

**МИНИСТЕРСТВО ЗДРАВООХРАНЕНИЯ РЕСПУБЛИКИ УЗБЕКИСТАН  
БУХАРСКИЙ ГОСУДАРСТВЕННЫЙ МЕДИЦИНСКИЙ ИНСТИТУТ  
ИМЕНИ АБУ АЛИ ИБН СИНО**

**КАЗАХСКИЙ НАЦИОНАЛЬНЫЙ УНИВЕРСИТЕТ ИМ. АЛЬ-ФАРАБИ  
КАЗАХСКИЙ НАЦИОНАЛЬНЫЙ УНИВЕРСИТЕТ ИМ. С.Д. АСФЕНДИЯРОВА  
РЯЗАНСКИЙ ГОСУДАРСТВЕННЫЙ МЕДИЦИНСКИЙ УНИВЕРСИТЕТ ИМЕНИ  
АКАДЕМИКА И.П. ПАВЛОВА**



Научно-практической конференции с международным  
участием на тему:

**“СОВРЕМЕННЫЕ ПРОБЛЕМЫ ГИГИЕНЫ И  
МЕДИЦИНСКОЙ ЭКОЛОГИИ”**

**СБОРНИК ТЕЗИСОВ**

28 ноября 2023 года

Министерство Здравоохранения Республики Узбекистан Бухарский  
государственный медицинский институт имени Абу Али ибн Сино



Научно-практической конференции с международным  
участием на тему:

**“СОВРЕМЕННЫЕ ПРОБЛЕМЫ ГИГИЕНЫ И  
МЕДИЦИНСКОЙ ЭКОЛОГИИ”**

**СБОРНИК ТЕЗИСОВ**

28 ноября 2023 года

<b>ҲОМИЛАДОР ВА ЭМИЗУВЧИ АЁЛЛАР ОРГАНИЗМИ ИММУН ТИЗИМИДАГИ УЗГАРИШЛАР</b>	<b>104</b>
60. U.Sh..Maxamatov, N.R.Usupova, M.A.Xabibullayeva	
<b>SOG‘LOM OVQATLANISH</b>	<b>104</b>
61. MARDONOVA S.M., NIYAZOVA S.E	
<b>MEHNAT GIGIENASI VA KASB KASALLIKLARI</b>	<b>106</b>
62. Нурмаматова К.Ч <sup>1</sup> ., Рустамова Х.Е. <sup>1</sup> , Зиядуллаев Ш.Х <sup>2</sup>	
<b>ЭКОЛОГИЯ И ЗДОРОВЬЕ НАСЕЛЕНИЯ</b>	<b>109</b>
63. Naimova Zaynab Sattarovna	
<b>KIMYO ZAVODIGA YAQIN HUDUDLARIDA YASHOVCHI BOLALAR VA O‘SMIRLARDAGI ANTROPOMETRIK KO‘RSATGICHLARI VA SOG‘LOMLIK HOLATI</b>	<b>111</b>
64. Нажмитдинова Гулжахон Комилжон кизи	
<b>ПИЩЕВЫЕ ВОЛОКНА – ФУНКЦИОНАЛЬНЫЙ ИНГРИДИЕНТ</b>	<b>112</b>
65. Muxammadova G.Q., O‘rinboyev F.SH.	
<b>ATROF-MUHITNING INSON SALOMATLIGIGA TA‘SIRI VA PROFILAKTIK CHORA-TADBIRLAR</b>	<b>114</b>
66. Ташиева Н.С., Мадаханов А.С.	
<b>ОРОЛБЎЙИ АХОЛИСИНИ СОҒЛОМЛАШТИРИШДА ЭТИО-ПАТОГЕНЕТИК ЁНДОШУВНИНГ НАЗАРИЙ ВА ТАШКИЛИЙМАСАЛАЛАРИГА ДОИР МУЛОХАЗАЛАР.</b>	<b>116</b>
67. Пушкина Н.В. <sup>1</sup> , Дикусар Е.А. <sup>2</sup>	
<b>ИСПОЛЬЗОВАНИЕ КАЛИЕВОЙ СОЛИ 1,1'-ФЕРРОЦЕНДИКАРБОНОВОЙ КИСЛОТЫ В КОМПЛЕКСЕ С СВЧ ОБЛУЧЕНИЕМ ДЛЯ ПРЕДПОСЕВНОЙ ОБРАБОТКИ СЕМЯН ЛЬНА ДОЛГУНЦА (<i>LINUM USITATISSIMUM</i> L.)</b>	<b>118</b>
68. <sup>1</sup> Teshaboyev Azizbek., <sup>2</sup> Raxmonqulova Xumora Abduqahhor qizi.	
<b>BOLALARDA NOTO‘G‘RI OVQATLANISHNING SALOMATLIGIGA TA‘SIRI</b>	<b>120</b>
69. Ramazonov Baxtiyor Ramazonovich	
<b>BIOXILMA-XILLIKNI ASRASH INSONIYAT OLDIDA TURGAN ENG DOL-ZARB MUAMMO</b>	<b>121</b>
70. Раджабов Закир Нармуратович	
<b>ВЛИЯНИЕ ОКРУЖАЮЩЕЙ СРЕДЫ НА ЗДОРОВЬЕ ЧЕЛОВЕКА</b>	<b>124</b>
71. Раджабов Закир Нармуратович.	
<b>Окружающая среда и здоровье человека</b>	<b>126</b>
72. Radjabov Jakir Normuradovich., Uralov Ulugbek Baxriyevich.	
<b>IONLOVCHI NURLANISH BIOLOGIK TA‘SIRINING ASOSIY QONUNI-YATLARI</b>	<b>128</b>
73. Rasulova Shoirra Azizovna.	
<b>BO‘LAJAK O‘QITUVCHILARNI UZLUKSIZ MA‘NAVIY TA‘LIM JARAYONIGA TAYYORLASHNING NAZARIY PEDAGOGIK ASOSLARI</b>	<b>130</b>
74. Salomova F.I., Sherquzieva G.F., Iskandarov A.B., Urmanova L.J.	

