



People's Health and Fight Against Diseases in Preserving Human Health

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Annotation. This scientific article discusses the innovative projects of public health and health care, as well as the health reforms being carried out today.

Key words: medicine, health, folk medicine, provision of public health, healthcare system.

Folk medicine, its unique provision of medical and sanitary care for the health of the population, in particular, the prevention of chronic diseases, their quality, safety and efficiency in their treatment, has passed many tests in practice. That is the reason why the development of folk medicine in our country is being paid a lot of attention. Just as any field needs a solid scientific foundation and modern science over time, folk medicine also requires consistent integration, harmonization, and training of qualified specialists into the healthcare system.

A scientific-practical center of folk medicine and its regional structures are being established in our country. Using the historical traditions and unique heritage of Uzbek folk medicine, prevention, diagnosis and treatment of diseases, as well as analysis and study of the efficiency of providing other medical services are defined as its main task.

In our modern era, when science has progressed, the development of medicine has also accelerated. But chemical drugs are not the only means of treating diseases. It is recognized all over the world that the benefits of treatment based on healing natural herbs and tinctures are higher than the drugs prepared in this way. More precisely, folk medicine is proving itself in practice in terms of safety and effectiveness. That is why the number of people applying for it is increasing.

Today, the large-scale reforms that are being carried out in our country regarding the consistent integration of folk medicine into the modern health care system are aimed at getting to know the secrets of ancient treatment, identifying medicinal plants that are unknown to us, and from them, effective and noble for the health of the population. It is extremely important as it is focused on the goal. Today, 112 types of medicinal plants are registered for use in scientific medicine. In particular, 70 types are actively used in the pharmaceutical industry. The research conducted by our scientists shows that there are wild species of cultivated plants, which, along with medicinal plants, are the source of creating new varieties of the dreams of farmers and gardeners. After all, our country is the homeland of many crops.

For example, many people do not know that the history of the origin of the onion, which is the most used in our daily life, depends on the territory of our country. From here, it spread to ancient Egypt, Greece, Rome and other places on Earth. Onions in our area



About 200 decorative, fragrant, medicinal and nutritious varieties grow. According to scientists' conclusions, Pskom onion, which the people of our country have been eating for a long time, is considered to be the closest to the cultivated varieties. There are about 70 wild species of cultivated plants in our country, such as sgu. Among them, the biology of onions, apples, almonds, walnuts, barley, pistachios and other plants is being studied in detail. As a result, it has been proven that the place where walnut varieties appeared is Central Asia, in particular, Uzbekistan.

Today, wild types of walnuts can be found in Kyrgyzstan and Tajikistan, but the largest areas of them are preserved in Uzbekistan. The total area is 1.5 hectares. The main part of natural walnut and pistachio groves belongs to the Tashkent region.

The advantage of cultural cultivation of medicinal herbs is that it allows the pharmaceutical industry to receive raw materials of the same age and type. As a result, the processing process is simplified.

Therefore, in our forestry, a number of plants native to our country and brought from abroad, such as pol-pala, mackai sano, chamomile, marigold, oak, jag-jag, are cultivated and grown. .

In the flora of Uzbekistan, there are such unique, unique growth-promoting, inimitable plants, from which it is possible to start production of expensive brand-level perfumes in our country.

Along with increasing the cultivation and processing of medicinal plants in our country, the possibilities of their use are also expanding. In fact, drinking tinctures prepared on the basis of medicinal plants are valued for their «soft» effect, quick and easy preparation, no need for special complex technological equipment, low cost, and, most importantly, high efficiency.

Nature protection is a complex of all activities aimed at rational use of nature and its resources, conscious change of nature for the benefit of people, preservation and further enrichment of natural resources and nature in general, its beauty, purity. The complex of nature protection activities includes activities carried out by states, international organizations, public, scientific and technical, production, economic and administrative organizations, and every person.

The natural environment in which humans currently live and constantly interact has been influenced by a number of factors over long geological periods (4.5-4.7 billion years), i.e. sunlight, Earth's mass, gravitational force, scale, rotational movements, tectonic movements, formed under the influence of the formation and change of air and water shells, the influence of exogenous processes, the emergence and development of the organic world. The state of the natural environment depends on the natural balance of a complex set of many interacting factors. Because the climate of a place depends on the angle of sunlight, that is, geographical latitude, structure of the earth's surface, winds, distance or proximity of oceans, currents, etc.; and the vegetation cover depends on the climate, rocks, topography, and soil. If there is a change in any of these natural factors, the natural balance is disturbed, which causes changes in the natural environment. Sometimes, a small impact on a component of nature can lead to unexpected big changes, especially dangerous changes.

Any living thing interacts with the surrounding natural environment, takes what it needs from it, adapts to it, changes the composition of the environment, the circulation of matter and energy in it to a certain extent. The current composition, amount, and some minerals in the earth's air crust, for example, the formation of limestone, coal, brown coal, the composition and development of the soil cover are the result of the life activity of organisms. The interaction of the organic world with the natural environment changes as a result of the emergence of new species, the increase or decrease of the number of competing species, and changes in the environment in the process of biological evolution.

