

## DIFFERNERT CHANGES THAT WOMEN MAY OCCUR DURING THEIR PREGNANCY

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### ANNOTATION

In this article, the vitamins needed for proper fetal development pass through the mother's body, if the mother is healthy, there are no birth defects, the fetus develops normally, the serous fluid in the pelvic joints softens, the mother's body and growing fetus need more water. and so on.

**Keywords:** vitamins, fetus, mother, organism, birth canal, serous fluid, pelvis, fertilized egg, uterus.

### INTRODUCTION

From the time the fertilized egg is placed in the migrating membrane of the uterus, especially during feeding through the allantois (from the second week of embryonic life) the embryo receives from the mother's blood all the substances necessary for its development. Vitamins necessary for the proper development of the fetus pass from the mother's body to the fetus, the fetus receives oxygen from the mother's blood. If the fetus does not get enough oxygen, there will be a lack of oxygen in the house and the fetus may die.

From the second half of pregnancy, the protein that enters the mother's body is mainly used for the formation of fetal tissue, calcium salts accumulated in the maternal tissues and placenta are used for the formation of the fetal skeleton. Abnormal fetal growth in the mother's body, unhealthy (inflamed) birth canal, surgeries in previous births, etc. can cause severe cases for the fetus. If the mother is healthy and there are no birth defects, the fetus will develop normally and grow normally and be born on time.

Some hereditary diseases in the family of pregnant women, diseases experienced by the pregnant woman herself; (rickets, tetanus, scarlet fever and other infectious diseases) can complicate the process of pregnancy and childbirth.

Thus, the mother's body is a source of nutrition for the fetus, which provides the fetus with all the necessary substances for growth and development. During pregnancy, the chest (its lower part) expands, the rib cage rises. During pregnancy, new connective tissue is formed in the symphysis and pubic bone, in the hip-hip joint, and a condition called osteophytes in pregnancy, a yellowish-red layer is observed on the inner surface of the forehead and temporal bone.

It softens as a result of increased serous fluid in the area of the pelvic joints. The softening of the pelvic joints increases their mobility. In some cases, symptoms of acromegaly are observed in pregnancy: the bones of the legs, arms and lower jaw are enlarged.

As the fetus grows, the skin of the female abdominal wall stretches. This is especially the case when there is a lot of amniotic fluid and the fetus is large or twins.

As a result of excessive elongation of the skin of the pregnant abdominal wall, pregnancy lines are formed in it (sometimes scientists reject this idea). It is assumed that the appearance of streaks is caused by the elasticity of the skin and the separation of connective tissues.

If streaks have formed in this pregnancy, the veins in her connective tissue under the thinned skin will appear pink. If the stripes appeared in a previous pregnancy, they remain a leaky path, because the surface of the uining is covered with connective tissue.

Stripes can also occur on the surface of the skin of the thighs and mammary glands. Sometimes non-pregnant women can also see lines similar to those of pregnancy. Accordingly, some scientists say that this condition is due to the activity of the endocrine glands. In some women, in the last stages of pregnancy, hair grows on the face, on the white line of the abdominal wall, and in 2-3 weeks of the chill period, these hairs disappear. This condition is due to the activity of the endocrine glands and the developing placenta. In pregnancy, on the white line between the abdominal wall, in the ring around the mammary glands, on the external genitalia, around the navel, sometimes on the face (forehead, face, upper lip) dark spots increase, this is also a specific change that occurs in the skin. This condition depends on the activity of the adrenal glands.

It is known that a woman's weight increases due to fetal growth. Because as the fetus grows, the amniotic fluid increases, uterine muscle hypertrophy occurs, and the circulatory system is further improved.

