

## COLD IN THE KIDNEY

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Kidney cold is understood as various inflammatory processes of kidney tissues that occur under the influence of cold. Low temperatures cause a strong narrowing of blood vessels, which makes it difficult for oxygen, nutrients and other necessary components to pass through. The result is cell death or dysfunction.

As a result of the lack of blood supply, humidification changes, a favorable environment for the reproduction of viruses and bacteria is created. Inflammatory diseases of kidney parenchyma, capillaries and balls often occur against the background of cold.

As a result, symptoms of bacterial infection appear:

- Increase in temperature;
- Headache;
- Weakness;
- Weakness.

Such symptoms occur after any inflammatory process in the body.

According to statistics, the following inflammations of the genitourinary system are noted after catching a cold in school-aged children:

Cystitis is an inflammation of the bladder membrane.

Glomerulonephritis is an inflammation of the glomeruli.

Pyelonephritis is a bacterial infection of the urinary system.

Urethritis is an inflammatory process of the urinary tract.

Kidney colds in children are often characterized by a triad of symptoms:

- Pyelonephritis.
- Cystitis.
- Urethritis.

A severe cold of a child with low immunity may indicate bacterial infection of other organs: tonsillitis, SARS.

Glomerulonephritis is the rarest form of the disease. The development of the disease requires not only the narrowing of the kidney capillaries, but also the effect of antibodies on the capillary membrane of the glomeruli.

### MAIN SYMPTOMS AND SIGNS OF KIDNEY COLD

The first sign of cold effects on kidney tissue is inflammation. Diagnostic criteria of the inflammatory process in the kidney:

- Nausea.
- Profuse sweating.
- Back pain.

- Painful, thick, copious urination.
- The presence of impurities in the urine.
- Abdominal wall, back lumbar muscle tension.

Each symptom is not unique, but when observed together, it is possible to predict kidney disease with a high degree of probability.

Inflammatory changes lead to gradual swelling, filtration failure, and changes in the balls. Against the background of this pathology, blood pressure may increase.

The following symptoms appear in a severe cold of the kidneys:

- Dry skin;
- Loss of appetite;
- Frequent ineffective urination;
- Increased blood pressure.

The clinic of nosology depends on the localization and characteristics of the process. Damage to one kidney is compensated by the capabilities of another organ.

#### DIAGNOSTIC SYMPTOMS OF KIDNEY COLD

The main diagnostic symptoms of a kidney infection:

*Temperature rise to 40 degrees;*

*Persistent sweating;*

*Headache;*

*Severe back pain;*

*Weakness;*

*Thirst;*

*Urinary disorders;*

*Urine cloudy;*

*Blood and sand mixed in the urine.*

Diagnosis of a kidney infection is based on the following criteria:

Anamnesis collection: fever, chills, skin rashes.

Analysis of human life to determine if immunity has decreased.

Evaluation of family history to determine predisposition to hereditary diseases.

Examination of the patient: detection of dryness and blueness of the skin, enlargement of the lymph nodes, watery bumps and skin rashes.

Biochemical and general blood analysis: increased ECHT, S-reactive protein, creatinine, increased urea (in renal failure).

Intensification of rashes under the influence of cold (low provocation with temperatures).

Calculation of the lymphocyte-platelet index ratio: reveals the nature of inflammation.

Kidney biopsy — to analyze morphological features.

Taking material from the site of injury also allows to rule out amyloidosis, which can be activated when exposed to low temperatures.

## GENERAL TREATMENT OF KIDNEY COLD

Remedies for kidney colds are to eliminate the main cause and symptoms of the disease that occurs in the cold.

Before prescribing conservative drugs, a number of recommendations should be followed:

Rest mode: quality sleep, limiting fluid intake.

Diet therapy: quality nutrition rich in microelements, vitamins, carbohydrates, fats and proteins. The use of spices should be limited.

Elimination of etiological factors.

Acceptance of plant tinctures to normalize kidney blood supply.

Physiotherapy: placement of UYCH in the area of the kidneys, electrophoresis with diprospan.

Therapeutic gymnastics.

Going to salt baths, sanatoriums.

In most cases, a kidney infection can be treated conservatively, but in severe cases, a nephrectomy (surgical removal) may be necessary.

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