

Environmental Hygiene and Human Health

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Annotation: The article provides information on the impact of ecological and environmental factors on human health and measures taken to reduce their harmful effects and prevent diseases.

Keywords: environment, hygiene, health.

Relevance. In nature, the ratio of oxygen and carbon dioxide in the air is balanced by the plant world, that is, humans and living beings absorb oxygen in the air they breathe in and release carbon dioxide with the air when they exhale, while plants absorb carbon dioxide in the air and release oxygen.

It is clear that the plant world in nature is of great importance for human life and health.

Therefore, since the air in groves and forests is well saturated with oxygen, a person feels good and is healthy in those places.

The concept of hygiene is associated with a legend of the ancient Greeks. As is known, they had a habit of deifying all spheres of social life.

In particular, there was also a god of health. The god of health was Asclepius, and he had daughters named Panacea and Hygeia.

They helped their father in matters of health and treating people.

But they took different paths in the matter of health care. Panacea believes that people should be treated only when they are sick, that is, they should be treated, and for treatment it is necessary to prepare medicines and develop medical procedures.

Hygeia believes that people should be taught to maintain their health, for this it is necessary to form knowledge and skills in this area, because a person is endowed with reason and reason, therefore he should think and act on his own health.

Hygeia bases her health care doctrine on the daily life of each person, such as cleanliness, diet, and strengthening their health.

This dispute between the sisters gave rise to two directions in medicine: the first, aimed at treating diseases, and the second, aimed at preventing them.

This field of science, aimed at preventing diseases, was called Hygiene after Hygeia.

As human society developed and people's awareness grew, the number of supporters of hygiene in health care also increased.

Hygiene was formed as a science that preserves the health of healthy people and regulates all processes related to humans and their activities.

For example, its area regulating nutrition - food hygiene; the area regulating working conditions and processes - occupational hygiene; the area regulating living conditions - communal hygiene; the area

regulating educational processes - hygiene of children and adolescents, and so on, were formed as independent sciences.

Finally, hygiene and hygienic skills rose to the level of state policy, and state institutions and their systems were established to deal with these matters.

For example, the main activities of the Scientific Research Institute of Sanitation, Hygiene and Prevention of Occupational Diseases, the Sanitary and Epidemiological Wellbeing and Public Health Service in our Republic, as well as all treatment and preventive institutions, are based on the achievements and requirements of hygiene science.

Although hygiene includes many areas of making human life and activities safe, comfortable, and beautiful, many people have formed the concept of it as a field related to cleanliness and tidiness.

Therefore, we also consider hygiene more from the perspective of cleanliness.

Cleanliness is a state in which a person is neat, well-groomed, and has made cleanliness a habit.

Therefore, the area of cleanliness related to personality is called personal hygiene.

Cleanliness is important not only for each person's body, clothes or personal belongings, but also for the environment surrounding him, living and working conditions, and public places.

Therefore, the measures that ensure the cleanliness of these places in life are called public hygiene or sanitation.

So, when we talk about sanitation and hygiene, we need to understand cleanliness.

The main factor polluting the environment is man and his activities.

For example, let's take the process of eating a person alone.

During the process of preparing and consuming food, unnecessary things that are generated from cleaning the ingredients used for it, burning wood in the pot, washing the dishes used for eating, and finally, the decomposition of the consumed food in the body and the transformation of the remaining part into feces in the intestines are released into the external environment in the form of waste.

In addition, waste is constantly released from the activities of production, enterprises, organizations, livestock farming, household and communal services.

The fact is that these generated wastes are discharged into the external environment without being adequately neutralized, which ultimately pollutes the soil, air, and water of populated areas. And man, with his activities, aggravates his own conditions.

He creates conditions that are dangerous not only for his health, but also for his life.

Methodology

An analytical description of this work relies on research within scientific literature together with instructional material and environmental health reports from the nation. Through academic research and historical hygiene perspectives and modern sanitary practices the authors studied current environmental conditions and their impact on human health. Observational findings regarding waste output and ecological degradation from human conduct were used to highlight why hygiene matters and ecological knowledge is vital. The paper demonstrates the importance of hygiene for public health promotion through examples taken from both national programs and institutional practices within Uzbekistan. The research collates theoretical elements with practical implementation methods to enhance environmental hygiene prevention while stopping diseases from occurring.

Results and Discussion

The research demonstrates how environmental hygiene maintains both public wellness and human health promotion. Scientific along with historical research documents show that hygiene extends beyond individual cleanliness to involve both public and environmental aspects. Human-made

environmental degradation of air quality and water quality along with soil quality proved to be substantial factors both in disease spread and human well-being decline. Educating people about hygiene and waste management principles together with effective hygiene practices serves as an essential requirement for minimizing health problems. The discussion showed how modern hygiene systems built upon institutional support systems remain inadequate until the public actively participates in their operation. Sustainable health standards along with environmental protection require both ecological culture advancement and community engagement improvement.

Conclusion. It is worth noting that over the years, the natural balance has been disrupted as a result of the impact on nature.

Today, human civilization and its future destiny require solving precisely such issues.

At the same time, efforts to introduce economical, environmentally friendly technologies, consistently carry out nature protection measures, or improve legislation in the field show that they are not enough to solve them.

Improving the ecological culture of the population, forming a sense of rational attitude to the environment, and preserving the benefits of nature for future generations are the main factors in preventing anthropogenic impacts.

In short, it is necessary to love mother nature and strengthen environmental education in families, neighborhoods and villages.

It is necessary to carefully care for flower and plant habitats and groves, observing the rules of cleanliness.

If we make it a habit not to harm natural beauties, we will care so much for the future of generations and the duration of life.

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