

THE HARMFUL EFFECTS OF BAD HABITS ON HUMAN HEALTH

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Annotation: *The category of bad habits includes those habits that are both harmful to human health and restrict a person from making full use of their capabilities throughout life. Bad habits acquired at a young age, which a person is not able to get rid of, are critically dangerous. Such habits cause serious damage to human existence – loss of potential and motivation, premature aging of the human body and the acquisition of various types of diseases. They include smoking, alcohol consumption, drugs, toxic and psychotropic substances.*

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Alcohol belongs to the group of neuro-depressants – substances that impair the activity of brain centers. Such substances significantly reduce the oxygen supply to the human brain, which is why the brain functions with less activity, a person loses coordination of movements, speech confusion, blurred thinking, loss of concentration, attention, the ability to think logically and make reasonable decisions. The causes of alcoholism can be: domestic drunkenness, concomitant mental dependence on alcohol, unfavorable relationships and conflicts in the family, alcoholic traditions, unfavorable environment, low cultural level, high prosperity... Also, many people use alcohol to try to express themselves. If we talk about the negative effects of alcohol on the human body, then it is worth considering that when drinking alcohol, oxygen access to the brain decreases, which in the worst case can lead to the death of brain cells – alcoholic dementia. Excessive consumption of alcoholic beverages negatively affects all systems of the human body, and it is also caused by damage to the cells of the "thinking" part of the brain. In addition, alcohol provokes

- Diseases of the cardiovascular system;
- Diseases of the respiratory system;
- Gastrointestinal pathologies;
- Liver dysfunction;
- Impaired renal function;
- Mental disorders;

- Weakening of the immune system;
- Decreased sexual function;
- Muscle weakness and exhaustion.

The most severe form of alcoholism is considered delirium tremens. This disease can be characterized by trembling, rapid pulse, agitation, high blood pressure, fever. Delirium tremens manifests itself as hallucinations, disorientation, and confusion. Alcohol abuse also shortens life by 15-20 years.

The use of any tobacco products is especially dangerous because the harm in this process is caused not only to the smoker himself, but also to people who are nearby. In the whole world, one person dies every 13 seconds (according to the UN). Smoking refers to a form of substance abuse, which causes chronic poisoning of the human body, developing mental and physical dependence. Nicotine contained in tobacco products immediately enters the blood vessels through the alveoli of the lungs. Tobacco smoke also contains a large number of toxic substances – combustion products of tobacco leaves and substances used in processing, including carbon monoxide, hydrocyanic acid, hydrogen sulfide, carbon dioxide, essential oils, ammonia, tobacco tar. The use of tobacco products, as well as alcohol consumption, negatively affects all systems of the human body. Nicotine has an excitatory effect in which the central nervous system cannot function fully. The brain receives a smaller amount of blood with a reduced oxygen content in it, which is fraught with a decrease in the mental activity of the smoker; The human respiratory system also suffers, because due to inhalation of tobacco smoke, the smoker begins to irritate the mucous membranes of the mouth, larynx, nose, trachea and bronchi. As a result, a person develops inflammation of the respiratory tract. If a smoker has experience, he may suffer from irritation of the vocal cords, narrowing of the glottis. Coughing with the release of dark-colored mucus is the norm for a smoker. It provokes the development of shortness of breath and shortness of breath. Smoking is also a factor in the development of diseases, including asthma and pneumonia; Smoking may pose risks to the circulatory system: high blood pressure, impaired blood circulation of brain cells and heart activity, which can lead to a heart attack or stroke. With constant smoking, the heart begins to contract more often, which leads to constant stress on the circulatory system; The gastrointestinal tract does not function properly, which affects the appearance of a smoker like a tongue covered with a gray plaque, bad breath; The digestive system is also under threat – along with saliva, most of the toxic substances enter the stomach. Tooth enamel is also destroyed, caries is formed. Stomach ulcers may form; When smoking, a person's taste and charm decrease; Sexual activity, especially in men aged 25-40 years, is decreasing. Smoking provokes the development of cancer...etc.

As the problem of smoking becomes more urgent, mankind has invented electronic cigarettes in order to replace smoking tobacco. At first glance, this may seem like a completely reasonable solution, since most smokers have "switched" to electronic cigarettes, and inhaling steam with it, most of the toxic substances do not enter the body. But in fact, almost every e-cigarette liquid contains nicotine, which immediately enters the bloodstream when inhaled. With 8 or more puffs of an electronic cigarette, nicotine gets to the brain. Nicotine provokes mutations, which is especially dangerous if a smoker wants to continue his family.

Nowadays, more and more people are starting to use pharmacological drugs known as drugs. The victims of which, in particular, are teenagers who use these substances for entertainment. Frequent use of pharmacological agents causes drug dependence, adversely affects both human health and his social and economic situation. Regardless of the method of administration of the substance into the body, all drugs cause particularly dangerous damage to the nervous system, immune system, liver, heart, lungs. Narcotic drugs are divided into opiates, psychostimulants, cannabinoids, hallucinogens, hypnotic sedatives and volatile narcotic active substances. Smoking cannabis, hashish, marijuana... contributes to the formation of chronic bronchitis, lung cancer, immune disorders, cardiovascular insufficiency, arrhythmia, liver intoxication... Opiate narcotic substances are administered intravenously, therefore, when using these substances, the risk of AIDS, syphilis and hepatitis (B and C) is incredibly high. Psychostimulants cause particular harm to the human nervous system, developing severe depression, which can lead to psychosis. They dramatically increase metabolism, heart rate, and blood pressure. Therefore, energy for life support is taken from reserve reserves that do not have time to recover, which is fraught with exhaustion of the body. The heart is also at risk due to severe arrhythmia. Possible myocardial infarction, cardiac arrest. When using hallucinogenic substances, special damage is done to the brain. They destroy the human psyche, which, with frequent use, is fraught with psychosis and irreversible mental damage. Hypnotic sedatives have a negative effect on the human brain, liver and heart. They provoke insomnia, encephalopathy (brain damage), seizures, suicidal attempts, as well as diseases related to the cardiovascular system.

All of the above harmful habits negatively affect the body, worsen health and undermine the immune system. Giving up bad habits has the following positive consequences: The weight will return to normal. If you switch to proper nutrition, your metabolism will automatically improve. The work of the gastrointestinal tract is also normalized. If you give up alcohol, the blood composition will improve, since the liver will be able to work at full capacity and fully filter the blood. The blood pressure level is normalized. If you quit smoking, your lungs will gradually clear, cough will pass, and the

frequency of colds will decrease. The risk of stroke or heart attack will be reduced to a minimum. You will feel great, and you will wake up refreshed and full of energy in the morning. If you give up drugs, your life will change dramatically. The nutrition of the brain is normalized, headaches, aggression, muscle pain will pass, family relations will improve, mood will normalize, life will regain bright colors.

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