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CHANGES IN ARTERIAL PRESSURE IN YOUNG PEOPLE LIVING IN THE CITY OF BERUNI AROUND THE ISLAND

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ABSTRACT

This article talks about seasonal systolic changes in 18-year-olds living in the Beruni district around the island. Currently, there are a lot of cases of increased blood pressure among young people living in the surrounding areas of the island. And this creates serious frustration among the population.

KEYWORDS: *Environmental Condition, Cystological Changes, Climate And Hypertension*

INTRODUCTION

A person who has experienced long development others has always maintained a balance in relations with nature, that is, he got married without adversely affecting the biosphere. But by the end of the XIX beginning of the XX century this balance was undermined, as a result of the development of Science and technology in the social, economic life of a person there was relief, that is, comfort. By the XXI century, the living conditions of a person lived with great strides, our tableware was decorated with all sorts of blessings, so it would not be an exaggeration to say. Together with comfort, relaxation, a number of environmental problems have also emerged before modern man, which in turn affects human health. We tried to investigate the changes associated with blood pressure in teenage boys and girls living in some areas of the island, one of these problems in our article of this miracle.

These environmental factors not only cause the appearance of blood diseases, but also lead to a variety of diseases, including hypertension, kidney, digestive system diseases, lung and liver diseases, leading to increased mortality [Ch.Abdirov, 1991,1993; Qabulov S.K., 1991; Ataniyazov O.A., 2001].

The economic living conditions of people improve, but the change in the composition of air and water (petroleum products, phenols, heavy metals, an increase in organic compounds), the decrease in the norm of vitamins, amino acids, fatty acid, as well as microelements, caused various diseases. The aggravated environmental conditions of the surrounding areas of the island are provoking a number of defects in the circulatory system of people, especially young people. 80% of the local population suffers from anemia, one of the blood diseases.

Arterial blood pressure regurgitation is of great importance in the human body, it is controlled by various ointments. These pronouns change for a certain reason. [Almazov V.A. v.b. 1983].One

of the environmental factors to the origin of hypertension is the entry of sodium chloride into the blood more than the norm, an increase in fluid in the vessels, an increase in sodium reserves in the cell, a change in the tone of the vessels, a change in the composition of blood in the vessels, etc. Our scientific research shows that any changes in environmental balance in changes in blood pressure in healthy children are the main reason.

One more reason is that the change in arterial blood pressure is controlled by the upper part of the maracasic nervous system, the hypothalamus, and its sympathetic and parasympathetic nerve fibers, as well as by chemoreceptors.

A vivid example of the functioning of this system is the fact that we can bring about an increase in arterial blood pressure with the appearance of stress on the body. In this case, the neurological mechanism of arterial blood pressure increases, the rate of blood flow from the heart increases, the blood vessels of the peripheral nerve fibers decrease, which in turn leads to a violation of noradrenaline regulation. In addition, this process leads to an increase in the secretion of the sympathetic nervous system, the angiotensin system of the brain, as well as the increase in the natriuretic hormone in the heart and blood vessels, the disruption of neurological and hemodynamic processes, resulting in the occurrence of arterial pressure.

Age-specific arterial pressure increases in men and women studies have found that arterial pressure does not differ in small children and girls. The maximum increase in arterial pressure in children is 12-17 years old, in Girls 14-15 years of age. Scientists have shown that arterial pressure is less common in women than in sows. For example: 25-34 years of age in men 10,2%, 3,9% in women, 35-44 years of age in men 14%, 8,5% in women, 45-44 years of age in men 21%, in women 18% found to meet less.

Many scientific studies have shown that high physical and physical activity plays an important role in reducing the amount of cholesterol in the blood lipoproteintirib, regulating the amount of insulin and increasing the process of metobalism. It was found that if people whose age exceeds 70-80 years follow the right diet and do exercises that suit them, then after 3-4 weeks the arterial pressure has significantly decreased and it has come to the norm.For a year, we observed changes in arterial pressure in healthy people in young adolescents living in the cities of Beruni, Beruni, Beruni of the Republic of Karakalpakstan.

From this, the young man living in Beruni got the following indication when we saw a change in the seasonal blood pressure of the girls:

The systolic pressure of 18-year-olds was equal to 50 mm in the winter, when examining 122,4 young men in January. In the spring season in April, the guys showed that the average systolic pressure is equal to 123 mm. In July, which was the hottest month of the summer season, 120,6 was equal to 2,64. In the autumn season October inspections showed that the amount of systolic pressure is equal to 121,4 mm.

We checked the research work in a row even in 50 girls of the same age. Then in winter, in January, the systolic pressure showed 117,4 mm.

In the spring season, it was equal to 118,2 in April. In the summer season, it became 116,2 mm in July.

Thus, in the city of Beruni, the systolic pressure of young adolescents aged 18 years was on average 122,2 mm per year, the systolic pressure of girls was 117,2 mm per year.Systolic changes (M)in the course of the Year seasons of adolescents 18 years of age living in the city of Beruni.

	Systolic pressure	
Seasons	**In young men**	**Girls**
Winter	122,4 ± 2,07	117,4 ±2,04
Spring	123 ± 2,684	118,2 ±2,64
summer	120,6 ±2,64	116,2 ±2,06
autumn	121,4 ±2,18	117,4 ±2,64
Throughout the year	122,4 ± 3,02	117,2 ± 2,82

In conclusion, it was found that the amount of hemoglobin in young people living in the city of Beruni, in combination with changes associated with body weight, is higher than the norm of blood pressure. We came to the conclusion that the increase in arterial pressure in the territory of Karakalpakstan is associated with emotional stress, low-calorie, the accumulation of excess fat in the body organs associated with the diet, seasonal changes, the lack of a sufficient amount of vitamins and substances in the body, changes in the process of metabolism, accompanied by the influence of environmental factors.

As a result of the change of the biosphere, changes also occur in the world of soil, air, water, plants, animals, birds, which, in turn, have their own influence on the future of mankind. Therefore, the correct use of all types of Natural Resources is one of the requirements of the period of their preservation.

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