

AIDS - ACQUIRED IMMUNE DEFICIENCY SYNDROME**Maxmanabiyeva Aziza Mels qizi**

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Annotation: Acquired Immunodeficiency Syndrome (AIDS) is a disease characterized by the weakening of the human immune system, making it unable to fight infections and cancer. AIDS is transmitted through the Human Immunodeficiency Virus (HIV), which reduces the number of T-cells in the body. After the acute stages of the disease, patients become susceptible to numerous opportunistic infections and dangerous illnesses. Treatment methods focus on controlling the virus and strengthening the immune system. Diagnosis is based on blood tests and clinical symptoms.

Key words: AIDS, Acquired Immunodeficiency Syndrome, immune deficiency, HIV, T-cells, opportunistic infections, virus, diagnosis, treatment.

Annotatsiya: orttirilgan immunitet tanqisligi sindromi (OITS) — odamning immun tizimi zaiflashib, infeksiyalar va saraton kasalliklariga qarshi kurasha olmasligi bilan tavsiflanadigan kasallik. OITS virus (OIV) orqali yuqadi, organizmdagi T-hujayralar sonini kamaytiradi. Kasallikning o'tkir bosqichlaridan so'ng, bemorlar ko'plab oportunistik infeksiyalar va xavfli kasalliklar bilan kasallanadi. Davolash usullari virusni nazorat ostida saqlashga va immunitetni mustahkamlashga qaratilgan. Diagnostika qon tahlillari va klinik simptomlarga asoslanadi.

Kalit so'zlar: OITS, Orttirilgan Immunitet Tanqisligi Sindromi, immunitetning pasayishi, OIV, T-hujayralar, oportunistik infeksiyalar, virus, diagnostika, davolash

Аннотация: синдром приобретенного иммунодефицита (СПИД) — это заболевание, характеризующееся ослаблением иммунной системы человека, что приводит к неспособности бороться с инфекциями и раковыми заболеваниями. СПИД передается через вирус (ВИЧ) и снижает количество Т-клеток в организме. После острых стадий заболевания пациенты подвержены множеству оппортунистических инфекций и опасных заболеваний. Методы лечения направлены на контроль вируса и укрепление иммунной системы. Диагностика основывается на анализах крови и клинических симптомах.

Ключевые слова: СПИД, синдром приобретенного иммунодефицита, снижение иммунитета, ВИЧ, Т-клетки, оппортунистические инфекции, вирус, диагностика, лечение.

For several years now, HIV/AIDS has been one of the diseases that has raised concerns within the global community. First identified in 1981, this infection has reached pandemic levels today. There is no country, state, or region left untouched by this disease.

HIV - Human Immunodeficiency Virus.

- HIV primarily attacks the human immune system, resulting in increased susceptibility to infectious diseases.
- HIV infection is contagious at all stages.

According to world scientists, AIDS originated from the African continent, where the virus responsible for the disease was transmitted from monkeys living in that region to humans and spread worldwide. The first information about AIDS appeared in 1981 in the United States. The disease was initially identified due to a severe drop in immunity among male homosexuals, leading to dangerous tumor diseases. The virus causing the disease was isolated independently by two scientists in 1983: Robert Gallo in the USA and Luc Montagnier in France. A year later, the disease was reported in Europe and other countries around the world. Today, AIDS is considered widespread in almost all countries, earning it the title of "the plague of the 20th century." The onset of the AIDS epidemic is accepted as late in the 1970s and early 1980s. On June 5, 1981, the first report of five citizens suffering from unusual illnesses was received by the Centers for Disease Control and Prevention in the USA. In September 1982, the term "AIDS" first appeared in the media, along with a description, and official monitoring began in the USA and Western Europe. In 1988, the United Nations declared December 1st as World AIDS Day. Despite mandatory screening of the population and all donated blood starting in 1989, it became known that nearly 250 children in Elista and other cities in southern Russia had contracted the immunodeficiency virus. In 1996, it was announced at an international conference held in Vancouver that new medications against AIDS had been developed. In 2001, the UN General Assembly announced the "Global Crisis - Global Action" program against AIDS. The transmission routes of HIV are diverse. The virus can be found in all biological fluids of an infected person - blood, semen, vaginal secretions, and breast milk. It is also important to note that it has been detected in saliva, tears, sweat, urine, and feces; however, due to low concentrations in these fluids, they do not possess the ability to transmit the disease.

The disease can be transmitted through three main routes:

1. Through unprotected sexual contact - natural transmission.
2. Parenteral transmission (artificial route), which occurs when the integrity of skin and mucous membranes is compromised during medical procedures using non-sterile instruments, especially when sharing needles or syringes for injecting drugs into veins, as well as through shared shaving or dental tools, tattooing, transfusions of untested blood or blood products, and organ or tissue transplants.
3. Vertical transmission - natural route, meaning transmission from an HIV-infected pregnant woman to her fetus or newborn (HIV can be transmitted during pregnancy, childbirth, and through breast milk). The incubation period for the disease averages between 3-4 weeks to 5-6 months and can even last from 2 to 5 years before clinical symptoms of HIV infection become apparent. Symptoms include fatigue, decreased appetite, night sweats, prolonged unexplained fever, and enlargement of lymph nodes (under the jaw, armpits, groin), as well as skin rashes.

The transmission of the HIV virus primarily occurs through three main routes.

1. Sexual contact. The most common way the virus spreads is through unprotected sexual intercourse.
2. Parenteral route. This involves transmission via instruments contaminated with infected blood or other biological fluids (for example, needles). It can also happen through blood transfusions or organ transplants from infected donors.
3. Vertical transmission. The virus can be passed from an infected mother to her fetus or newborn. This may occur during pregnancy, childbirth, or breastfeeding.

Prevention of HIV is crucial and includes.

- Avoiding unprotected sexual intercourse
- Screening blood products
- Using disposable needles and instruments
- Providing education and information about HIV

Today, antiretroviral therapy (ART) is available for treating HIV. These medications help control the virus and improve the quality of life for patients. HIV remains a global challenge, but modern medicine and preventive measures can reduce its spread and extend patients' lives. Everyone should be informed about HIV and take necessary precautions to protect their health. Every year, December 1 is traditionally celebrated as World AIDS Day. On this day, the aim is to raise public awareness about supporting those affected by AIDS, the symptoms of the disease, and increasing awareness about prevention methods. This observance focuses on highlighting the importance of education and understanding regarding HIV/AIDS, fostering support for individuals living with the condition, and encouraging efforts to combat stigma associated with the disease.

According to the World Health Organization, by the end of the year 2000, 5.5 million people were diagnosed with AIDS in 197 countries, and 15.5 million of them had died. Currently, the number of individuals affected by this disease is around 90 million. This disease affects the immune system, which is responsible for protecting the body from internal and external harmful influences, rendering it dysfunctional due to the virus. The existence of HIV, the virus that causes AIDS, was established by French scientist Luc Montagnier and American scientist Robert Gallo. At the core of this illness lies the impairment of the body's ability to fight against diseases, especially infections. In our country, measures have been taken to prevent the spread of HIV/AIDS. A specialized national center for combating this issue has been established, along with its branches in regions and cities, where diagnostic laboratories have been opened. At the Republic HIV Center's anonymous room, individuals suspected of having HIV or being virus carriers can undergo testing either anonymously or openly. Additionally, anyone can come to this center for consultations regarding their concerns. In conclusion, considering that HIV has entered the 21st century alongside us, it is crucial for every person to take this matter seriously. Given the possibility of HIV transmission, every man, woman, and child must understand the causes of this virus and maintain high standards of behavior to avoid falling into the grips of this disease.

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