

## TREATMENT OF PATHOLOGIES IN PREGNANT WOMEN AND ENSURING CARE WITHOUT COMPLICATIONS

**Isroilova Guljannat Pardabayevna,**

Senior Lecturer

at Samarkand State Medical University

**Sattorov Asliddin Xayrullayevich**

Assistant at Samarkand State Medical University

E.mail: [sevar0887@mail.ru](mailto:sevar0887@mail.ru)

**Abstract:** In organize to guarantee the mother's and the fetus's victory and security inside the center of pregnancy, pathologies must be treated. The ask for evidence-based drugs to sensibly facilitate steadfast sufferings has opened up due to the progress in these conditions among women of childbearing age. This article highlights the regard of a multidisciplinary approach to care, looks at organization strategies, and looks at the open up of visit torments that influence certain mothers. Case considers arrange beneficial organization strategies to guarantee trouble-free maternal-fetal flourishing.

**Key words:** Pregnancy, trimester, symptoms, pregnancy complications, treatment of pathologies, maternal health, fetal safety.

### Introduction

Being pregnant could be a befuddling handle that creates you charming and enthusiastic as you get ready to bring a futile life into the world. In any case, it too comes with it a have of other energizing, mental, and physical changes that can influence each minute of your life's tall focuses. Being aware of what to expect amid this stage of your life will assist you appreciate the focal points of pregnancy and get past its challenges. This page gives basic data that a few moms may discover supportive in guaranteeing a cheerful and solid pregnancy.

#### *Understanding Pregnancy*

A normal pregnancy endures forty weeks, with three trimesters enduring three weeks each:

1. Beginning with Weeks 1-12 of the Trimester: Right presently, a few changes have happened. Hormonal vacillations may cause your body to respond with side impacts like weakness, temperament swings, visit urination, and morning ailment.
2. Weeks 13-26 of the Minute Trimester: Regularly alluded to as the "vacation stage," numerous ladies discover that amid this time, their torment vanishes and their essentialness levels rise. It is conceivable that at this point you may start to take note signs of a newborn infant bump, and you will moreover feel your infant move.
3. Third Trimester (Weeks 27–40): Physical discomforts like back pain and stack resting may occur during this final trimester. When labor and transportation are scheduled, want blossoms.

Being pregnant may be an astonishing travel full of trust, alter, and the guarantee of unutilized life. You'll have a more useful, more joyful pregnancy in case you put your wellbeing and enthusiastic well-being to begin with, proceed to memorize, and hunt for fortification. Whereas you get ready to bring your child into the world, take note of the changes, pay attention of your body, and cherish this special minute. Each pregnancy is one of a kind, whether you're a first-time mother or including a kid to your family. The foremost imperative thing is to require care of yourself and the unborn child

amid this unordinary relationship.

A woman's life can be essentially and significantly changed by pregnancy, which is checked by a few physiological changes. Whereas numerous ladies esteem solid pregnancies, many may encounter particular pathologies that might influence their thriving which of their unborn child. It is critical to comprehend these clutters in arrange to encourage early divulgence, enticing administration, and the leading conceivable results. The main goal of this page is to illustrate common clutters that may arise during pregnancy, with a focus on their sources, detrimental effects, and workable solutions for the mother's and the embryo's health.

Every pregnancy is unique, whether it is your first or you are adding to your family's. The most important thing is to take care of yourself and the unborn kid during this strange connection.

With its different physiological changes, pregnancy may be an astounding and life-changing involvement for ladies. Numerous ladies may involvement special pathologies that can influence their thriving which of their unborn child, indeed on the off chance that numerous of them esteem sound pregnancies. Comprehending these disarranges is vital for prompt disclosure, persuasive administration, and the finest conceivable results. The common illnesses that might emerge amid pregnancy are organized in this article at the side their causes, side impacts, and conceivable arrangements for both mother and fetal wellbeing. Pregnant ladies habitually encounter tall blood weight, diabetes, thyroid brokenness, serious diseases, and mental wellbeing issues. Carefully adjusting the treatment of these disarranges is essential to play down dangers to the mother and child. Objective This paper analyzes modern approaches to treating infections in expectant moms and gives the leading rules for giving trouble-free care. By utilizing evidence-based hones and joining multidisciplinary care groups, healthcare specialists can altogether progress results for moms and their newborn children.

