disease progresses, the muscles weaken, twitch; a sick child walks later than a healthy one, his stomach swells, the insides are often cramped or pushed, later the bone system changes: the humerus flattens, the head increases in size, the forehead becomes convex, the forehead becomes bumpy, there is a softening of the bone in the skull and occiput. A big head does not ossify in time. Often the rib bones near the sternum thicken. When a child begins to walk, his legs bend either in the form of X or in the form of O. The shape of the breast also changes: it either bulges forward or retracts inward.

Children who have had rickets are susceptible to various infectious diseases (especially pneumonia).

Prevention of rickets begins in the prenatal period. A pregnant woman should be outdoors as much as possible, strictly observe the regime, eat right.

After the birth of a child, it is necessary to follow all the rules of care for him and, if possible, breastfeed.

In the treatment of rickets, vitamin D is prescribed in combination with other medications in accordance with the doctor's instructions. If necessary, on the recommendation of a doctor, therapeutic gymnastics, massage, irradiation with a quartz lamp are carried out.

Vitamin D deficiency, i.e. rickets, is a disease that occurs only in young children, leaving lifelong complications. This is caused by a lack of vitamin D in the child's body. The elements of calcium and phosphorus are necessary for the body for the development of the child, especially for the growth of bones, as well as for strengthening. Vitamin D, on the other hand, controls the absorption of calcium and phosphorus from the intestine so that they reach bones, muscles and other organ tissues.

If there is a deficiency of vitamin D in the body, the child's need for calcium and phosphorus elements is not satisfied. This, in turn, causes rickets. Most often, this disease occurs in children born in late autumn and in the winter months. The reason is that a child born in these seasons does not have enough sunlight.

Instead of a conclusion, you should immediately consult a doctor if the child experiences symptoms of rickets. Because the treatment of this disease requires special treatment. In the presence of the initial state, it is enough to take vitamin D preparations and other means that increase the level of calcium. But there are also several measures that can be taken to prevent an exacerbation of the disease. In particular, in necessary cases, on the recommendation of a doctor, therapeutic gymnastics, massage, irradiation with a quartz lamp are carried out. Therapeutic measures and special medications can be used only on the recommendation of a specialist.

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