

DYNAMICS OF CHANGE IN FUNCTIONAL STATES IN THE BODY OF CHILDREN UNDER THE INFLUENCE OF ENVIRONMENTAL CONDITIONS

Azimova Nozanin To'ymurodovna.

Namangan davlat universiteti mustaqil tadqiqotchisi.

nozaninazimova11091994@gmail.com

Abstract

This article provides information on the effects of changes in environmental conditions on the children's organism as well as the dynamics organism of changes in functional states.

Keywords: iodine, calcium, natural,resources, plant, oxygen.

Introduction

President of the Republic of Uzbekistan "On protected natural areas" according to the PQ-278 subsoil of January 4, in all regions, the natural environment is rational from asrasb, nature resource use, in the cross section of the territories, a quarry, a national park, a commandery,a naturalhere is talk about the harm of creating landscapes and national parks.Well the question of how much the environment has a phobia and negative side of the organism is born? Below we will find solutions to these questions.

We know that a living organism live without contact with the external environment can not. Plant cower in nature clean .Swallowing the same gases will deliver us fresh air-oxygenodui. Bacteria organisms such as fungi are involved in decay and ferment processes, it keeps the environment clean of debris and debris. Now the environment has let's look at the dynamics of change:

- Climate change
- Air pollution with carcinogens.
- Nitrate contamination of food and drinking water
- Endimicity of the territory by macro and microelements
- Urbanization

Increased carbon dioxide in air, emissions of gases the greenhouse effect is generated by the removal of excess air becoming a serious concern for the world community today an environmental problem has arisen-global climate change.

Population growth , progress in science and technology, increase in human participation as a result, there were a number of environmental problems on earth. Therefore, today it is difficult to talk about pure nature.

Carcinogenic substances (lot. Cancer-rak genes-inducse) known the one that causes cancer and other tumors when exposed to the body in conditionschemical. About 500 species are known, with hydrocarbons, aromatic amines, heavy metal salts form their basis. Air contamination with carcinogenic substances can be attributed to human health in particular, in children breathing and heart are leading to an increase in cardiovascular disease.



Based on our observations, every year 7mln people from around the world are in the air dies as results of polluyion. In the atmosphere until the appearance of man oxygen is mainly formed by decay, respiration of the body and carbonates spent on being. When a person appears, especially as the industry has developed its effect on the amount of oxygen in the atmosphere began to increase. Georgian olimi F.F. Davit to davityan's account, humanity throught the historical period 273mlrd to the combustion process by 1972 t.oxygen spent, of which 246mlrd.t oxygen left in 50 years. It can be seen that, oxygen in the atmosphere decreases, and the amount of toxic gases and carbon dioxide causes an increase. This in turn thinned the ozone layer, the reason for the direct passage of ultraviolet and harmful rays of the sun is boating.

One of the substances that negatively affect the body is food and excess of the norm of nitredes and nitrides in drinking water. Nitric acid salts of ammonia under the influence of microorganisms in the process of nitrification it is the product of partial oxidation. The presence of nitrites is due to the fact that water is organic indicates contamination with substances. Nitrites of hemoglobin due to oxidation to methemoglobin by "water-nitrate causes methemoglobin". High acidity in the stomach due to the high consumption of products with high levels of infantile acid origin. In this case, the intake of nitrides in large quantities in relation to body weightto do is remove the gastrointestinal tract, stomach, esophagus. Liver and leads to the formation of tumors in the kidneys. To prevent these the addition of ascorbic acid, sulfur dioxide in food products and it will be necessary to reduce the amount of nitratesin vegetables. The above can be found in taking into account the amount of calcium in the daily diet of children 500-1000 let it be up to mg and let the children steam the calcium vegetables give,(25% calcium is realeased when boiled) sweets by the norm. I recommend not to give more (they do not eat calcium).

Calcium is a major component of vitamin d3. This vitamin it appears under the influence of ultraviolet rays of the sun. For this, the children are it will be necessary to take a walk under more sunlight. Because, not all calcium in our consumption is food products, it is also taken by sunlight and calcium preparations.

Another important microelement in children's orgfanism is iodine. Iodine deficiency leads to symptoms that affect the daily life of a teenager can. Typical symtoms include rapid fatigue, inability to attract attention, includes a decrease in mental activity and a lack of physical energy. Food according to the physiological norms of the need for substances and energy in Uzbekistan, children aged 7-13 years recommend 120-130 mgc of iodine per day are. In 2015, scientists from the who found that only children of school age 66% observed adequate iodine uptake.

Urbanization (France urbanization-belonging to the city) in the life of society the increasing role of cities, the location of the productive forces, with changes in the social, demograpic composition, culture of the population related. Urbanization process in Uzbekistan since the end of the 19th century has been developing. This in turn to large industrial enterpris and factories in its own right increases, resulting in large amounts of toxic gas and waste into the environment causes a vigl.

In place of the conclusion, we can say that because of the hot and dry climatic conditions limits the survival of organisms. Environmental factors contribute to organism by only when the complex establishes, they give a rune result. Any of these factors normal growth of organisms if they are not in time or lack and development is not complete.



Atmospheric pollutants in particular, increased weight gain in children such as cough, bronchial asthma if it causes diseases, nitrogenoxides can cause viral diseases of the body increases the tendency. This is a to reduce toxic gas and elements the vegetation cover will need to be increased. Microand macroelements dangerous and viral in the body of children when they enter the body in sufficient quantities the spread and receipt of diseases is reduced.

References

1. P.Sultanov "Fundamentals of Ecology and Environmental Protection" stone Tosh. 2000.
2. A.Ergashev "General Ecology" stone Teacher-2003.
3. President SH.Mirziyoyev "Ecology and Environmental Protection" stone from his speech. March 6.2020

Internet data:

1. Avitsena.uz
2. Ziyonet.uz
3. Lex.uz