As a result, a pregnant woman's weight increases by 400-450 grams per week. In addition, some women become obese during pregnancy. There is also a change in the umbilical cord of the fetus. In the second half of pregnancy, the umbilical cord flattens, and in the last month it swells. This sign indicates the beginning of the gestation period (10 months). During this period, along with changes in the function of organs and systems in the female body, metabolism also changes. Exchanging system of air. Between the chorionic lashes, a very thin membrane of the wall of the ciliary capillaries and the epithelium covering them provide a close connection between the mother and the fetal blood. But maternal blood does not mix with fetal blood, because each has its own circulatory system. Air exchange consists mainly of oxygen exchange. Proteins in the body of a pregnant woman during pregnancy (especially in the first half) are used to produce special proteins necessary for the growth of the uterus and the development of the mammary glands, and then in the formation of fetal tissu and organs in the pregnant body. Usually during pregnancy, protein metabolism decreases, therefore it is not advisable to eat a lot of protein-rich animal products, because in the body of the pregnant woman may accumulate intermediates (completely undigested proteins), which have a detrimental effect if the protein increases.

Water and chlorides increase in the tissues of a pregnant woman, especially in the second half of pregnancy.

Pregnancy and the fetus will need calcium, sodium, potassium, phosphorus, magnesium and iron salts.

Calcium salts are used for bone marrow transplantation. If the mother's body does not get enough calcium salts, the fetal skeleton undergoes various changes. Phosphorus in the body of a pregnant woman is mainly involved in the developmen of the fetal bone system along with calcium salt. Phosphorus is also used for the construction of the loan system. If each of these xtl salts is not enough in the body, tetany, osteomalacia may occur. Lack of phosphorus and calcium salts can soften the pelvis and change its shape.

Iron salts are necessary for the formation of blood elements in the fetus. These salts mainly accumulate in the liver and spleen of the fetus.

Due to the low content of iron salts in breast milk, the baby consumes these salts accumulated in the body in the first month after birth. Accordingly, it is necessary to carry out sanitary-preventive work among women in this regard.

During pregnancy, a woman's carbohydrate metabolism increases slightly. In this case, the body absorbs carbohydrates as glycogen, which accumulates in the liver.

Occasionally, a woman experiences physiological glucosuria (carbohydrate in the urine), which is thought to be caused by an increase in the blood-carrying properties of the renal epithelium. The amount of sugar in the blood does not increase, it may increase slightly at the end of pregnancy, but does not exceed the normal limit. Carbohydrate is a substance that energizes the body.

During pregnancy, the mother's body and the growing fetus's need for water increases, so the woman is forced to drink more water than before.

However, if a woman begins to develop swelling, it is possible to reduce water intake.

Tumor is the initial stage of toxicosis that occurs in the second half of pregnancy. Lack of vitamins in the body of a pregnant woman leads to hypovitaminosis, in severe cases, avitaminosis. This condition can cause the fetus to give birth prematurely and not grow well. When a pregnant woman's body is deficient in vitamins, it creates favorable conditions for the development of toxicosis.

Vitamin C is necessary for the proper conduct of the process of attachment of the egg to the sperm, as well as for the growth of follicles, the development of the uterine decidual membrane. The body of a pregnant woman also needs a lot of vitamin D. It is known that vitamin d regulates and regulates calcium and phosphorus metabolism. If the body lacks vitamin D, osteomalacia can occur in the mother and rickets in the fetus.

Vitamins E and A are also necessary for a normal pregnancy. If you do not have enough vitamin E, A, the fetus may be born prematurely.

Neutral fats and cholesterol, such as lipoids, also increase in a woman's blood during pregnancy. The breakdown of fats causes acetone to form in the body.

Cholesterol is low in the bile during pregnancy, but increases during the chill period, and sometimes there is a tendency for gallstones to accumulate in the gallbladder. Fat accumulates in the heart muscle of a pregnant woman, in the mammary glands, and in the placenta. When a pregnant woman eats a lot of fatty foods, the breakdown of fat in the body is disrupted, and as a result, harmful products of incompletely burned fat accumulate in it and they pass into the urine.

