

The Participation and Significance of Micro-Organisms in the Spread of Infectious Diseases

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Abstract:

This scientific article presents information about the spread of infectious diseases, the participation of micro-organisms and the influence of blood metabolism.

We know that when the air starts to cool down, the beneficial rays from the sun, i.e. infrared, ultraviolet, alpha and beta, gamma rays, prevent the growth of microorganisms in the air and certainly prevent the continuation of chain reactions in the spread of infectious diseases. Microorganisms are divided into useful and harmful types. Under natural conditions, water is a favorable environment for microbes. Permanent microflora of water, sufficient moisture and nutrients create conditions for the reproduction of any type of microbes. Let's study the structure of invisible microorganisms. Some fungi, ecobacteria, archaebacteria, photobacteria, and algae are found in the water. Anaerobic bacteria are very rare in water. The microflora of open water bodies depends on the level of its pollution and the level of purification of waste water falling into it. Microorganisms are also widespread in sea and ocean waters. However, it is possible to observe the lack of microorganisms in the sea air and air in places with constant sunlight. It can be interpreted that the level of air pollution is low. As a result of the inspection, they were found at different depths. The level of water pollution, i.e. the totality of various organisms found in water, was determined by the concept of saprophyticity. There are 3 zones of saprophyticity: 1. Polysaprobic zone is the most heavily polluted zone, where there is little oxygen and a lot of organic compounds. The number of bacteria in 1 ml of water is more than 1,000,000. There are a lot of Escherichia coli and anaerobic bacteria involved in rotting and fermentation.

In the chain of spread of microorganisms, the center of spread of airborne diseases is the majority. Microbes in the air are very diverse and their number depends on many factors, air pollution with mineral and organic compounds, temperature, precipitation, season, humidity, geographical location, etc. The more dust and dirt in the air, the more microbes there are. It is statistically interpreted that the number of microbes in mountainous areas, in forests, in the air above seas and oceans is low. Microbes enter the air from soil, plants, and animal organisms. Pigment-forming saprophytes, meningococci, spore bacteria, and actinomycetes can often be found in the air [4,5,6]. In addition, mold and yeast fungi and bacteria are found. The number of microbes in 1 m³ of air varies. Air microflora can be conditionally divided into permanent, i.e. frequently occurring and changing bacteria. The permanent microflora of the air is proportional mainly due to the microflora of the soil. There are more various pigment-producing cocci, spore-forming bacilli, actinomycetes, fungi, and viruses. Due to the presence of carotenoids in its content, pigment-forming bacteria reduce their resistance to infrared rays from the sun to a certain extent, and their long-term storage in the air ensures resistance due to carotenoids. According to some researchers, these bacteria can multiply even in the air. If the dust particles in the air are reduced, the air will be somewhat cleaner. Therefore, only 1000 microbes can be found in 1x3 air at an altitude of 500 meters. Clean air is often found in mountains, forests and green areas, because trees, greenery and dust are trapped in them. Pathogenic and conditionally pathogenic microorganisms, sick people or animals, as well as

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bacteria fall into the air from carriers in the form of droplet aerosols. By means of a special examination, we can determine the level of air pollution and draw a conclusion based on the number of colonies of bacteria. Let's say that if more than 500 microbes were found in the sample of the air taken, it would be extremely polluted. From the first day of life, a person is in contact with countless representatives of microorganisms.

Body defense factors. 1. Non-specific protection of the organism. 2. The special protection of the organism is immunity.

The skin covers the body from the outside. Healthy skin protects the body from pathogenic agents, lowering the pH of the skin also has a negative effect on pathogenic bacteria. In addition, the products of sweat and sebaceous glands also have a bacteriostatic effect, the oral cavity, the gastrointestinal system, the upper respiratory tract, and the mucous membranes of the genital organs are prone to disease, the reproduction of bacteria and the formation of immunity against them is accelerated in this place. We can see such processes in inflammatory reactions in the protective functions of tissues, in various fluids and secretions from the nasal cavity.

In conclusion, we can say that the environment in which all living organisms live is connected with people, water, and soil, and in this connection, the population of microorganisms in the external and internal environment is constantly changing, or individual physical and chemical processes. Is carried out. All the processes that take place in my body are controlled by blood and internal fluids, which maintain the relative constancy of the internal environment.

Microorganisms are found everywhere on the earth, following the factors of healthy life, following the factors listed below, will serve as a positive support for the body's immune system.

- The metabolism of substances in the body accelerates.
- The process of growth and development accelerates;
- The response to external negative influences increases, the immune response accelerates.
- It speeds up the process of cleaning various waste materials in my body.
- Some inflammatory processes present in my body are quickly absorbed. -The human nervous system balances throughout the day.
- Especially in children, the quality of reading and creative activity will increase.

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