

## DIAGNOSIS AND PREVENTION OF DISEASES

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**Abstract:** *The methods used in Rome to prevent and treat epidemics, including preventive approaches such as "sun cleansing", occupy an important place in the history of medicine. These methods are especially important for their timely implementation of their effectiveness. These historical experiences can be important in the development of new methods in modern medicine and the prevention of diseases.*

**Аннотация:** *Методы, применявшиеся в Риме для профилактики и лечения эпидемий, включая такие профилактические подходы, как «солнечная очистка», занимают важное место в истории медицины. Эти методы особенно важны ввиду их эффективности при своевременном применении. Этот исторический опыт может иметь важное значение для разработки новых методов и профилактики заболеваний в современной медицине.*

**Keywords:** *medicine, approach, epidemic, waste, influenza, respiratory infections, personal, collective, symptom*

**Ключевые слова:** *медицина, подход, эпидемия, отходы, грипп, респираторные инфекции, личный, коллективный, симптом*

Diagnosis of diseases is the process of determining the patient's condition in medicine, and an important part of diagnosing a disease is to correctly understand the symptoms and systematically monitor them. Identifying and monitoring symptoms is very important for early detection of diseases and increasing the effectiveness of their treatment. In this article, we will provide a detailed explanation of the importance of identifying and monitoring symptoms in diagnosing diseases, how they are performed, and how to do it effectively.

Symptoms are complaints that patients have about the disease or changes that they notice in their body. In medicine, symptoms are usually divided into two main types:

- Objective symptoms are symptoms that can be detected in a patient through external examination or laboratory tests. For example, high body temperature, increased blood pressure, changes in skin color, changes in blood tests.
- Subjective symptoms are symptoms that the patient himself feels, as well as symptoms that cannot be detected by external observers. This helps to understand how

the disease develops and the patient's condition. For example, headache, malaise, vomiting, fatigue.

Identifying and monitoring symptoms is the first step in making a medical diagnosis. Each symptom provides its own information, but it is necessary to analyze this information correctly and comprehensively.

Correctly identifying symptoms is very important for diagnosing diseases. Doctors conduct an interview with the patient, listen to his complaints, and then conduct clinical examinations and laboratory tests. There are several main steps in identifying symptoms:

- **Anamnesis:** Anamnesis is the process of collecting a patient's medical history and complaints. By studying the patient's past illnesses, family health history, and lifestyle, the doctor comes closer to determining the cause of the symptoms. For example, if a patient complains of a mild headache, the doctor asks about his lifestyle, eating habits, and level of stress management.

- **Examination of the patient:** The doctor finds evidence of the symptoms by conducting a physical examination of the patient. For example, changes in skin color or muscle weakness may be detected. The doctor may also check body temperature, blood pressure, and respiratory rate to assess overall health.

- **Laboratory and instrumental tests:** Some symptoms may indicate internal causes or serious conditions. For this, doctors may use blood tests, urine tests, ultrasounds, X-rays, or other diagnostic methods.

Symptom monitoring is the process of identifying and analyzing the development of a disease. Some diseases, especially chronic or slowly developing diseases, may not be noticeable in the early stages or may have mild symptoms. Doctors track symptoms over time to determine the stage of the disease.

- **Symptom monitoring:** Doctors regularly monitor a patient's symptoms, such as measuring body temperature, pain level, respiratory rate, and other symptoms every day, to determine the progress of the disease. This allows for an effective treatment plan.

- **Patient monitoring tips:** Patients can write down their symptoms or use medical monitoring systems to help them track their symptoms. For example, it is important to collect information about the onset, frequency, intensity of the headache, and any other accompanying symptoms (such as blind spots or visual disturbances).

Identifying and monitoring symptoms are very important steps in diagnosing a disease. They help the doctor diagnose the disease and determine a treatment strategy. Early detection of the disease allows for effective treatment for many diseases.

