

# **COMPLICATIONS OF CORONAVIRUS INFECTION EYE AND MEMORY**

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**Annotation:** The article discusses the complications that remain in the human body after recovery from a coronavirus infection. It is the indirect effects of this infection on human eye function and memory impairment. Suggestions were made to prevent infection and self-protection.

**Keywords:** pneumonia, lethargy, fever, vitamins, immunity.

## **Осложнения коронавирусной инфекции ГЛАЗА И ПАМЯТЬ**

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**Аннотация:** В статье рассматриваются осложнения, которые остаются в организме человека после выздоровления от коронавирусной инфекции. Это косвенное воздействие этой инфекции на функцию глаз человека и нарушение памяти. Были сделаны предложения по предотвращению заражения и самозащите.

**Ключевые слова:** пневмония, вялость, лихорадка, витамины, иммунитет.

To date, coronavirus infection has created the most complex and problematic situation on earth. Coronavirus infection (COVID-19) was first detected in 2019 in Wuhan, China, and spread globally, causing a coronavirus pandemic in 2019–2020. Symptoms include fever, cough, and difficulty breathing. In some cases, there are muscle aches, sputum secretions and sore throats. Although most people infected with the virus have mild symptoms, in some patients the disease can lead to severe pneumonia and multiple organ failure. Among the diagnosed cases, the mortality rate averages 3.4 percent. The rate is 0.2 percent for those under the age of 20 and 15 percent for those over the age of 80. The World Health Organization has designated the 2019-2020 coronavirus epidemic as a pandemic and an international health emergency. By November 2021, more than 252 million people in more than 192 countries and territories had been infected with the virus, according to the World Health Organization; More than 5,090,000 people died of the disease, and more than 228 million were cured. This is definitely a very big indicator. It can be assumed that coronavirus infection does not directly affect organs other than the respiratory system and lung function. However, patients with mild or severe coronavirus infection often complain of odorlessness, incomplete sensation, flu, flu symptoms. Once the patient is cured, the infection leaves its complications. Doctors call this condition "long-lasting covid." According to the World Health Organization, these are "post-covid" symptoms. In some people infected with the coronavirus, this happens after three months. The symptoms last for at least two months and there is no definitive diagnosis, " said Janet Diaz, a spokeswoman for the World Health Organization. The U.S. National Institutes of Health has launched a \$ 470 million project to study and treat post-coronavirus symptoms.

In particular, the assistant of the anatomy department of the Urgench branch of the Tashkent Medical Academy, ophthalmologist Khudauberdiuev Gulomjon Orinovich, patients complained of decreased vision after coronavirus infection. If we examine such patients, before they become infected with the coronavirus, these people may have had little or no knowledge of the adverse effects on eye function or memory and other organ function. In other words, he did not follow the rules of reading a simple book, hygiene (he read a book on the bus, did not use a computer, telephones, in addition, there was a lack of vitamins in the body). In short, this aspect has been weakened. We know that when you are infected with an infectious disease, your immunity is stimulated and your ability to see, which is prone to the disease, is diminished. The disease accelerates the emergence process. The patient thinks that because of this coronavirus, my visual acuity is impaired or my memory is impaired. In fact, any disease in a person can be chronic or latent. Even if a person was not infected, the disease would have occurred much later.

Such patients also receive appropriate treatment, and the recovery of memory or visual function is slow. To quickly restore the memory to its previous state, it is recommended that:

- Exercise. It helps restore brain activity;
- New hobbies, puzzles, word and number games, memory-restoring exercises and reading help to restore cognitive function;
- use different notes to remind you how much and on what day you need to do the work for yourself;
- for example, make a list of things you need to do, you can use different notes and phone sounds;

- you need to divide your planned activities into separate actions so that they do not seem complicated and even impossible;
- Eat more vitamin-rich foods, fruits and vegetables Useful for eye function. When you go out, look away, not underfoot. Drink carrot juice as often as possible (every day if possible). Add 1-2 drops of olive oil to get the most out of carrot juice. It does not spoil its taste, it further enhances the positive effect of the juice. If you feel tired in your eyes, wash them with warm water. Try not to look at the computer, TV or smartphone screen until 2 hours before bedtime. try tratak. It helps the eyes and strengthens the memory. Sit in front of a small motionless object in the open (for example, candles). Focus your eyes and all your attention on it. Try not to blink. Detail the image of the object in your memory. Then close your eyes and focus on the distance between the eyebrows, keeping the image of the object in your brain as much as possible. Do this exercise for about 10 minutes. The goal of the exercise is to get a clear picture of the object in your memory until your eyes get tired. Our recommendation:

- Maximum prevention of coronavirus infection;
- First of all, follow the rules of wearing a mask, which many people consider normal; -frequent and thorough washing of hands with soap and running water, during and before and after meals, as well as before meals, toilets or contact with animals; if hand washing is not possible, treatment with alcohol disinfectants;
- Do not touch the face and eyes without washing your hands when coming from the street;
- Always treat mobile phones with alcohol-containing antiseptics at night, after work, as the device is often hand-held and placed too close to the face, taking into account that flu and other respiratory infections, including coronavirus carriers, can

be a factor; In short, everyone's health is poor. We can only protect ourselves. Various strains of coronavirus should be avoided while walking carefully on the street, following sanitary rules, distance storage rules. It should be noted that the disorder of blood clotting that occurs after COVID-19 can cause serious complications in the body. In particular, the risk of thrombosis and stroke persists for several months after recovery. Experts say that young people who have experienced a mild form of coronavirus are also not protected from this risk.

"Drink more water, because this disease is often caused by dehydration. In one case, especially do not sit at the computer for a long time, because the blood goes down, and here it stagnates in the arteries of the legs, so there is a risk of thrombosis. In addition, do sports, be active," said our experts.

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