

The Importance of a Healthy Lifestyle in Community Life and the Main Factors of its Organization

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ABSTRACT

The main factors of a healthy lifestyle are analyzed in the article. Changes in the way of life of mankind have been revealed during the historical development. The views on medical culture of Abu Ali ibn Sina, the sultan of medical science, are studied on the example of his works. Proposals and recommendations for increasing ecological knowledge and culture of the young generation have been developed.

There is no doubt that living a healthy and long life has been an age-old dream of mankind. From this point of view, the main task facing any society is to realize this dream of mankind, i.e. to create conditions for people to live a long and healthy life.

If we look at the ideas and proposals of the ancient world and medieval medicine in the matter of health, we know that it mainly consisted of increasing the responsibility of each person for health. Luqmoni Hakim's advice to his son, Hippocrates' suggestions on health care, Aristotle's 10 advices to Alexander the Great and finally our great countryman Ibn Sina's advice on "providing the human body with things it deserves and likes", mainly consist of advice that a person should pay attention to in his daily life in order to be healthy.

It is known from history that at all stages of human history, the struggle for survival has been the main criterion. Regardless of whether it is primitive or slave era, feudalism and capitalism, short-lived socialist era, birth, living, disease, and death among people ended.

It is noteworthy that the average life expectancy of human beings has increased throughout history, from the first primitive stage to the last stage. Initially, he was 25-30 years old and now he is 75-80 years old.

In the gradual development of mankind, their way of life also developed. At first, he used nature as it was, that is, he fought to survive. At first they lived in a cave, then they built a shelter and adapted themselves to the conditions of nature. They lived together in a community, and later a family began to appear. Thus, the family, society, state, religion originated. Now social relations that affect human health are beginning to emerge. As a result, human existence is now a struggle for survival, dependent on internecine wars, infectious diseases, and other factors, in addition to the vagaries of nature. The conditions in which a person lives have an impact on his lifestyle,

health and ultimately, whether he lives long or short. Depending on the level of consciousness, people began to think about the secrets of the origin, development, and recovery of diseases. As a result, together with the desire to know the secrets of nature, the concepts of medical science also appeared.

It is necessary to take into account the following factors in improving the lifestyle of people today:

I. Nutrition factor. Eating, as one of the forms of struggle for life, is the main issue facing the total being. Man is no exception. It is clear that the daily concern and main goal of primitive man was to find food and fill his belly. According to the data, his main occupation in nutrition was terma. That is, they lived by picking and eating the fruits and roots of trees growing in hot climates, forests, mountain slopes and valleys. According to the main food, primitive man was a fruit-eater.

By adopting the habits of animals and birds and learning to prepare different foods, advanced man made his food more complex and biologically difficult to digest. Here it is worth noting that in the history of mankind, food types have developed not scientifically, but socially that is in terms of satisfying human desires. And finally humanity realized the connection between poor nutrition and diseases.

The emergence of scientifically-based ideas in nutrition is related to the development of such fields of science as biochemistry and microbiology in the middle of the 19th century. From this period, scientific views on the compositional proportions of foods, energy balance, microbes and the mode and order of nutrition began to emerge. The science of eating - dietology was formed. Until now, it has been scientifically proven that improper nutrition is the main cause of diseases such as stomach and intestine, heart and blood vessels, endocrine glands and joints, metabolic disorders and cancer.

But in this matter, humanity still cannot get rid of its past habit - the influence of lust and desire in eating. As a result, this condition is one of the main causes of illness and death among people. In addition to illiteracy and indifference in nutrition, food production and nutrition in the society are based on business, advertising of products and drinks that look nice but do more harm than good in order to gain money and wealth, as well as "street food" based on unhygienic preparation of food, cafes, bar and restaurant are also playing a big role.

Even today, finding food and properly organizing food is one of the most basic requirements of a person's daily life and it is impossible not to take it into account when organizing a healthy lifestyle.

II. Action factors. The primitive man's need to find food and fill his belly forced him to move, walk, run, climb trees, climb mountains, cross water, climb mountains and get along with animals. Sometimes it took days to get every bite of food. He had to run and move a lot not only to find food, but also to avoid predators and save his life. Later, this action was replaced by labor. The same hard life regulated the process of metabolism in his body, improved the functioning of internal organs, cleaned the cells and ultimately the whole body from the intermediate products formed as a result of metabolism, ensured the mobility of the joints and served to create an extremely important support system called endurance. This, in turn, led to the preservation of man as a species, the formation and development of his mind. This action made him more durable and strong than the modern man. If we consider that today's lifestyle and its opportunities have almost freed us from movement, it becomes self-evident that incorporating more movement and exercise into our daily lives is a vital necessity.

