



International Congress on Biological, Physical And Chemical Studies

International Congress on Biological, Physical And Chemical Studies - is an international conference platform under open access policy. The conference is led by international expert members who take an objective approach to peer review, ensuring each research paper is reviewed, edited by authors and evaluated on its own scholarly merits and research integration. Publishing and joining on the proceeding of the International Congress on Biological, Physical And Chemical Studies will ensure publishing experience and indexing possibilities on various global indexing.

A Healthy Lifestyle is a Guarantee of Long Life

Rakhimova Khusnidakhan Abdugarimovna

Assistant of the Department of Pharmacology, Fergana Public Health Medical
Institute

ABSTRACT

Mankind has always thought about one problem: how to live long? Even two thousand years ago, the great Lucretius commented on this issue in his works, including his book "On Nature". So why can't a person live long? What is the point of getting old? First of all, it should be said that life takes everything in its own way. Human aging is also based on certain laws. In addition, according to scientists, old age promotes the development of a number of diseases

KEYWORDS

lifestyle, guarantee, on nature

INTRODUCTION

Mankind has always thought about one problem: how to live long? Even two thousand years ago, the great Lucretius commented on this issue in his works, including his book "On Nature". So why can't a person live long? What is the point of getting old? First of all, it should be said that life takes everything in its own way. Human aging is also based on certain laws. In addition, according to scientists, old age promotes the development of a number of diseases. People who have reached the same age die more often from atherosclerosis, cancer, diabetes, arterial hypertension, heart ischemia. In order to understand the mechanism of occurrence of these diseases, it is necessary to determine the connection between aging and age pathology (diseases in the organs, changes in the body's life activity with increasing age). It is possible that there will be several manifestations. According to official data, the number of people who have passed the age of 100 in our country will increase from eight thousand people. What is the secret of the long life of these people who lived in the time of the Second World War, hunger, famine, and destruction? It is clear from the interviews with such luminaries that they managed to reach such great young people due to their work. Their lives are full of constant physical activity. Such people are always on the move, which, according to medical representatives, strengthens and trains the body and increases immunity. Hippocrates, the father of medicine, said that physical training and circulation in the fresh air play an important role in longevity. He believes that old age begins at the age of 70. And Pythagoras stated that aging covers the last 20 years of a person's life - the period from

60 to 80 years. Others explain aging as a probabilistic process and say that it is caused by many internal and external factors affecting the body. In my opinion, genetic change is not aging, but a metabolic process related to the breakdown of the body. Life is based on this law. It can happen differently in each organism. For example, a mouse has been found to live for 2 years, and an elephant for 100 years. One conclusion can be drawn from this: there is no question of when aging begins. It develops along with the fertilization of germ cells. The fact is that some creatures in nature can live for 300 years or even a thousand years. But... why not a person? No matter how much people care about regular exercise, constant health, no matter how much dedication they show in this way, there is absolutely no way to be perfectly healthy all the time. A person cannot consider himself to be "healthy" in all respects, he cannot simply say, "I have no disease." Because it is the duty of every person to keep the body healthy and protect it from various diseases. No matter how many medicines are available, the quality of medical institutions, the level of doctors, and medical equipment are improving, if a person does not take care of his health, the expected result cannot be achieved. Health is a priceless wealth for a person. Its preservation is entrusted to each of us. That is why taking care of one's health is one of the most important actions. Our wise people did not say that "health is the wealth of the district" for nothing. An intelligent person should appreciate his life. Discovering the secret of long life is one of the important problems of the present time. A lot of exemplary work is being done in this direction. Thanks to the tireless research of our scientists, effective methods of combating diseases, especially infectious diseases, have been developed. People's living conditions have changed, their social status has improved. But, surprisingly, human life expectancy has not increased biologically for thousands of years. Our researchers now consider this age to be around 90. What about actually? After all, there are more long-lived people in the world! It is true that Uzbekistan is leading among the Central Asian countries in terms of life expectancy. This is reported in the Global Burden of Disease study published by the Lancet [said](#). According to research data, Uzbekistan is leading in Central Asia in terms of average life expectancy. This indicator is equal to 73.8 years in Uzbekistan. The average life expectancy in Tajikistan is 73.7 years. This indicator is equal to 72.4 years in Kazakhstan, 70.9 years in Kyrgyzstan, and 70.4 years in Turkmenistan. Hong Kong (84.3 years) was found to be the country with the longest life expectancy in the world. It is followed by Japan (83.8 years) and Italy (83.5 years). According to statistics, the Mediterranean diet reduces the risk of premature death in people over 65 years old. This conclusion is based on the results of research conducted by scientists from the University of Barcelona in Spain. it happened. Scientists followed the lifestyle of 642 volunteers over the age of 65 for 20 years. To evaluate the participants' diet, the researchers measured the amount of polyphenols, selenium, vitamin B12, fatty acids and other substances in the urine and blood. During the study, 425 participants died. 139 of them died of cardiovascular disease, 89 of them died of cancer. In addition, participants who strictly followed the Mediterranean diet had a lower risk of death from all causes. Scientists have previously reported benefits of the Mediterranean diet for longevity and overall health. However, at the time these opinions were mostly based on reports. This time, its benefits were evaluated objectively. More over, it is no secret to anyone that our health directly depends on how we eat. Do you know which food products are more useful? What should be eaten regularly to stay healthy and fresh for many years? The ten healthiest foods in the world that guarantee freshness, longevity and health include: apples, beans, salmon, broccoli, pomegranate juice, yogurt, garlic, eggs, berries and nuts. There is nothing more important than health to every person, nothing is more important than health. Therefore, people do not spare effort, money and time to avoid diseases, protect and strengthen their health. This cannot be achieved by various treatment methods, sports and physical education

