

Types of Sinneritis and Causes of General Generalitis

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Abstract:

This article discusses the types and types of sinusitis. Depending on the causes of the disease, the mechanism and course of the disease, sinusitis is divided into several types or types. And also, the symptoms, diagnosis, prevention and treatment of sinusitis are considered.

Keywords: Sinusitis, odontogenic sinusitis, organism, nose, sinuses, mucus, diagnostics.

The maxillary sinuses are a natural barrier against infections, pathogens and other negative factors that are in the air. Therefore, the main cause of sinusitis is infection, allergens, fungi on the mucous membrane. The causative agents of inflammatory processes can enter the maxillary sinuses through the blood.

The weakening of the human immune system can worsen the functioning of the mucous membranes: the reasons for the release of an insufficient number of leukocytes are constant colds, acute respiratory viral infections, rhinitis, allergic reactions, and improper treatment of diseases.

A person can be a carrier of staphylococcus aureus - a type of harmful bacterium, which for some time may not harm its owner: immunity successfully copes with it. As soon as the immune defense weakens, staphylococcus begins its destructive work.

The main causes of sinusitis are:

- injuries of the maxillary sinuses that violate the mucous membrane;
- illiterate or incomplete cure for a runny nose or a cold;
- entry into the nasopharynx of pathogenic bacteria, fungi and viruses;
- burns of the mucous membranes of the sinuses by harmful chemicals;
- Insufficient humidification of indoor air;
- past infectious diseases: acute respiratory infections, influenza;
- incorrect structure of the organs of the nasopharynx;
- physical trauma of the nasal septum;
- the appearance of neoplasms (adenoids, polyps);
- allergic reactions to various irritants;
- HIV, AIDS, tuberculosis;
- some treatments (radiation exposure);
- the appearance of malignant and benign tumors.

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TYPES OF SINORITIS

Acute sinusitis

Acute sinusitis is a rapidly developing form of the disease, which, as a rule, is the result of acute respiratory diseases: SARS, colds, common cold, and inflammation of the roots of the front teeth of the upper jaw. The mechanism of the disease is the same: the causative agents of the disease through the thin channels that connect the sinuses to the nose, or through the bone tissue of the jaw penetrate into the maxillary sinuses. The body begins to produce lymphocytes - special cells of the immune system, which are designed to neutralize dangerous microorganisms. Mucus accumulates in the sinuses, which flows through the channels into the nose. If the mucus clogs the channels, it accumulates in the sinuses, begins to put pressure on the walls, causing even more inflammation.

If the mucus leaves the place of inflammation without barriers, the disease passes without complications. When the channels are clogged, problems begin:

- elevated temperature;
- difficulty breathing;
- when touched, the upper jaw hurts around the nose;
- the person does not sleep well at night;
- feeling unwell, tired;
- working capacity decreases;
- swelling of the face.

Chronic sinusitis

In some cases, inflammation of the maxillary sinuses takes a chronic form: as a rule, this occurs after one or more attempts to treat acute sinusitis. Chronic inflammation of the paranasal sinuses may be due to the presence of other diseases not associated with the ENT organs or traumatic factors. Symptoms of inflammation periodically subside and worsen:

- body temperature rises, not exceeding 38 degrees;
- appear and disappear headaches that occur when tilting the head;
- snot of yellow, yellow-green shades flow from the nose;
- worsening sense of smell - the patient does not feel the smell of food;
- the face constantly swells;
- for no reason there are tears and conjunctivitis appears.

Purulent sinusitis

Purulent sinusitis is a complication caused by incorrect treatment or an attempt to self-treat acute forms of the disease. The cause of the disease is most often colds, infectious and viral diseases that a person has not cured or suffered "on his feet". Purulent sinusitis is caused by accumulations of pathogenic bacteria in the maxillary sinuses. The main danger of this disease is the possibility of damage to the bone tissues of the face, which will seriously complicate the treatment and stretch it for an indefinite period.

Bilateral sinusitis

The most severe and treatable is bilateral sinusitis - simultaneous inflammation of the mucous membrane in the sinuses located on both sides of the nose. The cause of the disease is most often microorganisms that have penetrated into the sinuses from the oral cavity or respiratory organs, affected by pathogens - bacteria, fungi and viruses. More often, bilateral sinusitis manifests itself in an acute form, flowing into a chronic one with ineffective treatment.

The disease is easily diagnosed by the following signs:

- intoxication of the whole organism: a sharp rise in temperature, vomiting, pain in the joints and muscles;
- lethargy, apathy, disability;
- swelling of the face on both sides;
- pain in the area of the maxillary sinuses when probing with fingers;
- increased lacrimation;
- allocation of a large number of snot.

