

## Health and a healthy lifestyle

Mekhriban Rayimberganovna Abdullayeva

Urganch State University

Aziza Ismailova

Urganch city, School №14

**Abstract:** This article provides information on health and a healthy lifestyle, which is one of the most topical issues, and partially solves the existing problems. According to the Charter of the World Health Organization, health is a state of physical, mental and social well-being. Therefore, health is a blessing for everyone, happiness is a necessary condition for increasing labor productivity, the economic power of the country and the well-being of the people. Sanology is the study of health and teaches about public health, health responsibilities, and how to accomplish them. The diversity of factors that affect or pose a threat to public health is determined by their simultaneous impact.

**Keywords:** The concept of health and a healthy lifestyle, the role of the nurse in the formation of a healthy lifestyle.

Factors affecting health include:

1. External environmental factors. A person interacts with the external environment that surrounds him. Water, air, flora, fauna, foodstuffs, habitat, clothing, noise, vibration, radiation, various drugs, biological preventive drugs, modern air liners, various toxic substances used against agricultural pests. chemicals, etc. are considered the environment that surrounds a person, and the listed factors can affect a person's physical and mental health. Mutagenic (oncogenic, teratogenic) factors, which are increasing in the biosphere due to environmental pollution, cause an increase in hereditary diseases that are transmitted from generation to generation.

2. Improper and disordered eating. it plays an important role in the origin of disorders and diseases of organs. As a result of not providing the body with enough nutrients, its protective properties decrease, the ground is created for the appearance of diseases, it leads to rapid fatigue and a decrease in work ability.

3. Hypodynamia - insufficient muscle work is a decrease in the force of contraction, which is usually caused by a decrease in the weight on the muscles, which is usually caused by constant sitting, work, walking, traveling in transport, low mobility, i.e. continues with the decrease of human activity. even when a person is ill for a long time, hypodemia is observed.

4. Harmful habits: alcoholism is heavy drinking, when certain people harm their health, ability to work, as well as the well-being of society, regularly drinking alcohol

in excess of the norm. People who drink a lot have blurred vision and sometimes deafness. As a result of the effect of alcohol on the stomach, the violation of all functions of this organ causes chronic alcoholic gastritis. Alcoholism especially has a great effect on the liver: if a person drinks excessively, cirrhosis of the liver appears. A person who drinks regularly dies early and becomes disabled.

Smoking is one of the most harmful habits that seriously damage human health. Nicotine contained in tobacco has a temporary stimulating effect on the central and peripheral nervous system and increases arterial blood pressure. It narrows small veins, speeds up breathing, and increases digestive juices. Tobacco smoke, when inhaled, depletes oxygen in the arterial blood. It affects the mucous membrane of the bronchi and causes chronic bronchitis and emphysema. Smoking often causes dangerous tumors in the mouth, throat, bronchi and lungs.

Drug addiction is a disease caused by the abuse of substances with narcotic and narcotic effects. The physical and mental condition of a person who has become a drug addict depends on the consumption of the appropriate amount of narcotic substance. First, mental changes (tension, mood disorders, memory loss) appear in the patient, then physical changes (sweating, palpitations, dry mouth, weight loss, trembling of hands and feet, discoloration) will escalate

5. Mental-emotional stress (psychogenic factors) is one of the main factors affecting people's health. Any changes in the mood have a direct impact on the functioning of the human body and systems. A person's depression, painful experiences, and various negative events in life lead to stress. As a result of mental stress, hypertension, angina pectoris, myocardial infarction, and other mental illnesses occur. Mental and emotional stress in women can cause extremely dangerous complications, especially during pregnancy and the first three months.

Elimination of the factors that negatively affect health, listed above, depends directly on the perception and consciousness of each person. For this purpose, it is necessary to carry out extensive propaganda and clarification work among the population about healthy life and its components.

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