

Alimentary Diseases in Women and its Specific Characteristics (Example of Minerals)

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Abstract: Diabetes and similar nutritional diseases, which are now spreading around the world, have been included in the list of global medical and social problems of the XXI century by the World Health Organization. According to statistics from the International Diabetes Federation, the number of people with diabetes in the world in 2019 will reach 463 million and is increasing among children and adolescents. Many illnesses are caused by eating disorders. Malnutrition is a common cause of metabolic, cardiovascular, and digestive disorders. Violation of the principles of rational nutrition is observed when the required amount of nutrients, vitamins and minerals is below or above the norm.

Key words: *nutrition, illnesses, minerals, rural, urban*

High levels of nutrients can lead to chronic illness and high levels of infections. One of the most pressing issues is the study of women's demand for minerals, deficiencies in their satisfaction and the resulting nutritional disorders and ways to prevent them [2,3]. It is known that nutrition is one of the main factors determining the functional activity of the body. According to the World Health Organization, if a person's diet is constantly rationalized, he will protect 75-85% of his health. That is why the principle of nutrition is one of the top ten principles of a "healthy lifestyle". This approach is relevant to the study of human nutrition today. One of the most pressing issues is the study of overeating and, as a result, overweight and its consequences [1,4].

Materials and methods The observations examined the levels of some macro- and micronutrients in the daily diet of 38 mentally active women living in the village of Novkat, Kasbi district, Kashkadarya region, and 42 residents of the Beklar region in Karshi, a total of 80 mentally active women. The tests were performed on women of different ages, and we divided them into 2 groups according to their age. Group 1 18-29 years old Group 2 30-39 years old.

The research was conducted in December 2021. All subjects taken as the object of the study were persons permanently residing in rural and urban areas under the same climatic conditions. This is important in comparing the amount of minerals studied in their daily diet with the corresponding physiological norms [5].

As for the survey methods, we mainly used the questionnaire method, which is the most convenient and popular way to study the current diet of different groups of the population. The questionnaires record the names, quantity, and quality of the daily meals consumed by the subjects. The questionnaires also included other nutrition questions. The questionnaires were completed by the examiners within a week. During this time, the accuracy and precision of the questionnaires was monitored, and errors were corrected. As a result, we were able to get accurate and complete information from the questionnaires.

After the questionnaires were collected, the information was processed using the relevant literature. The amount of some minerals in the daily diet of the subjects was studied and compared with known established norms. To do this, the foods consumed by each examiner in a week were summarized separately. The amount of nutrients in the questionnaires was determined using data from the subjects and available data on the average weight of a portion of food.

The data are presented in tabular form, indicating the amount of micronutrients per 100 g of product. After determining the amount of nutrients, the amount of minerals in the weekly and daily diet of each examinee was determined. MM Skurikhin's book "On the calculation of the value of cooked food products

on the basis of the table of chemical composition” (1991) was very useful in determining these indicators [4].

In our follow-up studies, A.I. Zaychenko, M.N. Volgarev, G.I. Methodical manual “Methodical recommendations on the study of actual nutrition and the state of health of the population in connection with the nature of nutrition” developed by Bondarev, V.Ya. Vissarionova and others. The results were obtained from Microsoft Excel and Origin 6.1 of the Windows xp operating system. The program was statistically processed.

Results obtained and their analysis The following table provides information on the provision of some minerals in the diet of 18-29 and 30-39-year-old mentally active people living in the village of Novkat, Kasbi district, and Beklar region of Karshi. The results showed that the amount of Ca, P and Mg in the daily diet of the subjects, which is necessary for the timely renewal of tissues and cells, as well as the formation of a number of bioactive substances, was significantly lower than normal. Detected. Of the macronutrients Ca, P and Mg in the daily diet of respondents aged 18-29 living in rural areas, 81.3, 64.7, 54.6% were satisfied, respectively, while urban women of the same age were satisfied with these elements 74 , 4, 84.5, and 67.0 percent, respectively. The content of iron, iodine and zinc in the daily diet of rural women aged 18-29 years was 4.7, 0.07, 6.2 mg, respectively, instead of the standard 10, 0.13, 7 mg. A similar situation was observed in urban women of this age. In other words, 66.0, 69.2, 58.6% of Fe, J, Zn were provided, respectively.

We would like to comment on the data on the provision of some minerals in the diet of 30-39-year-old mentally active population living in the village of Novkat, Kasbi district, and Beklar region of Karshi.

The demand of the rural population for calcium (84.7%) and phosphorus (79.0%) is slightly met. That is, the amount of calcium and phosphorus in their diets was 847 and 473 mg, respectively, instead of the normal 1000 mg and 600 mg. Magnesium, one of the biogenic elements, was found to be almost 50% deficient in both groups. While the content of iron, iodine and zinc in the daily diet of rural women aged 30-39 years is satisfied by 53.0, 61.5, and 80%, respectively, in urban inspectors the supply of these micronutrients is 71.0, 77.0, 62.3 percent.

If we compare and analyze the demand for mental minerals studied in rural and urban areas, we can see that they have the following appearance.

Table
The amount of certain minerals in the diet of the examiners.

Minerals	18-29 years old		30-39 years old	
	Villagers	City dwellers	Villagers	City dwellers
Calcium				
Norm, mg	1000	1000	1000	1000
The result obtained	813	744	847	783
Satisfaction,%	81,3	74,4	84,7	78,3
Phosphorus				
Norm, mg	600	600	600	600
The result obtained	412	507	473	521
Satisfaction,%	68,7	84,5	79,0	86,8
Magnesium				
Norm, mg	260	260	260	260
The result obtained	142	174	144	201
Satisfaction,%	54,6	67,0	55,3	77,3
Iron				
Norm, mg	10	10	10	10
The result obtained	4,7	6,6	5,3	7,1
Satisfaction,%	47,0	66,0	53,0	71,0
Iodine				
Norm, mg	0,13	0,13	0,13	0,13
The result obtained	0,07	0,09	0,08	0,1
Satisfaction,%	53,8	69,2	61,5	77,0
Tsink				
Norm, mg	7	7	7	7
The result obtained	6,2	4,1	5,6	4,4
Satisfaction,%	88,6	58,6	80,0	62,3

Deficiency or deficiency of these minerals in the diet has a negative effect on their activity, the functioning of the nervous and endocrine systems. Iron in the diet of the respondents was satisfied by 60%. It is known that iron in food comes in two forms, and iron, which is absorbed through meat and meat products, is well absorbed by the body. Plant products, on the other hand, are high in iron, but they are relatively poorly absorbed in the gastrointestinal tract. It should be noted that the iron in the daily diet of the subjects we observed was mainly due to plant products. A similar situation can be observed in the elements J and Zn.

Thus, based on the results of our observations, it can be said that the organization of rational nutrition of mentally retarded people living in rural and urban areas, in this regard, a large-scale advocacy work on proper nutrition among the public. The formation of their understanding of the culture of nutrition is an important factor in achieving positive results in maintaining and protecting their health.

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