

## Medical Culture is the Guarantee of Health

*Aslonov Javlon Farmonovich*

*Asia International University, Bukhara, Uzbekistan*

**Annotation:** Medical culture is, first of all, elementary knowledge about a person's own health and possible diseases, going to a doctor's office not only for some illness or disease, but also for the purpose of analyzing and examining the state of the body. In developed countries, the majority of the population undergoes a health examination without any complaints. Medical culture is knowledge and skills aimed at ensuring that each person and the population as a whole take a responsible attitude to their own health.

**Keywords:** medical culture; health literacy; healthy lifestyle; preventive medicine; personal hygiene; rational nutrition; physical activity; mental well-being; reproductive health; stress management; disease prevention; primary healthcare; public health education.

Knowledge allows a person to study their own body, apply the principles of a healthy lifestyle to their life, analyze the changes taking place in their body, and take appropriate measures. Taking into account and monitoring one's health, habits allow a person to incorporate the principles of a healthy lifestyle into their lifestyle. Since ancient times, medicine has paid special attention to the "health of a healthy person", and the recommendations of the great thinkers Socrates and Confucius "Understand and create yourself" have not lost their value even in the present era. A person who is attentive to his health, physically active, undergoes medical examinations at regular intervals and fully acts on their conclusions will not get sick. After all, by adhering to such a high medical culture and a healthy lifestyle, we will be able to protect not only our own health, but also the health of future generations. Low awareness of health status leads to an increase in diseases, including irreversible pathological conditions. The most important thing in maintaining health is responsibility for one's own health, which is considered the basis of medical culture and is primarily aimed at forming a healthy lifestyle. The formation of a healthy lifestyle mainly consists of the following: rational (healthy) nutrition, physical activity, mental and emotional state, reproductive and sexual health, personal hygiene and avoidance of harmful habits. Regular systematic activity is required to maintain and strengthen human health. Therefore, a person should always be attentive to his body and take measures to improve it, aimed at his spiritual, mental and physical state. It is necessary to know one's intellectual and physical capabilities and determine the ways to develop them. As a result of systematically shaping one's lifestyle, one will have the opportunity to feel good and live a quality life. Therefore, a well-organized and systematic lifestyle, full sleep of at least 7-8 hours a day, a good anti-stress program, adequate physical activity, as well as rational nutrition and reproductive and sexual health, personal hygiene, and avoidance of harmful habits ensure a person's quality of life and maintain health. Human nutrition is based on the valeological principles of full and rational nutrition: it should be balanced, adequate, and optimal. 5 meals a day, rich in proteins, carbohydrates, and fats, as well as foods rich in vitamins and minerals, preserve and strengthen health. As the "gold standard" of physical culture in the family: morning physical education - 20-30 minutes; evening walk 3-4 km; It is necessary to organize a sports club, fitness, swimming 2-3 times a week and involve all family members in these activities. A person's mental state is also important in strengthening health, and anti-stress programs are of great help in increasing a person's tolerance to stress. The issue of reproductive and sexual health is important and relevant in a person's life, these aspects are formed through sex education and are considered one of the important factors that maintain health. Problems with reproductive and sexual health can cause the development of various diseases in the body and negatively affect the quality of life. It is necessary to abandon harmful habits, because they cause great harm to the body, as well as lead to loss of health and financial and social crises. The importance of personal hygiene in health care

and disease prevention has been particularly evident during the coronavirus pandemic. As a result of washing hands alone, not only coronavirus infection but also other infectious diseases were prevented.

A person who takes responsibility for his health and turns a healthy lifestyle into his lifestyle will have a high level of medical culture and a healthy lifestyle will be formed in him.

The development of medical culture in society is not only the responsibility of individuals but also of the healthcare system, educational institutions, families, and community structures. A high level of medical culture forms only when the entire society actively participates in promoting health literacy. One of the key tasks of modern healthcare is to increase the population's ability to independently assess risks, recognize early signs of diseases, and seek timely medical assistance.

