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## **THE INFLUENCE OF EXTERNAL ENVIRONMENTAL FACTORS ON A PERSON**

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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 the 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.

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 systems in the human body is disturbed, and the generator-brain, which controls the body with intelligence and perception, 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, the elderly with weakened immune systems, and people with weak health. 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 the places where ponded water accumulates, favorable conditions are created for the malaria mosquito to live, and in these places, the possibility of malaria appears. And for African sleeping sickness to occur, there must be grasslands.

Opisthorchiasis 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 negative effects on nature, and organically organizing ecological and hygienic activities 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 to prevent diseases, it is necessary to comply with sanitary and hygienic requirements, and to strengthen medical control in some regions where the ecological situation is extremely difficult.

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