III. Biorhythmic factors. Another, but the main factor that led to the improvement of the human body and ensuring its vitality in the process of evolutionary development of a person is the regularity of nature. Night and day, almost simultaneous repetition of seasons, day, week, month,

periodic changes in biological activity and decline throughout the year, the position and rotation of the planets in the universe, the change of the great luminary-the sun in relation to the earth, the magnetic field and so on, the total being on earth, including the formation of certain laws in the human body. For example, the activity of vital processes in the human body - mobility, internal organs, especially the nervous system - is high during the day and is mostly reduced at night. Such changes can be observed not only in internal organs, but also in the activity of cells, in the process of their metabolism. Also, the changes of activity and slowness in our body occur during the week, month, year and this phenomenon is called biorhythmic phenomena.

Therefore, we should adjust our lifestyle not according to the worries of life but according to the biorhythmic laws of our body and organize our daily lifestyle accordingly. Only such an organized life serves health and longevity. Imagine that for millions of years, a person has been standing with the sun and lying down with the sun, and his body has formed a rhythm of activity during the day and indolence at night. If we use the means of development - electricity, television, and video technology and engage in long nights of high-spiritedness, drunkenness and sobriety, we act against the biological laws of our body and eventually break it. This disorder undoubtedly leads to diseases, first of all, nervous and mental diseases. That is why organizing our lifestyle in accordance with the rhythmic changes in nature is one of the important requirements of a healthy lifestyle.

IV. Gender, genetic and family factors. The continuation of life is related to procreation and reproduction. Sexuality is the basis of this biological phenomenon. In all living things except humans, sexual intercourse is the main requirement for procreation. Throughout its long development, human society has legislated this issue in the form of family. The family is the main place where children, the successors of the human race are brought up to adulthood.

However, in family formation, under the influence of national, social, and economic factors, family formation from close relatives, incompatibility of the blood groups of the bride and groom, encouraging young people incapable of family life to marry and similar actions contrary to the laws of heredity lead to the deterioration of the genealogy, the decrease of the abilities of future generations, causing the birth of disabled children.

The issue of family formation, sexual relations and heredity is related to the issues of how the next generation will be, their health and leaving offspring that will ensure the health and talent of the generations after them. The main demand in this area ranges from choosing a sexual partner to genital hygiene, from sexual relations to healthy family relationships. It is impossible to talk about a healthy way of life without positively solving these issues, without forming appropriate knowledge and skills in people.

V. Social factors. During its development, humanity was formed not only as a biological being, but also as a social product. It was social factors that made primitive man a conscious, intelligent man.

Protection from wild animals, facing the challenges of nature, solving some daily problems alone forced people to unite. At first they lived in groups, then in tribes and clans. And finally, states began to emerge. Living together has shaped relationships. Social relationships are the biggest and most powerful factor affecting a person's health. First of all, it affects a person's psyche. Mood is directly related to health.

When a person's morale is high, vital processes such as the movement of blood in veins, the functioning of internal organs, and the exchange of substances in cells go well.

On the contrary, vital processes in internal organs and cells slow down during depression. A person is moody, indifferent to events. Chronic continuation of this condition leads to diseases.

So, the task in front of us in this field includes social and personal activities, including solving

social problems in favor of people, in particular, raising the culture of behavior, ending customs that have a negative effect on the psyche.

VI. Factors of acquired harmful habits. Development has changed human life in an immeasurable way. Imagine a man who once lived in mountain caves and huts, having a warm house with all the comforts, a soft bed, various types of machinery and vehicles, a kitchen full of ingredients, etc. at his disposal. All this made his life much easier. He now thought more about his pleasure. Movement and anxiety decreased dramatically and finally he was not satisfied even with a quiet life with all the comforts. Now things that make the head dizzy - such habits as smoking and drinking - began to enter his marriage. As human society developed, these harmful habits began to enter more and more into his life. A conscious, intelligent person quickly understood their harm. However, some people wrap them in shiny paper and recommend them to people.

There is an invisible force that ensures the development of any society and gives it an impetus. This power is a person's lust for personal gain and glory. It is this action that ensures the development of society. But along the way, the greedy for money, wealth, and possessions invented tobacco, cigarettes, alcohol, and drugs, started their production, and are leading the society to the dangerous abyss of "drug addiction".

Therefore, our efforts towards health should be aimed at completely eliminating these harmful habits from our lives and fighting against them.