In this regard, the role of **primary healthcare institutions**—family clinics, rural medical points, and polyclinics—is extremely important. Family physicians are the closest specialists to the population, and their regular interaction with families allows them to gradually raise the level of medical culture. Conducting preventive consultations, organizing health schools, and explaining lifestyle-related diseases can significantly reduce the incidence of chronic and non-infectious diseases.

Health education should begin from **early childhood**, because habits formed at a young age become part of one's lifelong behavior. Teaching children personal hygiene rules, encouraging physical activity, and cultivating a proper attitude toward nutrition lay the foundation for future health. Schools and preschool institutions must incorporate health-oriented programs that teach children in an engaging and practical way. Such programs help strengthen not only health literacy but also discipline, responsibility, and self-care skills.

Another important component of medical culture is **digital health literacy**. In the modern world, people receive most information from the internet, yet not all online sources are reliable. Misinformation about nutrition, vaccines, medications, and treatment methods can lead to dangerous consequences. Therefore, it is essential to develop the ability to distinguish scientifically proven facts from unverified information. Healthcare providers should actively use social platforms to share accurate medical information and raise health awareness among the population.

Medical culture is also closely related to **mental well-being**. A healthy lifestyle is incomplete without emotional stability and psychological resilience. In today's fast-paced world, stress management skills, the ability to control emotions, and maintaining positive social relationships play a major role in preserving health. Participation in cultural activities, communication with family, regular rest, and mindfulness practices significantly improve mental health. A society where mental well-being is prioritized tends to have lower rates of depression, anxiety, and stress-related illnesses.

The improvement of medical culture directly impacts the **economic development of a country**. Healthy individuals are more productive, experience fewer absences from work and study, and require fewer medical expenses. Prevention-oriented healthcare systems reduce the financial burden on the state by decreasing the number of costly hospitalizations and treatments. Thus, investing in the medical culture of citizens is, in essence, an investment in the long-term economic stability and prosperity of the nation.

Furthermore, medical culture plays a significant role in ensuring **public health preparedness**. The COVID-19 pandemic clearly demonstrated that societies with higher levels of health literacy responded more effectively to preventive measures such as mask-wearing, hand hygiene, vaccination, and quarantine rules. This experience showed the need to strengthen public awareness campaigns and emergency preparedness strategies.

In conclusion, medical culture is not a temporary trend but a lifelong value that determines the quality of personal and public health. Building a scientifically grounded, comprehensive medical culture requires continuous collaboration between individuals, healthcare professionals, educators, and community organizations. Only in such a cooperative environment can we create a healthy society in

which present and future generations live with a strong sense of responsibility for their physical, mental, and social well-being.

## **REFERENCES**

1. World Health Organization. Global Health Promotion: Concepts, Principles and Practice. Geneva: WHO Press; 2020.
2. Nutbeam D. Health literacy as a public health goal: a challenge for contemporary health education and communication strategies. *Health Promotion International*. 2000;15(3):259–267.
3. World Health Organization. Health Education: Theoretical Concepts, Effective Strategies and Core Competencies. Cairo: WHO Regional Office for the Eastern Mediterranean; 2012.
4. Kickbusch I, Pelikan JM, Apfel F, Tsouros AD, editors. Health Literacy: The Solid Facts. Copenhagen: World Health Organization; 2013.
5. United States Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd Edition. Washington, DC: HHS; 2018.
6. World Health Organization. Nutrition in the WHO European Region and North America: Strategies for a Healthy Lifestyle. Copenhagen: WHO; 2021.
7. Ministry of Health of the Republic of Uzbekistan. National Strategy for Healthy Lifestyle Promotion and Disease Prevention. Tashkent: MoH; 2021.
8. Satcher D. The prevention challenge and opportunity. *Health Affairs*. 2006;25(4):1009–1011.
9. Centers for Disease Control and Prevention (CDC). Personal Hygiene and Public Health: Guidelines for Disease Prevention. Atlanta: CDC; 2022.
10. World Health Organization. Mental Health and Well-being: Strengthening Resilience and Stress Management. Geneva: WHO; 2019.