

SEASONAL RESPIRATORY DISEASES: CAUSES AND PREVENTION.

Qarabayeva Dilfuza

Ne'matova Feruza O'roqovna

Lecturer at the Department of Botany, Termiz State University1

Student of Termiz University of Economics and Service2

Abstract: *At the commencement of fall and in the course of winter, the world's health scene has often been majorly compromised by seasonal respiratory ailments. Auberger infection is a progressive health device perceived that prevents the contraction of viral, bacterial or allergic diseases such as influenza, the cough & flu or even allergic rhinitis. Finding out what causes these diseases, how to prevent them and how to administer control for maximum public health horror are the key objectives of this article. Also elaborated are key elements such as low level hygiene and sanitation or effective vaccines that are crucial in averting the collision of the subsequent diseases.*

Introduction. Respiratory diseases are considerably common all around the globe with the number of people afflicted by these diseases growing every year. Each year, with the gradual shift from summer to autumn and then from winter to spring, there tends to be a higher frequency of influenza and other respiratory infections. Their severity varies with some having only a stuffy nose and a cough, and others developing into complications such as pneumonia. It is crucial to recognize the patterns of these diseases as well as their causes in order to design appropriate control measures.

Common seasonal respiratory diseases.

Influenza. Influenza, commonly known as the flu, is a viral infection caused by the influenza virus. Seasonal flu epidemics result in significant morbidity and mortality, particularly among vulnerable populations such as the elderly, young children, and individuals with chronic illnesses. The flu is characterized by sudden onset fever, body aches, fatigue, and respiratory symptoms like coughing and sore throat.

Common cold. The common cold is primarily caused by rhinoviruses and coronaviruses. Although typically mild, it is the leading cause of absenteeism in schools and workplaces. Symptoms include nasal congestion, sneezing, sore throat, and a mild cough. The cold is most prevalent during the fall and winter months due to increased indoor crowding and reduced humidity.

Allergic Rhinitis. Allergic rhinitis, or hay fever, is triggered by seasonal allergens like pollen. Symptoms include sneezing, nasal itching, congestion, and watery eyes. Unlike infections, allergic rhinitis is not contagious but can significantly impact quality of life and productivity.

Causes and risk factors.

Viruses and Bacteria: Most respiratory diseases are caused by pathogens transmitted through droplets when infected individuals cough or sneeze.

Weather Changes: Sudden drops in temperature weaken the immune system, making individuals more susceptible to infections.

Indoor Air Quality: Poor ventilation and increased exposure to indoor allergens contribute to the prevalence of respiratory illnesses.

Weakened Immunity: Age, chronic diseases, and nutritional deficiencies are significant risk factors.

Prevention.

Vaccination. Annual influenza vaccination is the most effective way to prevent flu infections. Vaccines are updated yearly to match circulating strains.

Hygiene Practices.

1. Frequent handwashing with soap and water.
2. Avoiding close contact with sick individuals.
3. Proper respiratory etiquette, such as covering the mouth and nose when coughing or sneezing.

Environmental Adjustment.

Using air purifiers to reduce indoor allergens.

1. Maintaining optimal indoor humidity levels to prevent drying of respiratory mucosa.
2. Wearing masks during high-pollen seasons or outbreaks.

Medications

1. **Antiviral Drugs:** For influenza, drugs like oseltamivir and zanamivir reduce severity and duration.
2. **Decongestants and Antihistamines:** These alleviate symptoms of allergic rhinitis and colds.
3. **Bronchodilators:** Used in severe cases to ease breathing difficulties.

Conclusion. Seasonal respiratory diseases are a recurring global health challenge. Preventive measures, timely medical interventions, and public awareness are pivotal in reducing their prevalence and severity. Collaborative efforts between healthcare providers, policymakers, and communities are essential to address this issue effectively.

REFERENCES:

1. World Health Organization (WHO). "Influenza (Seasonal)." WHO, 2023.
2. Centers for Disease Control and Prevention (CDC). "Common Cold: Protect Yourself and Others." CDC, 2023.
3. American Academy of Allergy, Asthma & Immunology. "Allergic Rhinitis." AAAAI, 2023.
4. Eccles, R. "Understanding the Common Cold." The Lancet, 2022.

5. Jefferson, T., et al. "Vaccines for Preventing Influenza in Healthy Adults." Cochrane Database, 2021.

6. Yuldasheva Z. K., Karabaeva D. J. The effect of a biostimulator on the growth, development and yield of oily sunflower / "International Journal on Integrated Education" 2020. 157-160

7. Yuldasheva Z. K., Karabaeva D. J. Effect of biostimulator on the vegetation period of oily sunflower / «International journal for innovative engineering and management research» 2020. 122-125.

8. Yuldasheva Z. K., Karabaeva D. J. The effect of different doses of different biostimulants on the yield of oily sunflower. OP Conf. Series: Earth and Environmental Science 1142 (2023) 012097 IOP Publishing doi:10.1088/1755-1315/1142/1/012097