

Social Issues of Rational Nutrition

NorkulovDusmurod, NiyozovaNilufar, SabokhatAlimova, NodiraAbdurakhmonova,
DildoraKarabayeva

Abstract:-This paper gives the description of meaning and place of formation of rational nutrition, important features of practical applying productive program in Uzbekistan.

Keywords: a healthy way of life, rational a food, national medicine, culture use, the international conference.

I. THE PURPOSE OF THE STUDY

Demonstrating the importance of rational nutrition in the protection of human health, the formation and development of a healthy lifestyle among the population, to analyze the socio-philosophical and historical aspects of public health in the classification of the reforms being implemented in the Republic of Uzbekistan and to illustrate its specific features.

II. RESEARCH OBJECTIVES

explaining the essence and content of rational nutrition: to reveal the peculiarities and mechanisms of its development, important motivations for promoting a healthy lifestyle.

III. RESEARCH OPPORTUNITIES

increasing the people's attention to the rational nutrition by age, improving fights against overweight among young people, looking for opportunities to teach the basics of rational nutrition in the relevant disciplines to promote healthy lifestyles in educational institutions, expanding the scope of activities.

IV. INTRODUCTION AND NOVELTY

Strengthening the human factor during development and developing a focus on one's own health is inextricably linked to the completeness and consistency of knowledge about daily nutrition. Rational nutrition is an important criterion for a person's living, career, and full potential, as well as changes in his / her health and spiritual world, and has been the subject of ongoing research. In any historical period, improving human health, living conditions and nutrition is a priority of state policy, and the study of the content of their reforms in this area is an important social and political issue. In this regard, the relevance of the article is as follows:

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NorkulovDusmurod, Doctor of Philosophy, Professor of the Department of Social Sciences at Tashkent Medical Academy, Uzbekistan.

NiyozovaNilufar, PhD of Philosophy, Associate Professor of the Department of Social Sciences at Tashkent Medical Academy, Uzbekistan.

SabokhatAlimova, PhD of Economic Sciences, Associate Professor of the Department of Social Sciences at Tashkent Medical Academy, Uzbekistan.

NodiraAbdurakhmonova, Social Sciences Department teacher at Tashkent Medical Academy, Uzbekistan.

DildoraKarabayeva, Social Sciences Department teacher at Tashkent Medical Academy, Uzbekistan.

Firstly, important changes are being made in the efforts to protect public health in the Republic of Uzbekistan. In general, the promotion of healthy lifestyles has reached the level of public policy, and there is an increasing need to study socially-philosophical, historical and democratic criteria for rational nutrition.

Secondly, since the creation of decent living conditions is directly related to the level of culture of hygienic use of the population, it is important to study, analyze and solve the actual problems of its development.

Thirdly, the humanistic content of scientific discoveries and reforms in the modern era of consumption requires that special attention be paid to the promotion of human health, "... the solution of the problem of food security, the establishment of strict control over the production of genetically modified products"[1].

Fourthly, at the current stage of development, ensuring the health of the people, providing them with quality food, creating safe, environmentally-friendly areas and creating suitable arable land have become the world's largest social problem. Especially, "... if efforts are made to turn the territories into nuclear waste and toxic waste dumps around the world, the ecological systems of the region could have devastating consequences for the health of the people who live on the land today and in the future"[2]. In order to prevent this, along with effective reforms, the development of sanitary, environmental, hygienic and legal culture of the population is also important.

Health care depends on a variety of factors, including rational nutrition. After all, proper nutrition not only strengthens physically but also promotes spiritual maturity. Eating is the mainstay of a person's daily routine, indicating the continuity of his or her active behavior. Specifically, "Complete nutrition is largely dependent on the nutritional and quality nutrients it needs to maintain the normal human development and functioning, the proper metabolism in the body, the health promotion, the prevention of disease, the slowdown and prolongation of life"[3].

Reflecting on the importance of rational nutrition in the formation of a healthy lifestyle, we would like to emphasize that in addition to medicine, the study of specific socio-philosophical, historical and cultural aspects is an important scientific and practical topic of the present. Rational nutrition in human health is not only a consumption of food in the prescribed manner (rich in micronutrients), it is also a process that requires specific spirituality. In the context of our article, we would like to describe the following: **Rational nutrition** is a social process that requires a person with a high level of knowledge and a culture of utilization, which is the norm in the daily life of consuming essential

products. So we think that it is important to study the historical experience in the broad implementation of rational nutrition, to deeply understand the customs and traditions of our people, to pay attention to the socio-cultural aspects, and to gather knowledge and experience about the political significance of today.

