

Signs of the spread of anemia among the population and the role of blood in the body

Mamatova, Matluba Abdukhalilovna

Teacher, of biology at Ferghana State University.

Abstract: *The article provides information about the factors and biochemical processes affecting the health of the population, as well as about the stages of prevention, which is one of the pressing problems of our time.*

Keywords: *population, diseases, protein, iron compounds, food composition.*

Currently, various regions are richly populated on earth, and population growth leads to an increase in the need for nutritious food, demand. The high demand of our body for a protein product requires that our daily needs for nutrients and vitamins and trace elements are high. The presence of macro- and microelements in the composition of the population's food products in sufficiently established norms ensures a critical transition of specific health properties.

On social networks I came across a hint: "why do African children have a Cotta belly"? African children practically do not consume foods rich in protein and amino acids after separation from breast milk. They usually consume carbohydrates. As a result, a severe type of protein deficiency, known as "kwashiorkor", causes an outbreak of the disease, which becomes one of the causes leading to an increase in mortality.

Countries with lower life expectancy include the Central African Republic (41 years), Afghanistan (43 years), Guinea (44 years), Sierra Leone (46 years), Rwanda (46 years), Somalia (47 years) and others. An increase in life expectancy leads to an increase in the number and proportion of elderly people, that is, to the development of the process of "population aging". In most countries of the world (India, Nepal, and other exceptions), the average life expectancy of women is higher than that of men. The migration process of Benijoya played an important role in the settlement, territorial distribution and redistribution of the population on earth, in the formation of races and peoples. Migration is a complex economic and social process associated with the political situation, economic development, territorial composition of productive forces, and increased social activity of the population.

If you look at the life expectancy of the population, then the life expectancy of the population of mamalakat, which adheres to products enriched with protein compounds, and, of course, a healthy lifestyle, is a longer period. When all the incoming nutrients are absorbed into the body, the blood serum plays a biological role.

Flour and its products, which are one of the main sources of our agriculture, form the basis of our table. The saturation of such products with iron and trace elements ensures the intensive flow of biochemical processes in the body. Let's study the composition of blood, which is one of the main sources of biochemical reactions.

The detection of the mechanism of hematopoiesis and the occurrence of anemia with the help of isotopes played an important role in this. American scientist V. Castle discovered that a lack of vitamin V12 (cyancobalamin) in food causes pernicious anemia. By the 60s of the 20th century, the

origin of almost all hemolytic anemia had been studied, and many innovations were obtained. Removal of the spleen in hereditary spherocytic hemolytic anemia has shown that this disease can be cured.[1,2,3,4,5]

It turned out that with thrombocytopenic purpura from hemorrhagic diathesis, it is advisable to remove the patient's spleen, with thrombasthenia-to prescribe adenosine triphosphate acid to him.

Drugs that prevent the formation of blood clots, heparin, as well as drugs that increase the activity of the blood clotting system and the stiffness of the vascular wall of rutin were produced.[13,14,15,16,17]

Since the middle of the 20th century, the doctrine of blood groups and the Rh factor has given impetus to the development of the most important section of hematology-the process of blood transfusion, developed knowledge about the formation of antibodies to the body's own tissues and the development of antibodies to foreign tissues.

Much attention was paid to the complex (clinical, chromosomal, biochemical, hereditary, genogeographic, familial, etc.) study of hereditary and familial blood diseases. Therefore, much attention was paid to the development of isoimmunization-isoceroogy, in which blood groups of the Rh factor and other factors arise in relation to them, measures to ensure complete anesthesia during blood transfusion. The result of these efforts was the widespread use of component hemotherapy in practice. The development of a complex of knowledge about leukemia-leukemia-has led to the development and implementation of methods of mono- and polychemotherapy for these diseases.

The blood fluid of the human body contains platelets, leukocytes and erythrocytes, which perform certain functions. Anemia is characterized by pathological disorders in blood cells, which, in turn, consist of an important substance - hemoglobin. It not only gives a red color, but is also responsible for gas exchange. With a lack of hemoglobin, anemia develops. Hemoglobin contains components containing iron and protein, with a lack of which the substance is not produced in sufficient quantities. Thus, the whole risk lies in a decrease in the level of red blood cells, which leads to the development of diseases of many body systems. Anemia is more often associated with a female disease, since in men it manifests itself only in 10 out of 100 cases. Looking at the statistics, every fourth person in the world suffers from anemia. This is especially true for pregnant women.[6,7,8,9,10,11,12]

The consequences of anemia in women are associated with organs that are considered sensitive to oxygen demand. They're sheep;

- Digestive disorders and lesions of the mucous organs of the gastrointestinal tract.
- Deterioration of excretory and detoxifying properties of the renal system and liver.
- Pathological changes in the central nervous system, heart, blood vessels.
- A woman's reproductive system and genitourinary system are often affected by infection.
- The condition of the hair follicles and the nail plate deteriorates.
- The structure of mucous membranes and teeth changes.

- Skin diseases occur.

Symptoms of anemia in the body as a whole:

- pallor of the skin and lips;
- weakness and fatigue;
- shortness of breath with low physical activity;
- cracks and numbness of the limbs;
- fragility and delamination of nails, hair loss;
- open watery cracks at the corners of the lips;
- tremor of the limbs and changes in taste and smell;
- pain in the digestive system;
- dry and cracked skin (especially on the legs and hands).

If the above recurrent conditions are observed in our body, we should try to replenish iron reserves quickly.[21,22,23,24,25]

The main medications can be called medications suitable for any type of anemia, since they allow the bone marrow to quickly replenish the deficiency of red blood cells and hemoglobin in the blood. These include:

1. Iron preparations

2. Vitamin products: cyanocobalamin (vitamin B12), folic acid, vitamin B complexes (milgama, neurobex), ascorbic acid, vitamin E.

3. One of the specific means of treating anemia is the presence of flour products with the addition of saturated iron in the feed.

Summing up our opinion, any treatment received with the help of medicine must necessarily be combined with lifestyle correction and proper nutrition. The diet is enriched with beef, salads, flour and flour products, fish and seafood, fresh vegetables and fruits. It is recommended to strictly abandon bad habits and metered physical activity in the form of exercise therapy, in the fresh air.[18,19,20]

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