<b>ECOLOGICAL HYGIENIC ASSESSMENT OF THE CONDITION OF WATER BASINS</b>	<b>132</b>
75. Юлия Михайловна Селезнева, Вера Сергеевна Карасева	
<b>СЕЗОННАЯ И СУТОЧНАЯ ДИНАМИКА ПЫЛЕНИЯ АМБРОЗИИ НА ТЕРРИТОРИИ Г. РЯЗАНИ</b>	<b>133</b>
76. Стежкина Елена Викторовна, Селезнева Юлия Михайловна, Карасева Вера Сергеевна, Агапова Анна Ивановна, Бусарева Елизавета Сергеевна, Смирнова В.В., Лебедева И.Н	
<b>ВЛИЯНИЕ ИЗМЕНЕНИЯ КЛИМАТА И АЭРОБИОЛОГИЧЕСКИХ СВОЙСТВ ПЫЛЬЦЫ НА КЛИНИЧЕСКИЕ ОСОБЕННОСТИ ПОЛЛИНОЗА У ДЕТЕЙ.</b>	<b>134</b>
77. Сидукова О.Л.	
<b>СОВРЕМЕННЫЕ ПРЕДСТАВЛЕНИЯ О РОЛИ МИКРОБИОМА КИШЕЧНИКА</b>	<b>136</b>
78. <sup>1</sup> Сайфиева Х.Дж., <sup>2</sup> Шодмонова Д.Ш., <sup>3</sup> Эргашев Н.А., <sup>4</sup> Асраров М.И., <sup>5</sup> Рахимов Р.Н.	
<b>ЭГКГ НИНГ СУКЦИНАТ СУБСТРАТИГА БОГЛИК ТАРЗДА МИТОХОНДРИЯЛАР МЕГАПОРАСИГА ТАЪСИРИ</b>	<b>137</b>
79. <i>Солехзода Ш.З., Пирматова Т.А., Мамадаминов О.Н.</i>	
<b>ЧАСТОТА ВСТРЕЧАЕМОСТИ ИЗБЫТОЧНОЙ МАССЫ ТЕЛА, ОЖИРЕНИЯ И ОСОБЕННОСТИ ОБРАЗА ЖИЗНИ СРЕДИ МОЛОДЁЖИ</b>	<b>138</b>
80. Г.К.Зарипова, Т.Б.Салимов	
<b>РОЛЬ ЦИФРОВЫХ ТЕХНОЛОГИЙ В СОХРАНЕНИИ ПРИРОДНЫХ РЕСУРСОВ – ДЕРЕВЬЕВ В МИРЕ</b>	<b>140</b>
81. Samadova Kh.S	
<b>Influence of anthropogenic factors on nature</b>	<b>143</b>
82. <i>Sattarova Barnoxon Nabiyevna</i>	
<b>OVQATLANISH MUAMMOSINING IJTIMOIIY- GIGIYNIK ROLI, UNING O'ZIGA XOSLIGI</b>	<b>144</b>
83. Султонова Дилфуза Фахриддин кизи	
<b>СПОРТЧИЛАРНИНГ ФУНКЦИОНАЛ ТАЙЁРГАРЛИГИНИ БЕЛГИЛОВЧИ ОМИЛЛАР</b>	<b>147</b>
84. Samadova Kh.S	
<b>Impact of waste products on nature</b>	<b>150</b>
85. Салимова Дилдора Баходировна	
<b>ИРРИГАТЦИЯНИ РИВОЖЛАНТИРИШ ЖАҲОНДА СУВНИ ТЕЖАШНИНГ ГАРОВИДИР</b>	<b>152</b>
86. Ташулатова Г.А., Красавин А.Н., Холмуратов Б.З.	
<b>ВОПРОСЫ РЕГУЛИРОВАНИЯ ШУМОВОГО ЗАГРЯЗНЕНИЯ ОКРУЖАЮЩЕЙ СРЕДЫ УРБАНИЗИРОВАННЫХ ТЕРРИТОРИЙ</b>	<b>155</b>
87. Трошкина В.А., Сидукова О.Л.	
<b>ПРОБЛЕМЫ ПРОФИЛАКТИКИ НЕБЛАГОПРИЯТНОГО ВОЗДЕЙСТВИЯ МЕДИЦИНСКОГО ОБЛУЧЕНИЯ</b>	<b>156</b>
88. To`qboyeva D.Z., Choriqulova Munisa	
<b>EKOLOGIK TARBIYANING MOHIYATI VA MAZMUNI</b>	<b>157</b>
89. To`qboyeva D.Z., Ergashova Shaxnozabonu	
<b>EKOLOGIK TARBIYANING MOHIYATI, DARSDA VA DARSDAN TASHQARI ISHLARDA EKOLOGIK TARBIYA.</b>	<b>159</b>
90. Трошкина В.А.	
<b>ОБЛУЧЕНИЕ РАДОНОМ В ЖИЛИЩАХ - ПРОБЛЕМА АКТУАЛЬНАЯ ДЛЯ БЕЛАРУСИ.</b>	<b>161</b>
91. Ш.О. Тиллаева, Шд.О.Тиллаева	

