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THE INFLUENCE OF BAD HABITS ON THE HUMAN BODY

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Annotation: Providing a thorough understanding of harmful habits and their effects on the human body, as well as encouraging them to be vigilant in preventing their transmission, should form the basis of education.

Keywords: Harmful, habits, human, basis, medicine, body, systems.

Introduction. In the process of providing a comprehensive understanding of harmful habits and their effects on the human body, attention is paid to the following key issues: awareness of the prevention of addiction to harmful habits; health hazards; occurrence and development of harmful habits (smoking, alcohol consumption, drug addiction); the reaction of a healthy organism to narcotics, the stages of development of addiction; physical and mental degeneration of the addict; preventive work, sanitary service, holding events and discussions to eliminate negative features.

Providing a thorough understanding of harmful habits and their effects on the human body, as well as encouraging them to be vigilant in preventing their transmission, should form the basis of education.

Not all medications are mentally or physically addictive, addictive, or simply addictive. The fact is that any medicine itself is produced by the body in minimal



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quantities (alcohol); or its analogues (morphine, heroin, etc.), which play an important physiological role in the body, mimic the properties of hungry opioids. The use of organic solvents by some (mainly adolescents) for distraction is in a sense meaningless (unnatural), because the corresponding hallucinations result from a primary disorder due to the high lipotropy of the said brain tissue.

In the modern world, the development of household appliances, automation, mechanization, computerization of production processes at various enterprises, the widespread use of public and personal transport leads to an increase in a sedentary lifestyle for most people and a decrease in physical activity. A sedentary lifestyle is a decrease in physical activity or hypokinesia.

Hypokinesia in school age is associated with the child's irrational organization of daily work and rest, excessive daily tasks, and as a result, the child has less time to travel. Hypokinesia is also a characteristic condition of the student environment. In a number of cases, hypokinesia is also caused by diseases that require a simultaneous delivery. Under such conditions, the load on all muscles in the body is reduced. While technical progress on the one hand makes life a little easier, on the other hand it does enough damage to the body. It creates conditions for the muscles to starve, accelerates the decline of the body's resistance to the harmful effects of the environment. With age, this condition deepens and erodes the human body. Studies by scientists in many countries have shown that insufficient physical activity is a major factor in the development of cardiovascular disease. Studies by scientists in



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many countries show that people over the age of 40 who are sedentary are twice as likely to develop hypertension and atherosclerosis.

In the modern world, the most effective way to combat this negative condition is to engage systematically in any type of exercise, running and walking in the fresh air, which does not require any special conditions.

Studies have shown that a person activates more than 50 muscles while walking. At the same time, regular exercise has a beneficial effect on the cardiovascular and respiratory systems, improves metabolism in the body, prevents obesity. In addition, gradually increasing the duration of walking helps to improve blood circulation in the heart. The movement of the leg during walking works like a pumping mechanism and leads to an improvement in blood circulation not only in the leg, but in the whole body. Inadequate muscle activity due to insufficient movement during activity suddenly affects the state of the body. Because of the risk of hypokinesia and hypodynamics, patients are also not allowed to stay in bed for long periods of time. Insufficient motor activity primarily affects the compensatory ability of the cardiovascular and nervous systems. Inactivity is observed in workers who stand on their feet all day in the workplace.

Working in one position all day in front of the machine ensures blood circulation in the leg, and this is done by dilating the veins and bruising under the skin. When working in a standing position on a regular basis, over time, muscle flexibility is lost and tissue mobility is reduced. Working from a standing position makes the body much easier. This increases the area of the base, does not put static



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load on the leg muscles, facilitates the work of the cardiovascular system. However, due to the decrease in motor activity during sitting, it also has its disadvantages due to the observation of hypokinesia and hypodynamics in the body.

In medical practice, addiction to alcohol, smoking, drugs and toxic substances is a harmful habit. Putting lipstick on alcohol gradually ends with intoxication and then an alcoholic state. It is no secret that drinking and alcoholism are now common among young people (pupils, students). Therefore, combating this negative situation and preventing it has always been and will remain one of the top priorities of every state. It is very important that these measures are taken into account at the government level. Because the health of the people is based on the preservation of the health of the younger generation. Regular failure to take serious measures to combat such negative phenomena leads to the spread of drugs and toxic substances among certain segments of the population. As a result, drug use increases. Medical examinations have also shown that such harmful habits in young people can be inherited from parents to children. Russia's medical statistics have been in the country in recent years

- 1) serious diseases such as cardiovascular, oncological;
- 2) death;
- 3) shows a significant increase in injuries among citizens with harmful habits.

This results in a decrease in life expectancy (especially up to 58 years in men). These statistics confirm that 50 percent of people who die are people who have been involved in harmful habits. The effects of alcohol on the human body have been well



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studied since ancient times. The famous nineteenth-century German poet Goethe wrote in one of his articles: "Wine kills people's physical health, kills their mental abilities, kills their family economic conditions, and most horribly, kills the human heart and their descendants." In the early twentieth century, the American writer D. London writes as follows. "Alcohol is the birth of arrogance, which consumes man, destroys his strength, destroys his energy, kills the brightest color of man at birth, and has long since turned man into a living dead, a disgusting copy of him." Therefore, it is expedient to fight against this abominable evil in every educational institution, in the family, by carrying out a high level of spiritual work. Alcoholic beverages (mainly S2N5ON in ethyl alcohol) are consumed for the drug effects of ethanol. A small dose of it awakens the body by raising the mood, more weakens self-control and leads to relaxation. When a person consumes alcohol, most of it is absorbed into the bloodstream through the stomach and a small part through the red blood cell.

The rate at which an alcoholic beverage is absorbed into the bloodstream depends on the concentration of that beverage. Food slows the absorption of alcohol into the bloodstream, reducing its amount in the blood by 2 times. Severe fatigue, brain injury, mental illness, poisoning, infections reduce the body's resistance to alcohol, polluted air, high temperature and its sudden change accelerates the time of intoxication. Alcohol absorbed into the blood is mainly processed in the liver and to a lesser extent in the blood. Only 6 to 10% of alcohol is excreted unchanged through the kidneys, skin glands, and lungs. The rate of oxidation of alcohol in the body is



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100 g per 1 kg body weight. At this rate, it takes about a day to process 1 bottle of alcohol consumed by the body (with enough snacks).

Alcohol of any content cannot be a drug, it cannot kill bacteria and viruses. Self-medication with alcohol does not lead to good results. Alcohol prevents the transfer of substances needed for cell renewal into the bloodstream. Doctors believe that alcohol is a poison that affects the central nervous system. As a result of this effect, the braking process in the cerebral cortex is weakened, and the control of one's character in a person is suddenly assured. It is known that people who are addicted to alcohol are 2 times more likely to suffer from cardiovascular disease, 18 times more likely to suffer from gastrointestinal disease and 4 times more likely to suffer from respiratory disease than people who do not consume it. It has been found that alcohol has a negative effect on the male genitals, even causing it to stop functioning completely. Medical statistics show that alcohol reduces the activity of the immune system of the human body, as a result of which people often become seriously ill, and many diseases become chronic



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