

Modern Methods of Reducing the Impact of Environmental Destruction on Human Health

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Abstract: In this article, the concept of ecology, nature, the impact of its destruction on human health, today's statistical indicators, ongoing work, and plans are explained in detail.

Keywords: Ecology, health, nature, dust, damage, tree, green space.

Introduction: The universe we live in and surrounds us is as kind and lively as our mother. In every particle of the sun, in every body of soil, we feel the loving touch of nature as a mother to us. It embodies thousands of elements necessary for man in every aspect. These questions are becoming a topical issue today. Unfortunately, humans have an unprecedented impact on nature. It cannot be compared to anything that can be influenced by human intelligence and work. To be more specific, creatures use nature as it is and have an imperceptible effect on it.

Literature analysis and methodology

These changes have changed the environment to such an extent that it has affected human health as well as all living things. Despite the fact that billions of funds have been spent on making great discoveries in every field of human activity in the 21st century, especially in medicine, there are many diseases that threaten the human body and premature death in life. We begin by describing the environmental impacts that cause serious damage to the environment and human health. Here we are not only talking about damage to plants and animals, but these effects also affect people. Usually, the decisions taken are more important to protect human health than to reduce negative impacts on the environment and protect the natural environment. The main consequences of these effects are the pollution of our planet as a whole. We can see pollution of water, soil, air, destruction of ecosystems, degradation of habitats and more. It is enough to mention the famous sayings of our great thinker grandfather Abu Ali Ibn Sina about almost all factors of the environment, which are now called ecology, the influence of humans and creatures on them, and finally, the effect of these factors on humans and creatures. Regarding the environment of the place of residence, it is emphasized in the "Laws of Medicine" that: "The place of residence can affect the body in different ways: high or low place, composition and nature of the soil, abundance or scarcity of water, abundance of trees, cemetery or proximity to mines, etc., are important when choosing a place of residence. We can see that these thoughts are about the environment and are relevant in medical ecology. According to world statistics, 15% of the population dies from old age, 15% from accidents and battles, and 65% from diseases. Also, only 15% of our health depends on medicine, and the remaining 85% depends on ourselves and environmental factors.

Discussion

According to the Global Humanitarian Forum, climate change on our planet kills 400,000 people a year. Three hundred million people live under its negative influence. This is causing serious damage to the economy. Such global problems have a negative impact on the development of the Central Asian region. An example of this is the unpleasant ecological situation along the island, the resulting natural stress, and the problem of desertification. In addition, one of the most dangerous factors of pollution of the earth's surface is radiation. It cannot be seen, heard, tasted or smelled. However, under its influence, the interdependence of systems in the human body is broken, and the generator-brain, which controls the body with intelligence and understanding, is facing changes that cannot be explained in words. As a result, this small amount of radiation affects certain groups of the population, especially the fetuses of pregnant women, children in the process of growth and development, elderly people with weakened immune systems, and people with weak health. Radiation enters our body through various ways (food, water and air) into the blood and bones, damaging the entire human body and causing premature death. In addition to radiation, the harmful wastes from industrial enterprises were nitrates and various toxic solids (pesticides) and mineral fertilizers widely used in agriculture. These harmful substances can enter the human body through food products and cause various diseases. It is known that the spread of diseases in a region depends on the relationship between the population living in that place and the environment. For example, in places where puddles of water have accumulated, favorable conditions are created for the malaria mosquito to live, and in these places, the possibility of the appearance of malaria disease has arisen. For African sleeping sickness to occur, there must be grasslands. Opisthorchosis is common in people living near rivers, because the intermediate host of the worm that causes this disease is fish, and the disease is transmitted to humans through fish meat. In addition, we can take as an example allergic diseases that are common among the population. Many epidemiological observations show a direct causal relationship between chemical pollution of the environment and the violation of the reproductive function of the population. This was found in working conditions - among workers of metallurgical plants, textile industry, gas and oil processing enterprises, laboratory workers and female surgeons, as well as in settlements with polluted atmosphere, water sources and soil. chemical compounds. Currently, in our country, the system of stabilizing the sanitary-epidemiological environment, reducing the negative effects on nature, and organically organizing ecological and hygiene measures has been formed, which serves to protect human health and ensure stability in terms of infectious diseases. The presence of new environmental conditions causes millions of adaptation processes in the human body, which means that the human body has the ability to recover and adapt to any natural conditions. Our task is to create conditions for the self-adjusting and regenerating biosystem to protect itself from various diseases. In order to strengthen the health of the population and prevent diseases, it is necessary to comply with sanitary and hygiene requirements, and to strengthen medical control in some areas where the ecological situation is extremely difficult. Currently, about 46,000 types of chemical products are produced and sold to the population in various plants and factories, 400 mln. about tons of organic substances are produced and more than a million products are being made with them. However, these chemical substances used in production enter the human body in a certain amount through air, water and food, as a result of which various infectious diseases occur. Because some chemicals are toxic, some are allergenic, carcinogenic, mutagenic, teratogenic, fibrogenic tissue junction separation) has the properties. These chemicals are very dangerous for human health both individually and in a mixture. In recent years, the increase of cancer and the emergence of new types of various diseases are mainly due to the influence of chemistry. It is not a secret to anyone that during the period of technical development, atmospheric air pollution has increased significantly in Almalyk, Chirchik, Fergana and Navoi regions of our Republic. Taking the example of Navoi region alone, it is possible to observe the high level of atmospheric air pollution. There are many industrial enterprises that pollute the air in the city of Navoi, which has about two hundred thousand inhabitants. Sludge treatment

facilities for nitrogen oxides produced during gas burning at the enterprises of the Navoi thermal power plant are planned, but the level of these substances remains above the norm. The program "Environmental protection of Navoi region for 2022-2026" was developed in order to unify ecological balance in the region. Along with industrial enterprises, the increase of motor vehicles in the city also has a negative impact on the city's air.

Conclusion: In short, in order to reduce the waste of industrial enterprises, we should first of all introduce the use of zero-waste technology using advanced technologies that meet the requirements of the present time. if it is processed according to hygienic requirements, we will not only benefit economically, but also prevent pollution of the earth, air, water, and food products, it will be of great importance in protecting people's health, and we will protect our nature for the future generation. We will deliver it while preserving its purity.

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