

## AIDS AND HIV DISEASE ITS EFFECTS ON THE HUMAN ORGANISM, TRANSMISSION WAYS AND PREVENTION

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### ANNOTATION

Today, the disease "Acquired Immune Deficiency Syndrome" and "Acquired Immune Deficiency" is growing rapidly throughout the world region. It is very necessary that we get such diseases. What is AIDS and HIV disease? How does it affect patients? Will people who are infected with this disease recover? How can we prevent such a disease?

**Keywords:** AIDS, HIV, Problems, Prevention, Prophylaxis, Treatment methods, Requirements and conditions for not contracting the disease.

### PURPOSE

To promote the treatment of patients with AIDS and HIV and measures to prevent transmission of this disease.

### INTRODUCTION

Acquired immune deficiency syndrome (AIDS) is a disease caused by a virus belonging to the retrovirus group; divided into two periods: HIV infection and immediate AIDS (SPID) period. The period of HIV infection is the period when the human body has the virus, but the symptoms of the disease have not yet appeared. The virus was discovered almost at the same time by scientists led by Professor Luc Montagne in Paris and Professor Gallo in the United States (1983). This virus selectively affects the human immune system, specifically destroying CD4+ immune cells. After the virus enters the human body, after 2-3 days, in 25-30% of cases, symptoms characteristic of the period of primary infection can be observed. This is called "acute seroconversion syndrome" and may include fever, night sweats, joint and headache pain, nausea, vomiting, diarrhea, and a rash, especially on the upper body. These symptoms are related to the response of the immune system to a certain extent to the effect of the virus on the human body. But detection of antibodies during this period does not give results, because the response of the immune system is not yet fully formed. This period of the disease can last up to 8-10 years, sometimes even longer. Currently, the diagnosis of HIV infection in practice is based on the detection of antibodies against the disease virus in the blood - enzyme immunoassay (EIA) reaction. Although the initial antibodies begin to form after 3 weeks after the virus enters the body, the used diagnostics cannot detect them. Therefore, it is possible to conclude that a

person has been infected with this infection based on the result of a smear test 90 days after the virus entered the body.

**HIV is the cause of AIDS.** In some cases, people infected with the virus may not develop AIDS. In most cases, AIDS is caused by not treating HIV in time.

**HIV-** is a member of the retrovirus family, which damages important organs of the body and cells of the immune system. If antiretroviral therapy is not carried out against the development of the virus, the virus develops rapidly in the body. The development of the virus depends on various factors. These can be a person's age, the body's defense against the HIV virus, health, other infections, and genetic factors.

**Sexual contact** is transmitted through contaminated sexual fluids (rectal, genital and oral mucosa). This condition can occur when protection is not used during sex, during atypical sex, or through the objects used.

**Mother to Child** - A woman infected with HIV can transmit the HIV virus to her child during childbirth, pregnancy, and breastfeeding.

**Blood-borne** transmission is more common in developed countries during blood transfusions. In this case, damage is observed when injecting intravenous drugs without changing syringes or through damaged syringes.

#### **Initial symptoms of HIV**

Some people infected with HIV may not have symptoms for months or even years. In 80% of cases, after 2-6 weeks after being infected with the virus, symptoms of the flu can be observed. This is called acute retroviral syndrome.

Early symptoms of HIV include:

- High temperature;
- Trembling;
- Pain in the joints;
- Pain in the muscles;
- Sore throat;
- Sweating a lot at night;
- Gland enlargement;
- Red rashes on the body;
- Quick fatigue;
- Rapid weight loss.

It should be remembered that the above symptoms occur not only after infection with the HIV virus itself, but with secondary viruses.

#### **Myths about HIV and AIDS**

Many people have misconceptions about HIV and AIDS. Here are some of these fabrications:

- May fall asleep when asked to shake hands;
- Can fall asleep while hugging;
- May fall asleep when kissing;
- It can be transmitted when coughing;
- Can get infected when using the same toilet;
- It can get wet when using a towel;

- Can be transmitted from kitchen appliances;
- He may die in intensive care.

### **AIDS treatment methods.**

Currently, there is no specific drug against HIV and AIDS. Current treatments can help people live longer with HIV. Early initiation of HIV antiretroviral therapy is important. Because through this you can extend the life span of a person.

People infected with HIV today can only be helped by stopping the virus from multiplying in them. If a person has been infected with the virus within the last 72 hours, antiviral drugs can stop the virus from multiplying. This course of treatment must be carried out within 4 weeks. HIV surveillance will continue from treatment.

### **AIDS prevention measures**

**Every medical worker should know HIV prevention measures:**

**Sex without protection** means a person can get HIV and other sexually transmitted infections. Condoms must be used separately and correctly for each sex.

**Taking drugs** - intravenous drugs are the main cause of HIV spread in developed countries. Hepatitis C is also spread through this route. If it is necessary to use needles, the needle should be sterile, unused and unopened.

**Medical personnel** — medical personnel working with HIV-infected patients are required to work with special gloves, masks, protective glasses, gowns. If blood comes into contact with the skin, immediately wash the skin with water to prevent damage.

**In pregnancy** - some antiretroviral drugs can have a harmful effect on the fetus. That's why it's better to give birth by cesarean section. A woman infected with HIV can transmit the virus to her child through breast milk.

**Psychological** - most people infected with HIV in the world do not disclose their infection. As a result, HIV diagnosis is delayed. An untimely diagnosis ends with serious consequences.

Issues related to HIV/AIDS in Uzbekistan are handled by the HIV/AIDS service of the Ministry of Health. The HIV/AIDS Center of the Republic, the HIV/AIDS Center of the Republic of Karakalpakstan, the HIV/AIDS Centers of the Tashkent city and regions are responsible for all preventive, epidemiological, lab activities related to this field. conducts examination and treatment measures. Lip at each center eyebrow at will. there are anonymous rooms where visitors can be secretly checked. Trust Points (IPs) also work confidentially with target groups, drug addicts and sex workers to prevent the spread of the virus.

### **CONCLUSION**

We also need to prevent AIDS and HIV infection. This disease is the most dangerous disease in the world, that is, among all diseases. In the Republic of Uzbekistan, the requirements for preventing this disease are also very high. Our country is a Muslim country, that is, one of the countries where the religion of Islam dominates. If every country pays strict attention to hygiene in hospitals and other places, the spread of these diseases will decrease day by day, month by month, year by year.

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