

PRESENT VALIDITY OF THE DEVELOPMENT OF HYGIENE DISEASES

Kilichev Jasurbek Fayzullayevich

Student of the medical faculty of the Termez branch of the Tashkent Medical Academy.

Rustamov Ravshan Umidovich

Student of the Faculty of Medicine, TMA Termez branch

Tursunaliyeva Vahoba Umarali qizi

Student of the Faculty of Medicine, TMA Termez branch

Annotation: *In the outbreak of modern diseases, the external environment is of great importance, and the weapon against these is hygiene. It is necessary that each person strictly adhere to hygiene a person who strictly adheres to hygiene will have protected himself from viruses and bacteria to various outbreaks in the environment, if not to the contrary.*

Keywords: *Hygiene, Immunity, Grip, Virus*

Introduction:

The science of hygiene studies the impact of environmental factors and production activities on human health, ability to work, and prolonging life. One of the main tasks of hygiene is to develop preventive measures aimed at improving the health of human life and work. In ancient times, the Greeks imagined the angel of health as a young woman holding water bottles in both hands. They considered her the daughter of the god of health. Aesculapius named him Hygieia. This is where the word hygiene comes from, which means to care about health. It is necessary to distinguish hygiene from "sanitation". Sanitation is a set of practical measures to implement the requirements of hygiene in life. Hygiene serves as the scientific basis of medical prevention. Physiologists - I.M. Sechenov and I.P. that there is an interdependence between the human body and the environment, that many diseases are caused by the constant influence of these factors on the human body. The Pavlovs proved it. I.P. Pavlov says that "real medicine can become the medicine of the future only when the cause of all diseases is known, hygiene is used as a broad, meaningful, necessary and noble science."

Relevance:

Hygienic diseases, which are on the rise today, are very difficult for patients. How should the human body cure such diseases, how long will their recovery period last and how much money will it require? At this point, the question arises, what is hygiene? What disease is it diarrhea or heart failure? Hygiene is the rest of the organism in the environment the most suitable for the population based on the results obtained by studying the influence of factors develops living and working conditions, food arrangements, water supply, housing.

Purpose: prevention of hygienic diseases and development of countermeasures. In closed rooms and atmospheric air constantly of one kind or another microorganisms are encountered. Often the source of their spread is the patient people or infected animals. In addition, the air environment it may contain saprophytic microbes, which are usually normal saprophytes in the soil due to wind blowing conditions may arise from the rise.

Pathogenic microorganisms are often found among microorganisms is a natural phenomenon, and therefore the air environment is some kind of infectious becomes an environment that transmits disease-causing microbes. Air environment through viral infections, including - flu, angina, whooping cough, smallpox, whooping cough, infectious parotitis, plague, tuberculosis, anthrax, etc. Transmission of infections can be through airborne droplets and dust. because the microorganisms that spread the disease are very small water droplets and Aerosols (drops of saliva, mucus that flies when coughing, sneezing in its composition), or if not, it is on the surface of dust particles and in the air environment it can be pending for long periods. Air environment for microbes is not considered a very favorable environment, despite the fact that it contains particles humidity allows them to live for a long time and their virulence from a few hours allows it to be preserved for several days. Some kind Microorganisms are the microbes that cause tuberculosis and anthrax can maintain its virulence for several months. The amount of microorganisms in the air, especially treatment facilities serves as the main indicator of air cleanliness. In the air of operating rooms, dressing rooms, delivery rooms and wards the presence of microorganisms (especially pus-causing microbes) hospital. It is considered one of the most important factors in the origin of internal infections. Such microorganisms are often purulent after surgery complications are important in the origin of postpartum septic complications is considered

The presence of microbes in the air of hospitals, polyclinics, especially presence of pathogenic microbes, as mentioned above, inside the hospital conditions for the origin of infections or ambulatory infections creates, because the organisms of patients treated in such conditions, more precisely, because the reactivity of the patient's organism has decreased the origin of the disease will be easier.

In the cold season of the year, the air in residential buildings can be said to be clean, when the number of microorganisms in 1 m³ of air is 1500, and in the hot season of summer, if it is up to 2500, it can be considered as fresh air. Thus, creating the most appropriate parameters of the air environment organization according to the parameters of all indicators (physical, chemical, biological), taking into account the functional state of the human body is an important condition for providing and maintaining health.