exercises, by consuming various healing blessings created by God, by frequent visits to doctors and healers, and receiving advice and recommendations from them. is one of the blessings. As in everything, people always need Allah Ta'ala to recover faster from illness and seek healing for their ailments. Allah the Exalted says: "O people! You need Allah. And Allah is certainly Ghani (Necessary) and Hamid (Praiseworthy)". These are not in vain. Life is sweet, living healthy is even sweeter. For a happy marriage, a person needs health first of all. It is said that When the Prophet's uncle Abbas (may God bless him and grant him peace) asked the Prophet (peace and blessings of Allah be upon him) to teach him how to pray, the Prophet said: "Ask for forgiveness and health from Allah. Because, they said, "He has not given anyone a better blessing than disaster after firm faith". Health is the health of our body, abundance of sustenance and safety from various dangers. But the value of health, wealth and well-being is often known after they rise from the middle. We can't do good deeds and perfect our prayers at the right time for the sake of our health. When wealth comes, instead of thanking it, we ride the horse of arrogance and conceit. As the Prophet (peace be upon him) said: "There are two great blessings about which many people are deceived and fall into the trap. They are: health and free time. Also, in many hadiths, it is emphasized that every person should care about the health of his body parts. From this, it can be seen that although there are many reasons for the origin of diseases, their origin goes back to only one essence. Allah tests His servants from time to time, and some for life, with various diseases, disability or failure of limbs. He gives more pain and sickness, pain and illness to His beloved servants. The Messenger of Allah (peace be upon him) said: "Whoever Allah wills good for, He gives him trouble." In another narration: "Whatever causes sickness, hardship, anxiety, sorrow and pain to a believer, even if a thorn enters him, surely Allah will erase his sins because of it (narration of Imam Bukhari and Imam Muslim). The diseases that come to us from these narrations are not absolute harm. but it is clear that it will benefit us. Because due to illness, a Muslim remembers that he is a weak and helpless slave, that he needs God's grace at every moment. He prays to God for healing and relief. He is patient. As a result, he achieves many good things. Therefore, it is appropriate for people suffering from a disease to consider it as a test and a blessing from God without being offended or angry. By following the rules of hygiene, you can protect your family from many diseases and prevent them. Observing the rules of hygiene will protect your family from diarrhea (intestinal) or gastrointestinal diseases, by preventing the entry of all kinds of dirty and bad microbes into the body. Hygiene prevents the transmission of influenza, hepatitis and various other infectious diseases from one person to another by eliminating disease-causing germs. Clean hands are important for good health If you wash your hands often, you can avoid getting sick by swallowing germs from your hands into your mouth. It is important that you and your children wash their hands when they are dirty, especially when:

- Before preparing food.
- Before eating or feeding the child.
- After defecating.
- After cleaning or bathing a child who has pooped.

Clean drinking water is important for health. You should drink clean, boiled water. Never drink water directly from a tap, stream or river, such water contains many germs that can make you sick. Before drinking water, always boil the water for 15-20 minutes to kill the germs in it. Drinking boiled water is dangerous for health. Clean and fresh food is important for health. It is advisable to store food in a cool place such as a refrigerator. Food stored in a cool place stays intact for a longer time. It is also necessary to cover food and protect it from flies. You should drink clean, boiled water. Flies fly from one place to another and carry all kinds of dirty things, spreading many dangerous diseases. When they land on trash or dirt, they stick it to their feet, and then when they land on our food, they leave the trash and dirt there. Flies land on food and contaminate it, which can cause diseases such as diarrhea (intestinal). Before eating all fruits and vegetables, wash them in clean,

boiled water, even if you plan to cook them. Everything should be washed before eating, even fruits that are cut from the tree. Cook the meat well. Eating undercooked meat, fish or poultry is bad for your health and can make you very sick. There should be no undercooked or bloody areas in the meat. Keep food away from pets such as dogs and cats. Eating food contaminated by animals is harmful to health. Keeping the house clean is important for health. Teach your children to use the toilet or potty and always empty the potty into the toilet. If the yard is free of garbage and dirt, there will be fewer pests and rodents, and your children will be less likely to come into contact with them. Keep your house clean. Flies and midges carry dirt on their feet. Mice and rats carry diseases that can be transmitted to humans. Cover your food well. You will protect them from such pests. Remember, cleanliness can protect your family from disease:

- Wash your hands often with soap and water.
- Boil water for 15-20 minutes before drinking.
- Wash fruits and vegetables before eating.
- Keep leftovers covered in a cool placeboil the water for 15-20 minutes. Drinking boiled water is dangerous for health. Clean and fresh food is important for health. It is advisable to store food in a cool place such as a refrigerator. Food stored in a cool place stays intact for a longer time. It is also necessary to cover food and protect it from flies. You should drink clean, boiled water. Flies fly from one place to another and carry all kinds of dirty things, spreading many dangerous diseases. When they land on trash or dirt, they stick it to their feet, and then when they land on our food, they leave the trash and dirt there. Flies land on food and contaminate it, which can cause diseases such as diarrhea (intestinal). Before eating all fruits and vegetables, wash them in clean, boiled water, even if you plan to cook them. Everything should be washed before eating, even fruits that are cut from the tree. Cook the meat well. Eating undercooked meat, fish or poultry is bad for your health and can make you very sick. There should be no undercooked or bloody spots in the meat. Keep food away from pets such as dogs and cats. Eating food contaminated by animals is harmful to health. Keeping the house clean is important for health. Teach your children to use the toilet or potty and always empty the potty into the toilet. If the yard is free of trash and debris, there will be fewer pests and rodents, and your children will be less likely to come into contact with them. Keep your house clean. Flies and midges carry dirt on their feet. Mice and rats carry diseases that can be transmitted to humans. Cover your food well. You will protect them from such pests. Remember, cleanliness can protect your family from disease:

- Wash your hands often with soap and water.
- Boil water for 15-20 minutes before drinking.
- Wash fruits and vegetables before eating.
- Keep leftovers covered in a cool placeboil the water for 15-20 minutes. Drinking boiled water is dangerous for health. Clean and fresh food is important for health. It is advisable to store food in a cool place such as a refrigerator. Food stored in a cool place stays intact for a longer time. It is also necessary to cover food and protect it from flies. You should drink clean, boiled water. Flies fly from one place to another and carry all kinds of dirty things, spreading many dangerous diseases. When they land on trash or dirt, they stick it to their feet, and then when they land on our food, they leave the trash and dirt there. Flies land on food and contaminate it, which can cause diseases such as diarrhea (intestinal). Before eating all fruits and vegetables, wash them in clean, boiled water, even if you plan to cook them. Everything should be washed before eating, even fruits that are cut from the tree. Cook the meat well. Eating undercooked meat, fish or poultry is bad for your health and can make you very sick. There should be no undercooked or bloody areas in the meat. Keep food away from pets such as dogs and cats. Eating food contaminated by animals is harmful to health. Keeping the house clean is important for health. Teach your children to use the toilet or potty and always empty the potty into the toilet. If the yard is free of garbage and dirt, there will be fewer pests and rodents, and your children will be less likely to come into contact with them. Keep your house clean. Flies and midges carry dirt on their feet. Mice and rats carry

diseases that can be transmitted to humans. Cover your food well. You will protect them from such pests. Remember, cleanliness can protect your family from disease: • Wash your hands often with soap and water. • Boil water for 15-20 minutes before drinking. • Wash fruits and vegetables before eating. • Keep leftovers covered in a cool place Flies land on food and contaminate it, which can cause diseases such as diarrhea (intestinal). Before eating all fruits and vegetables, wash them in clean, boiled water, even if you plan to cook them. Everything should be washed before eating, even fruits picked from the tree. Cook the meat well. Eating undercooked meat, fish or poultry is bad for your health and can make you very sick. There should be no undercooked or bloody spots in the meat. Keep food away from pets such as dogs and cats. Eating food contaminated by animals is harmful to health. Keeping the house clean is important for health. Teach your children to use the toilet or potty and always empty the potty into the toilet. If the yard is free of trash and debris, there will be fewer pests and rodents, and your children will be less likely to come into contact with them. Keep your house clean. Flies and midges carry dirt on their feet. Mice and rats carry diseases that can be transmitted to humans. Cover your food well. You will protect them from such pests. Remember, cleanliness can protect your family from disease: • Wash your hands often with soap and water. • Boil water for 15-20 minutes before drinking. • Wash fruits and vegetables before eating. • Keep leftovers covered in a cool place Flies land on food and contaminate it, which can cause diseases such as diarrhea (intestinal). Before eating all fruits and vegetables, wash them in clean, boiled water, even if you plan to cook them. Everything should be washed before eating, even fruits that are cut from the tree. Cook the meat well. Eating undercooked meat, fish or poultry is bad for your health and can make you very sick. There should be no undercooked or bloody spots in the meat. Keep food away from pets such as dogs and cats. Eating food contaminated by animals is harmful to health. Keeping the house clean is important for health. Teach your children to use the toilet or potty and always empty the potty into the toilet. If the yard is free of trash and debris, there will be fewer pests and rodents, and your children will be less likely to come into contact with them. Keep your house clean. Flies and midges carry dirt on their feet. Mice and rats carry diseases that can be transmitted to humans. Cover your food well. You will protect them from such pests. Remember, cleanliness can protect your family from disease: • Wash your hands often with soap and water. • Boil water for 15-20 minutes before drinking. • Wash fruits and vegetables before eating. • Keep leftovers covered in a cool place cleanliness can protect your family from diseases: • Wash your hands often with soap. • Boil water for 15-20 minutes before drinking. • Wash fruits and vegetables before eating. • Keep leftovers covered in a cool place cleanliness can protect your family from diseases: • Wash your hands often with soap. • Boil water for 15-20 minutes before drinking. • Wash fruits and vegetables before eating. • Keep leftovers covered in a cool place

