



## ENVIRONMENTAL POLLUTION AND INFLUENCE ON HUMAN HEALTH

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**Abstract.** In this article, it is mentioned that we should strengthen the health control of the population, comply with the sanitary and hygiene requirements in the prevention of diseases, and strengthen the medical control in some areas where the ecological situation is extremely difficult.

**Key words:** heredity, genetics, hyperdynamia, hypertension, stress, xenobiotics, malignant neoplasms, aging, Endocrine system diseases.

**INTRODUCTION.** I will not be mistaken if I say that nature is the basis of our life. Man can never live without nature, because he is an integral part of nature. The world in which we live 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. What is the state of our beautiful nature today? Who is responsible for this? How can this be prevented? These questions are becoming a hot topic 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. Mankind can adapt to all the conditions that surround him, he can not adapt, he adapts it to his desires, as a result, the balance of nature is disturbed, and the disturbed balance leads to great losses. The ecological environment surrounding living beings has been changed in a negative way mainly by mankind, the main cause of which is factories, transports and their wastes. 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 aging 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[1-3]. We can see pollution of water, soil, air, destruction of ecosystems, degradation of habitats and more. All of these lead to increased disease, loss of biodiversity, and health problems for both flora and fauna and humans. Today, environmental problems pose a serious threat to human health. According to the Global Humanitarian Forum, climate change is killing 300,000 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 the systems in the human body is disturbed, 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[4-6]. Radiation enters our body through different ways (food, water and air) into the blood and bones, damaging the entire human body and causing premature death. In addition to radiation, harmful emissions 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. And 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 In the first and second cases, reproductive function disorders were manifested by an increased risk of termination of pregnancy, spontaneous abortion, complications during pregnancy and childbirth, congenital deformities[7]. In a number of cases, a reliable connection was established between the increase in sulfur dioxide, phosphoric anhydride, lead, nickel, iron, etc., and



the pathology of pregnancy.

Environmental factors are natural or man-made factors affecting human life. People interact with environmental factors, and this interaction has a major impact on people's health, well-being, and overall quality of life.

Environmental factors such as air pollution, water pollution, soil pollution, noise, radiation and climate change can have a harmful effect on human health. Air pollution, in particular, can cause respiratory diseases and cancer. Water pollution can lead to the spread of infectious diseases. Soil pollution can make soil unsuitable for agriculture and contaminate food sources[8-11]. Noise can cause many health problems such as hearing loss, sleep disturbances and stress. Radiation can cause DNA damage that can lead to cancer and genetic diseases. Climate change can cause many health problems, including heat waves, natural disasters, rising sea levels, and shrinking food supplies.

However, in addition to affecting human well-being, environmental factors can also affect human behavior, culture, and social structures. For example, the social and physical environment in which people live shapes their interactions and social structures.

As a result, environmental factors play an important role in human life. Therefore, it is very important to use an environmentally sensitive approach, to develop solution-oriented approaches to environmental problems, and to minimize factors that harm people's health, well-being, and quality of life.

To this end, people can adopt eco-friendly lifestyles, manage waste and invest in renewable energy sources. In addition, governments and other organizations should try to develop and implement environmental policies.

Understanding the impact of environmental factors on people helps people to be more conscious in their interactions with nature and in solving environmental problems. Therefore, scientific research and educational campaigns help to better understand the impact of environmental factors on human health and well-being. The interaction between environmental factors and people is complex and multifaceted. However, in protecting the

natural environment, protecting human health and well-being, the implementation of environmentally friendly lifestyles and environmental policies is of great importance.

**Conclusions.** According to UN statistics, the city's population has doubled since 1950. Current estimates show that the number of slums is increasing by 10-15% every year as a result of population growth and migration to cities. Harsh conditions lead to physical overload, tension, depression, violence and disease. According to the latest statistics from the UN and the World Bank, half of the countries in Africa and Southeast Asia, with a combined population of nearly 2 billion people, have an average annual income of less than \$300 per capita. Widespread poverty in developing countries leads to hunger, malnutrition, and sometimes death in many children; at best, children grow up physically and mentally handicapped. Thus, hundreds of millions of people in the world's poor countries are caught in a vicious cycle of disease, suffering and death. In such conditions, acute physical, mental and social conditions that threaten the life, health and well-being of people, reduce their self-esteem, destroy close relationships between them and create a sense of inferiority. stresses arise. Such events, in turn, can trigger reactions that further increase morbidity and mortality. Scientists have found that crowded conditions, that is, "personnel stress", have a strong negative effect on people. In a person, the constant violation of personal space, typical of life in big cities, causes strong neuropsychic stress, which leads to obvious stress reactions. It is not our emotions, but our internal organs that are affected by the stresses and overloads of modern life. The impact of stress affects the main physiological reactions of the central nervous system, as well as the activity of the endocrine glands. Biologically active substances produced by endocrine glands (hormones) together with nerve impulses affect almost every cell of the body. Thus, unsatisfactory living conditions cause serious and sometimes unbearable suffering for more than a quarter of the world's population. It is true that people can adapt even to extreme conditions. However, as mentioned above, it is judged by your nerves and physical health.

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