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INTRODUCTION OF THE TERM ALLERGY INTO SCIENCE AND ALLERGIC CONDITIONS

Annotation: Allergy is a sensitivity that manifests itself in the form of unusual reactions to various foreign substances when in contact with them.Substances that cause allergies are called allergens. The most common allergens are plant pollen, fungal spores, house dust mites, molds, animal dander and fur, drugs, and food products.

The term “allergy” (from the Greek allos - other, ergos - effect) was first used in 1906 by Clemont von Pircke, who suggested that similar immune mechanisms underlie the reactions of immunity and hypersensitivity. A few years earlier (1902), Richet and Porter (Richet, Porter) called the administration of serum against the toxin of the sea anemone Filaria filaris “anaphylaxis” (from the Greek ana - against, rhulaxis - protection). "Periodic colds", "Seasonal rhinitis", "Spring catarrh" - these were the names of a single disease that was known since antiquity and was even described by Ibn Sina. Buqrat was the first to discover that some people had an unusual reaction after eating an orange or a piece of cheese.

After that, Galen wrote about the cold caused by the smell of roses. In 1819, the English doctor John Bostock announced at the London Medical Surgical Society “a condition of periodic damage to the eyes and chest” and described the history of the disease called “hay fever”, which he personally fell ill with.

The first report on the “nervous cold” (or summer cold) in Russia was published in 1889 in St. Petersburg by L. Silich at the Society of Russian Physicians. He considered the cause of the disease to be the flowering of cereals and the dust of trees and plants spread by the wind. Although allergic diseases have been known for a long time, it became possible to treat them only in the 20th century. The incidence of these diseases is also characterized by an increase in the incidence rate in the last two decades: in the last decade alone, the incidence of allergic rhinitis, bronchial asthma, atopic dermatitis has doubled.

In our country, according to official statistics, 5-7% of the population suffers from allergic diseases. However, the real incidence rate is much higher, since the population turns to allergists' offices only after the disease has developed, and the initial symptoms of the disease go undetected. Statistical data have been proven by many researchers that men are more prone to allergies. In particular, the predominance of the male sex in bronchial asthma is more pronounced, especially in youth. The population living in large cities is exposed to a wide range of allergens and is more likely to suffer from allergic diseases than rural residents.

Factors that cause the development of bronchial asthma:

• hypersensitivity of the bronchi;
• heredity.

Causative (increasing sensitivity) factors:

• household allergens (house dust, house dust mites);
• epidermal allergens of animals, birds, mites and insects;
• fungal allergens;
• plant pollen allergens;

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• food allergens;
• medicines;
• viruses and vaccines;
• chemicals.

Factors that increase the influence of factors that develop bronchial asthma:
• viral respiratory infections;
• pathological course of pregnancy in the mother of the child;
• premature birth;
• irrational nutrition;
• atopic dermatitis;
• tobacco (cigarette) smoke.

Factors that lead to exacerbation of bronchial asthma:
• allergens;
• viral respiratory infections;
• physical and mental excitement;
• change in climatic conditions;
• environmental influences (xenobiotics, tobacco smoke, pungent odors);
• some foods, medicines, vaccines.

Based on the above data, two conclusions can be drawn. Firstly, the problem of allergic diseases is an important medical and social problem, the importance of which has increased in recent years. Secondly, the solution of this problem, in particular, practical medical issues, to a certain extent depends on the level of professional training in allergology and immunology not only of allergists, but also of general practitioners, whose main task is to timely identify patients suspected of having allergic diseases (even mild ones) and refer patients to specialized treatment and prevention institutions.

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