

# WORMS (HELMINTHIASIS) - TYPES, ROUTES OF TRANSMISSION AND SYMPTOMS

**Muminova Kimsanxon Toxtasinovna**

Andijan State Medical Institute

Assistant of the Department of Medical Biology and Histology

**Annotation:** The article provides information about the types of worms (helminthiasis), ways of transmission and symptoms.

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Worm, helminthiasis (lat. Helminthosis— parasitic worm + -osis) - a parasitic disease. It is mainly found in children, hunters, fishermen and their families, as well as in people living in rural areas. A number of these parasitic worms live, grow and reproduce at the expense of humans and plants. It is estimated that there is no person in the world who has never been infected with worms in their lifetime. Today, 24 percent of the world's population, or 1.5 billion people, are infected with worms. Parasites are divided into two categories depending on which area of the donor body is active: • Gastrointestinal - vomiting that lives in different parts of the gastrointestinal tract. There are about 100 species of intestinal parasites (dozens for each part of the intestine). In the small intestine live ascarids, tapeworms, tapeworms and their other "relatives". The medical literature also describes cases in which a person is infected with different types of parasites at the same time. • Tissues - The parasite can be found in internal organs, tissues and even blood. Modern medicine successfully treats paragonimosis (lungs), cysticercosis (brain), echinococcosis (liver) and filariasis (lymphatic vessels). Some worms travel through the bloodstream and can accidentally attach to any organ. Too many eggs can damage the whole organism. Geohelminthiasis. Infection through soil and water. Soil, sand, and other types of soil are the most typical habitat for worm eggs. Parasitic eggs are excreted in the soil with contaminated feces. Eating unwashed fruits and vegetables, dirty hands, and food

dust can lead to helminth infections. Some eggs of parasites enter the human body through the skin of the feet and heels.

Crops are in constant contact with the ground. In the process of harvesting vegetables, fruits and vegetables come into contact with labor, dusty racks of vegetable stores, trucks. In such cases, the probability of contamination of the product with parasitic eggs is very high. Therefore, it is recommended to wash the plant products first under running water and then with boiling water.

#### Direct contact

In this case, the parasites are transmitted to humans through the interaction of infected animals and other human hands, while children play together.

This is especially true in rural areas where pets walk first on the street and then enter the house. It's not hard to imagine how much dirt a cat or dog can bring into a home after a walk. Mosquitoes and waterfowl are also carriers of helminth eggs. By landing on food, they can damage the food.

Biohelminthiasis. In this case, the parasite is transmitted through the use of food derived from infected animal sources. Consumption of raw and poorly processed meat (shashlik, pork, canned meat, wild meat) and fish (sushi, dried, canned fish) is considered potentially dangerous. There is a possibility of infection not only with helminths, but also with intestinal infections.

- Insect bites. Such infections are rare. These include intestinal miasma, cantariasis, and scoliosis. It is also important not to confuse worm eggs and insect larvae. Some insects can also lay larvae on animal and human skin.
- From person to person. This mechanism of parasite transmission is highly effective. For example, oysters lay eggs around the anus in the evening. When a baby is asleep, itching begins to itch where the egg is laid. Thousands of eggs fall on clothes and bedding, and in the morning on everything the child touches until he washes his face and hands, for example, on the doorknob. As a result, the whole family is at risk of infection.

- By water. There is a lot of vomiting in open pools. Bathing and accidental ingestion of water can cause damage.

Risk group. The main risk group is children. No matter how much parents pay attention to the health of their children, no matter how much they control the cleanliness of their hands, it is very difficult to protect them from parasites. According to statistics, about 95% of children aged 4-5 suffer from vomiting. Children learn about the environment, and nature is interested in them. The child is interested in touching and tasting everything. In addition, their defense mechanisms are in the process of formation. Parents should try to explain the reason for teaching their children the rules of personal hygiene, not coercion.

People who eat fish, wild animals and poultry, and only in homemade milk are at risk for trichinosis and diphyllobotriosis.

Trichocephalus is caused by unsanitary foods. Symptoms appear only in severe cases: diarrhea, abdominal pain, loss of appetite, inflammation of the appendix. In children, stunted growth and rectal prolapse may occur. A few weeks later

Broadband (diphyllobotriosis) Eating infected fish. This parasite can live in a patient for up to 25 years. Symptoms: mechanical injuries of the intestine, avitaminosis, intestinal obstruction, intoxication, allergies. A few weeks later

Roundworm (hookworm) When walking barefoot on damaged soil. Itching, swelling and redness in the area where the parasite enters. Cough, sputum production, bronchial and lung damage. Weakness, dizziness. Menstrual cycle disorders in women and impotence in men. A few days later

Ascariasis (ascariasis) through the consumption of plant products. Intestinal pain, peritonitis, bronchitis, pneumonia, liver, pancreatic diseases. It can pass from the gastrointestinal tract into the esophagus or respiratory tract and cause suffocation. Around 3 months

Trichinella (Trichinella) Through poorly processed meat. Nausea, heartburn, diarrhea. 2 days later

Fastiola (fascioliasis) Plants and water. Fever, dry cough, loss of appetite, abdominal pain. In 2-4 weeks

Symptoms of worm infestation in humans are obvious and hidden. Examples of symptoms include "unexplained" weight loss, skin discoloration (skin anemia), chronic fatigue, and itching around the anus in the evening.

In some cases, worm infections can lead to an increase in internal diseases and the development of previously undiagnosed diseases. These are hidden symptoms. In this case, the patient begins to treat various other diseases, but does not pay attention to the primary disease.

The symptoms that occur when people have different types of vomiting are different. The duration and extent of the parasitic infection should take into account the patient's pre-infection status. The following table lists the main signs that can be observed in the presence of a particular type of parasite.

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