VIRAL HEPATITIS A DISEASE.EPIDIMIOLOGY.CLINICAL COURSE.TREATMENT AND PREVENTION

Navruzova Mokhinur Anvar qizi

Doctor at family polyclinic 52 Yunusabad District, Tashkent City

Abstract: Viral Hepatitis A disease is one of the infectious diseases that damage the liver in the human body. It develops under the influence of the hepatitis A virus (HAV) and is transmitted mainly through food or through contaminated water and food products. Viral hepatitis A is widespread around the world, being more common, especially in areas with insufficient hygiene conditions. Research in the field of Epidemiology, clinical course, methods of treatment and Prevention of the disease helps to develop its prevention and effective treatment measures.

Keywords: hepatitis A, liver, virus, treatment, epidemiological situation, food, prevention, infectious diseases, hygiene.

The main source of viral hepatitis A is the feces of people suffering from the disease. The Virus infects others through contaminated water, food, and hands through feces. Especially in areas where personal hygiene is not observed, such as public toilets, open water bodies and food preparation areas, the infection spreads rapidly. The transmission routes of the disease are mainly fecal-oral, that is, the virus gets into the mouth through the feces. This occurs in situations such as hygiene violations, drinking contaminated water, eating vegetables and fruits that have not been properly washed. Viral hepatitis A disease is one of the infectious diseases that damage the liver in the human body. It develops under the influence of the hepatitis A virus (HAV) and is transmitted mainly through food or through contaminated water and food products. Viral hepatitis A is widespread around the world, being more common, especially in areas with insufficient hygiene conditions. Research in the field of Epidemiology, clinical course, methods of

treatment and Prevention of the disease helps to develop its prevention and effective treatment measures.[1]

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patients and those with liver diseases, the risk will be higher. Treatment for Viral Hepatitis A is mostly symptomatic, and there are no special antiviral drugs. Treatment aims to improve the general condition of the patient, support the liver and prevent complications. During the period of illness, the patient is advised to rest a lot, eat right, drink a lot of liquid. Symptomatic medications are used to reduce pain and fever. Special hepatoprotectors can be prescribed to improve liver function. It is also necessary to refrain from alcohol, heavy and fatty foods during the course of the disease.[2]

In the Prevention of viral hepatitis A, strict adherence to hygiene rules is most important. Hand washing, especially after the toilet and before preparing food, drinking clean water, washing food well, and keeping it properly, significantly reduces the spread of the disease. Vaccination is also widely used as a preventive measure in regions where the disease spreads a lot. There are vaccines against hepatitis A, which have high efficiency and generate long-term immunity.Epidemiological observations suggest that viral hepatitis A is often transmitted in childhood and adolescence. Young children often have mild or no symptoms, but transmit the virus to others. In adults, the disease is more severe and is accompanied by impaired liver function. The rate of spread of viral hepatitis A depends on territorial hygiene conditions and is higher in developing countries and lower in developed countries. Epidemics are also often more common during the summer months, in hot and humid climates. The incubation period of the disease usually lasts from two weeks to a month. During this period, the virus enters the body and multiplies, but clinical signs are not yet manifested. The clinical course is in many ways mild or moderate in weight. The first signs of the disease are general weakness, fever, headache, loss of appetite, nausea and vomiting. Subsequently, features such as pain in the liver area, yellowing of the skin and eyes, darkening of the color of urine, opening of the color of feces appear. These signs indicate that the virus is damaging liver cells.[3]

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to use a sufficient amount of soap and water, to clean all parts of the hands, including between the fingers. This simple but effective measure significantly reduces the penetration of the virus into the human body.[4]

Drinking water also plays an important role in the spread of viral hepatitis A. When water sources are contaminated, the virus spreads rapidly among people through water. Therefore, it is necessary to ensure the cleanliness and safety of drinking water sources. If the water source is unknown or suspicious, it is recommended to boil it or use special filtration media. Boiled water is very effective in eliminating the virus. Caution is also necessary when drinking water in nature or outside the city, as natural bodies of water can often be contaminated with the virus. Caution is also required when preparing and consuming food. Washing vegetables and fruits thoroughly in clean water, keeping them properly and preparing them follow hygiene rules will reduce the transmission of the virus through food. Care should be taken especially when using raw or lightly cooked foods. It is also important to store and prepare food in clean containers to protect it from contamination. Maintaining hygiene in public places, especially in toilets and eating places, is of great importance in the Prevention of viral hepatitis A. It is necessary that the toilets are clean and hygienic, that they are cleaned and disinfected regularly. Proper waste management and preventing them from spreading to the environment also reduces the spread of the virus. Compliance with the rules of hygiene in the dining areas, workers should regularly wash their hands, properly store and prepare food. Vaccination against viral hepatitis A is also an effective means of preventing the disease. Vaccination creates immunity to the virus and provides long-term protection. In particular, vaccination is recommended for those living in high-risk areas, travelers, medical workers and those working in the food sector. By vaccination, not only personal protection is provided, but also public immunity is formed and the prevalence of the virus is obtained. Therefore, vaccination campaigns should be organized regularly by health institutions.[4]

When the disease is detected, rapid isolation of patients and identification of their contacts are also important preventive measures. By temporarily isolating infectious patients, transmission of the virus to others is obtained. Also, epidemiological investigations in affected areas, rapid detection of infectious conditions, and their control reduce the prevalence of the disease.[5]

Strengthening sanitary and hygienic measures, improving water supply, proper waste management and food safety in the public health protection system play an important role in preventing the spread of viral hepatitis A. It is also necessary to carry out rapid epidemiological examinations, identify sources of disease and temporarily isolate infectious patients when the disease is detected. It is worth noting that preventive measures should also be taken at the community level to prevent viral hepatitis A. The health system should provide the population with regular information about hygiene rules, provide clean drinking water and hygienic conditions, organize vaccination campaigns. At the same time, it is important to promote the observance of hygiene rules in schools, kindergartens and other public places. It is possible to make a significant contribution to the Prevention of the disease by increasing the awareness of the population about viral hepatitis A. Personal hygiene, clean water and food, ensuring hygienic conditions, vaccinations and quick measures when the disease is detected will significantly reduce the spread of viral hepatitis A. By strictly adhering to these measures, it is possible to protect not only personal health, but also the health of the whole society. It is necessary for everyone to regularly apply these rules of prevention in their life, since the best tool for preventing the disease is not to allow it to spread.[6]

Conclusion:

In conclusion, viral hepatitis A disease is an infectious disease that damages the liver, mainly by the fecal-oral route. The disease is more common in areas with inadequate hygiene and is more common among young children. The clinical

course is usually mild to moderate in weight and does not have a chronic form. Treatment is symptomatic and focuses on liver support. In the Prevention of the disease, compliance with hygiene rules, consumption of clean water and food, as well as vaccination are of fundamental importance. Public health protection measures and preventive measures significantly reduce the spread of viral hepatitis A and serve to improve the health of the population.

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