

# Physical Activity and Individual Health

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**Annotation :** The question is what is olive oil used for? I can answer this question simply with olive oil-record holder for lowering cholesterol, which means it is indispensable for the prevention of atherosclerosis, cardiovascular diseases, diabetes, anti-inflammatory effect, Alzheimer's disease and other ailments. The results of the study proved that olive oil (*Olea europaea*) contains oleic acid in a large amount of acid that reduces the level of bad cholesterol. The main component of vegetable oil is nigellon, which is a derivative of the two substances dithymoquinone and thymoquinone. Herbal teas (hepalux and hepafit (improves liver function) antioxidant, cleansing (cleanses the body of toxins) cardionorm, phytotonometer (to improve heart function and against hypertension) phyto slim turbo iodine (in lack of iodine and for weight loss cleansing the body of toxins) and others herbal teas.

**Keywords:** squapen, ecdysterone, turkesterone, polyaza, dopamine, alfalfa, ginkgo byloby, nigellon.

## Introduction.

WHO Member States have set targets to reduce global salt intake by 30% by 2025, and to halt the increase in diabetes and obesity in adults and adolescents and overweight in children by 2025.

In 2004, the Health Assembly adopted the «WHO Global Strategy on Diet, Physical Activity and Health». The strategy called on governments, WHO international partners, the private sector and civil society to take action at the global, regional and local levels to promote healthy diets and physical activity.

In 2012, the Health Assembly adopted the «Comprehensive Implementation Plan for Maternal, Infant and Young Child Nutrition» and six global nutrition goals to be achieved by 2025, including reducing the number of children suffering from stunting, wasting and overweight. Weight gain, improving breastfeeding and reducing the number of children with anemia and low birth weight.

## For infants and young children

Optimal nutrition during the first two years of life promotes healthy growth and improves cognitive development. It also reduces the risk of becoming overweight and obese and developing NCDs later in life.

Recommendations for a healthy diet for adults, but the following components are also important 1. During the first 6 months of life, children should be exclusively breastfed. 2.

Breastfeeding of children should be continued during the first two years of life and beyond. 3. From the age of six months, breast milk should be supplemented with a variety of appropriate, safe and nutritious foods. Salt and sugar should not be added to complementary foods.



Movement is life. Good health ensures a long and active life. Teachings read that most people can live up to 100 years or more. Unfortunately, many of the world's population do not observe very simple things like maintaining a healthy lifestyle. The basic elements of individual health are noted in several ways.

**SPORT** is a physical activity that improves the state of the body, improves metabolism, healthy hearts and blood vessels, maintains muscle tone and physical activity, dilates blood vessels and improves blood circulation, improves brain function.

What drugs can we recommend for physical activity? MAXITON is a biological food supplement.

Composition of the preparation: Extract of Zhivuchka Turkestan containing ecdysterone-25 mg and succinic acid-25 mg.

MAXITON – increases immunity and muscle tone, mental and physical activity.

**Ecdysterone** – increases protein synthesis, cleanses the skin, reduces blood cholesterol levels, increases endurance, stabilizes cell membranes.

**Turkesterone** has a tonic and adaptogenic property.

BILOUM MIRACLE-composition of the drug: Ginkgo Byloby extract-50 mg, Turkestan tenacious extract-20 mg and Alfalfa extract-100 mg. BILOUM MIRACLE – helps to increase mental and physical performance.

Purpose of the study: There are 2 types of physical activity:

1. Moderate physical activity
2. Intense physical activity

Moderate physical activity is a type of activity that raises your heart rate and leaves you feeling warm and slightly out of breath.

Intense physical activity is an exercise that greatly increases the heart rate and causes sweating and severe shortness of breath. In other words, physical activity is always a guarantee of health.

For the purpose of the study, it is possible to calculate heart rate contractions. For this, I divide approximately the average age of a student, for example, if heart rate is  $200 - 20 = 180$  (200-age), this is the maximum level of heart rate during physical education.

5 basic health facts 1) Proper lifestyle (life without bad habits) 2) Go in for sports 3) 4) Always keep in touch with a doctor (consult a doctor) 5) A vital process is SLEEP. Our sleep is  $\frac{3}{2}$  of our life. As ABU ALI IBN SINA said: «Healthy people need to pay due attention to sleep. Their sleep should be moderate in time, not excessive. They should beware of the harm of insomnia to the brain and to all their powers»

### Material and methods

Regular physical activity is proven to help prevent and manage noncommunicable diseases such as heart disease, stroke, diabetes and several cancers. It also helps prevent hypertension, maintain healthy body weight and can improve mental health, quality of life and well-being

Physical activity has demonstrated beneficial effects on health and longevity in the general population, and physically active individuals are at lower risk for many chronic diseases compared to their sedentary peers. Individuals with disabilities in general are less active than individuals without disabilities, but it is still unknown if physical activity confers the same level of risk reduction in populations with as without disabilities. Individuals with spinal cord injury (SCI) have among the lowest levels of physical activity participation compared to other populations. They also demonstrate early onset of cardiovascular disease and other chronic diseases. This literature review discusses evidence for the potential benefits of physical activity in persons with SCI and provides a summary of pertinent studies to date. Although being physically active and physically fit appears to be associated with several health benefits in persons with SCI, most studies are small and little longitudinal evidence exists. Future studies will be needed to address this need.