The appearance of humans on Earth has fundamentally changed the relationship between the organic world and the natural environment. Man affects nature due to improper use of pastures by means of labor tools. He continues to improve his methods of interaction with nature. As a result, the area where a person can live expands, the number and size of natural elements used increases, and consequently, the pressure of a person on nature increases both in terms of quality and volume. In order to live and work, man creates an artificial environment in addition to the natural



environment. With the development of Mac, cities, residential buildings, parks, water reservoirs, roads and other productive forces, with the progress of science and technology, the importance of natural resources, the fields of their use, and the forms of their use also change. In the past, several different chemical elements were used, but now all available elements are used. At the same time, most minerals are being mined more and more. Anthropogenic landscapes are increasing due to increasing human influence on nature. From the end of the 16th century to the 70s of the 20th century, 250 species and subspecies of vertebrates completely disappeared due to unplanned use of fauna and flora or other reasons related to human activity. Since the 1980s, an average of 1 animal species and about 50 plant species have been disappearing every year. More than 1,000 species of birds and mammals are on the verge of extinction. During the year, 1 billion tons of fuel are burned, hundreds of millions of tons of nitrogen oxides, sulfur, carbon, soot, dust, etc. Are released into the atmosphere. Soil and water are polluted by industrial and household waste (several billion tons), oil products (several million tons), mineral fertilizers (about one hundred million tons), heavy metals, and radioactive waste.

Man uses natural conditions and resources for many purposes. At the same time, this requires proper protection of nature. These are: economy, health care and hygiene, refinement (aesthetic), tourism, scientific and educational use. Purposeful use means the use of natural resources for the benefit of the country or the entire humanity. This means working for the interests of the current and future generations. Only a society that can plan its development for a long period of time on a scientific basis and can use it without changing the natural balance will achieve progress.

Knowledge of the laws of interdependence and development of processes occurring in nature is of great importance for the rational use of natural resources. Without it, it is impossible to evaluate natural processes, to take them into account, to predict the future consequences of any impact on nature, components of nature. There are basically 5 laws that a person needs to know and follow when using nature and influencing it: 1) all components and elements in nature are connected to each other, interacting, being in a certain balance and creating harmony. If any component or element changes, a change occurs in the whole natural complex; 2) there is a continuous circulation of matter and energy in nature. It is the basis of life; 3) there are certain periodicities in the development of natural processes (daily, annual, 12-year, 33- 35 years and many years); 4) zoning; 5) regionality.

The interaction of man with nature accelerates as the development of society and production methods become more and more perfect, from nature, its resources, construction and production techniques, means of communication change large cities, create large oases, cultural landscapes, grow fruitful crops and fruits, productive livestock. Will give.

But sometimes overestimating human power without deep study and influencing nature can lead to unusable nature, its destruction and pollution. Such a scene is observed throughout the history of mankind. Beijing until the 19th century, because the scale of human use of nature was not so great, the impact of human activities on nature was also less.

In the second half of the 20th century, the development of industrial production, the widespread use of various chemicals in agriculture, the constant cultivation of the same crops on large areas, the excessive increase of vehicles, the expansion of cities, nature Insufficient attention to the protection of the environment caused the destruction of the natural environment and pollution of some places. In some areas of the mining industry, the natural environment has been severely damaged.

Vegetation is drying up as a result of deep open quarries occupying large areas of mine waste rock and lowering the groundwater level. Reclamation work is not given enough attention, especially in developing countries. Currently, nature protection is becoming a global problem beyond the boundaries of a specific country or country. Changes in the earth's ozone layer, rising temperatures in the world, shrinking polar and mountain glaciers are among such problems. In particular, the depletion of non-renewable natural resources and the pollution of the natural environment in several countries, especially in developed countries



Forced to see nature protection measures. Deforestation has been limited in most developed countries, land has been used on the basis of cadastre, river and lake waters have been cleaned, and fish breeding has begun. Hunting was regulated, reserves and protected areas were increased.

However, since the middle of the 20th century, the relocation of hazardous waste production enterprises to developing countries has caused environmental pollution in these countries. Due to economic difficulties, developing countries are unable to allocate sufficient funds for nature protection. The lack of strong international cooperation in the field of nature protection is also not effective enough in the use of natural resources and in the protection of nature.

Currently, issues of nature protection have been theoretically developed. However, this requires spending a lot of money. In addition, the production of weapons of mass destruction and their storage lead to pollution of the natural environment. From this point of view, banning the use of weapons of mass destruction and destroying them is of great importance in nature protection.

In the 20th century, especially in the second half of the 20th century, the use of the monoculture system in agriculture, the excessive use of herbicides and pesticides, and the improper use of available water resources caused major negative changes in the environment. The Aral Sea has almost dried up, desertification has intensified around it, and the salinity of groundwater has increased. The necessary conditions for human health have been violated, diseases such as anemia, hepatitis, and zotiljam have increased. Due to the impact of cotton monoculture, the ecological situation necessary for human life has worsened in other regions. After gaining independence, Uzbekistan began to protect nature from the first days, to protect the territory of the republic from environmental degradation. Several laws have been adopted on the protection of nature and its components. These are «On Nature Protection» (December 9, 1992), «On Water and Water Use» (May 6, 1993), «On Subsoil Resources» (September 23, 1994; revised on December 12, 2002), «On Protection of Atmospheric Air» (December 27, 1996), «On Protection and Use of Flora» and «On Protection and Use of Animal World» (December 26, 1997), «State Cadastres on» (December 15, 2000), «On Forest» (April 15, 1999), «On Waste» (April 5, 2000).

Articles 50, 54, 55 and 100 of the Constitution of the Republic of Uzbekistan describe the norms of nature protection. Article 50 of Chapter 11 of the Constitution states that «Citizens are obliged to treat the natural environment with care.» Article 55 states that «Land, underground resources, water, flora and fauna and other natural resources are national wealth.

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