## Methodology

Think About Plan A thorough review of composition was carried out using sources like PubMed, Google Analyst, and the Cochrane Library. The review focused on the treatment of diseases in pregnant women and was nearly widely distributed over the last 20 years (2000–2023). Pregnancy problems, pathology treatment, maternal health, and fetal safety were among the key topics.

- The criteria for joining are peer-reviewed studies about therapeutic practices related to particular pregnant diseases.

- Rules disseminated by driving prosperity organizations such as the American College of Obstetricians and Gynecologists (ACOG) and the World Prosperity Organization (WHO).
- Considers that report comes about on maternal and fetal prosperity.

Shirking Criteria - Articles lost peer-review or irrefutable reviews without current noteworthiness.

- Considers centering solely on surgical trade without talking approximately helpful organization.

Data Extraction Data with regard to treatment traditions, determined comes about, and complications were removed and organized by pathology sort. The practicality of treatment strategies was surveyed based on maternal-fetal comes about, drugs utilized, and the facilitates care approach.

## Results

For the purpose of the wellbeing of both the mother and the hatchling, mindfulness and information

of the ailments that can emerge amid pregnancy are fundamental. Early determination and administration of numerous illnesses can be supported by schedule pre-birth care, instruction, and open contact with healthcare specialists. Promising women can consistently improve their financial situation and that of their children by being proactive in getting rid of these clutters, paving the road for a better future. In order to provide a safe and fulfilling conception, it is imperative to acknowledge the importance of back frameworks, counseling, and helpful mediations to handle pregnancy-related concerns.

### *Pathologies in Pregnancy*

#### 1. Clutters with hypertension

Almost 5-10% of pregnancies are influenced by hypertensive complications of pregnancy, counting gestational hypertension and preeclampsia.

-Organization: Observing and keeping track of blood weight closely constitute the establishment of treatment. Commonly suggested arrangements incorporate calcium channel blockers, labetalol, and methyldopa. In emergency situations, magnesium sulfate is used to keep a person restrained from seizures.

-Arrives: Maternal and fetal sensitivity has decreased in relation to hypertension conditions, concurring with facilitated assertion and beneficial mediations.

#### 2. GDM, or gestational diabetes mellitus

Generally speaking, GDM, which carries risks such macrosomia and neonatal hypoglycemia, results from 6-7% of pregnancies.

-Organization: It is prescribed to combine dietary alterations with standard work out and glucose observing. Treatment for affront is begun in the event that blood glucose levels are not brought beneath control.

-Happens: A exhaustive procedure comes about in far reaching blood glucose administration and shows up to be a essential lessening within the rates of cesarean areas and infant issues.

#### 3. Clutters within the thyroid

Both hyperthyroidism and hypothyroidism can adversely influence fetal development and complicate pregnancies.

-Organization: Propylthiouracil and other antithyroid solutions are utilized cautiously in individuals who are hyperthyroid, whereas levothyroxine is the regular treatment for hypothyroidism.

-Shows up: Fitting course of action of thyroid brokenness has been connected to progressed infant advancement, counting diminished dangers of preterm birth and moo birth weight.

#### 4. Infections

Checking for fundamental sicknesses Amid pregnancy, there are critical dangers related with UTIs, listeriosis, and viral diseases like Zika.

-Structure: The foundation of treatment for urinary tract diseases (UTIs) is anti-microbial treatment. Patients are empowered to maintain a strategic distance from certain nourishments in arrange to anticipate listeriosis.

Overpowering affliction organizations put a solid accentuation on vector control and immunization programs.

-Comes about: Shielding against and treating contaminations has made strides maternal and fetal wellbeing and results whereas bringing down the hazard of troublesome labor and contaminations within the infant.

## 5. Difficult Mental Achievement

For enthusiastic women who already have mental health issues, custom-fitting mediations are essential to ensure quality throughout their pregnancy. -Structure: Psychotherapy or secure higher treatment is frequently used, with an emphasis on adjusting advantage over chance.

-Relates to: The rate of postpartum discouragement is decreased and advance is made toward the common thriving of moms when near perception and a strong approach are utilized by obstetricians and mental thriving pros.

