

THE FUNCTION OF HYGIENE AND ECOLOGICAL SCIENCE, THE HISTORY OF DEVELOPMENT

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Abstract: In ultra-modern swiftly altering world, the magnitude of hygiene and ecological science can't be underestimated. These two fields work hand in hand to promote more healthy and extra sustainable surroundings for all dwelling beings. Throughout history, the improvement of hygiene and ecological science has performed a pivotal position in advancing our grasp of the world round us.

Keywords: protection, theoretical basis, science, recommendations, influence

Introduction: Protection of human fitness in a developed society is one of the most necessary duties of the state. The function of clinical people in fixing this task, which includes stopping illnesses and growing a healthful lifestyle, is great. It is now not ample for scientific people to gather theoretical and sensible information to raise out preventive measures, for this they have to additionally gather understanding that consists of preventive measures and can be a theoretical groundwork for preventive medicine.

Such information is furnished by means of hygiene, that is, the science of keeping and enhancing fitness by means of taking measures to stop diseases. Hygiene emphasizes the concord of the surroundings with the human physique and activities. Without a wholesome environment, the fitness of the physique can't be ensured. In this sense, hygiene research the nice and poor outcomes of the herbal and social surroundings on the human organism and makes tips in this regard.

External surroundings skill a set of family and manufacturing elements decided by means of herbal and social conditions. External environmental elements consist of land, water, air, food, etc. The human physique is uncovered to the consequences of continuously transferring elements of the exterior surroundings (chemical, physical, biological, radioactive), however the herbal adaptability of an individual does now not enable the ailment to occur.

Disruption of the herbal stability between the organism and the surroundings creates the groundwork for disease. Because there is a restriction to adaptability. Hence, the science of hygiene explains the significance of preserving the stability between human fitness and the exterior surroundings (improving working and consuming conditions, beautifying residences, etc.).

The guidelines of the science of hygiene are put into exercise with the aid of institutions of sanitation (derived from the Latin phrase *sanitas*, which skill health). The science of hygiene develops thru sanitary activities.

So, if hygiene is the science of fitness care and its improvement, it is a subject of sensible exercise on the groundwork of sanitary-hygiene laws. Medical employees will be in a position to take high quality measures to deal with the disease, and then take fantastic measures to stop it, solely after utterly analyzing the have an effect on of manufacturing and residing stipulations on a character and inspecting the motives of diseases.

It was once no longer for nothing that Pavlov stated that "modern remedy will turn out to be the medicinal drug of the future, that is, hygiene in the broadest sense, solely when it learns all the motives of diseases." The team spirit of the organism and the surroundings is proved through the

commonality of their chemical composition, as properly as by using the steady alternate of resources and power between them.

The have an impact on of the exterior surroundings on the organism is manifested in the exchange of the so-called increase methods of the organism: breathing, nutrition, thermoregulation, etc. The most vital lifestyles methods of the organism rely on this impact of the exterior environment, its exceptional and quantity. The influence of exterior environmental elements on human fitness can be high quality and negative.

I.P. Pavlov confirmed that the sickness happens when the organism is uncovered to unusual environmental factors, due to the fact the stability between the surroundings and the organism is disturbed.

External environmental elements that have an effect on the human physique can be divided into quite a few companies in accordance to their nature: bodily factors consist of temperature, humidity and motion of the air round us, atmospheric pressure, photo voltaic radiation, radioactive rays, noise, etc.;

influence of chemical elements air, water or food

elements and compounds covered in the body

is represented through the impact it shows;

The characteristic of hygiene and ecological science is to promote and keep the well-being of humans and the environment. These two disciplines are intently associated as they each focal point on appreciation and keeping the fitness of residing organisms in their surroundings.

Hygiene, in its easiest form, refers to practices and behaviors that intention to stop and minimize the unfold of diseases. It entails private hygiene, such as handwashing, suitable sanitation, and waste management, as nicely as environmental hygiene, which consists of retaining smooth air and water quality.

The aim of hygiene science is to strengthen techniques and interventions that enhance public fitness outcomes. It researches how ailments are transmitted, the effect of environmental elements on health, and how to stop and manage outbreaks. Hygiene practices are indispensable in stopping the unfold of infectious diseases, making sure the protection of meals and water supplies, and merchandising standard well-being.

On the different hand, ecological science, additionally recognized as ecology, focuses on perception the interactions between dwelling organisms and their environment. It seeks to discover the difficult relationships and dependencies that exist inside ecosystems, from man or woman species to complete ecosystems. Ecological science performs an essential position in grasp the effect of human things to do on the surroundings and the penalties for biodiversity and ecosystem stability.

It helps in figuring out and mitigating the terrible affects of human moves on ecosystems, such as habitat destruction, pollution, and local weather change. Furthermore, ecological science offers insights into sustainable useful resource management, conservation efforts, and environmental policy-making.

By reading the ecosystem's structure, function, and dynamics, ecologists can inform decision-makers on how to first-rate make use of and defend herbal sources whilst minimizing poor ecological impacts. The records of hygiene and ecological science dates lower back centuries. Ancient civilizations identified the significance of cleanliness and simple sanitation for stopping diseases.

The thinking of hygiene won extra prominence for the duration of the industrial revolution as urbanization and overcrowding led to the speedy unfold of epidemics. In the mid-19th century, figures like Ignaz Semmelweis and Florence Nightingale made giant contributions to hygiene practices, emphasizing the significance of handwashing and enhancing sanitary stipulations in hospitals.

Conclusion:The function of hygiene and ecological science has evolved significantly throughout history. From ancient civilizations' foundations to modern-day advancements, these fields have played integral roles in promoting health and sustainable practices. As we continue to navigate the challenges of the present and future, let us recognize the importance of hygiene and ecological science in creating a better world for generations to come.

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