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USE OF DRUGS IN GASTROINTESTINAL DISEASES.

Khodjaeva Naimakhon Umirzakovna
Namangan State University Faculty of Medicine teacher.
Turgunov Zokirjon Alimjonovich
Namangan State University Faculty of Medicine teacher.
Izzatullaeva Dilfuza Nematovna
Namangan State University Faculty of Medicine teacher.

Abstract: Gastrointestinal diseases (GI) can seriously affect human health. These diseases are caused by a variety of reasons, including infections, digestive problems, stress, and poor diet. Medicines play an important role in the treatment of OIC. In this article, we provide information about the types of drugs used in gastrointestinal diseases and their effects.
Key words: antibiotics, bacterial infections, stomach, gastritis, intestinal infection, intestinal inflammation, stomach acid.

Antibiotics are used to treat bacterial infections. OIC is often caused by bacterial infections, such as Helicobacter pylori. This bacterium can cause diseases such as stomach ulcers and gastritis. Antibiotics can kill these bacteria. Antiseptics are used to prevent and treat bacterial infections in the intestines. They help to balance the intestinal flora and reduce inflammation. For example, drugs such as metronidazole and norfloxacin are widely used. PPIs are used to reduce stomach acid. They are effective in treating conditions such as peptic ulcers and gastroesophageal reflux disease (GERD). For example, drugs such as omeprazole and esomeprazole are common. In the case of diarrhea, antidiarrheal drugs are used. They slow down bowel movements and help retain fluid.[1]

Drugs such as loperamide and bismuth subsalicylate are used for this purpose. Laxatives are used when there are difficulties in the gastrointestinal system, for example, when there is an obstruction of the esophagus or intestines. They stimulate bowel movements and prevent constipation. Drugs such as lactulose and bisacodyl are common. Probiotics help improve intestinal flora and strengthen the gastrointestinal system. They increase the beneficial bacteria in the gut and reduce inflammation. Probiotics include, for example, species of Lactobacillus and Bifidobacterium. Anti-inflammatory drugs are used to reduce inflammation in the gastrointestinal system. Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen and naproxen, reduce inflammation, but long-term use can damage the lining of the stomach.[3]

Probiotics have a number of beneficial effects on the gastrointestinal system. They are mainly beneficial microorganisms that help to balance the intestinal microflora. Probiotics increase the number of good bacteria in the gut and help reduce harmful bacteria. It helps maintain a healthy balance of intestinal microflora.Probiotics help reduce inflammation, which can be helpful in treating inflammatory bowel disease (such as ulcerative colitis and Crohn's disease). Probiotics help regulate bowel movements, which relieves problems like constipation and diarrhea. Probiotics help improve the absorption of nutrients, vitamins and minerals (eg B12, calcium), which improves overall health. Probiotics help strengthen the immune system, which increases the body's ability to fight infections. Some studies show that probiotics can have a positive effect on mood and reduce stress. This, in turn, has a positive effect on the health of the digestive system. Probiotics can help reduce the problems associated with diabetes and metabolic syndrome because they help regulate blood sugar levels. Probiotics are found in

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many foods, such as yogurt, kefir, kimchi, and other fermented foods. It can also be taken as a probiotic supplement. However, it is recommended to consult a doctor before taking probiotics, as each person's needs and circumstances may be different.[1]

Probiotics are often recommended to be taken with food, as this helps them live better in the gut. Taking with food increases the viability of probiotics. Some research suggests that taking probiotics in the morning on an empty stomach may be effective. This helps to increase the number of probiotics in the intestine. It is recommended to take probiotics for a certain period of time (for example, 4-8 weeks), because their effects are seen over time. Probiotics are often available in capsule or tablet form. It is recommended to drink them with water. Yogurt, kefir, and other fermented milk products can be considered as a source of probiotics.[2]

It is recommended to include them in the daily diet. Probiotics are also available as supplements. Before taking them, it is important to check the composition and types of probiotics. The dosage of probiotics may vary. Generally, probiotics with 1 billion to 10 billion colony-forming units (CFU) are recommended. However, it is important to consult a doctor or nutritionist. It is recommended to consult a doctor before taking probiotics, especially if you have serious health problems. Probiotics can cause allergic reactions or side effects in some people. If such cases occur, it is necessary to stop taking and consult a doctor. It is important to consider individual needs when taking probiotics, so it is recommended to consult a doctor or nutritionist to determine the best approach for each person.[4]

Conclusion.

The use of drugs in gastrointestinal diseases varies depending on the type and severity of the disease. Each drug has its own effects and side effects, so it is important to use them according to the doctor's recommendation. In addition to medication, proper nutrition, a healthy lifestyle, and stress management are also important in the treatment of OIC.

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