

KIDNEY AND URINARY TRACT AND THEIR DISEASES

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ANNOTATION

The main function of the kidneys is to separate metabolic products of salt dissolved in urine . In addition, the kidneys produce biologically active substances that participate in the regulation of hemodynamics in the processes of protein, carbohydrate and fat metabolism. All the blood in our body flows through the kidneys every 5-10 minutes .

Urine separation is called diuresis - emptying the bladder when it is full. This is a complex physiological process that occurs due to the contraction of the bladder muscle and the relaxation of the sphincter. When the bladder is full, the mechanoreceptors convey the impression of nerve impulses to the central nervous system, and the process is carried out.

A person can secrete 1.5-2 liters of urine in one day . When sweating a lot in the high temperature of the environment, the amount of urine can decrease as a result of water leaving with sweat. After a meal, water and food salts are pushed into the intestine, increasing the production of urine. The color of urine varies from pale yellow to reddish-yellow depending on pigments. The appearance of urine color and protein in urine is a sign of pathology. is considered

KEY WORDS : Nephrology, protein , diuresis, polyuria, oligouria, ischuria, nocturia, enuresis, stranguria, stranguria, arterial hypertension, acute renal failure, chronic renal failure, kidney tumors, bacteriological analysis of urine, change in urine color

OBJECTIVE OF THE RESEARCH : Monitoring of patients with kidney and urinary tract diseases requires careful and regular care, when the patient/urine color changes, blood pressure changes, dyspeptic changes, the general condition worsens, the PHYSICIAN is notified.

NEPHROLOGY: The department of internal medicine that develops the etiology, pathogenesis, clinical course of the disease, diagnostics, treatment and prevention methods of kidney disease.

common symptoms of kidney and urinary tract is polyuria. In this case, the amount of urine exceeds 2 liters, it is observed when drinking more liquid than the daily norm, during pregnancy, and in cases of strong stress.

In OLIGOURIA , urine is less separated than normal . its volume is 0.5 liters . The following conditions are observed: profuse sweating, severe fatigue, acute and chronic nephritis. In general cases - in case of heart failure, in case of burn shock, in case of poisoning of the kidneys and in cases of fear, urine is not excreted. Urine does not separate even when pressing the stomach and intestines.

ISHURIYA - It is observed that even when the bladder is full, it cannot be expelled . Ishuria is a narrowing of the urinary tract. When this happens, the bladder must be emptied first. Another

way is to put a balloon with warm water so that it does not burn . If none of these help, the patient is placed with a catheter

NOCTURIA - In this case, urine output increases in the evening compared to the day. Such cases occur in the elderly and in patients with diabetes insipidus.

ENURESIS is a type of disease that occurs mainly in the elderly and urinary incontinence

DYSURIA - cases of severe pain and difficulty urinating in the urinary tract . It is observed in cases of cystitis, urethritis, pyelonephritis, and kidney tuberculosis.

Stranguria - in which urination is dripping . The main reason for this is the swelling of the body. Urinary tract infections occur as a result of long-term non-treatment of patients . these swellings are observed on the face and legs for a long time.

occurs in patients with **KIDNEY** and urinary tract diseases . Mainly in kidney disease , kidney swelling is observed rarely but very quickly. In many cases, kidney and back pain causes blood pressure to rise. Pain in the lower back often occurs simultaneously with the urinary tract and the bladder and genitals. In such cases, a warm water bath or heating pad is placed until the doctor arrives. The temperature of the bath should not exceed 38-39 degrees.

ARTERIAL HYPERTENSION - high blood pressure is observed in patients suffering from kidney disease. There are no factors influencing the increase in blood pressure . Blood pressure does not decrease until the kidney is completely healed, and to treat this condition, it is necessary to visit a doctor 2-3 times to measure blood pressure, and the treatment of this patient is the same as the kidney .

ACUTE KIDNEY FAILURE - as a result of nephrotoxic poisoning, as a result of impaired urine flow from the kidneys, it is observed in cases of shock . Acute kidney failure is observed in patients with general aggravation of the condition, memory impairment, lack of cardiovascular activity, vomiting, and the inability to pass urine. The series ends with **UBY**-death in cases of death. Hemodynamics is used according to **UBY**-virach's instructions, while gastric lavage and anti-shock treatments are observed.

