

## EAR PAIN

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**Abstract:** *Earache is one of the most unpleasant sensations, almost equal to toothache. It appears suddenly and causes serious discomfort that forces you to forget everything. It is difficult, almost impossible, to concentrate on everyday things and tasks when the ear hurts. Shooting, stabbing, cutting, radiating pain to the head is a partial list of the sensations that a person experiences when experiencing an earache.*

### CAUSES OF EAR PAIN

The causes of pain in the ears are conditionally divided into three types: painful sensations in a healthy person; pain in the ears due to diseases of the hearing organ; other organ diseases manifested by ear pain.

We will consider each type and how to treat ear pain in each individual case.

#### PAIN IN THE EARS OF A HEALTHY PERSON

Unpleasant sensations in the organ of hearing can appear in a completely healthy person, and there are several reasons for this (some of them will be given in more detail):

Sensitivity to strong wind and cold. A hematoma may appear in the ear due to prolonged exposure to the wind, which will disappear within a few days. In this case, no additional measures should be taken;

Water entering the ear;

The presence of a sulfur plug;

Mechanical injuries (if, in addition to pain, ear bleeding is observed, consult a doctor immediately);

Acoustic injuries. It occurs when the hearing organ is exposed to loud sounds for a long time, for example, at a rock concert, noisy production, or using headphones for a long time. Usually, when the source of the noise is eliminated, the pain stops. If the noise is related to the workplace and it is impossible to eliminate it, special earplugs should be used;

Barotraumas. Manifested by changes in atmospheric pressure, it often occurs when flying in an airplane or diving. If the ears get stuck on the plane, you need to yawn more, make "swallowing" movements and chew something, then the ear "stuck" will quickly pass;

Unknown things in the ear.

WHAT SHOULD YOU DO WHEN EAR PAIN IS OBSERVED?

As we can see, pain syndrome occurs for various reasons. Only a doctor can understand its root cause, make a correct diagnosis and effectively treat ear pain. An otorhinolaryngologist deals with the treatment of ear pain. If you encounter such a problem, contact a specialist immediately.

Unfortunately, it is not always possible to visit a doctor immediately. Usually the pain appears suddenly and at night. First of all, it is necessary to take painkillers based on ibuprofen. It has anti-inflammatory properties and is more effective than other means.

If the pain is accompanied by the flu, it is not superfluous to use vasoconstrictor drops in the nose.

Many patients rush to buy ear drops for pain relief first. But each drop has its own instructions: in one case they help, in another - not. Drops are not a universal tool. Statistics show that almost half of patients incorrectly prescribe medicines for earache. Drops should be used only when the diagnosis is correct.

Drops do not help with injuries - in this case it is better to take painkillers and consult a ENT doctor. Warm compresses should not be applied to the ear until consulting a doctor. For example, with purulent otitis, such a measure worsens the patient's condition.

Before visiting the doctor, do not go out in the cold without a hat, do not try to clean the ear from pus discharge in the deep part, do not drip alcohol-based drops.

Antibacterial agents are usually prescribed for inflammation of the middle ear. Antibiotics in the form of drops for inflammation of the external ear. In any case, it is necessary to consult a specialist! Folk remedies and other medicines intended for home treatment can be used only after an accurate diagnosis.

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