

## The Influence of the Environment on Human Health in the Formation of a Healthy Lifestyle

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### Abstract

This article emphasizes the need to further strengthen medical control over compliance with sanitary and hygienic requirements in order to strengthen public health and prevent diseases, as well as in regions where the environmental situation is in critical condition.

**Keywords:** Ecology, factories, transport, radiation, African sleeping sickness, opisthorchiasis.

I will not be mistaken if I say that nature is the basis of our life. Man can never live without nature, because it is an integral part of nature. The world in which we live and which surrounds us is as kind and lively as our mother. In every particle of the sun, in every body of the soil, we feel the love that nature has shown us as a mother. He embodies thousands of elements necessary for a person in each of his facades. What is the state of our beautiful nature to this day? Who is causing this? How to avoid this? The current topic of today is the questions: "How is it right?" Thousands of people have an unprecedented amount of impact on nature. The fact that a person acts through intelligence, through labor activity, is incomparable to anything. More precisely, creatures use nature as it is, exerting their imperceptible influence on it. Humanity is able to adapt to all the conditions that surround it, is not able to adapt, adapting it to its desires, as a result of which the balance of nature is disturbed, and the disturbed balance leads to great catastrophes [5-14].

The ecological environment surrounding living beings has been largely changed by humanity in a negative way, the main reason for this is factories, transport and waste from them.

These changes have changed the environment to such an extent that they have had an impact on human health, as well as on all living things.

The XXI century has made great discoveries in all spheres of human activity, especially in medicine, despite the fact that billions have been spent, human humanism is threatened by diseases, and premature tears often occur in the toilet. [6-15]

Let's start with a description of the environmental impact that causes serious harm to the environment and human health. Here we are talking not only about the harm caused to plants and animals, but also about the impact that these effects have on humans. As a rule, the decisions taken are more important for reducing the negative impact on the environment, for protecting human health, than for protecting the natural environment.

The main consequences of these impacts are the pollution of the planet as a whole. We can see pollution of water, soil, air, destruction of ecosystems, destruction of habitat and much more. All this leads to an increase in morbidity, loss of biodiversity and health problems for both flora and fauna and humans.

It is enough to recall the well-known phrase of our great thinker Abu Ali Ibn Sina that almost all environmental factors, which are now called ecology, affect them from the side of man, living beings and, finally, how these factors affect man and living beings .[7-16]

“A person would live 1000 years without dust” or: "if the air flow was balanced and clean, without foreign inclusions in it (the pneumatic), it would be a guarantee of health, otherwise it would cause various diseases." As for the habitat, the "laws of Chiba" emphasizes that: "Housing can affect the body in different ways: balance or low location, composition and nature of the soil, abundance or rarity of water, abundance of stones, proximity to a cemetery or deposits, etc. are important when choosing a place of residence” We see that these thoughts about the environment are relevant in medical ecology [6-20].

According to world statistics, 10% of the population dies of old age, 20% - from accidents and battles, and 70% - from diseases. The fact is that only 10% of our health depends on medicine, and the remaining 90% depends on ourselves and environmental phenomena. [8-18]

Currently, environmental problems pose a serious threat to human health. According to the global humanitarian forum, climate change occurring on our planet annually takes the lives of three hundred thousand people. Three hundred million people live under its negative influence. The economy is also seriously suffering from this. Such global problems also have a negative impact on the development of the Central Asian region. An example is the unfavorable ecological situation on the coast of the island, the natural shocks caused by this, the problem of desertification. In addition, one of the most destructive factors of pollution of the Earth's surface is radiation. He has no sight, no hearing, no taste, no smell. However, under its influence, the interconnection of systems in the human body is disrupted, and the generator that controls the body mind and perception-the brain-undergoes changes that cannot be explained in words [8-19]. As a result, certain groups of the population suffer from this small amount of radiation, especially pregnant women, children who have growth and development processes, elderly people with weakened immunity and people with poor health. Radiation, entering our body in various ways (food, water and air) into the blood and bones, injures the entire human body, causing its premature death.

In addition to radiation, harmful emissions from industrial enterprises are nitrates and various toxic substances (pesticides) and mineral fertilizers, which are widely used in agriculture. These harmful substances can enter the human body through nutritious foods and cause various diseases. It is known that the prevalence of diseases in one region depends on the relationship of the population living in this place with the environment. For example, in places where pond waters accumulate, favorable conditions are created for the malarial mosquito to live, and in these places the possibility of malaria is excluded. [9-20] The occurrence of African sleeping sickness requires the presence of meadow mushrooms. Opisthorchiasis disease is most often found in people living on the banks of rivers, since the intermediate host of the worm that causes this disease is fish, and the disease is transmitted to humans through fish meat. As an example, allergic diseases that are often found among the population can be cited.

Numerous epidemiological observations indicate a direct causal relationship between chemical pollution of the environment and violation of the reproductive function of the population. It was detected both in working conditions - in workers of metallurgical plants, textile industry enterprises, gas and oil refining industries, female laboratory assistants and surgeons, and in settlements whose atmosphere, water resources and soil are polluted. chemical compounds. In both the first and second cases, reproductive function disorders were manifested in an increased risk of termination of pregnancy, spontaneous miscarriage, complications during gestation and childbirth,

congenital deformities. In a number of cases, a reliable association of pregnancy pathology with an increased content of sulfur dioxide, phosphoric anhydride, lead, nickel, iron, etc. has been established. in the atmospheric air. Currently, our country has formed a system for stabilizing the sanitary and epidemiological situation, reducing the negative impact on nature, organizing environmental and hygienic measures, which contributes to the preservation of human health and ensuring resistance to infectious diseases.[11-21]

The presence of new environmental conditions causes millions of adaptive processes in the human body, which means that the human body has the ability to self-repair and adapt in any natural conditions. Our task is to create conditions for a self-regulating and regenerating biosystem to protect itself from various diseases. We need to further strengthen sanitary control over compliance with sanitary and hygienic requirements in order to strengthen public health and prevent diseases, as well as in regions where the environmental situation is in critical condition.

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