For example, diseases such as early stages of cancer or heart disease are more likely to be treated and patients' health improves when they are detected early.

In addition, identifying and monitoring symptoms plays an important role in managing treatment, preventing diseases, improving the overall health of patients, and restoring health.

Identifying and monitoring symptoms for the diagnosis of diseases is an integral part of the medical process and is essential for effective treatment of the disease. Each patient and their symptoms must be considered individually, because each symptom provides valuable information about the disease. Doctors collect this information and develop a correct diagnosis and treatment plan for the disease. Early diagnosis and constant monitoring of symptoms are one of the basic principles of modern medicine.

Prevention of dangerous diseases is one of the most important areas of health care. Today, various diseases, especially infectious diseases and chronic diseases, pose a serious threat to human life. One of the most effective ways to prevent such diseases is to follow hygiene and sanitation rules. In this article, we will provide detailed information about the role and importance of hygiene and sanitation rules in preventing dangerous diseases.

- Hygiene is the formation of unchanging hygienic habits in everyday life to maintain personal and collective health. It mainly includes measures aimed at ensuring personal cleanliness and environmental cleanliness. Compliance with hygiene rules helps to improve a person's overall health and is important in preventing various diseases.

- Sanitation is a set of all measures and activities aimed at creating a clean and healthy environment in residential areas. Sanitary rules usually include water supply, sewage, waste collection and disposal, and food safety. Sanitation also plays a key role in maintaining collective health, especially in preventing the spread of infectious diseases.

Hygiene and sanitation play a very important role in preventing diseases, as they help limit the spread of diseases and maintain a healthy environment. Let's see how hygiene and sanitation play a role in preventing some dangerous diseases.

#### A) Prevention of infectious diseases

Infectious diseases, such as influenza, respiratory infections, intestinal infections (e.g. dysentery, cholera) and other viral diseases, spread rapidly due to poor hygiene and sanitation.

##### 1. Maintaining personal hygiene:

**Hand washing:** One of the most effective ways to prevent diseases is to wash your hands properly and regularly. Infections can be prevented by washing your hands with clean water, especially before eating. It is also necessary to protect the respiratory tract to prevent the spread of diseases, for example, by covering your mouth when coughing or sneezing.



Personal hygiene: Keeping the body and clothing clean is especially important to prevent skin diseases, parasites (e.g., lice, roundworms), and other infections.

## 2. Sanitation and environmental sanitation:

Water supply and sanitation: Infectious diseases are often spread through contaminated water or poor sanitation. It is important to follow good hygiene practices when preparing food and drinking water. Good sanitation practices help prevent the spread of infectious diseases.

Proper waste collection and disposal: Proper collection and disposal of all types of waste, especially medical waste, helps prevent infectious diseases.

## 3. Food safety:

It is necessary to follow sanitary rules when storing and preparing food. It is very important to keep food safe by storing it in clean conditions, boiling it or other methods, especially in preventing intestinal infections.

### B) Prevention of chronic diseases

Hygiene and sanitation rules are important not only in preventing infectious diseases, but also in preventing chronic diseases. Chronic diseases, such as heart disease, diabetes, blood pressure problems, etc., are often caused by an unhealthy lifestyle, poor nutrition, inactivity, and other factors.

- Healthy lifestyle: Following hygiene rules helps in creating a healthy lifestyle. Personal hygiene and maintaining a clean environment, in turn, helps in preventing heart and vascular diseases, obesity, and other chronic diseases.

- Physical activity: Living in a clean and safe environment, exercising in disinfected gyms, reduces chronic diseases. Walking in the fresh air, developing healthy physical activity in good sanitary and hygienic conditions is an important factor in preventing chronic diseases.

## 3. Recommendations for the prevention of dangerous diseases

### 1. Strict adherence to hygiene and sanitation rules:

- Strictly follow the rules of hygiene when in close contact with others, for example, in medical institutions and public places.