Allergic sinusitis

Allergic sinusitis affects people suffering from a negative reaction of the body's immune system to external stimuli: pollen, dust, poplar fluff and even water. The allergen, penetrating into the paranasal sinuses, causes an increased production of leukocytes, which, accumulating in the sinuses, clog the channels and inflame the mucous membrane.

Allergic sinusitis is characterized by:

- headache;
- weakness and apathy;
- pain in the area of the eyes and cheekbones;
- temperature rise;
- obstruction of the nose.

Catarrhal sinusitis

Catarrhal sinusitis most often affects children and adolescents. It occurs after harmful bacteria enter the maxillary sinuses, when the mucous membranes of the nasal cavity swell. This narrows the channel through which the mucus is excreted. Catarrhal sinusitis is the mildest form of inflammation, which, with timely treatment, passes quickly and without consequences. People who have had catarrhal sinusitis note:

- lack of appetite;
- swelling of the eyelids, face;
- discoloration of snot;
- elevated temperature;
- the appearance of headaches and a feeling of pressure around the nose;
- aches all over the body, pain in the muscles.

Polypous sinusitis

Polypous sinusitis develops when polyps appear in the sinuses, blocking the channels to remove mucus from the sinuses. Sinus polyps are abnormal, painful growths that appear on the mucous membrane as a result of rapid cell division. Doctors have not worked out the exact cause of the formation of polyps, believing that they appear as a result of the influence of one or more negative factors: heredity, trauma, viral or bacteriolytic diseases.

Patients complain of signs characteristic of most forms of sinusitis: fever, snot discharge; deterioration of the general condition, dullness of taste and smell, nasal congestion.

Odontogenic sinusitis

Dental diseases affect the health of the ENT organs, proof of this is odontogenic sinusitis, which occurs in people who do not take care of their teeth. The roots of the 4th, 5th and 6th teeth in the upper jaw are very close to the walls of the maxillary sinuses or grow inside. Dental disease, affecting the dental crown and root, infects the mucous membrane of the sinuses, "releasing" pus into the sinus. Mucus, accumulating in the sinus, clogs the channel - sinusitis develops.

SYMPTOMS

The appearance of several alarming symptoms separately or at the same time should alert the patient: to start the development of sinusitis means losing the best time for treatment and accumulating many complications, up to inflammation of the lining of the brain.

Pain

Pain sensations most often appear in the area of the nose and around it: in the morning the pain is weaker, by night it intensifies. The pain acquires an increasing character: the intensity is different, from several days to a couple of hours. After some time, the pain ceases to be felt in specific places and a headache appears.

Temperature

An increase in temperature is the reaction of the body to the appearance of pathogens that caused such a phenomenon as general intoxication - poisoning of the body. In the acute form of the disease, the temperature rises to 38 degrees and above. The chronic course of sinusitis may not cause a high temperature or its increase to 37-37.8 degrees. The temperature indicator is affected by the state of the immune system, the characteristics of the organism and the age of the patient, the presence of other diseases.

Snot

A clear sign of sinusitis is an abundant discharge of snot. At different stages of the disease, snot can change shade:

- at the initial stage of the disease, white snot is released - when an infection enters, the mucous membrane actively produces a protective liquid - mucus of a white or translucent shade;
- the development of inflammation causes the release of green snot, which will tell the doctor that sinusitis is in an acute stage;
- the addition of a yellow tint to the green color indicates the appearance of pus and the need for urgent medical intervention.

Traces and blood clots in the snot are a danger signal indicating a severe form of sinusitis, which can lead to the most unpredictable consequences if treatment is not started on time. Blood can appear with an injury to the maxillary sinuses, painful changes in the membrane and bone tissues.

Sinusitis develops against the background of other signs:

- stuffy nose;
- pressure in the bridge of the nose that increases when the person tilts their head;
- disability;
- apathy and fatigue;
- chills;
- pain in the areas around the nose, eyes, cheekbones; gums;
- headache of varying intensity;
- lack of appetite;
- loss of smell and taste;
- lacrimation appears;
- bad breath and nose.

DIAGNOSTICS OF ANSINORITA

An otolaryngologist can diagnose sinusitis with a high probability; if it is impossible to get a consultation with a specialized specialist, you need to make an appointment with a therapist.

Methods for diagnosing sinusitis

Diagnosis of the disease is made using:

- anamnesis: analysis of the data reported by the sick person, records from the medical history, external examination of the patient, probing painful areas on the face;
- studies using instrumental methods - computed and magnetic tomography, radiographs, ultrasound equipment, sinus biopsy, fiberoptic endoscopy, diaphanoscopy;
- laboratory research of analyses: blood, discharge from the nose.

