

## MUCOUS MEMBRANE DISEASES OF THE ORAL CAVITY AND METHODS OF THEIR TREATMENT

**Rasulova Mohigul Matyoqubovna**

*Buxoro davlat tibbiyot instituti*

**Abstract:** *Stomatitis is an inflammation of the mucous membrane of the oral cavity. Stomatitis can be an independent disease and also a characteristic sign of other diseases (measles, rubella, candidiasis). If the inflammation is on the tongue, it is called glossitis, if it is on the gums, it is called gingivitis. Each of these has its own symptoms. Metabolic diseases (avitaminosis, diabetes), diseases of the nerves and internal organs, vitamin deficiency, and disorders of the internal secretion glands can also occur. Smoking, drinking alcohol, eating very hot or very cold, sour and salty foods can also cause stomatitis. Stomatitis also occurs when there is an increased sensitivity to certain drugs, in particular, during self-medication, during puberty, when it is difficult for wisdom teeth to erupt. Despite the different forms of stomatitis, they have common symptoms: the tissues around the mucous membrane of the oral cavity swell, redden, and become inflamed. stands, submandibular lymph nodes are enlarged.*

**Key words:** *Stomatitis, gingivitis, candidal stomatitis, Solcoseryl, Karotolin*

The mucous membrane of the mouth is an indicator that reflects the work and condition of the internal organs and systems of the whole body. Inflammatory diseases of the mucous membrane of the oral cavity are pathologies that affect patients of different ages. The inflammatory pathology of the mucous membrane, like other diseases of the mouth, causes a certain discomfort to the sick person and disrupts the usual rhythm of life: speech, eating, sleeping. Doctor of medical sciences, professor Andrey Vladimirovich Sevbitov noted that the inflammatory process in the mucous membrane of the oral cavity can be under the influence of various factors: (bacterial, viral, infectious, traumatic, etc.).

Stomatitis is an inflammation of the mucous epithelial layer of the oral cavity. Usually, stomatitis is a disease associated with childhood. However, at present, this disease is observed more and more in adults. Inflammation can often be found on the lips, cheeks, and inner surface of the palate. Sometimes stomatitis is observed under the tongue. The causes of the development of the disease are the negative effects of the environment and the weakening of the body's immune capabilities.

### SYMPTOMS OF STOMATITIS

1. Red spots and ulcers appear under the tongue and on the inside of the cheeks and lips. Often, the disease is accompanied by an unpleasant burning sensation in the area of these formations.

2. Later, the area affected by stomatitis becomes painful and swollen. If the disease is caused by a bacterial infection, oval sores with a red halo are formed at the focal point.

3. The patient's gums begin to bleed, the intensity of saliva increases, and bad breath appears. With stomatitis, the temperature may rise, and the lymph nodes located in the neck area may increase slightly.

When a person has this disease, even eating causes discomfort and is accompanied by pain syndrome.

How is stomatitis treated?

Catarrhal stomatitis and inflammation of the mucous membranes without aphthous diseases caused by non-compliance with hygiene rules can be treated very simply at home, the treatment lasts a week. In order to recover faster during the treatment, it is necessary to temporarily refrain from aggressive foods (sour, salty, excessively hard, very hot or cold foods), and try to rinse the mouth often with disinfectants.

If stomatitis is more serious with signs of infection, you should consult a dentist. Treatment should include measures to prevent the development of chronic disease, reduce pain, restore the mucous membrane and prevent the spread of secondary disease.

Painkillers

The main thing in the treatment of stomatitis is anesthesia. For this, you need ibuprofen or paracetamol - these are the most affordable and common drugs. If stomatitis prevents eating, speaking and creates serious discomfort for the patient, the doctor can prescribe local painkillers. In general, for the treatment of stomatitis, dentists recommend the following:

Use of painkillers - sometimes the pain is so strong that a person cannot even eat. In this case: sucking Hexoral tablets relieves pain and has an antibacterial effect due to the presence of chlorhexidine in its composition;

Lidocaine Acept - relieves severe pain even in cases of aphthous stomatitis;

Anti-inflammatory drugs are the main treatment of stomatitis.