Changes in uterine length. During pregnancy, the length of the uterus also lengthens as the fetus grows (hypertrophy). Some obstetricians say that depending on the standing position of the round longitudinal, it is possible to guess where the satellite is attached.

For example, if the placenta is located on the posterior wall of the uterus, the round longitudinal aicha will be in front and closer to each other. If the placenta is located in the anterior wall of the uterus, then the round longitudinals are much more posterior.

During pregnancy, the anterior pituitary gland is significantly enlarged.

In the anterior part of the pituitary gland there are 2 different chromophylls depending on the intensity of staining. Chromophilic cells divide into acidophilic and basophilic cells depending on the staining of the grains.

Symptoms of acromegaly can sometimes be seen in a pregnant woman with enlargement of the anterior pituitary gland. But with the termination of pregnancy, these symptoms disappear on their own. The posterior part of the pituitary gland (neurohypophysis) does not enlarge during pregnancy.

The anterior pituitary gland secretes large amounts of gonadotropic hormones. The activity of the posterior part of the pituitary gland is under the control of the central nervous system as well as the anterior part. The pancreas in front of the thyroid gland regulates calcium metabolism, its activity increases during pregnancy. Sometimes it is possible to see cases of fatigue in pregnancy, which is caused by a decrease in calcium salts in the body. This condition occurs when the activity of the pancreas in front of the thyroid gland decreases.

Changes in the adrenal glands. The adrenal glands become enlarged as a result of thickening of the cortex. Hormones (like cortisone, hydrocortisone) that regulate the metabolism of protein, charcoal and minerals are released more from the adrenal glands during pregnancy. A number of studies have been conducted on the function of the cerebral cortex during pregnancy. During pregnancy, the connection between the cerebral cortex and the brain changes.

At the end of pregnancy, the excitability of the cerebral cortex decreases significantly, reflex excitation of the spinal cord increases, which is one of the reasons for the onset of labor pains. The conditioned reflexes that occur at the beginning of pregnancy vary considerably from the first movement of the fetus to the end, but the complication disappears completely with the onset of pain. A pregnant woman becomes irritable, mood swings, drowsiness, decreased sexual desire. The cases noted above are due to changes in the mutual balance of cerebral cortex and subcortical activity.

At the end of pregnancy, the heart is slightly transverse and lies close to the chest. At the same time, the boundary of the heart expands, the heartbeat becomes more distant.

The thinner the heartbeat, the more often the systolic murmur, is heard as the larger blood vessels bend more. As the mammary glands become larger and fuller, it becomes more difficult to determine the boundary of the heart, which can be detected with the help of ultrasound and X-rays. If the placenta is located in the anterior wall of the uterus, then the round longitudinals are much more posterior. The state of the endocrine system in pregnancy. During pregnancy, the endocrine system undergoes a number of anatomical and physiological changes.

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The posterior part of the pituitary gland (neurohypophysis) does not enlarge during pregnancy. A number of studies have been conducted on the function of the cerebral cortex during pregnancy. In particular, M.L.Garmashova and her colleagues used electroencephalogram to detect changes in the cerebral cortex even in the early stages of pregnancy. Accordingly, the tone of the autonomic nervous system changes. Most often vegetative symptoms occur: a pregnant woman's saliva flows, nausea, vomiting (spasm of the pylorus of the stomach) and

dysfunction of the autonomic nervous system. Thus, the readiness of the pregnant organism to stand depends mainly on the complex reflex reaction of the nervous system.

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The cases noted above are due to changes in the mutual balance of cerebral cortex and subcortical activity.

A pregnant woman sometimes has nausea, vomiting, salivation, intestinal atony, constipation, the woman becomes dissatisfied with certain foods.

During pregnancy, the function of the kidneys, like other organs, increases. The kidney is the organ that regulates water metabolism in the body and excretes metabolic products secreted by the mother and fetus. During pregnancy, the filtering properties of the kidneys are reduced, so a small amount of sugar and protein is often found in the urine of a pregnant woman, but this is not considered a pathological condition.

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