



### The Occurrence of Cirrhosis of the Liver and its Consequences

Nazirova Shaxriza Baxodirovna <sup>1</sup>

<sup>1</sup> Student of Samarkand State Medical University, Faculty of Pediatrics, Uzbekistan

**Annotation:** The occurrence of cirrhosis of the liver, which affected the movement of toxic blood from pure blood, which stopped stable blood filtration to the heart, increasing the size of the duct and having a great influence on the development of various infectious diseases.

**Keywords:** Viral, toxic, congenital, congestive, metabolic-alimentary, hemochromatosis, Wilson's disease, cystic fibrosis, hepatic coma, thrombosis in the portal vein system, hepatorenal syndrome, hepatocellular carcinoma.

Liver cirrhosis is the final stage of many liver diseases, including chronic hepatitis, alcoholic and non-alcoholic fatty liver disease, being a chronic liver disease accompanied by irreversible replacement of the liver parenchymal tissue with fibrous connective tissue, or stoma. According to statistics, in developed countries it is one of the six leading causes of death for people aged 35 to 60 years. In the United States, about 50,000 people die from it every year. In Russia, where the population is half that, mortality from cirrhosis is comparable to American rates.

This disease is an extensive lesion of the liver, in which the tissues of the organ die and are gradually replaced by fibrous (connective) fibers. In the process of replacement, the structure of the organ changes radically. Violation of the normal structure of the liver leads to the fact that it can no longer perform its functions. This is called liver failure.

The process itself is a diffuse formation of connective tissue, which leads to organ dysfunction. The main causes of liver cirrhosis are the systematic use of alcohol, the presence of viral hepatitis B, C. Also, the disease can be provoked by uncontrolled medication, pathology of metabolic processes, and heredity. The general condition of the vessels plays an important role.

The causes of occurrence are different, but there are general statistics: more often people over 45 years of age get sick with it. This is largely due to the deterioration of metabolic processes, individual characteristics of lifestyle. Including nutrition, frequency of alcohol consumption. There are more cases among men than among women, and a higher percentage of those diagnosed with the alcoholic form of the disease. The occurrence of the disease in women is not always possible to associate with any exact cause. According to experts, there are several types of cirrhosis of the liver. For the reasons that led to the development of the disease, the following options can be determined:

- **Viral** - it is caused, for example, by hepatitis C and various infections of the biliary tract
- **Toxic** - caused by the use of alcohol, certain medications, food poisons and other substances that have a toxic effect on the body
- **Congenital** - represents the consequences of some diseases that the patient's parents suffered, such as hemochromatosis or tyrosinosis



- **Congestive** - its origin is associated with circulatory failure
- **Metabolic-alimentary** - develops due to obesity, as well as in severe forms of diabetes.

A group of liver cirrhosis of unclear etiology should be mentioned separately. We are talking about those cases when it is not possible to clearly determine the cause of the disease.

### Causes

From the foregoing, it can be seen that the occurrence and development of cirrhosis of the liver is due to many reasons. Most often, people get sick due to alcohol abuse. According to various estimates, this cause accounts for 40-50 to 70-80% of cases.

The next most common factor influencing the onset and development of cirrhosis is exposure to viruses. In most cases, this is hepatitis C, as well as hepatitis B. Anything that damages the liver can lead to cirrhosis.

Other causes include hereditary diseases: alpha-1 antitrypsin deficiency (accumulation of an abnormal protein in the liver), hemochromatosis (excess iron), Wilson's disease (excess copper), cystic fibrosis (sticky, thick mucus in the liver). Also worth highlighting are diseases associated with the accumulation of glycogen (the liver cannot store or break down glycogen, a form of sugar) and primary sclerosing cholangitis (inflammation of the bile ducts leads to scarring and narrowing of the ducts, and the accumulation of bile in the liver).

Other causes include hereditary diseases: alpha-1 antitrypsin deficiency (accumulation of an abnormal protein in the liver), hemochromatosis (excess iron), Wilson's disease (excess copper), cystic fibrosis (sticky, thick mucus in the liver). Also worth highlighting are diseases associated with the accumulation of glycogen (the liver cannot store or break down glycogen, a form of sugar) and primary sclerosing cholangitis (inflammation of the bile ducts leads to scarring and narrowing of the ducts, and the accumulation of bile in the liver).

Changes caused by liver diseases that lead to cirrhosis occur gradually. Liver cells are damaged, and if the damage continues, the cells begin to "die". Over time, scar tissue replaces damaged structures and the liver cannot function properly.

The first sign that a person is not all right with the liver is asthenovegetative syndrome. In this case, the patient constantly feels tired, although there is no reason for this. He feels weak, becomes irritable and reacts sharply to completely innocent words or deeds. He often has a headache.