Kholisal is a local anti-inflammatory gel;

Ingafitol - for rinsing the mouth, in the form of a solution;

Cameton - an anti-inflammatory agent in the form of a spray, gives good results in aphthous stomatitis;

Bitter stone powder - eliminates the inflammatory process, that is, wraps the wound, dries it and stops its development.

Antifungal, antiviral and antihistamine drugs are prescribed only by a doctor. They are used to treat this type of stomatitis. For example: Miconazole (gel), Naistatin ointment - used only for candidal stomatitis;

Aciclovir, oxolin, interferon ointments - have an antiviral effect in herpetic stomatitis;

- Tavegil, Claritin, Loratodin - has an anti-allergic effect.

In stomatitis, after elimination of microbes, viruses, fungi, etc., which cause inflammation, drugs that accelerate the healing of the resulting wounds are also used. For example:

- Karotolin - for external use, contains a lot of vitamin A, accelerates regeneration;

- Propolis spray - accelerates the recovery of the epithelium, has a softening, pain-relieving effect;

- Solcoseryl - enhances tissue regeneration.

How to treat stomatitis in adults

Correct and timely therapy is the key to recovery. The duration of treatment is several weeks. If a comprehensive approach is used, you can cope with the disease in a few days.

First of all, you need to determine the cause of stomatitis. A visit to the doctor is a must.

- Treatment is represented by local therapy, which includes rinsing, rinsing, oral irrigation and the use of ointments.

- The doctor certainly prescribes antibiotics, antiviral drugs and drugs aimed at strengthening the immune system to the patient.

Traditional Treatment Methods

1. For stomatitis, the affected area can be treated with hydrogen peroxide solution. Pour a teaspoon of peroxide into half a glass of water. Washing with this solution relieves pain.

2. Kalanchoe can be used to relieve inflammation. Rinse your mouth with Kalanchoe juice during the day. You can chew the washed leaves.

3. Rinse your mouth with cabbage or carrot juice diluted with water. Mix equal amount of juice with water and use it three times a day.

If you have not yet consulted a doctor and you do not believe in traditional medicine, you can alleviate the situation by avoiding cold, hot and sour drinks and solid food. For a week, I advise you to eat grated food. It doesn't hurt to change the toothpaste. Perhaps he caused the disease.

How to treat stomatitis in children

Unfortunately, stomatitis also occurs in children. If so, try to show the child to a pediatrician as soon as possible. Only he will prescribe the appropriate treatment.

Do not use traditional recipes for treatment without consulting a doctor.

1. After the sores disappear, treat the child's oral cavity with sea buckthorn oil or Kalanchoe juice to speed up healing. Every four hours, sprinkle the oral mucosa with a solution of potassium permanganate or peroxide.

2. If your child has fungal stomatitis, it is recommended to create an alkaline environment in the mouth by wiping the mouth with a solution of baking soda. To prepare the solution, dissolve a spoonful of soda in a glass of cooled boiled water.

3. In case of traumatic stomatitis, disinfect the oral cavity with a natural antiseptic - chamomile or sage solution.

4. Irrigate the oral cavity regularly with the help of a rubber bulb. The doctor may prescribe an ointment or gel that relieves the pain.

5. It is not recommended to use bright green in the treatment of stomatitis. This drug destroys microbes, but can burn the mucous membrane, which increases pain and contributes to the development of the disease. Iodine solution is also included in the list of prohibited products.

Some experts insist on treating not stomatitis itself, but the causes that provoke it. At the same time, they advise against self-medication, because the child's body is very delicate.

Self-interference can lead to a change in symptoms, which complicates the diagnosis of the disease. After self-healing, stomach ulcers often turn into serious forms.

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