In conclusion, to live a long life, pray to Allah for long life and follow a healthy lifestyle.

REFERENCES

1. Xasanboeva, N., & Raximova, X. (2023). B12 VITAMINI YETISHMOVCHILIGI VA UNI DAVOLASHDA QO 'LLANILADIGAN DORI VOSITALARI. Евразийский журнал медицинских и естественных наук, 3(5), 267-273.
2. Abdugarimovna, R. X., & Ilshodovna, X. M. (2023). VIRUSLI GEPATIT B NI DAVOLASHDA DORI VOSITALARI BILAN BIRGA ZUBTURUM O 'SIMLIGINI QO 'LLASHNING SAMARASI. SCIENTIFIC ASPECTS AND TRENDS IN THE FIELD OF SCIENTIFIC RESEARCH, 1(9), 3-6.

3. Abdukarimovna, R. X., Baxtiyorjonovna, A. M., & Ilshodovna, X. M. (2023). GELMINTLARNI ORGANIZIMGA TUSHISH YO‘LLARI, ALOMATLARI VA XALQ TABOBATIDA DAVOLASH USULLARI. SCIENTIFIC APPROACH TO THE MODERN EDUCATION SYSTEM, 2(14), 267-272.
4. Abdukarimovna, R. H. (2022). Adverse Changes in the Cardiovascular System Observed when using a Combination of Antihypertensive Drugs. Central Asian Journal of Medical and Natural Science, 3(2), 478-481.
5. Parpieva, O. R., Mamatkulova, M. T., Ruzibaeva, E. R., Rakhimova, H. A., Meliboeva, F. M., & Abdurazakova, I. A. Clinical Features, Course Of Coronavirus Infection, Complications And Nature Of Post-Covid Syndrome In Children In The City Of Fergana. Journal of Advanced Zoology, 44, 508.
6. Abdukarimovna, R. K. (2023). THE IMPORTANCE OF THE MEDICINAL GUAVA PLANT FRUIT IN MEDICINE. World Bulletin of Public Health, 18, 43-45.
7. МИКРОСОМАХ ПЕЧЕНИ ПРИ ДЕЙСТВИИ НА ОРГАНИЗМ ИНДУКТОРОВ И ИНГИБИТОРОВ ЛЕКАРСТВЕННОГО МЕТАБОЛИЗМА. In НАУКА И ИННОВАЦИИ-СОВРЕМЕННЫЕ КОНЦЕПЦИИ (pp. 60-64).
8. Yuldashevna, A. O. (2021). Competence Approach Is An Integrating Factor Of Training Future Doctors. The American Journal of Medical Sciences and Pharmaceutical Research, 3(03), 89-93.
9. Yuldashevna, A. O., & Nodirjonugli, S. K. (2021). Static flat in its historical development. ACADEMICIA: AN INTERNATIONAL MULTIDISCIPLINARY RESEARCH JOURNAL, 11(1), 1002-1006.
10. Ашурова, О. Ю. (2020). АКТИВНОСТЬ МОНООКСИГЕНАЗНОЙ И НИТРЕРГИЧЕСКОЙ СИСТЕМ В МИКРОСОМАХ ПЕЧЕНИ ПРИ ДЕЙСТВИИ НА ОРГАНИЗМ ИНДУКТОРОВ И ИНГИБИТОРОВ ЛЕКАРСТВЕННОГО МЕТАБОЛИЗМА. In НАУКА И ИННОВАЦИИ-СОВРЕМЕННЫЕ КОНЦЕПЦИИ (pp. 60-64).