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## **NEGATIVE CONSEQUENCES OF HELMINTH INFECTIONS AND PREVENTIVE MEASURES IN TREATMENT**

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Medical experts emphasize that the transmission of parasites varies depending on their type. For instance, *Ascaris* infections are commonly observed in children who do not wash their hands properly. Enterobiasis (pinworms) can spread through contaminated hands, food, and airborne dust entering the mouth or nose.

### **Symptoms of Helminth Infections in Children:**

- Weight loss, pale skin, weakness, dizziness, and fever.
- Headaches, sleep disturbances, and mood swings.
- Gastrointestinal issues, including constipation, diarrhea, bloating, nausea, and vomiting.
- Allergic reactions such as itching, rashes, cough, and inflammation of the respiratory tract.
- Weakened immune system, increasing susceptibility to other infections.

### **Types of Helminths Based on Their Location in the Body:**

- **Intestinal parasites:** Residing within the digestive tract.
- **Extra-intestinal parasites:** Affecting other organs such as the liver, lungs, and heart.

Some helminths can reproduce and migrate outside the human body, complicating treatment.

### **Clinical, Manifestations:**

The severity of symptoms depends on the type, number, and location of the parasites. Infected individuals may experience weight loss, abdominal pain, nausea, diarrhea, dizziness, and irritability. When worms infect the intestines, constipation, diarrhea, nausea, and vomiting can occur. If the liver is affected, jaundice, swelling, and skin



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discoloration may develop. Pulmonary infections can cause fever and persistent cough. Furthermore, parasitic infections can impair cognitive function, stunt growth in children, and lead to chronic fatigue.

### Diagnostic Methods:

- Stool analysis (performed three times at different intervals).
- Blood test for helminth antibodies.
- General blood analysis (including detection of Enterobius eggs).

### Preventive Measures and Dietary Recommendations

According to experts at the “Mehrigiyo” medicinal plant enterprise in Uchkuprik district, Fergana region, it is advisable to take Gulzor-3 balm after completing the deworming process.

### Risk factors for helminth infections:

- Poor personal hygiene.
- Infrequent household cleaning.
- Consumption of unwashed fruits and vegetables.
- Presence of pets in the home.
- Lack of proper handwashing habits, especially after playing outside, using the restroom, and before meals.

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