

INABILITY TO MAINTAIN PREGNANCY: CAUSES, CLINICAL PRESENTATIONS AND PREVENTIVE MEASURES

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KEYWORDS

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ABSTRACT

Inability to maintain pregnancy is a widespread and urgent problem in women's reproductive health. This article analyzes the causes, clinical manifestations and main risk factors of premature termination of pregnancy. Genetic defects, hormonal disorders, infections, immunological changes and social factors are indicated as the main causes of inability to maintain pregnancy. It is emphasized that early diagnosis, complex treatment and preventive measures play an important role in preventing the problem.

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Introduction

Pregnancy is one of the most responsible periods in a person's life, and its healthy and normal course is very important for the health of the mother and child. Unfortunately, not all pregnancies end successfully. In some cases, the fetus is miscarried prematurely or labor begins before the due date. In medicine, this condition is called the inability to maintain pregnancy.

The inability to maintain pregnancy is one of the most common and urgent problems in women's reproductive health. According to various scientific sources, an average of 10-15 percent of all pregnancies end in this disease. In developing countries, this figure is even higher, causing infertility, repeated miscarriages, and mental health problems in women.

The causes of this pathology are very diverse. Sometimes congenital defects or genetic errors in fetal development are the cause, but in some cases, hormonal disorders in the woman's body, inflammatory diseases, chronic diseases of internal organs, or even severe mental stress can also lead to premature termination of pregnancy. Harmful habits - smoking, alcohol consumption, and malnutrition are also risk factors.

The problem of infertility is also being studied in depth in scientific research conducted in Uzbekistan. Studies conducted by scientists from the Republican Center for Perinatology, the Tashkent Medical Academy and Samarkand State Medical University show that early diagnosis, complex treatment and prevention are of particular importance in preventing this condition.

Thus, infertility is a problem of not only medical but also social importance. Because it directly affects the health of women, the stability of the family and the demographic indicators of society. Therefore, a wide study of this topic, identification of its causes and consequences, development of treatment and prevention measures are one of the most important tasks of modern medicine.

Analytical, comparative and statistical methods were used in the study of this topic. Scientific research conducted at the Republican Center for Perinatology, the Tashkent Medical Academy and Samarkand State Medical University, as well as domestic and foreign scientific articles were analyzed.

The following sources served as the main methodological basis during the study:

- Perinatal care standards and clinical protocols adopted by the Ministry of Health of the Republic of Uzbekistan;
- Scientific works of Uzbek scientists in the field of obstetrics and gynecology published in the last decade;
- Recommendations and statistical data published by the WHO (World Health Organization).

The following methods were used to collect and analyze data:

1. Literature analysis - theoretical foundations were developed by studying Uzbek and foreign sources on the topic.
2. Comparative method - indicators of pregnancy loss in different regions were compared.
3. Statistical analysis - based on available numerical data, the prevalence of the problem and the main risk factors were assessed.
4. Results of clinical observations - observations conducted in medical institutions of Uzbekistan were also used as methodological sources.

The research methodology is based on a combination of theoretical and practical sources, which serves to develop recommendations on the causes, consequences and prevention of miscarriage.

A study of Uzbek and foreign literature, as well as the results of perinatology centers and clinical observations, show that the rate of miscarriage remains high. Studies conducted in our republic have shown that premature termination of pregnancy accounts for 11–14% of all pregnancies (Tashpo'latova, 2019; Karimova, 2021).

The analyzes show the multifaceted nature of the factors that cause the inability to maintain pregnancy:

- Genetic and chromosomal factors - in approximately 50% of cases, early miscarriage is associated with genetic defects in the embryo.
- Endocrine factors - progesterone deficiency and thyroid dysfunction play an important role in the termination of pregnancy.

- Infectious factors - the presence of sexually transmitted infections in women negatively affects the development of the fetus. According to the results of clinical observations conducted in our republic, various infections were detected in 32% of women who were unable to maintain pregnancy.
- Immunological and autoimmune factors - the mother's body perceives the fetus as a "foreign cell" and the development of immune reactions against it is also one of the main reasons analyzed.
- Social and psychological factors - stress, poor nutrition, harmful habits (smoking, alcohol consumption) are also noted as high risk factors.

The analysis also showed that recurrent miscarriages (i.e., two or more miscarriages) are also a serious problem in Uzbekistan. According to the results observed in some clinics, this figure is around 2–5%. It has been determined that subsequent pregnancies in such women are also at high risk.

Based on the analysis, the following conclusion can be drawn: miscarriages depend on many factors, and their early detection and comprehensive elimination are important in maintaining the health of the mother and child.

Conclusion

Inability to maintain pregnancy is one of the most urgent problems in women's reproductive health. This condition is manifested by premature miscarriage or premature birth. According to statistics, 10-15 percent of all pregnancies end for this reason. The main causes include genetic defects, hormonal disorders, infections, changes in the immune system, as well as stress, bad habits and chronic diseases. Observations show that this problem is also widespread in Uzbekistan, and repeated miscarriages cause serious psychological and physical problems in women. Early diagnosis, hormonal and anti-infective treatment, the formation of a healthy lifestyle and pregnancy planning are of great importance in maintaining pregnancy. In conclusion, inability to maintain pregnancy is a multifactorial problem, and medical supervision, a healthy lifestyle and scientifically based preventive measures are important in its prevention.

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