VII. Factors related to the environment and the concentration of people in relatively small areas.

The integration of people into groups, tribes and clans led them to live in small areas. It is natural that many people live together, causing pollution of the places where they live. It is possible that primitive man, as well as conscious and perceptive man, solved this problem by changing their habitats frequently. In any case, they went through a long process of development until they learned to ensure the safety of the physiological and economic waste (mainly food waste) generated in their daily lives.

According to archaeologists, people learned to build shelters 40-50 thousand years ago. This is a huge cultural change in human development. A sheltered tribe or clan can be inferred to have lived in one place longer than a primitive herd. Because he must have come to appreciate the shelter built by his hard work. In any case, human settlements concentrated in relatively small areas began to appear. Now they lived in these places with the animals they had trained and the simple things they needed in their lives. In such conditions, it was not easy to change places frequently, and as a result settlements began to appear. The emergence of settlements caused the problem of excessive pollution of the area where they live. The emergence of cities has deepened this problem.

It is known from history that the same process caused the majority of the population to live in relatively small areas and the accumulation of wastes generated in their lives caused various infectious diseases to spread among the population in the form of an epidemic, causing illness and death among them.

This problem has troubled humanity for thousands of years. It was not until the 19th century, when our understanding of microbes expanded, that sanitation and hygiene began to take shape as a science and a way of life and the area that cleansed settlements of waste and harmful substances. Environmental problems have not lost their relevance even in our modern age. These problems are related to our working and living conditions at the same time. Therefore, we consider that being literate in sanitation and hygiene and following it is one of the main requirements of a healthy lifestyle.

VIII. Technical and life development factors. Archaeologists say that people who lived 50-100

thousand years ago all suffered serious injuries (often bone fractures) by the age of 30-35 and that the main cause of death among them was hunting wild animals or encountering predators. These include falling from mountain rocks, trees, getting stuck in floods and bad weather. Looking at it from this point of view, what caused our predecessors to shorten their life spans were injuries or in modern terms injuries and accidents.

If we deeply study the causes of death and disability among people, it is not difficult to understand that this problem has not lost its relevance even now, that injuries and accidents pose a serious threat to people's health. According to the scientific conclusions of the World Health Organization, in 2000, only road traffic accidents are the 8th most dangerous diseases of our time, after AIDS, diarrhea and tuberculosis and are among the most problematic issues. It is no secret that the reason for this is the rapidly developing technical development, the widespread use of machines and mechanisms in all sectors of the economy and the large-scale introduction of electricity, gas, chemical and technical means into people's lives, which is the cause of accidents in life. But no matter how great a danger these things pose to humanity, people still strive for them. Because these tools of development make people's burdens lighter, their lives comfortable and beautiful. In order to get rid of the unpleasant consequences of development and reduce its risks, people should always be careful and learn the methods of safe use of existing techniques and mechanisms as well as means of living. This is also an important aspect of our lifestyle.

IX. Factors of ignorance, illiteracy and incompetence in the matter of health. If people, in general, each of us, do not have knowledge and experience in the above areas, we will not be able to change almost anything. Imagine what would happen if we sold cars to people without opening up driving courses to them, without developing knowledge and skills about traffic and cars? Undoubtedly, there would be no end to the accidents and people injured or killed as a result of them, as well as the cars that were left in an unusable condition.

The same goes for knowledge and incompetence about the health of the human body and its strengthening - a healthy lifestyle. Diseases last for a long time due to lack of education and lack of education in this field.

Progress is making it possible for people to live longer and healthier lives. The main reason for this is that a person learns to protect himself from the adverse factors of nature and society, and the formation of knowledge and skills in maintaining his health.

Therefore, it is the most important requirement for everyone to have the knowledge and skills to take care of their body and apply it in their daily life. Without it, it is absolutely impossible to achieve any results regarding health and longevity.

It should be noted that a healthy lifestyle has gained great importance in every period of historical development and this issue is reflected in the views of our great thinkers. The work "Kitab al-qanun fit-tibb" written by Abu Ali ibn Sina in the years 1012-1024 is not only devoted to medicine, but also covers the basics of ecology. As the ancient Greek physician Hippocrates gave information about 200 plants, Abu Ali Ibn Sina discussed about 900 plants in his "Laws of Medicine" and described ways to use them. Alloma was a great person who practically proved the words of Eastern sages that "there is no plant without medicinal properties and there is no disease that cannot be treated with a plant".

He particularly deeply explained the influence of the environment on human health, the forms of human influence on nature. Scientist writes that maintaining human health depends on the balance of several factors. They are:

1. Body (organism) proportion;
2. Choice of food and drink;

3. To rid the body of excess;
4. Keeping body parts in correct position and proportion;
5. Improve nasal breathing;
6. Choosing clothes according to the environment;
7. Proportion of physical and spiritual actions.

