

## SOLAR RADIATION AND ITS HYGIENE IMPORTANCE

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**Abstract:** Solar radiation plays a pivotal part in our lives, furnishing us with warmth, light, and energy. still, it's important to understand the implicit pitfalls associated with inordinate exposure to solar radiation and the significance of maintaining proper hygiene practices. This composition explores the colorful counteraccusations of solar radiation on health and highlights the significance of maintaining good hygiene in mollifying these pitfalls.

**Keywords:** radiation, well- being, health, conditions, forestallment, goods

**Introduction:** Solar radiation refers to the electromagnetic energy emitted by the Sun. It's one of the primary sources of energy for the Earth and plays a pivotal part in colorful natural processes. Solar radiation encompasses a broad range of wavelengths, including ultraviolet (UV), visible, and infrared (IR) radiation.

The maturity of solar radiation that reaches Earth's atmosphere is in the form of visible light. This light is responsible for furnishing illumination during the day. UV radiation, which is unnoticeable to the mortal eye, has shorter wavelengths than visible light and can beget colorful goods on living organisms, both positive and negative.

For case, moderate exposure to UV radiation stimulates the product of vitamin D in mortal skin, but inordinate exposure can lead to sunburn and increase the threat of skin cancer. Infrared radiation, on the other hand, has longer wavelengths than visible light and is responsible for the heating of the Earth's face.

It plays a significant part in the Earth's climate system, impacting temperature patterns and atmospheric dynamics. Solar radiation is essential for colorful natural processes and mortal conditioning. It's the primary motorist of rainfall and climate patterns, impacting temperature, wind, and humidity distribution across the globe. Solar radiation is also vital for photosynthesis, the process by which shops convert solar energy into chemical energy, enabling them to grow and produce oxygen.

Also, solar radiation serves as a renewable energy source that can be exercised through colorful technologies, similar as solar panels and solar thermal systems. These technologies convert solar energy into electricity or heat, offering a sustainable and environmentally friendly volition ton on-renewable energy sources.

The dimension of solar radiation is important for understanding its implicit operations and impacts. Scientists use instruments like pyranometers and radiometers to measure and quantify solar radiation intensity, duration, and spectral distribution. Solar radiation is the transmission of energy from the sun in the form of electromagnetic swells.

It plays a pivotal part in regulating the Earth's climate, supporting factory growth, and furnishing colorful health benefits to humans. still, inordinate exposure to solar radiation can also pose health pitfalls, making hygiene practices essential.

One of the primary benefits of solar radiation is its part in synthesizing vitamin D in our bodies. When the skin is exposed to sun, it produces vitamin D, which is vital for the immersion of calcium and phosphorus, promoting healthy bone development and precluding conditions like rickets and osteoporosis. also, solar radiation helps in regulating our body's internal timepiece, known as the circadian meter.

Exposure to sun in the morning helps us maintain a healthy sleep- wake cycle, improves mood, and boosts overall well- being. still, it's pivotal to balance the salutary goods of solar radiation with the implicit pitfalls. Overexposure to the sun's ultraviolet (UV) radiation can lead to colorful health problems, including sunburn, unseasonable skin aging, eye damage, and an increased threat of developing skin cancer.

To maintain good hygiene and cover ourselves from the dangerous goods of solar radiation, several practices should be followed Sunscreen operation Applying sunscreen with a high sun protection factor (SPF) is essential. It helps to block dangerous UV shafts and help sunburn. Make sure to choose a broad- diapason sunscreen that protects against both UVA and UVB shafts.

Protective Clothing Wearing defensive apparel, similar as long- sleeved shirts, pants, wide- brimmed headdresses, and sunglasses, can prop in shielding the skin and eyes from direct exposure to the sun. Seeking Shade When the sun's shafts are strongest, generally between 10 am and 4 pm, it's judicious to stay in shadowed areas to minimize direct exposure to sun.

Hydration Sun exposure can lead to dehumidification. insure proper hydration by drinking plentitude of water throughout the day, especially during out-of-door conditioning. Regular Skin Checks Perform regular tone- examinations to cover any changes in your skin, including intelligencers or unusual spots. Consult a dermatologist if you notice any concerning changes.

Limiting Tanning Bed Use Avoid using tanning beds as they emit UV radiation, which can be as dangerous as natural sun. By espousing these hygiene practices and being aware of solar radiation and its implicit pitfalls, we can enjoy the benefits of sun while guarding our health and well- being. guarding oneself from solar radiation is important to help dangerous goods on the skin and overall health.

While hygiene plays a part in maintaining healthy skin, it isn't directly related to guarding against solar radiation. rather, then are some styles to cover yourself from solar radiation Sunscreen Applying sunscreen with a high SPF (Sun Protection Factor) is essential. Choose a broad- diapason sunscreen that protects against both UVA and UVB shafts.

Apply it freehandedly and reapply every two hours, especially if you are swimming or sweating. Clothing Wearing defensive apparel can minimize sun exposure conclude for long- sleeved shirts, long pants, wide- brimmed headdresses, and sunglasses with UV protection. Consider fabrics with a tight weave or those specifically designed to block UV shafts.

Shade: Stay in the shade, especially during peak sun hours between 10 am and 4 pm when the sun's shafts are strongest. This reduces the direct exposure to solar radiation. Tanning beds emit UV radiation, which can be as dangerous as the sun. Avoid using them altogether to cover your skin from gratuitous damage.

Wear sunglasses with UV protection to shield your eyes and the delicate skin around them from dangerous solar radiation. Limit the time spent under direct sun, especially during peak hours. Take

breaks outdoors or under shadowed areas to reduce nonstop exposure. Some specifics increase the skin's perceptivity to sun.

Consult with your healthcare provider or druggist about implicit photosensitivity side goods, and take necessary preventives. Check the diurnal UV indicator, which indicates the strength of solar radiation situations. When the indicator is high, take redundant preventives to cover yourself. These kinds of measures can be more salutary for public to cover themselves from solarradiation. People can ameliorate their overall well- being by that.

**Conclusion** :Solar radiation is an important force that impacts our lives in colorful ways. While it provides multitudinous benefits, it's essential to be aware of the pitfalls it poses, particularly to our health. By emphasizing the significance of proper hygiene practices, individualities can cover themselves from the dangerous goods of solar radiation and insure their overall well- being. Let us embrace the sun's energy while prioritizing our hygiene to enjoy a healthy and radiant life.

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