The pharmacy is one of the institutions in the healthcare system, its main task is to provide the population and treatment-prophylactic institutions with medicines, sanitary and other medical products in a timely manner. It is necessary to strictly adhere to the hygienic regime in the preparation and storage of medicinal products, therefore, in temporary pharmacy institutions and pharmaceutical enterprises, the environmental

parameters and hygienic norms should be well known. He should have complete information about diseases caused by violations of hygienic norms and sanitary rules in the pharmacy. The Provost, together with representatives of the sanitary service, should develop measures for compliance with the hygienic regime and labor protection in the pharmacy rooms, carry out current sanitary control in the evaluation of the construction projects of the pharmacy.

The stability and constant movement of toxic chemicals in the environment posed some danger to people's health. Stable chemicals are dangerous due to their resistance to oxygen in the air, exposure to light, and their inability to decompose microorganisms in soil, water, etc. For example, the number of vehicles in public service in Tashkent has increased significantly. 10-15 years ago, 600-700 vehicles passed through one point of the main streets in 1 hour, but now it has increased 2-3 times. The number of cargo and people-carrying vehicles on rivers and seas is increasing more and more. Railway vehicles, steam locomotives, locomotives, high-speed airplanes, in short, wherever you look, huge mechanisms and engines are in motion. The data shows that more than 20 billion tons of coal are burned on earth per year. 2.5 billion tons of oil are used as fuel. From them, 200 million tons of carbon dioxide, millions of tons of gasoline vapor and other harmful gases are released into the air. According to calculations, the flight of one transatlantic airliner destroys 50 tons of oxygen. 220 million tons of harmful factors enter the atmosphere annually. Scientific investigations show that 40% of toxic substances that pollute the atmosphere come from transport, 20% from various fuels, 15% from the production process, and 25% from other sources.

Any hygienic inspection begins with a description of the sanitary condition. From the time when hygiene was considered a science, this method was the only way and has not lost its importance even now. It makes it possible to characterize the condition of the viewed object, determines its size and helps in objective assessment of sanitary problems. But the description of the sanitary condition is not enough to evaluate the quality and quantity of environmental factors. Therefore, physical, chemical, bacteriological, toxicological, clinical, statistical and other methods are used.

In closed rooms and atmospheric air constantly of one kind or another microorganisms are encountered. Often the source of their spread is the patient people or infected animals. In addition, the air environment it may contain saprophytic microbes, which are usually normal saprophytes in the soil due to wind blowing conditions may arise from the rise. Contains air Pathogenic microorganisms are often found among microorganisms is a natural phenomenon, and therefore the air environment is some kind of infectious becomes an environment that transmits disease-causing microbes. Air environment through viral infections, including - flu, angina, whooping cough, smallpox, We can take pertussis, infectious parotitis, plague, tuberculosis, anthrax and other diseases as examples.

Conclusion: Hygienic diseases are very rampant in modern times, so it is necessary to pay attention to hygiene and nutritional adequacy of patients.

REFERENCES:

1. Duschanov B.A., Iskandarova Sh.T. "Umumiy gigiyena", Darslik. T., 2008. – 476b.
2. Ponomareva L.A., Kazakov E.K., Abduqodirova L.K., Tuhtarov B.E., Dravskix I.K., Sharipova S.A., Sadullayeva X.A. Umumiy gigiyena bilan ekologiya. Amaliy mashg'ulotlar uchun o'quv qo'llanma. - T., 2011.-199b.
3. Duschanov B., Yusupova O., Nuraliyeva S., Aminov U. "Radiatsion va harbiy gigiyena". Darslik. – T., 2008. – 186b.
4. Ponomareva L.A., Inogamova V.V., Salomova F.I. "Радиационная гигиена" o'quv qo'llanma. T. 2014. – 158b.
5. Shayxova G.I. Овқатланиш сабоқлари. O'zbekiston. T., 2016. – 401b.
6. Shayxova G.I., Ermatov N.J., Otajonov I.O. va b. Овқатланиш гигиенаси фанидан амалий машғулотлар учун ўқув қўлланма. T., Yangi asr avlodi nashriyoti. 2015.-438 b.
7. L.I. in, I.Korenkov, B.Narkevich. Радиационная гигиена ГЭОТАР-Медиа, М. 2017.- 416 b.
8. V.I. Arxangelskiy, V.F.Kirillov, I.P. Korenkov. Радиационная гигиена ГЭОТАР-Медиа М. 2015.- 352b.
9. V.I. Arxangelskiy, O.B. Babenko. Руководство к практическим занятиям по военной гигиене – o'quv qo'llanma. ГЭОТАР-Медиа М. 2015.-432 b.
10. G.I.Rumyansev. Учебник Гигиена ГЭОТАР-Медиа М. 2011.- 576 b.