**Next, there is a so-called. dyspeptic complex of syndromes. It consists of:**

- Nausea, which sometimes develops into vomiting
- Belching
- Alternating diarrhea and constipation
- Pain in the abdomen, aggravated by eating fried, pickled and fatty foods, as well as by drinking alcohol
- Reluctance to eat, up to a complete lack of appetite for a long time
- Heaviness in the stomach
- Bloating

All of the above may indicate other diseases. Therefore, at this stage, it is far from always possible to clearly diagnose liver cirrhosis. Moreover, in about 20% of people who suffer from it, it is possible to determine the true cause of the problem only after death.

Cirrhosis of the liver can lead to various complications. This can be, for example, bleeding from varicose veins of the esophagus or pneumonia, peritonitis and other complications caused by infections. Often there are the following negative consequences:

- **Hepatic coma** - a disorder of the functions of the central nervous system, which manifests itself in a sharp decrease in the size of the liver, increasing drowsiness, disorientation, slowing down thought processes and, ultimately, in the fact that the patient falls into a stupor, and then into a coma



- **Thrombosis in the portal vein system** - blood clots (blood clots) interfere with free blood flow in the liver, which leads to cell death
- **Hepatorenal syndrome** - leads to impaired renal function, especially often occurs in those who suffer from acute liver failure or alcoholic cirrhosis of the liver
- **Liver cancer**, or hepatocellular carcinoma, a rapidly growing malignancy often associated with hepatitis C and hepatitis D

Cirrhosis of the liver itself is a dangerous disease. But if complications occur, the risk of death increases significantly. So, with hepatorenal syndrome, if you do not start treating it on time, death occurs 10-14 days after the development of this complication. Most people infected with the disease are thought to be European countries, including the US, Canada, and Australia showing high numbers of hepatic cirrhosis infections, in contrast to Asia and Africa, which are known to be contagious with hepatitis B.

Here the question arises, how can hepatic cirrhosis be treated? The most common method of treating this disease in the initial stages is considered to be the appointment of drugs that inhibit the intensity of the inflammatory process in the bile ducts of the liver, affecting immune disorders. Although they say that it is impossible to treat or restore the affected liver tissue, professors have found a way out of this problem by replacing the organ, that is, transplanting a new organ instead of the old unusable one. This method is successfully used by leading countries such as Germany and India. In addition to replacing the liver, people themselves began to widely use folk remedies for treatment, such as: freshly squeezed juices from carrots, tomatoes, cucumbers, beets, sauerkraut. It's great that you can cure the disease with simple foods that have incredible powers to strengthen the immune system.

#### References:

1. Есиргапович К.А. и соавт. САМЫЕ ПРОСТЫЕ РЕКОМЕНДАЦИИ ПО СОЗДАНИЮ ВЕБ-САЙТА // Международный междисциплинарный исследовательский журнал «Галактика». – 2022. – Т. 10. – №. 2. – С. 758-761.
2. Бахрамов Р., Маликов М., КУБАЕВ А. Методика использования функционально-дифференциального уравнения при выявлении паразитов у детей //Международный журнал инноваций в инженерных исследованиях и технологиях. – 2021. – Т. 8. – №. 3. – С. 10-14.
3. Кубаев А.Е. и соавт. Методы и объемы создания базы данных в программе ms access в программе ms access по медико-биологическому планированию и созданию базы данных для хранения информации, перейти к теме модулей практических занятий в системе онлайн //АКАДЕМИЯ: Международный многопрофильный исследовательский журнал. – 2021. – Т. 11. – №. 3. – С. 779-792.
4. Кубаев А. Э., Абдуллаева С. Б. ТИББИЙ ТАСВИР ОЛИШДА РАДИОЛОГИЯ СОХАСИНИНГ ТАВСИФЛАНИШИ //Galaxy International Interdisciplinary Research Journal. – 2022. – Т. 10. – №. 7. – С. 121-127.
5. Кубаев А. Э., Абдуллаева С. Б. ТИББИЙ ТАСВИРЛАРНИ ШАКИЛЛАНИШИ //BARQARORLIK VA YETAKCHI TADQIQOTLAR ONLAYN ILMIY JURNALI. – 2022. – Т. 2. – №. 5. – С. 104-109.
6. Esirgapovich K. A. et al. Use of Electronic Government Interactive Service System in Uzbekistan //Web of Scholars: Multidimensional Research Journal. – 2023. – Т. 2. – №. 2. – С. 13-22.
7. Esirgapovich K. A., Berdievna A. S. FORMATION OF STUDENTS'SKILLS IN USING THE INTERNET AND HIT THE DIGITAL TECHNOLOGIES //Galaxy International Interdisciplinary Research Journal. – 2022. – Т. 10. – №. 2. – С. 748-751.
8. <https://ru.wikipedia.org/>
9. <https://rgnkc.ru/o-tsentre/stati/tsirroz-pecheni-simptomiy-i-lechenie-neduga>
10. <https://www.msmanuals.com/>