If we look at historical progress, humanity, as biological beings, consumed primarily nutrients in nature. As a human being later became a social creature, they chose succulents for themselves, cultured the flora and fauna, and learned to use them as feed. Medicinal medicine was also a cultural breakthrough in which food preparations were made. It means that "The search for food compelled the primitive man to know his habitat, to preserve the usefulness of the plants present in nature, and to use them even when they were ill. The earliest folk medicine, geographical and botanical knowledge emerged." [4]

RESULTS & DISCUSSIONS

Traditional medicine is an integral part of medicine, a system that has preserved its own traditions in rational nutrition. Nutritionists believe that the current rules of treatment are the result of traditional medicine practices. It is precisely the modern criteria for the prevention and treatment of diseases that are the basis of modern medicine and traditional medicine.

The great encyclopedic scientist Abu Ali IbnSina left many guidelines for rational nutrition. In general, IbnSina's practice medicine is divided into two: one is for a healthy body regimen, which is for health activities (including ration nutrition), and the other is an unhealthy body regimen. According to IbnSina, "... the main thing in health care is the moderate part of the following general and necessary causes. This should focus on moderating the following seven factors: moderating the body temperature, choosing what to eat and drink, keeping the body free from debris, making the nose air better and better, improving clothing and improving physical and mental behavior; these include sleep and wakefulness" [5]. As a continuation of our information we would like to mention the following comments of the First President of our Republic, "... In the old times, IbnSina used fruits and vegetables to cure various ailments, because there were no chemical medicines at that time, and patients were treated by natural means. These were primarily vegetables, fruits, various herbs and plants. Today, traditional healers in our villages are well aware of how to use these remedies and how to cure some diseases." [6]

To date, there has been a great deal of information on the role of food in health care in all medical sources, and there have also been several reports in the media. On the other side of the problem is the question of how the human attitude to existing foods and the culture of its use is becoming increasingly problematic. According to the UN, "... a third of all food in the world is being thrown away. ... About 40 percent of all food produced in the United States is being wasted. In Europe, 100 million tons of food is wasted every year. However, food shortages worldwide have reached 1 billion people." [7] How can this be explained when food is scarce in a particular segment of the world population?! It is time for a dramatic increase in the culture

of use we mentioned above in social life. Otherwise, in the foreseeable future, food shortages will continue to increase. Of course, the newspaper ("SADO") also reported that "... from 2015 onwards the lawmakers in New York state to take legal action into the law," a technical solution to the problem. To sum it up, humanity is not only a focus on health, but also a good and qualitative use of food (which is focused on consuming suitable food), an environmentally friendly, hygienic and ethical environment. (Because wasted food products have a devastating impact on the health of the human being, the wasteful behavior is a sign of poor culture.)

Uzbekistan attaches great importance to the health of the people after its independence, first and foremost to strengthen the material base of the warrior, to develop the skills of the medical personnel, to provide the sources of funding and also to improve the types of food, to control the quality of products both technologically and socially. Now the draft decree which is about "The country has taken steps to ensure that there is good security and effective provision" was developed and submitted for public discussion. [8] As a result of our efforts to promote a healthy lifestyle, "since 1991, the average life expectancy in our country has increased from 67 to 73, and the average life expectancy of women by 75 years." [9]

Today, the study of our historical and spiritual legacy in bringing people to the awareness of the importance of rational nutrition in shaping a healthy lifestyle is the main criterion for our reforms. At present Uzbekistan is taking practical steps to ensure the safety of food resources not only for the population, but also worldwide.

