



ALLERGIC COUGH IN CHILDREN

Hulkar Usmanova Saydmakhmudovna

Student, Samarkand State Medical University

Faculty of Pediatrics, group №329

Abstract: Allergy cough is not a disease. This is a specific form of allergy. This is called "the bottom view of bronchial asthma cough" and the essence of allergic cough in a child is a symptom of this general disease. The cause of a severe allergic cough can be an allergy that irritates the upper respiratory tract. This form of cough is sometimes associated with inflammation of the trachea, bronchi and mucous membrane.

Key words: preventive measures during pregnancy, allergies, foreign substances in the body.

Often, an unexpected attack of an allergic cough in a baby begins suddenly. The temperature usually does not rise, but the mucous membrane of the nose may be excessive. An allergic cough bothers the child mainly at night and stops in the afternoon. Such an allergic cough in a child is usually dry. It disturbs the child and irritates his throat. But sometimes an allergic cough occurs with sputum - clear without admixture of pus. In some cases, itching is added to the nose, throat, and sneezing.

Reasons

Perhaps, before the allergic cough appears, the child will turn to allergies (pollen, animal, dust, foreign protein). Allergic cough can be caused by improper diet, temporary non-injected vaccination.

For parents, the presence of persistent attacks on a child should become an alarm signal. After all, bronchial asthma develops in the abdominal cavity, the reason for which is constant contact with dangerous allergens or negative effects on the environment.

Symptoms

Any cough of allergic origin will not go away until the cause that causes it is gone. Only a good doctor will explain to you how to understand an allergic cough, because sometimes it is very similar to a cold in autumn and winter, because it is often accompanied by rhinitis. The main symptom of an allergic cough in a child is that the baby's cough is not cold, but paroxysmal, this cough is dry. Only a complex analysis and



special tests ensure that a cough in nature can be identified in an allergic or catarrhal form. Symptoms of allergic cough in children also include:

- an increase in attack caused by the appearance of pets or touching the pink bed;
- increase cough in certain seasons;
- If we take an antihistamine drug, the attack will stop.

The main and necessary condition for effective and successful treatment of allergies is to identify the allergen. Otherwise, you can eliminate allergic symptoms, and then - temporarily, until the next contact. Secondly, complications of allergies, such as chronic bronchitis and bronchial asthma, should increase immediately after the detection of this allergen.

In modern clinics, before preparing a treatment program, the baby can be sent for tests that show the current state of the respiratory system. If necessary, write computer bronchography.

As for preventive measures during pregnancy, the mother should not come into contact with allergens, even if she has never had allergies. These foreign substances in the body have a tendency to accumulate, so it can already be born with an allergy. In addition, the process of introducing additional foods is very important. Any recommended product is a test for the organism in the soil, so it takes time. Maintaining immunity is very important. The stronger the immune system of a small person, the less likely he will be allergic.

Allergies, while often associated with sneezing and itchy eyes, can also manifest as a persistent cough. There are also other causes of coughing in children such as viral infections. Identifying the underlying causes and recognizing the accompanying symptoms is essential for effective management.

Causes of Allergy-Related Cough:

- **Airborne allergens:** Common airborne allergens like pollen, dust mites, pet dander, and mold spores can trigger allergic reactions. These tiny particles can be inhaled, leading to irritation in the airways and resulting in a cough.



- **Environmental factors:** Environmental triggers such as smoke, strong odors/perfumes, and pollution can exacerbate an existing cough. These irritants can inflame the respiratory passages, causing children to cough as their bodies attempt to clear the irritants and restore normal breathing.
- **Food allergies:** Certain foods can induce allergic reactions that extend beyond the digestive system. When ingested, allergenic foods can trigger a severe immune response (anaphylaxis) that may manifest as coughing, wheezing, and throat tightness.
- **Allergic rhinitis:** Often referred to as hay fever, allergic rhinitis involves nasal congestion, sneezing, and a runny nose. The postnasal drip associated with this condition can lead to throat irritation and persistent coughing.

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