bilimlarni yoshlarga o'rgatish; yozuv ixtiro qilingach, o'qish, yozishni o'rgatish uchun tashkil etilgan dastlabki maktablarning paydo bo'lishi bilan uzviy bog'liq.

Mashhur chex pedagogi Yan Amos Komenskiy «Buyuk didaktika» asarida ko'rsatishicha, qadim zamonlarda ota-onalar, odatda, o'z bolalarini oilada o'zlari tarbiyalaganlar. Biroq bolaga ta'lim, tarbiya berish ba'zi ota-onaning qo'lidan kelsa, bir xilining qo'lidan kelmaydi; bola tarbiyasi uchun ba'zilarning vaqti bo'lsa, ba'zilarning vaqti bo'lmaydi. Shu sababdan, ko'p oilalar o'z bolalarini bilimli, og'ir tabiatli maxsus kishilarga berib o'qitganlar. Yoshlarga ta'lim-tarbiya beruvchi bunday kishilarni pedagog, professor deb, bolalarni to'plab o'qitiladigan joyni — maktab, gimnaziya, akademiya, universitet deb ataganlar. Uning fikricha, eng qadimgi maktablar Sharq mamlakatlarida, jumladan, Xoldey, Vavilyon, Misr shaharlarida ochilgan. Maktab ochishni misrliklardan greklar, greklardan rimliklar o'rganib olganlar.

Qadimgi Turon zaminida dunyoviy ilmlardan astronomiya, geometriya, arifmetika, tibbiyot taraqqiy etgan. Saroylar, ibodatxonalar huzurida ochilgan maktablarda yoshlarga diniy va dunyoviy ilmlar o'rgatilgan. Mirzalar, qozilar, hakamlar kabi davlat xizmatchilari tayyorlaydigan maktablar ham bo'lgan. Sharq mamlakatlaridagi maktablarda xat-savod o'rgatish murakkab, og'ir ish hisoblangan. Ilm olish — nina bilan quduq qazish, deb bejiz aytilmagan Sharqda.

