

## SIGNIFICANT CHANGES IN THE COLON

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**Abstract:** *In this article, we will talk about one of the most important changes that take place in the small intestine, which is the ulcer disease. Information on the prevention, etiology, treatment and symptoms of this disease is provided.*

**Keywords:** *colon , intestinal colitis, Mild.*

Nonspecific ulcerative colitis (colon ulcer) is a chronic pathology of inflammatory nature of the mucous membrane of the colon. The disease is caused by genetic features of the organism, a complex negative impact of environmental factors, which lead to an intensification of the inflammatory process in the intestine.

The disease mainly occurs in people aged 15-25 or 55-65 years. Pathology is almost non-existent in children under 10 years of age.

Classification :

Ulcerative colitis is classified according to its location, severity of the disease, and complexity of the course.

Depending on the location of inflammation:

Proctitis (inflammation of the rectum);

intestinal colitis;

Ileocolitis (inflammation of the lateral part of the intestine);

Rectosigmoiditis (inflammation of the rectum and sigmoid colon);

Left-sided colitis (affects the spleen of the rectum, sigmoid colon and descending part of the colon);

Enterocolitis (inflammation of the small and large intestines).

By severity:

Mild - characterized by mild, infrequent urination, blood may be detected in the stool, anemia (anemia) and other problems do not develop, labor performance does not decrease; At moderate severity - impaired urination and blood in it, fever, tachycardia, changes in blood formula, weakness may be observed, a slight decrease in ability to work is noted, Severe - severe urinary incontinence, anemia, fever with fever, severe or very severe general condition. This stage of the disease is treated in an inpatient setting

According to the course of the disease:

Acute colitis - attacks occur suddenly and due to the obvious influence of external factors;

Chronic colitis - hereditary predisposition serves as a developmental factor, characterized by sluggishness;

Recurrent colitis is a chronic disease that takes an acute form under the influence of external adverse factors, and returns to a chronic form if the causative effect is canceled. The most difficult form to treat a colon ulcer is chronic or recurrent colitis, as in such cases the inflammation will have affected large parts of the intestinal mucosa. Recovery after general inflammation of the bowel takes longer than treatment of local inflammatory processes.

In order to successfully treat the disease, it is important to visit a proctologist in a timely manner (as soon as the first signs of ulcerative colitis are detected).

Causes of ulcerative colitis

The causes of ulcerative colitis are not clear. The following reasons for the development of pathology today are distinguished:

Hereditary factors (detection of ulcerative colitis and Crohn's disease in relatives increases the risk of developing SC in the patient);

Viral and bacterial infections (their effect on the development of inflammation is being studied);

External negative factors (diet, smoking, oral contraceptives);

Frequent intense stress;

Uncontrolled intake of nonsteroidal anti-inflammatory drugs.

Decreased immunity and autosensitization contribute to the onset and progression of the disease.

Clinical picture

Symptoms of ulcerative colitis vary depending on the stage and severity of the disease. In this case, the symptoms observed in the intestine and beyond are distinguished. Also, the disease can continue for a long time without being felt by the patient, without causing any discomfort.

Intestinal symptoms include:

Diarrhea with blood in the stool;

Fake calls to the toilet;

Varicose veins, fever;

Dehydration of the body;

Stinging or stabbing pains in the abdomen, predominantly on the left side;

Loss of appetite and weight loss in its background. The symptoms of colitis are similar to the symptoms of other pathologies, including gastritis, irritable bowel syndrome, Crohn's disease. Therefore, in order to make a final diagnosis, the symptoms observed outside the intestine should be taken into account:

Diseases of the visual organ (iritis, conjunctivitis, accompanied by a decrease in visual acuity);

Inflammation of the mucous membrane of the oral cavity, the appearance of ulcers, stomatitis;

Arthritis;

Local pathologies of the skin;

Thromboembolism and thrombophlebitis; Emotional instability.

The presence of intestinal and extraintestinal symptoms allows a more detailed diagnosis to be made to determine the etiology of the disease, the severity of the patient's condition, and to select the most effective method of treatment.

Danger

Ulcerative colitis requires immediate treatment. Often diarrhea and intestinal bleeding cause dehydration and anemia. Another common complication of colitis is perforation (perforation) of the rectum. This complication is life-threatening because the feces can pass into the abdominal cavity and lead to peritonitis.

Another serious complication - toxic megacolon - is rapid dilation of the colon. This disrupts its activity and interferes with the normal functioning of the intestine. Symptoms of pathology include abdominal rest, pain, fever, constipation, dehydration, and tachycardia.

Patients diagnosed with colon ulcers also have an increased risk of colon cancer. The risk of developing oncology in patients with complete inflammation of the intestinal mucosa increases 8 years after the development of the disease, in patients with local colitis - after 15 years.

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