Health is an invaluable asset not only for each person, but for the whole society. Health helps us to realize our plans, successfully solve the main life tasks, overcome difficulties, and, if necessary, significant overloads.

Good health, wisely preserved and strengthened by man himself, ensures him a long and active life. Scientific evidence shows that most people, if they follow hygiene rules and lead a healthy lifestyle, have the opportunity to live up to 100 years or more.

Unfortunately, many people do not follow the simplest norms of a healthy lifestyle. In recent years, due to the high load at work, at home and for other reasons, many have a deficit in the daily routine, insufficient motor

activity, which causes the appearance of hypokinesia, which can cause a number of serious changes in the human body.

A sedentary position affects the functioning of many body systems. With prolonged sitting, breathing becomes less deep, metabolism decreases, blood stagnation occurs in the lower extremities, which leads to a decrease in the efficiency of the whole organism and especially the brain: attention decreases, memory weakens, coordination of movements is disturbed, and the time of mental operations increases. Hypokinesia on the background of excessive nutrition with a large excess of carbohydrates and fats in the daily diet can lead to obesity.

The main opportunity to neutralize the negative phenomenon that occurs in people during prolonged and intense mental work is active rest and organized physical activity.

With systematic physical activity, there is a continuous improvement of organs and systems in the human body. Physical exercises also cause positive emotions, cheerfulness, create a good mood. Therefore, it becomes clear why a person who has known the “taste” of physical exercises and sports strives for regular exercise

### **One of the important components of a healthy lifestyle is physical activity.**

Physical activity is a type of activity of the human body, in which the activation of metabolic processes in skeletal (striated) muscles ensures their contraction and movement of the human body or its parts in space. As a physiological process, physical activity is inherent in any person. It can be low if a person consciously or forcedly leads a sedentary lifestyle and, conversely, high, for example, in an athlete. Low physical activity (physical inactivity) can be the cause of the development of muscle atrophy. If physical inactivity is combined with errors in the diet (intake of high-calorie foods in large quantities), this will inevitably lead to the development of obesity. High – accompanied by an increase in muscle mass (hypertrophy), strengthening of the bones of the skeleton, and increased mobility of the joints. We should also talk about optimal physical activity, which allows a person to maintain or improve his health, reduce the risk of diseases, including fatal ones. Optimal physical activity can be achieved through walking, running, moving sports, dancing, and gymnastic exercises.

Processes that occur in the human body during physical activity. Any kind of physical activity is accompanied by an intensification of metabolic processes (metabolism), primarily in muscle cells, and, consequently, an increase in their need for additional oxygen and nutrients. Already with moderate and, even more so, with pronounced physical activity, intensification of the work of the heart (increased frequency and strength of contractions) and respiratory organs (increased respiratory rate with increased gas exchange and saturation of the lungs with oxygen) occurs. Activation of cellular metabolism is characterized not only by the intake, but also by the excretion of products formed during the life of cells. They enter the bloodstream and are excreted by the kidneys with urine, the skin with sweat, and the lungs with exhaled air. Therefore, with an increase in physical activity in a person, the heart rate (rapid heartbeat and pulse), respiratory movements (shortness of breath), urination, and sweating increase. Rapid breathing along with increased sweating protect the body from overheating during periods of intense physical activity.

The role of physical activity in human life Physical activity is one of the basic aspects of a healthy lifestyle. It makes a person not only physically more attractive, but also significantly improves his health, has a positive effect on life expectancy, especially its active part. The risk of developing life-threatening diseases of the vessels of the heart and brain, diabetes, cancer is significantly lower.

### **Improvement physical activity:**

- control of body weight;
- strength of bone tissue (prevention of osteoporosis);
- quality of life.

What is the optimal physical activity? Doctors believe that to maintain good physical shape, 20-30 minutes of active physical exercise is enough to improve oxygen supply to the body at least three times a week and muscle strengthening exercises at least 2 times a week. If this, for some reason, is impossible, then 30 minutes of moderate or vigorous physical activity (not necessarily continuous) at least 5 days a week is enough to maintain health every day. In cases where the patient meant low physical activity for various reasons, it should

increase gradually. Before starting it, it is advisable to consult a doctor. It is most convenient to start with walking or swimming in comfortable conditions (for pleasure, and not “through force”). As you adapt to such loads and strengthen your muscles, a dosed increase in physical activity is possible.

Active physical exercises that improve the supply of oxygen to the human body are an integral part of moderate and severe physical activity. During their implementation, the activity of all muscle groups increases, including those providing respiration and cardiac activity. As a result, the heart rate and respiration increase with an increase in its depth. Changes in the intensity of the work of the heart and respiration provide an adequate supply of oxygen and nutrients to the cells, i.e. increases the efficiency of blood circulation. Here are the most common types of active physical exercise:

- Intensive (fast) walking;
- Swimming;
- Tennis;
- Horseback riding;
- A ride on the bicycle;
- Dance Sport;
- Physical exercises to music or actually aerobics;
- Rowing;
- Skating;
- Skiing;
- Classes on simulators («treadmill», bicycle).