O'qituvchi umuminsoniy va milliy-axloqiy fazilatlarini o'zlashtirib olishi, tajribada qo'llashi, o'zining dunyoqarashi, mafkurasi va axloqiy tajribasi bilan taqqoslashi lozim. Fikrlash va his etish, turmushda sinab ko'rish natijasida umuminsoniy va milliy-axloqiy sifatlar, qoidalar, normalar o'qituvchining o'z axloqiy fazilatiga, e'tiqodiga aylanadi. Bular muallimning dunyoqarashi, fikr va mulohazalari bilan qo'shib, bozor iqtisodiyotiga asoslangan jamiyat qurish sharoitida uning o'rnini va rolini belgilaydi.

## **ECOLOGICAL HYGIENIC ASSESSMENT OF THE CONDITION OF WATER BASINS**

Salomova F.I., Sherquzieva G.F., Iskandarov A.B., Urmanova L.J.

**Tashkent Medical Academy, Tashkent,**

**Central Asian Medical University, Ferghana**

The growth of the population, the development of urban construction, the emergence of houses and new enterprises are increasing the consumption of water more and more. The extremely large amount of water on our planet has given people a kind of peace and lack of anxiety, because people think that water is an inexhaustible and inexhaustible wealth. Most of the water is brackish, agricultural and non-potable water, while fresh water is very little. On top of that, fresh water mainly forms polar ice caps and mountain snow. Their amount is 28 million square meters. Water is the main part of the biosphere, which is not only necessary for human needs, but also for plants, animals, industries, etc. In our country, the daily amount of water used per

person reaches an average of 170 liters, and in large cities it is more than 300 liters. However, science, technology, and modern industry are rapidly polluting the environment and causing an ecological crisis. Industrialization is causing the concentration of large industrial enterprises in one place, the increase in the number of people, the construction of many houses and the emergence of communal facilities require a lot of water use. This, in turn, requires protection of water bodies from waste water pollution. As a matter of fact, since the second half of the 20th century, the issues of protection of many water bodies have become very acute, because the technical influence of man on nature has increased. According to some current facts, the volume of fresh water in rivers, lakes and reservoirs is equal to 25,000 km, this fresh water is the amount of water that meets the needs of people on earth, but 450 km of waste water and polluted water are dumped into these water bodies every year, only 50% of it is half-cleaned. it is used for plowing and agricultural purposes. Currently, the republic has 105.17 km of water resources, of which 64.5 km pass through the republic in transit, that is, the reserve of open water bodies is 40 km (40,000 million m). Therefore, the use of open water reservoirs creates some difficulties. In addition, the amount of waste water discharged into open water basins is increasing every year, that is, if in 1970 it was 4910 thousand cubic meters per day, by 1980 this amount will be 9794.7 million cubic meters. After the independence of the Republic of Uzbekistan, a number of measures and decisions aimed at the sanitary protection of external environmental objects, such as water bodies, from various pollution were carried out in our republic. Based on the above-mentioned current problems, it is appropriate to constantly control the quality of water in the sanitary protection of water bodies. For this reason, we conducted laboratory water testing of open water bodies flowing from Almazor district and obtained the following results: 4 open water bodies "Kaikouz", "Kora-Kamish", "Kichkuruk" and Damashi canals flow from the territory of the district. In 2015, the total number of samples was exceeding the amount of hygienic standards, while in 10 samples in Kaykuz, the water needs of the water (КВЕ) did not meet the hygienic requirements in 4-5 samples in these channels. In 2016, the total number of samples to check water quality was 90 (100%), 30 of which did not meet hygienic requirements, and mostly nitrogen ammonia content was higher than hygienic standards. In 2017, the total number of samples was 90 (100%), 42 of which did not meet hygienic requirements, mainly in 11 samples taken from the "Kichkukuk" canal, "Kaikouz" canal water and in 15 samples, nitrogen ammonia content was higher than hygienic standards

From the results of the inspection, it can be concluded that "Kaykouz" and "Kichkuruk" open water reservoirs have higher ammonia nitrogen content in the water in all years and at the same time the water's oxygen demand (КВЕ) is high in the water of these canals.

### **СЕЗОННАЯ И СУТОЧНАЯ ДИНАМИКА ПЫЛЕНИЯ АМБРОЗИИ НА ТЕРРИТОРИИ Г. РЯЗАНИ**

Юлия Михайловна Селезнева, Вера Сергеевна Карасева,  
РГУ имени С.А. Есенина, Рязань, Россия