CHRONIC KIDNEY FAILURE (CKD) is caused by long-standing chronic kidney disease. Also, the concentration-excretion function of the kidney is caused by the disorder. The patient is prescribed a very strict diet, and the daily amount of proteins in the diet is limited to 30-40 g, in severe cases to 20-25 grams, and salt is limited to 2-3 grams.

It is used to identify and treat diseases of the kidney and urinary tract through the signs and symptoms listed above .

RESEARCH MATERIALS AND RESULTS

Urine is mainly used to find out whether the activity of the kidney and urinary system is normal or pathological . A person can release 1.5-2 liters of urine per day . At a high temperature of the environment, when a lot of sweat is secreted, as a result of water leaving with sweat, urine is secreted less. Urine increases when drinking a lot of water, during heavy meals and diarrhea, the amount of urine decreases

Urine color depends on pigments and usually varies from light yellow to reddish yellow and dark urine is dark tea color.

MAIN SYMPTOMS OF DISEASES OF THE URINARY SYSTEM:

KIDNEY TUMORS

RAISED ARTERIAL PRESSURE

CHANGE OF URINE COMPOSITION

CHANGE OF URINARY RHYTHM

CHANGE OF URINE COLOR

SYMPTOMS OF KIDNEY VENTILATION

Without thinking about the consequences, people do not pay enough attention to colds, do not dress warmly, and create factors that create an environment for inflammation. This will also be of two types

1. SLOWLY
2. FAST

Slow inflammation is more dangerous. Because this process is not noticeable for a long time , but ends with serious consequences.

Rapid inflammation appears suddenly . The following signs are observed:

- An increase in body temperature up to 39 degrees
- Profuse cold sweat
- Increased headache
- Discomfort in the lumbar region
- Nausea and vomiting
- General restlessness
- Thirsty
- Discomfort and pain during urination
- Cloudiness of urine and the appearance of blood and sand

In such cases, it is recommended to consult a doctor.

KIDNEY PAIN MANIFESTS ITSELF IN THE FOLLOWING DISEASES :

- PYELONEPHRITIS- In this case, the kidney hurts and there is swelling of the face and neck, pale skin, and an increase in body temperature.
- KIDNEY-STONE DISEASE - The sign of this disease is kidney colic.
- GLOMERULONEPHRITIS- Its sign is acute characteristic pain

TYPES OF KIDNEY PAIN

1. SIMILLOVCHI
2. DRAWER
3. IT WILL NOT PASS
4. SANCHUVCHI

It varies with the duration of the pain. It may bother the patient constantly or occasionally. of kidney stones :

- FEVER
- THE APPEARANCE OF BLOOD IN THE URINE
- NAUSEA

HYDRONEPHROSIS-

Many of the symptoms are similar to glomerulonephritis, but symptoms such as heaviness in the abdomen, cramping, and tremors are observed.

KIDNEY FAILURE - Pulling pain in the left side, especially in the evening. The descent may have occurred due to mechanical damage or the presence of a stone in the member .

KIDNEY CANCER- Cramping pain is accompanied by unexplained fatigue.

Kidney pain may spread to nearby organs, i.e. liver or stomach.

Mild and moderate kidney diseases are treated on an outpatient basis. Patients with severe conditions *are treated in an inpatient setting*, and results are shown

CHECKING METHODS:

X-RAY ANALYSIS OF KIDNEY AND URINARY TRACT



CHANGE OF URINE COLOR
BACTERIOLOGICAL ANALYSIS OF URINE
DETERMINE URINARY RHYTHM

CONCLUSION:

Changes in kidney function, changes in blood filtration and the body it can lead to a violation of the task of cleaning from waste. Accumulation of waste is associated with the appearance of tumors and the disruption of a number of important organs. Urinary tract dysfunction is common and often triggered by an infection, leading to inflammation in and around the bladder

Kidney cold diseases are among the rapidly developing diseases, so one should keep warm and stay away from inflammatory factors .

When the kidneys are sick, it is necessary and necessary not to self-medicate. In addition, folk remedies do not cure kidney diseases, in any case, it is necessary to follow the instructions of traditional medicine and avoid independent treatment.

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