

THE IMPORTANCE OF HYGIENE IN HUMAN HEALTH

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Annotation. *This article discusses the importance of hygiene in human health. Hygiene is the science of health, the creation of favorable conditions for human health, the proper organization of work and rest, the prevention of disease. Its purpose is to study the impact of living and working conditions on human health, disease prevention, ensuring optimal living conditions for a person, ensuring his health and longevity. Hygiene is the basis of disease prevention.*

Key words: *hygiene, health, human, disease, health, living and working conditions, longevity, medicine, cleanliness.*

Hygiene as well as the natural conditions of the environment (exposure to sunlight, air, water) are the means of physical education. Physical culture should not be limited to physical exercises in the form of sports, gymnastics, outdoor games and other things, but should embrace both public and personal hygiene at work and life, the use of the natural forces of nature, the correct mode of work and rest.

Hygiene is the science of health, the creation of conditions conducive to maintaining human health, the proper organization of work and rest and the prevention of disease. Its purpose is to study the influence of living and working conditions on people's health, disease prevention, ensuring optimal conditions for human existence, maintaining his health and longevity. Hygiene is the basis of disease prevention.

The main tasks of hygiene are the study of the influence of the external environment on the state of health and working capacity of people; scientific substantiation and development of hygienic norms, rules and measures for the

improvement of the external environment and the elimination of harmful factors; scientific substantiation and development of hygienic standards, rules and measures to increase the body's resistance to possible harmful environmental influences in order to improve health and physical development, increase efficiency.

Personal hygiene. Protection from diseases and injuries requires a person to master many simple techniques, which are called personal (personal) hygiene. The development of immunity will protect you from a number of very serious diseases that you can be exposed to - smallpox, typhoid fever, diphtheria, cholera, plague, yellow (tropical) fever. It will not get rid of the most common diseases such as dysentery, colds, malaria. With the following tips in mind, you will stay on your feet as long as possible:

1) Cleanliness of the body is the first defense against pathogenic microbes. Taking a daily shower with hot water and soap would be ideal. If this is not possible, keep your hands clean, brush your nails, and sponge your face, underarms, perineum, and legs at least once a day.

2) Keep clothing as clean and dry as possible, especially underwear and socks. If washing is not possible, shake out the clothes, dry and air them regularly.

3) If possible, use toothpaste every day. Soap, salt or baking soda can be a good substitute for toothpaste and a small green twig, well chewed on one side, will serve as a toothbrush. Another method is brushing your teeth with a clean finger. This method also massages the gums. After eating, rinse your mouth with drinking water, if you have it.

Food hygiene. Beware of gastrointestinal diseases and disorders. Do not bite your nails, do not eat with dirty hands (at a minimum, thoroughly wipe your hands before eating with clean, dry grass or leaves). Do not drink dirty water (it must be boiled or treated with special tablets, and then filtered). Protect food and water from flies and other insects, remove food waste and waste in a timely

manner. Avoid eating unprocessed and poor-quality foods (undercooked, fried, not washed with hot water, rotten, moldy, fermented, rotten, etc.).

Protect yourself from intestinal diseases:

1) The most common and dangerous diseases are diarrhea, food poisoning and other intestinal disorders. They can be caused by contaminated food, water or other drinks. To protect yourself from these diseases, you must:

- keep the body, especially the hands, clean. Don't bite your nails. Do not eat with your hands;

- dilute disinfectant in water before drinking tablet or boil for 1 minute;

- wash and peel all fruits;

- before cooking, do not store food for a long time;

- sterilize kitchen items, preferably in boiled water;

- protect food and water from flies and other insects. Keep your home clean;

- Watch strictly for the timely removal of garbage and waste.

2) If you have diarrhea or vomiting, do not eat heavy meals until your symptoms improve. Drink fluids, in particular drinking water, in small portions and often, at regular intervals. Even if you feel better, try to avoid heavy meals. Don't salt your food too much.

Health hygiene. Protect yourself from heart failure. In areas with a hot climate, sunbathe carefully, partially exposing your body to the sun. Strong stress under the hot sun can cause a heart attack. Cardiac weakness can be prevented by drinking extra water and salt to replace what is lost by sweating.

Protect yourself from colds.

1) In very cold climates, keep the body warm by all means possible. Take special care of the legs, arms and exposed parts of the body. Keep your socks dry, use rags, paper, moss, grass, leaves for insulation, from which you can always make a good shelter.

2) Frostbite is a constant danger to anyone exposed to temperatures below the freezing point of water. To treat frostbitten areas, find a warm area (at normal room temperature) as soon as possible and immediately immerse them in hot water or hot air. Do not massage or apply ice to frostbitten areas of the body.

Take care of your feet.

1) Dirty or sweaty socks can hurt your feet. If you don't have clean pairs, wash the ones you wear more often. If there is a clean pair, put the washed one on top of the clothes behind your back. They will dry faster. If possible, wear woolen socks, they absorb sweat better. Socks can be frozen, then they should be beaten off to clean them of dirt.

2) Blisters are dangerous because they can start an infection that can interfere with your movement, or even, with a further deterioration in your situation, cause death. If your shoes fit you well, clean them off the ground after each transition, change your socks more often, use foot powder, massage or rub your feet calmly and you will have less worries about blisters. If a blister appears, do not open it, but put a soft pad on it to rub this place less.

Hygiene of clothes and shoes. Shoes should always be carefully monitored, especially when operating in damp climates and in winter. Shoes need to be dried more often, being careful, because if they dry quickly (on a fire, near a hot stove), they can deteriorate, as well as when leaving wet shoes in the cold. A good drying method is to fill the shoes with heated (so that it does not burn) pebbles, sand, small pebbles. Shoes can be stuffed with paper, dry hay or moss - this promotes drying and prevents deformation.

Lubricate your shoes regularly with a thin layer of shoe cream. Shoe cream can be replaced with unsalted lard, tar, fat of waterfowl (fish), raw soap, vegetable oil. To obtain tar, you need to heat the birch bark in a jar over a fire until the dark liquid is distilled off.

In winter, you need to especially carefully monitor the serviceability of clothing, keep it dry and protect it from burning. The most common cause of

damp clothing is heavy sweating. When it appears, remove excess clothing (be sure to keep the top windproof layer), reduce physical activity, if possible. Uniforms for long-term actions, especially in cold climatic conditions, should be dried by hanging in the upper part of the shelter, after shaking it out. If it is impossible to wash, it is necessary to shake out the linen and clothes and then hang them for 1.5-2 hours in the open air. So that in a snowstorm (blizzard) snow does not stick to the uniform and it does not get wet, it is recommended to wear dressing gowns and capes made of parachute fabric over it. This also provides camouflage.

Sweating is dangerous because it lowers the insulating capacity of clothing, adding moisture to the air. When moisture evaporates, the body cools down. Prevent overheating by removing some clothing and unfastening it at the neck, wrists and chest; hands and feet cool faster than other parts of the body and should be given more attention. Cover your hands as much as possible. Hands can be warmed under the armpits, on the inside of the thigh or on the chest. Since the feet sweat quickly, it is difficult to keep them warm. It is better to wear larger shoes so that you can wear at least two footcloths (socks). A warm double sock can be made by putting dry grass, moss, a plastic bag or bird feathers between a pair of socks; The largest heat loss occurs in the head area. Never forget a good headdress.

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