

KATARAKTA: KASALLIKNING SABABLARI, BELGILARI VA OLDINI OLISH USULLARI

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<https://doi.org/10.5281/zenodo.15225968>

Annotatsiya. Katarakta – ko‘z gavhari (linzasi)ning xiralashuvi bilan xarakterlanadigan va ko‘rish qobiliyatining sekin-asta pasayishiga olib keladigan kasallikdir. Tadqiqotlarda yosh bilan bog‘liq o‘zgarishlar, ultrabinafsha nurlari, qandli diabet, yomon odatlar va genetik omillar kasallik rivojlanishida asosiy rol o‘ynashi ko‘rsatilgan. Shuningdek, kasallikning profilaktikasida sog‘lom turmush tarzi, ko‘zni himoya qilish, to‘g‘ri ovqatlanish va davriy ko‘z tekshiruvlarining ahamiyati ta’kidlangan. Kataraktaning asosiy davosi – bu jarrohlik amaliyoti hisoblanadi.

Kalit so‘zlar: katarakta, ko‘z gavhari, xiralik, ko‘rish pasayishi, ultrabinafsha nurlari, qandli diabet, profilaktika, davo.

КАТАРАКТА: ПРИЧИНЫ, СИМПТОМЫ И МЕТОДЫ ПРОФИЛАКТИКИ

Аннотация. Катаракта — заболевание, характеризующееся помутнением хрусталика глаза и приводящее к постепенному снижению зрения. Исследования показали, что большую роль в развитии заболевания играют возрастные изменения, ультрафиолетовое излучение, диабет, вредные привычки и генетические факторы.

Также была подчеркнута важность здорового образа жизни, защиты глаз, правильного питания и периодических осмотров глаз в профилактике заболеваний. Основным методом лечения катаракты является хирургическое вмешательство.

Ключевые слова: катаракта, глазное яблоко, помутнение, потеря зрения, ультрафиолетовые лучи, диабет, профилактика, лечение.

CATARACT: CAUSES, SYMPTOMS AND PREVENTION METHODS

Abstract. Cataract is a disease characterized by clouding of the lens of the eye and leading to a gradual decrease in vision. Studies have shown that age-related changes, ultraviolet rays, diabetes, bad habits and genetic factors play a major role in the development of the disease.

The importance of a healthy lifestyle, eye protection, proper nutrition and periodic eye examinations in the prevention of the disease is also emphasized. The main treatment for cataracts is surgery.

Keywords: cataract, lens, clouding, vision loss, ultraviolet rays, diabetes, prevention, treatment.

Katarakta butun dunyo bo'ylab ko'rish bilan bog'liq muammolarning eng ko'p uchraydigan sabablaridan biridir. Jahon sog'liqni saqlash tashkiloti ma'lumotlariga ko'ra, dunyodagi ko'r odamlarning yarmidan ko'pi aynan katarakta sababli ko'rish qobiliyatini yo'qotgan.

Ko'z gavhari – bu ko'zning ichida joylashgan va yorug'likni sinchkovlik bilan yo'naltiruvchi tuzilma. U o'z shaffofligi tufayli yorug'likni to'g'ri o'tkazadi va tiniq tasvir hosil bo'lishini ta'minlaydi. Ammo:

- Yoshlikda gavhar elastik va toza bo'ladi,
- Yillar o'tishi bilan esa unda modda almashinuvi sekinlashadi,
- Oqsillar yig'ilib, linzada xiralik paydo bo'ladi.
- Bu xiraliklar bosqichma-bosqich ko'rish sifatini buzadi.

Kataraktaning asosiy sabablari

Yosh bilan bog'liq o'zgarishlar. Ko'p hollarda katarakta qarilik bilan bog'liq bo'ladi. 60 yoshdan oshgan har uchinchi odamda bu kasallik belgilari uchraydi. Yoshi ulg'aygan sari gavhardagi oqsillar parchalanadi va o'z shaklini yo'qotadi.