During the past years (June 5-6, 2014) at the international conference "Important Reserves of the Food Program in Uzbekistan" held in Tashkent, it was observed that the conceptual basis for the solution of these issues is also a major issue for the international community. According to the conference, Uzbekistan supplies more than 180 types of fruits and vegetables and its products to 80 countries. The opening of the UN Food and Agriculture Organization's office in Tashkent is also another indication of the rapid steps our country is facing in addressing the global food shortages. Jose Graziano da Silva, Director General of the Food and Agriculture Organization of the United Nations, commenting on Uzbekistan's efforts to ensure food security; "The Food and Agriculture Organization of the United Nations (FAO) is proud of its contribution to improving the effectiveness of Uzbekistan's consistent and consistent efforts. ... Uzbekistan has achieved great success in terms of providing food for its population and increasing its exports by eliminating threats to its development." [10]

The President of the Republic of Uzbekistan ShavkatMirziyoyev attended the 72nd session of the UN General Assembly in New York on September 19, 2017, in his report "Uzbekistan fully supports the UN Secretary-General's position that water, peace and security are intertwined." [11] Also, the Decree of the President of the Republic of

Uzbekistan dated December 7, 2018 № PF-5590 "On comprehensive measures to radically improve the health system of the Republic of Uzbekistan". Furthermore in this decree The Concept of Healthcare System Development of the Republic of Uzbekistan between 2015 and 2019 is defined. This Concept is noted in "In the main directions of further development of the healthcare system of the Republic of Uzbekistan" and "as recommended by the World Health Organization and other international organizations, the improvement of legal mechanisms for marketing of food and soft drinks, as well as encouraging broad strata of the population to engage in physical culture and sports activities" (the paragraph 6 of Section III) [12]. It is also an important legal criterion for rational nutrition.

The future of each state depends on the physical and spiritual development of the younger generation. Particularly, focusing on nutrition and sports can guarantee the achievement of future goals. In today's globalized world, numerous scholarly books and articles, textbooks and manuals provide a wealth of information and opinions on the role of proper nutrition in adolescents.

Another important characteristic of socio-philosophical importance is the connection between healthy eating and sports. Today, teenagers spend most of their day in educational institutions. In this regard, they focus on fast food and time consuming meals. Of course, this may sound appealing to some, but the lack of knowledge about the potential adverse health effects can have negative consequences. Examples include Fast Foods (Hot Dogs, Hamburgers, etc.) Such nutrients can satisfy your nutritional needs, but it does not guarantee health. Although many publications have been published in the media, it still remains a definite nutritional supplement for teenagers. Young people's neglect of nutrition, unaware of it, misuse of sugary, narcotic sugars and juices (coffee, alcohol), the effects of nutrition on human health, age and diet dependence, constant hunger for weight loss neglecting the negative situations will damage their health. This approach to eating can lead to cardiovascular, endocrine, metabolic and immune system disorders, as well as obesity and weight loss. [13]

CONCLUSION

A number of decrees, decisions, projects and programs aimed at improving the health of the population in our country are identified as a socio-political, cultural and spiritual basis. Rational nutrition is characterized primarily by the consumption of high-quality foods, and in today's globalization, these countries have become the main focus of their policies. In our view, the urgency of politicizing the demand and demand for food in health care, in our opinion, is as follows.

Firstly, as human health is the most comprehensive issue, the expansion of the existing factors of its health is becoming more and more relevant worldwide.

Secondly, preservation of the nation's gene pool for each country depends on the variety of food stocks in the country.

Thirdly, "International Food Safety Expert Survey shows that there is serious concern about the complexity of this problem in the world and in certain regions of the world." [14]

Fourthly, during the years of independence important health care reforms have been implemented. There is a growing need for socio-philosophical and spiritual studies of the importance of nutrition in human health, in particular, on improving the health of the population, creating decent living conditions, and raising the level of public policy.

Fifthly, the composition, quality and resources of food, along with the preservation of human health, remain an important issue in strengthening interstate economic and political ties to promote economic growth in countries.

Sixthly, it is necessary to strengthen the control over the quality of imported foodstuffs and to eliminate the negative consequences of their quality in a timely manner. "To prevent this, first of all we need to revive the vanishing ancient varieties, rational and effective selection works, and widely introduce the scientific achievements and innovations in the field." [15]

To sum up, ration nutrition is an important criterion for improving human health, so we must adhere to it in the future, as well as provide important experiences to future generations. After all, "the health of a person depends, first and foremost, on his or her own health, and, of course, the way he lives his life, adheres to the requirements of healthy lifestyles and culture to prevent any diseases. This is proved by centuries of experience in medicine and medicine," [16]

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