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«YOSH OLIMLAR TIBBIYOT JURNALI»

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ТОМ 1

«Yosh olimlar tibbiyot jurnali» jurnali O'zbekiston Respublikasi Oliy ta'lim, fan va innovatsiyalar vazirligi huzuridagi Oliy attestatsiya komissiyasi Rayosatining 2023 yil 5 maydagi 337/6-son karori bilan tibbiyot fanlari buyicha dissertatsiyalar asosiy ilmiy natijalarini chop etish tavsiya etilgan milliy ilmiy nashrlar ruyxatiga kiritilgan.

Решением Президиума Высшей аттестационной комиссии при Министерстве высшего образования, науки и инноваций Республики Узбекистан от 5 мая 2023 г. № 337/6 «Медицинский журнал молодых ученых» внесен в перечень национальных научных изданий, рекомендованных для публикации основных научных результатов диссертаций по медицинским наукам

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THE IMPACT OF ALCOHOL ON STUDENT HEALTH

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***Abstract.** Alcohol use produces wide-ranging and diverse effects on the central nervous system. It influences intracellular signaling mechanisms, leading to changes in gene expression, chromatin remodeling, and translation. As a result of these molecular alterations, alcohol affects the activity of neuronal circuits. Together, these mechanisms produce long-lasting cellular adaptations in the brain that in turn can drive the development and maintenance of alcohol use disorder (AUD). We provide an update on alcohol research, focusing on multiple levels of alcohol-induced adaptations, from intracellular changes to changes in neural circuits. A better understanding of how alcohol affects these diverse and interlinked mechanisms may lead to the identification of novel therapeutic targets and to the development of much-needed novel and efficacious treatment options.*

***Keywords:** alcohol, central, nervous, system, epigenetics, intracellular, signal, neuron circuits.*

ВЛИЯНИЕ АЛКОГОЛЯ НА ЗДОРОВЬЕ СТУДЕНТОВ

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***Аннотация.** Употребление алкоголя оказывает широкомасштабное и разнообразное воздействие на центральную нервную систему. Он влияет на внутриклеточные сигнальные механизмы, приводя к изменениям в экспрессии генов, ремоделированию хроматина и трансляции. В результате этих молекулярных изменений алкоголь влияет на активность нейронных цепей. Вместе эти механизмы вызывают длительную клеточную адаптацию в головном мозге, которая, в свою очередь, может способствовать развитию и поддержанию расстройства, связанного с употреблением алкоголя (AUD). Мы предоставляем обновленную информацию об исследованиях алкоголя, уделяя особое внимание множеству уровней адаптации, вызванной алкоголем, от внутриклеточных изменений до изменений в нейронных цепях. Лучшее понимание того, как алкоголь влияет на эти разнообразные и взаимосвязанные механизмы, может привести к выявлению новых терапевтических целей и к разработке столь необходимых новых и эффективных вариантов лечения.*

***Ключевые слова:** алкоголь, центральная, нервная, система, эпигенетика, внутриклеточная, сигнальная, нейронные цепи.*

ALKOGOLNING TALABALAR SOG'LIGIGA TA'SIRI

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***Annotatsiya.** Spirtli ichimliklarni iste'mol qilish markaziy asab tizimiga keng ko'lamli va turli xil ta'sirlarni keltirib chiqaradi. U hujayra ichidagi signalizatsiya mexanizmlariga ta'sir qiladi, bu gen ekspresyonidagi o'zgarishlarga, xromatinni qayta qurishga va tarjimaga olib keladi. Ushbu mo-*

lekulyar o'zgarishlar natijasida spirtli ichimliklar neyron davrlarining faolligiga ta'sir qiladi. Birgalikda bu mexanizmlar miyada uzoq davom etadigan uyali moslashuvlarni keltirib chiqaradi, bu esa o'z navbatida spirtli ichimliklarni iste'mol qilish buzilishi rivojlanishi va qo'llab-quvvatlanishi mumkin. Biz spirtli ichimliklarni tadqiq qilish bo'yicha yangilanishni taqdim etamiz, bunda alkogol bilan bog'liq moslashuvlarning ko'p darajalariga, hujayra ichidagi o'zgarishlardan tortib neyron davrlardagi o'zgarishlarga e'tibor qaratiladi. Spirtli ichimliklarning ushbu xilma-xil va o'zaro bog'liq mexanizmlarga qanday ta'sir qilishini yaxshiroq tushunish yangi terapevtik maqsadlarni aniqlashga va juda zarur bo'lgan yangi va samarali davolash usullarini ishlab chiqishga olib kelishi mumkin.