- Keeping hands clean helps to eliminate bacteria that can harm health.

- It is important to consume water and food in clean conditions.

### 2. Vaccination:

- Vaccination is very important for the prevention of infectious diseases. Timely, correct vaccination significantly reduces the spread of dangerous diseases.

### 3. Creating a clean environment:

- Compliance with sanitary rules in housing and workplaces, proper collection and disposal of garbage, as well as ensuring clean air reduce the spread of diseases.

Hygiene and sanitation are essential in disease prevention. They are key factors not only in preventing infectious diseases, but also in limiting the development of chronic diseases. Creating a clean and healthy environment, maintaining personal hygiene, food safety, and providing clean water are the most effective means of preventing all dangerous diseases. The health and safety of each individual contributes to the healthy development of society.

Epidemics have constantly threatened humanity throughout history. However, in ancient times, especially in Rome, many experiments were conducted to develop effective methods for controlling the spread of diseases and preventing epidemics. In particular, preventive methods such as "sun cleansing" were used in Rome, which helped reduce the spread of diseases. This article provides detailed information about epidemics, their treatment methods, and preventive approaches in Rome, including methods such as "sun cleansing".

Epidemics are widespread and rapidly spreading highly infectious diseases. Epidemics were a serious problem in ancient Rome, especially during a time when sanitation was poor and scientific medicine was not yet developed. In ancient Rome, many infectious diseases, such as plague, cholera, dysentery, influenza, and other infections, caused rapid spread. However, some preventive methods were developed and used to prevent epidemics.

Rome developed several approaches to treat epidemics and prevent their spread. These included sanitation, social isolation, and other simple preventive measures.

#### A) Sanitation and Hygiene

Medicine and hygiene were highly developed in Rome. The Romans developed water supply and sewage systems. This helped prevent the spread of infections. In ancient Rome, promoting a clean lifestyle among the people, improving the hygienic conditions of housing, keeping people clean, and observing sanitary rules were of great importance.

- Public baths: Public baths were very important in Rome. These communal cleaning places helped people follow hygiene rules. Baths helped people not only clean themselves, but also maintain their health.

- Proper waste disposal: The Romans learned to properly dispose of waste and neutralize it. Through this, they tried to prevent the spread of diseases.

#### B) Social isolation and quarantine

When there was a risk of an epidemic, the Romans used social isolation and quarantine. This method was used especially during times of epidemics. By separating

sick people from society and isolating them, they prevented the spread of diseases to other people.

C) "Solar cleansing" or "sola sanitari"

Ancient Rome had many ideas about medicine, one of which was the method called "solar cleansing". In this method, patients and healthy people tried to cleanse the external environment using sunlight. The Romans believed that sunlight had "cleansing" properties. By using sunlight and the open air as a healing agent, they aimed to protect themselves from harmful elements in the air and disease-causing organisms. This method was especially popular during times of infection.

The belief in the cleansing effects of the sun gave rise to the "natural healing" approach, which was based on natural elements, such as air, water, and the sun. In Rome, some diseases, such as skin diseases or respiratory infections associated with diseases, were treated with the "sun cleansing" method.

D) Folk medicine in the prevention of infectious diseases

The Romans used plants from nature and developed many folk medicine methods. These plants helped to prevent and treat some diseases. For example, many plants (myrrh, lavender, thyme) had antiseptic and antibacterial properties, which were used to reduce the spread of infections. The Romans also tried to increase immunity with the help of some plants.

The methods used in Rome to prevent epidemics, including compliance with sanitary rules, social isolation, "sun cleansing", show that there are many similar approaches in modern medicine. Today, for example, the use of sunlight is recognized as a source of vitamin D. The effectiveness of treating infections using clean water, sanitation systems, and plants has also been proven.

However, some of the preventive measures used in Rome are now more precise and effective with the help of modern science. For example, there are now modern vaccinations, antibiotics, and other medical methods to prevent infections.

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