Human health depends on the environment in which he lives, the quality of the environment, the composition of the air he breathes, the quality of the food he eats, water and social work activities he lives in. Scientist especially understood the rule of food chains and tried to explain its practical importance to people. Emphasizing the need to look at the land, water and pastures around the yard when buying a yard, he emphasized that the milk of cows in a place rich in pleasant grasses is especially useful for the human body.

At that time, the great doctor noticed that the most active human factor among environmental factors and distinguished it very clearly into two types. Human influence on nature is of two types:

1. Natural effect;
2. Anti-natural, i.e. the effect “against” the effect of nature

If we express these thoughts through modern ecological concepts, then the term “effect on naturalness” means the effects of man on the components of nature, corresponding to the changes in nature, the limit of this natural change, and even close to it. This effect does not affect the functioning of the biosphere in the slightest. An example of this type of influence is the communication of people with nature during the primitive, slave era. It is true that science and technology were not highly developed at that time. During the interaction of people with nature, very simple tools were used, which did not negatively affect the natural quality of nature's components.

Human impact on nature includes 2 qualitatively different impacts:

1. Natural, i.e. effect proportionate to nature;
2. The impact of nature and its components up to the limit of adaptation, in other words, up to the "Red Line" in nature (up to its adaptation-adaptation norm). When the impact exceeds the threshold of adaptation, ecological errors, tensions and crises occur.

Ecology - that is, the emergence of the science of the relationship between the organism and the external environment and the use of the term “ecology” (“oikos” - Greek house, place of residence, “logos” - science) was attributed to Ernst Haeckel (1834-1919), a German naturalist who lived in the 19th century associated with the name and is considered the father of ecological science. We should object in this regard, because nearly a thousand years ago, our great compatriot, encyclopedist, medical genius Abu Ali Ibn Sina described almost all factors of the environment, which are now called ecology, the influence of humans and creatures on them and finally, the impact of these factors on humans and creatures. Regarding the environment of the place of residence, the “Laws of Medicine” specifically states: “The place of residence can affect the body in different ways: high or low, soil composition, abundance or scarcity of water, abundance of trees, proximity to cemeteries or mines, etc. is important when choosing a place”. We will see that these thoughts are about the environment and belong to medical ecology. Therefore, it is fair to connect the complex, which was later named ecology, with the name of Ibn Sina, at least to be called the father of “medical ecology”.

In Uzbekistan, which is one of the largest countries in terms of population in Central Asia, the emergence of environmental problems, its impact on natural environment and human health is

observed. In order to prevent these environmental problems, it is an urgent issue of today to create ecological culture in the population of Uzbekistan, especially young people, by providing them with ecological knowledge. This directly increases the importance of a healthy lifestyle in the life of society.

The active nature of growing children and young people, the need for various physical exercises and physical loads of the young body make the formation of a healthy lifestyle a core part of the concept of a healthy generation, one of the main tasks. A. Muhiddinov calls this “health acme module”. He writes: “When solving issues related to the creation of a module of health education, which will be the basis for conveying medical culture to people, it is appropriate to act taking into account the laws and principles that apply in the process of two important areas of social activity: health care and education. For this, it is possible to rely on the principles that reflect the concepts formed in both fields during the years of independence in our country. It is known that such principles are defined in the laws related to both areas”.

What should be done so that people can actually change their attitude towards the environment? For this:

- To create an important understanding and confidence in people's minds about the most necessary ecological concepts, that is, the direct interdependence of all creatures in the natural environment, the natural harmony between them;
- To treat nature, the environment, and all the creatures in them in an extremely reasonable manner, to inculcate in people the need to use them sparingly, and to form a deep ecological thinking;
- Creating in people the ability to perceive the environment and other vital factors from the point of view of ecology in conveying them to future generations;
- Everyone who has a sufficient level of ecological consciousness and thinking must love nature, protect the environment, take an active part in the processes of economical use of all natural products, fossil resources and other factors, as well as in practical activities related to environmental protection;
- it is necessary to re-analyze the system of environmental education conducted in our country and create appropriate methodological manuals based on the concept of sustainable development of the world.

“A healthy person is the greatest work of nature”. This wisdom encourages people to think, look at their past, and reflect on what they have done. The reason is that the purer nature is and the more a person takes care of himself, the more beautiful and perfect work “man” is created. Since man is also one of the “works” of nature, his health is directly related to nature.

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