### **Proper Nutrition Is A Guarantee Of Health**

We know that vitamin is life, the question arises which foods contain vitamins and which foods should be consumed for health, we will now deal with this problem!

#### **Vegetables and fruits**

Research method: These partial carbohydrates improve metabolism, cleanse blood vessels, strengthen immunity, improve vision. Here, for example, cucumber is anti-aging, restores skin regeneration.

Tomatoes are very good for the cardiovascular system. Carrot improves eyesight. Strengthens teeth and immunity. Celery – helps to lose weight. Onion kills microbes and contains phytoncides. Garlic is also an antimicrobial and anthelmintic vegetable. Peppers red and green fresh and ready-made also read healthy.

Cayenne pepper thins the blood and prevents blood clots. Broccoli – helps with bronchitis and improves the condition of the bronchi. Beet-raises hemoglobin and purifies the blood. Potato starch composition is read polysaccharide (polyase) 20-24% starch contains this vegetable is also necessary for the body.

Green should always be in the human diet; plants cleanse the body. Bananas produce the hormone of happiness (dopamine) on their own, which is why studies have proven that eating this fruit improves mood.

Apple-composition of iron contains vitamin A and C raises hemoglobin, cleanses the body of toxins, strengthens the immune system, helps against heartburn. Lemon-contains vitamin C deficiency of vitamin C we know is called Singa in this case, there is shelter in the teeth, lemon-raises the immune system, increases appetite, lowers blood pressure, has a very good effect against SARS. Vegetable oils and essential oils are also necessary for the body.

Pharmaceutical oils are used for some disease of the body, for example, almond oil (oil of sweet and bitter almonds and sea buckthorn oil) is used for skin lesions and burns. Phyto oil and phyto herbs that are sold in pharmacies are better than synthetic medicine. But the question arises that not all phyto products are effective?

But I can say the opposite, that phyto products slowly affect the body, but will effectively help with long-term treatment, but whoever takes too much synthetic medicine, their body will adapt. That's why I would recommend to patients that for various diseases they need to at least take phyto products.

In the method of research, our great scientific medical world doctor ABU ALI IBN SINA said in her book «**Laws of Medicine**» about phyto plants on volumes 1 and 5 how to cure a patient from various ailments. Minerals in human nutrition are components of food, most of them are in the bones and body fluids in the form of solutions.

As is known, in bronchopulmonary diseases, especially in tuberculosis, one of the main elements of treatment is a properly selected diet. Ibn Sina's views on diet are presented in the famous work «**The Canon of Medicine**» where he attaches great importance to the «**dietary regimen**», Ibn Sina, which is based on climatotherapy, herbal medicine, nutrition, changes in conditions and lifestyle. He paid special attention to the diet of tuberculosis patients, widely recommended milk, butter, eggs, fruits and juices, and wine in case of poor appetite. (12)

**Research results:** Phyto oil, such as olive oil – the healing properties of olive oil are so high that olive oil is often named among the most beneficial health products. Olive oil is unique in that it contains a large amount of squapen (a moisturizing ingredient). The question is what is olive oil used for? I can answer this question simply with olive oil-record holder for lowering cholesterol, which means it is indispensable for the prevention of atherosclerosis, cardiovascular diseases, diabetes, anti-inflammatory effect, Alzheimer's disease and other ailments.

Black cumin oil – strengthens the immune system, strengthens the walls of capillaries, their elasticity and strength to ensure normal function, the development of parasites, worms and their ability to be fixed in the walls of the intestine, and regular stool contributes to the timely cleansing of the body from them, cumin oil has a good tonic property, with regular use improves brain activity, calms the nervous system.

The results of the study proved that olive oil (*Olea europaea*) contains oleic acid in a large amount of acid that reduces the level of bad cholesterol. The main component of vegetable oil is nigellon, which is a derivative of the two substances dithymoquinone and thymoquinone. Herbal teas (hepalux and hepafit (improves liver function) antioxidant, cleansing (cleanses the body of toxins) cardionorm, phytotonometer (to improve heart function and against hypertension) phyto slim turbo iodine (in lack of iodine and for weight loss cleansing the body of toxins) and others herbal teas.

**Conclusion:** In conclusion, I would like to add that the right lifestyle, proper nutrition, as well as sports physical activity promotes life and the mechanism of the body itself works like a clock. In that world, in addition to physical activity and proper nutrition for a person, spiritual peace and peace of mind and harmony also play an important role. As ABU ALI IBN SINA said in his book “Medicine and Proper Nutrition”, people by nature are people who do physical exercises and work a lot easier, endure heavy food. Their digestion is helped by sound and deep sleep. In short, it is permissible to drink cold water after a meal, but not during a meal, in an amount that promotes the digestion of food.

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