

Worms - signs and symptoms, useful and dangerous products, folk remedies

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Abstract. Worms are a helminthiasis characterized by the migration of larvae in the human body, followed by the development of sexually mature individuals in the intestines, which is clinically manifested by allergies and abdominal syndrome.

Key words: Worms, description, causes, types and symptoms, complications, prevention, treatment, healthy products, folk remedies, dangerous products

Varieties:

According to their types, worms are divided into two main groups: flatworms and nematodes. Flatworms, in turn, are divided into trematodes and tapeworms. Based on the characteristics of their biological structure, worms are divided into geohelminths, contact helminths and biohelminths.

Causes:

As a rule, worms enter the human body in the form of eggs and larvae. This usually occurs when eating vegetables, fish, meat, fruits with parasite eggs laid, from contact with domestic and street animals, infection in water is possible when swimming in a lake or river, or failure to comply with basic personal hygiene standards.

Symptoms:

Signs of the presence of helminths in humans differ for the chronic and acute phases. Damage to the body is manifested as follows: elevated temperature - about 37° for a long time, a feeling of lethargy, weakness, deterioration in performance, weight loss, anemia, loss of appetite, poor stool, emerging food intolerance, skin rash, stomach upset, enlarged liver and spleen.

Useful products for worms

The principle of useful products consumed when the body is affected by worms is determined by their ability to help create an intolerable environment for parasites, encouraging them to leave a comfortable habitat, that is, "helminthicity." Such products include:

Chanterelles - according to recent research, contain quinomannose - a special substance that destroys the durable shell of worm eggs and suppresses the vital activity of parasite larvae.

A similar anthelmintic drug, chitinmannose polysaccharide, is also contained in the following mushrooms: larch polypore and shiitake.

Another compound, α -hederin, is found in the male fern. A decoction of this plant will help get rid of worms.

Many types of wormwood will be a useful plant in the fight against helminths. The santonin contained in it causes parasites to move intensively, detaching from the intestinal walls. Wormwood infusion should be taken along with a laxative.

The flower baskets of *Artemisia citvarna* are distinguished by a special concentration of santonin.

Of the plant products that have good anthelmintic properties:

Seed garlic [1], Chinese cloves [2], strawberries, apricot kernels.

A good, completely harmless way to get rid of worms is the juice of ripe melon [3], grown without chemicals.

Raw carrots [4] and their seeds exhibit beneficial properties; As a preventive measure, dried lemon seeds are taken, which need to be chewed a couple of pieces a day.

The seeds of common watermelon [5], especially pumpkin [6], also have an anthelmintic effect.

When carrying out treatment, especially medication, it is important to adhere to a proper diet, high in protein [7].

Recommended use:

Fermented milk products – kefir, whey, fermented baked milk [8]. They contain milk proteins that facilitate the work of the liver [9] and remove fats from it. At the same time, you need to consume a little olive [10] and butter [11], which enhance the lyotropic effect of milk proteins.

It is extremely important to get more fiber during your diet [12], which has a beneficial effect on intestinal function. It is found in sufficient quantities in foods such as wholemeal bread, fruits, and vegetables. The diet also includes foods containing vitamins A, C, and B [13-15]. These are liver, especially of sea fish, egg yolk, cream, fish oil, peas [16], walnuts [17], peanuts, heart. The fruits of sea buckthorn [18], rose hips [19], black currants [20], and red pepper [21] contain large amounts of vitamin C.

Dangerous and harmful products for worms

If you are infected with worms, you should refrain from eating large amounts of foods containing mainly carbohydrates [22], which, through fermentation processes, complicate the work of the intestine affected by parasites. This applies to starch-rich [23] cereals, flour, potatoes [24], and pasta.

When treating helminthiasis, alcohol and tobacco are excluded, as they contribute to the destruction of groups of vitamins and amino acids, negating the beneficial properties of foods consumed during the diet.

To reduce the risk of infection with worms, it is necessary to strictly observe hygiene requirements, eat only well-cooked and fried fish and meat, thoroughly rinse and pour boiling water over vegetables and fruits, regularly carry out preventive deworming for pets, and periodically be examined by a doctor.

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