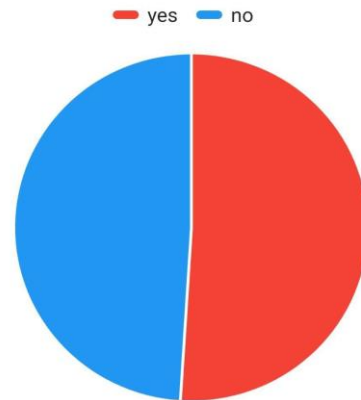
Kalit so'zlar: akohol, markaziy, asab, tizim, epigenetika, hujayra ichidagi, signal, neyron davrlari.

Alcohol is both a beverage providing some sustenance and a drug. For thousands of years, alcohol has been consumed in a medicinal, celebratory, and ritualistic manner. It is drunk in just about every country and often in excessive amounts. Alcohol can be made from a variety of different starch foods through the processes called fermentation. Fermentation of a starchy food such as barley or wheat can produce ethanol and CO₂ which makes up what is commonly known as beer. The Native Hawaiians distilled a mash offermented ti root in iron trypots pre-colonization in the 1700s. This form of alcohol was called "Okolehao". This alcoholic beverage more commonly known today as "moonshine", is still made locally in the islands today. [1,4] Alcohol is a psychoactive drug. A psychoactive drug is any substance that crosses the blood-brain barrier primarily affecting the functioning of the brain, be it altering mood, thinking, memory, motor control, or behavior. Alcohols in chemistry refer to a group of similar organic compounds, but in beverages the only alcohol consumed is ethanol. The Behavioral Risk Factor Surveillance System survey reported that more than half of the adult US population drank alcohol in the past thirty days.[2] Of the total population who drank alcohol, approximately 5 percent drank heavily, while 15 percent binge drank. Binge drinking (as defined by the National Institute on Alcohol Abuse and Alcoholism) is when men consume five or more drinks, and when women consume four or more drinks, in two hours or less. [3]

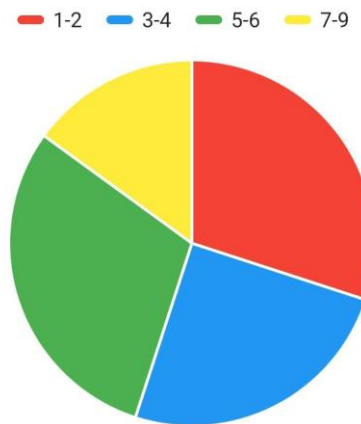
Survey report perform in Tashkent medical academy campus

Observing these survey report

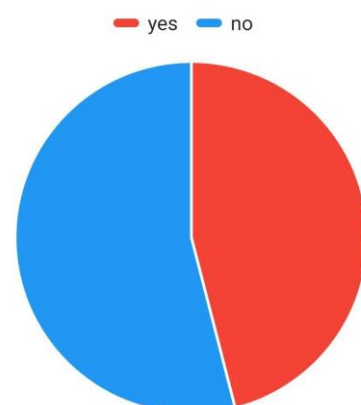
Q1. How often do you have 5 or more on one occassion



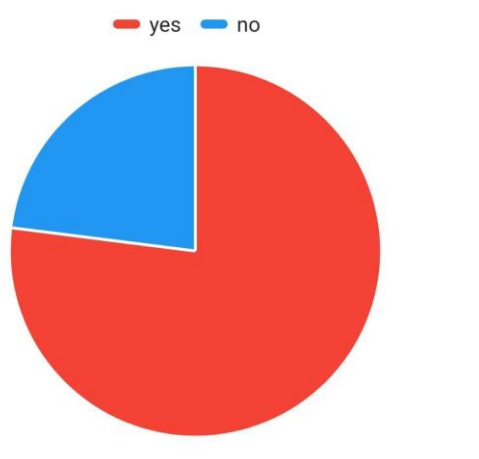
Q2. Have you or someone else been injured as a result of your drinking?



Q3. Drinking alcohol is injurious to our health?



Q4. Alcohol is beneficial for your body?



Conclusion.

Alcohol-dependent persons who confuse alcohol craving with pre-meal hunger differ from those who do not confuse these hunger pangs in terms of feeling stronger alcohol craving and more frequent occurrence of symptoms accompanying the feeling of alcohol craving during pre-meal hunger. At the start of treatment for alcohol withdrawal, alcohol-dependent individuals who report confusing alcohol cravings with pre-meal hunger are less confi-

dent of maintaining abstinence. This is relevant to treatment. The role of possible confounders (depressive symptoms, cognitive and educational deficiency) could not be elucidated definitively.

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