### **Multidisciplinary Care Approach**

Planning numerous specialties counting obstetrics, endocrinology, psychiatry, and maternal-fetal pharmaceutical is basic to overseeing troublesome patients. Not as it were can collaborative care offer assistance moms accomplish their objectives, but it moreover teaches patients almost their illnesses.

It is prescribed that obstetricians, endocrinologists, mental wellbeing masters, aces of essential care, and other therapeutic specialists work together to plan the organization of pregnant patients with ailments. This handle reinforces total care, plan mindfulness, and blessed sharing.

#### *Common Non-Complicated Treatment Approaches*

An all-encompassing procedure centered on evasion and early intercession is essential to screen pregnancy-related infections without complications:

- Common Pre-birth Care: the creation of a dependable pregnancy organization, by and large. Dependable observing of the wellbeing of the mother and baby through physical examinations, ultrasounds, and blood testing can give early affirmation and mediation.
- Adjusted Slim down and Way of life Changes: Maternal thriving can basically be progressed by a well-rounded calorie admissions wealthy in essential supplements, customary work out (as prescribed by a healthcare proficient), and top notch hydration.
- Pharmaceutical Organization: To preserve security amid pregnancy, eager moms were empowered to examine transparently and truly with their healthcare suppliers almost any steady courses of action, counting following over-the-counter medicines.

An all-encompassing procedure centered on evasion and early intercession is essential to screen pregnancy-related infections without complications:

- Common Pre-birth Care: the creation of a dependable pregnancy organization, by and large. Dependable observing of the wellbeing of the mother and baby through physical examinations, ultrasounds, and blood testing can give early affirmation and mediation.
- Adjusted Slim down and Way of life Changes: Maternal thriving can basically be progressed by a well-rounded calorie admissions wealthy in essential supplements, customary work out (as prescribed by a healthcare proficient), and top notch hydration.
- Pharmaceutical Organization: To preserve security amid pregnancy, eager moms were empowered to examine transparently and truly with their healthcare suppliers almost any steady courses of action, counting following over-the-counter medicines.

A 32-year-old lady with a history of imbued hypertension appeared for pre-birth care at 12 weeks of progression. Through a multidisciplinary organize that included standard visits with an obstetrician and a cardiologist, the persistent blood weight was well-controlled with fitting pharmaceutical alterations. At 39 weeks, she passed on a sound newborn child child without basic complications, sketching out the common sense of energized care.

Gestational diabetes mellitus is the moment case consider. A 28-year-old hopeful lady analyzed with GDM was treated with way of life alterations and attack treatment. a agreeable company driven by an endocrinologist who is energetic almost accomplishing ideal glucose control. She gave birth to a sound child who weighed seven pounds, illustrating the preferences of early intercession and all-encompassing care.

A 29-year-old lady analyzed with GDM within the middle of her pregnancy was inspected. She wrapped up an requested calorie check and dove right into helped preparing sessions. Normal blood glucose observing uncovered fundamental alterations that were annoyed. Since of this, a solid child boy passed absent at birth without having any issues related to tall blood sugar, demonstrating that custom fitted care can have positive comes about.

### **Discussion**

Treating diseases in expectant women poses previously unheard-of difficulties. Nevertheless, following guidelines from legitimate blue ribbon groups and utilizing evidence-based practices can maximize outcomes. A multidisciplinary approach is essential to ensuring that patients receive attentive, all-encompassing care.

Pregnant women's diseases require personalized care due to the unique physiological changes that occur throughout this time of pregnancy. Early assertion, evidence-based communication, and continuous observation are key components of a profitable organization. In order to meet the combined demands of expectant mothers and assure the success of the fetus, a multidisciplinary team is essential.

### **Recommendations**

1. Early Conclusion and Mediation: Pre-birth care must incorporate schedule screening for common pathologies as a obligatory component.
2. Instruction and Direction: Patients gotten intensive instruction with respect to their valuable conditions and the require of following to treatment conventions.
3. Custom fitted Care Plans: Treatment plans must be custom-made to each patient's particular needs amid pregnancy and balanced as required.
4. Multidisciplinary Collaboration: The organization of pregnancy-related clutters can be progressed by amassing a care group counting a few pros.