Ultrabinafsha (quyosh) nurlari. Ko'zni uzoq vaqt quyosh nurlariga ta'sir qildirish gavhardagi to'qimalarni zararlaydi. Ayniqsa, ochiq havoda ishlaydigan yoki quyoshli mintaqalarda yashovchi odamlarda bu xavf yuqori.

Qandli diabet. Qonda glyukoza (shakar) miqdorining baland bo'lishi ko'zdagi suyuqliklar tarkibini o'zgartirib, gavharning shishishiga va xiralashishiga sabab bo'ladi.

Dori vositalari. Uzoq muddat kortikosteroidlar (gormonli dorilar), ayrim psixiatriya yoki yurak dorilarini qabul qilish gavhar tuzilmasiga ta'sir qilishi mumkin.

Ko'z jarohatlari yoki operatsiyalari. Avvalgi jarohatlar yoki ko'zda olib borilgan operatsiyalar ham kataraktaning rivojlanishiga sabab bo'ladi.

Irsiyat va tug'ma omillar. Ba'zi hollarda bolalar katarakta bilan tug'iladi yoki hayotining ilk yillarida bu kasallik rivojlanadi.

Kataraktaning turlari

Turi	Ko'zdagi joylashuvi	Asosiy belgilar
Yadroviy	gavharning o'rtasida	Uzoqni ko'rish yomonlashadi, ranglar sarg'ayadi
Kortikal	gavharning chet tomonlarida	Yorug'likda chiroq atrofida "halqa" ko'rinadi
Subkapsulyar	gavharning orqa qismida	Yorug'likka kuchli sezuvchanlik, tez rivojlanadi

Turi	Ko'zdagi joylashuvi	Asosiy belgilar
Tug'ma yoki irsiy	Tug'ilgan payt bo'ladi	Bolalikda ko'rish bilan bog'liq muammolar
Travmatik yoki ikkilamchi	Jarohatdan yoki boshqa kasallikdan keyin	Vaqt o'tib rivojlanadi

Kasallikning belgilari. Ko'rish asta-sekin xiralashadi, yorug'likda ko'zda "halqa"lar yoki "quyosh nurlari" paydo bo'lishi, kechasi yoki qorong'uda ko'rish qiyinlashadi, tez-tez ko'zoynakni almashtirish zaruriyati, bu belgilar paydo bo'lsa, tezda oftalmologga murojaat qilish zarur.

Oldini olish usullari

Ko'zni muhofaza qilish. Quyoshda UV filtri bor ko'zoynaklar taqish, ko'zga zarar yetkazuvchi ishlab chiqarish muhitida himoya vositalarini qo'llash.

Sog'lom ovqatlanish. A, C, E vitaminlariga boy mahsulotlar: sabzi, apelsin, ismaloq, yong'oqlar. Antioksidantlar: ko'k choy, qulupnay, ko'katlar, yetarli miqdorda suv ichish.

Kasalliklarni nazorat qilish. Qandli diabetni nazorat ostida saqlash, qon bosimi, yurak faoliyatiga e'tibor berish.

Yomon odatlarni tark etish. Chekish va spirtli ichimliklar ko'zga salbiy ta'sir qiladi, sog'lom turmush tarzini yo'lga qo'yish.

Davolash usullari.

Asosiy davolash usuli – operatsiya

Katarakta to'liq shakllanganda, gavharni jarrohlik yo'li bilan olib tashlash va sun'iy linza qo'yish orqali davolanadi. Bu oddiy, xavfsiz va samarali amaliyotdir.

Zamonaviy ilmiy yo'nalishlar

- **Ko'z tomchilari** yordamida linzani tozalovchi vositalar ishlab chiqilmoqda.
- **Genetik tadqiqotlar** orqali tug'ma kataraktalarni davolash yo'llari izlanmoqda.
- **Farmatsevtik vositalar** – ba'zi tajriba dorilari linzani sog'lom saqlashga yordam beradi.

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