A diaphanoscope, a medical instrument that "sees through" the upper jaw, allows an anomaly to be detected in the paranasal sinuses. The end part of the tube of the device contains a powerful light source - a very bright light bulb. In a special darkened room, the doctor inserts the instrument into the patient's mouth, directs the light to the upper palate and looks through the "enlightened" maxillary sinuses.

Fiberoptic endoscopy is a research method in which the examination of the patient's nasopharynx is performed through an endoscope, an optical device that allows you to examine the organs with their increase. Modern endoscopes have the functions of taking tissue and nasal contents for analysis.

Biopsy - penetration into the sinuses with a special needle and taking mucus for analysis directly from the site of inflammation.

TREATMENT OF ANSINORITA

The key to successful treatment is timely access to qualified medical care. Do not hope that "it will pass by itself", do not endure the pain to the last - make an appointment with a doctor. Painkillers that you can buy at the pharmacy will not get rid of the disease - they will simply ease the pain.

Therapy

Treatment of acute sinusitis consists in removing the swelling of the mucous membrane of the sinuses and releasing the channels for the passage of mucus: the doctor prescribes local vasoconstrictor drugs, for example, naphazoline. The patient takes the drug for no more than 5 days. In order to bring down the high temperature, various antipyretics are prescribed, if the patient continues to have aches and pain in the muscles, other signs of intoxication are prescribed general or local antibiotics.

The main task in the treatment of chronic sinusitis is to eliminate the causes: untreated ENT diseases, dental diseases, improperly fused nasal septum, adenoids. If the disease is exacerbated - exacerbations are removed with local vasoconstrictor drugs.

To clean the sinuses, washing is used, which doctors call the "cuckoo": a disinfectant solution is injected through the nasal canals to the patient lying on his back. The procedure got its name because of the request of the physician conducting the procedure to repeat the word "ku-ku" - this is done so that the solution does not enter the respiratory tract. The sensation from the procedure is like from immersion in water with a slow "inhalation" of water.

Physiotherapy

Physiotherapy procedures are prescribed to patients who have made progress in treatment: the sinus channels are clean, the temperature has subsided. One of these methods is warming up: it is carried out using a blue lamp. Warming up and inhalations can be done independently at home by breathing over a pot of potatoes, covering yourself with a blanket, or by applying a hot boiled egg to the area near the nose.

For patients recovering from sinusitis, speleotherapy is useful - air treatment of karst or salt mines, caves: there are no microorganisms in such air, it is saturated with carbon dioxide.

Surgery

For the treatment of advanced forms of sinusitis, as well as for the removal of polyps and other neoplasms, surgical methods of treatment are used.

A puncture or puncture of the sinus is done with a special needle for the diagnosis and extraction of purulent masses.

Gyrotomy is a surgical operation to open the paranasal sinuses to clean them from foreign bodies, accumulations of pus, expand the channel, or create an additional mucus drainage route. Gyrotomy is prescribed:

- in severe forms of purulent inflammation;
- upon detection of polyps, growths of tissues of the mucous membrane of the sinuses;
- to remove parts of the roots of teeth, fillings.

PREVENTION OF SINORITIS

In order to avoid inflammation in the paranasal sinuses, you need to follow a few simple rules:

- completely cure runny nose, colds, viral and microbial diseases;
- carefully monitor the hygiene of the teeth, contact the dentist in a timely manner in case of caries, gum disease;
- avoid being in dusty, smoky rooms;
- if possible, avoid sources of allergies, visit an allergist, take antihistamines prescribed by a doctor;
- eat more fresh vegetables and fruits, buy at the pharmacy and take vitamin complexes to maintain natural immunity;
- for the same purpose, you can begin to harden - gradually, without extremes like dousing with cold water in the winter frost;
- avoid contact with sick people or use medical masks;
- if a family member falls ill - provide him with separate dishes, a towel;
- do not abuse drops from rhinitis;
- drink more water;
- rinse the nose with a solution of sea salt or with special nasal sprays.

People prone to sinusitis need to be less in cold air, avoid swimming in pools with chlorinated water, which irritates the mucous membrane of the sinuses.

If a person has already caught a runny nose, then washing with saline is a good way to prevent blockage of the paranasal sinuses. Use the recipes of grandmothers: instill solutions of chamomile and calendula tinctures into the nostrils - natural destroyers of the sources of the disease.

CONCLUSION

The maxillary sinuses are a natural barrier against infections, pathogens and other negative factors that are in the air. Therefore, the main cause of sinusitis is infection, allergens, fungi on the mucous membrane. The causative agents of inflammatory processes can enter the maxillary sinuses through the blood.

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