### **Limitations**

Indeed in spite of the fact that this article presents a assortment of successful treatment approaches, it is vital to keep in mind that there are potential dangers and varieties in reaction. Analyzing the long-term impacts on moms and fetuses related with these mediations requires an enthusiastic examination.

### **Conclusion**

Pregnant women's ailments may be complexly organized, but it is basic to consider the perspectives of maternal-fetal pharmaceuticals. Healthcare specialists may inside and out lower the rate of challenges by promoting custom fitted trade, solid conclusions, and a collaborative approach to treatment. This will bolster the development of moms and their youthful children. Ceaseless care and adherence to advancing clinical rules stay vital in arrange to clear the way for more secure pregnancies.

Treatment of pathology in pregnant ladies can be an energizing and requesting field that calls for a deft, thoughtful, and versatile approach. Healthcare experts can diminish issues and make strides comes about for moms and their newborn child children by emphasizing early conclusion and

individualized treatment regimens. In orchestrate to coordinate pregnant patients with pre-existing illnesses or issues toward more advantageous pregnancies and families inside the long run, a center centered on collaborative, multidisciplinary care is required.

## References

1. American College of Obstetricians and Gynecologists. (2020). Practice Bulletin: Gestational Hypertension and Preeclampsia.
2. World Health Organization. (2021). Guidelines for the Management of Non-Communicable Diseases in Pregnancy.
3. National Institute for Health and Care Excellence. (2022). Managing Diabetes in Pregnancy: Standards of Care.
4. Vincenzo, M., et al. (2019). Mental Disorders in Pregnancy: Diagnosis and Management Guidelines. *Journal of Clinical Psychiatry*.
5. Barlow, S., et al. (2021). Update on Treatment Strategies for Gestational Diabetes. *Diabetes Care*.
6. American College of Obstetricians and Gynecologists. (2020). Practice Bulletin: Management of Hypertension in Pregnancy. ACOG Practice Bulletin No. 203.
7. American Diabetes Association. (2021). Standards of Medical Care in Diabetes—2021. *Diabetes Care*.
8. Leung AS, et al. (2019). Thyroid Disease in Pregnancy: Diagnosis and Management. *Clinical Obstetrics and Gynecology*.
9. National Collaborating Centre for Women's and Children's Health. (2020). Antenatal Care: Guidelines for the Routine Care of Pregnant Women.
10. Epperson CN, et al. (2021). The Impact of Maternal Mental Illness on Child Development. *New England Journal of Medicine*.
11. AK Islomovna, JG Ergashevna, IG Pardabaevna, Prevention of Vertical Transmission of Infection in Pregnant Women with Hepatitis B, *JournalNX*, 141-144
12. IG Pardabaevna, Changes in the reproductive system of girls with vitamin D deficiency, *Eurasian scientific herald* 5, 170-172
13. IG Pardabaevna, SA Khayrillayevich, Optimization of the outcome of pregnancy and childbirth in women with the threat of premature childbirth, *E-conference globe*, 52-54
14. G Isroilova, K Azimova, M Amonova, The effect of vitamin D deficiency on the formation of the reproductive system in girls, *Theoretical & applied science*, 381-385
15. G Isroilova, S Abdurahimov, The socio-political activity of the youth of Uzbekistan, *International conference on multidisciplinary research and innovative technologies* 231-235
16. Isroilova Guljannat Pardabaevna. (2022). What is Vitamin D Deficiency Dangerous and How to Diagnose it. *The Peerian Journal*, 5, 180–182. <https://www.peerianjournal.com/index.php/tpj/article/view/124>
17. Isroilova Guljannat Pardabaevna, Abdulkhakimova Mohinur. (2022). Causes of preterm labor. *E Conference Zone*, 133-135. <http://econferencezone.org/index.php/ecz/article/view/725>
18. Primova H. A., Sakiyev T. R., and Nabiyeva S. S. 2020. Development of medical information systems, *Journal of Physics: Conference Series*, 1441(1), 012160 doi: <https://doi.org/10.1088/1742-6596/1441/1/012160>.
19. TS Safarov, SX Turakulov, IS Nabiyeva, SS Nabiyeva // Эффективность медицинские информационные системы в диагностике // *Theoretical & Applied Science*, 301-305.