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Immunity strengthening factors

Xalilova Sevara Abdumannonovna
Basic doctoral of Samarkand State University

Medicine is a set of knowledge and practical activities in this field to preserve and strengthen human health, prolong life, prevent and treat diseases. Medicine is important in the theoretical and practical activities of mankind. Everyone wants to maintain and strengthen their health, as well as to recover quickly when they fall ill. The use of modern methods in the detection, prevention and treatment of the disease has made it possible to save human life, as well as cure previously incurable diseases.

But it cannot be said that medicine has achieved all its goals. There are still cases of premature death, premature aging and severe diseases among people. It is known that a person's health largely depends on him, because the disease is often caused by a person's wrong way of life, inability to protect his health, factors such as unknowingly engaging in harmful factors for health and not following the rules of personal hygiene, improper nutrition.

The great physician of the Middle Ages, encyclopedist Abu Ali ibn Sina (Abu Ali al-Husayn ibn Abdullah ibn al-Hasan ibn Ali) (980-1037) is known in the West as Avicenna. Ibn Sina's work in medicine made his name closely associated with this field of science for several centuries. The great service of the scientist in the development of medicine is that he sorted out the information collected in the field of medical science by various public figures who passed before him, put it in a certain order and, enriching it with his own experience, established certain theories and laws. generalized based on the rule. His "Laws of Medicine" and the position and fame of this work in the history of world medical science are a clear proof of this.

Ibn Sina's scientific works advanced the medicine of that time by several centuries and even brought it closer to modern medicine in some areas. During the time when the scientist lived, the teaching of ancient scientists, in particular, Hippocrates, Galen Diascorides and others, was the priority in this field. Ibn Sina became famous as a sharp diagnostician. Some of his diagnostic methods have not lost their importance even now. Percussion is used, in particular, to distinguish between ascites and flatulence, and to determine contractions. This method was re-discovered 600 years later by the Viennese physician Leopold Auenbrugger (1722-1809) and put into practice 50 years later. The scientist studied in depth the cases of blood spitting and types of breathing and used them in diagnosis.

In the differential diagnosis of various diseases and in determining the general condition of the body, Ibn Sina pays great attention to the signs obtained from pulse, urine and feces. For example, he diagnoses diabetes (sugar) based on the state of urine, including the sweet substance in it. In 1775, the English scientist Dobson found out that there is sugar in the urine in diabetes. Ibn Sina was the first in the history of medicine to differentiate between plague and pestilence, and emphasized that patients suffering from infectious diseases should be kept separately from others. He correctly

described the symptoms and course of diseases such as meningitis, stomach ulcer, jaundice, pleurisy, leprosy, wounds, measles, chicken pox, and anthrax.

In the treatment of patients, the scientist says that it is necessary to pay attention to three things - order (diet), treatment with drugs, and the use of various medical measures (taking blood, putting in jars, applying leeches, etc.). He considers nutrition, i.e., diet, to be one of the important factors in the treatment of diseases, and gives a diet plan for each disease. Ibn Sina emphasized the importance of personal hygiene, sleep and exercise in the treatment of illness. His way of treating one disease by invoking another disease is noteworthy. For example, he finds four days of fever helpful in treating epilepsy.

Nowadays, it is necessary to promote activities aimed at increasing the immune system of people, using our spiritual heritage of the past. The reason is that it is better to prevent the disease than to cure it.

How to increase human immunity - this question is still relevant.

Immunitet lat. immunitas - to get rid of something, release, get rid of) - protection, resistance, resistance of living beings from "foreign" factors that destroy their integrity and biological uniqueness. "Foreign" factors include bacteria, bacteria and their toxins, toxins [viruses], [fungi], animals, [helminths], transplanted organs and tissues, the body's own changed cells (tumor cells), etc. enters. These factors are chemical agents that are genetically foreign to the organism - [antigens].

Our immunity protects the body from pathogens. But sometimes it weakens: a microbe successfully enters the body and makes us sick. Is it possible to intervene in this process and strengthen your immunity?

From a scientific point of view, there is no such thing as "boosting immunity". In fact, we do not need constant strengthening of immunity. The fact is that it contains many types of cells that react to microbes. This innate immune response occurs when a virus enters the body's defenses, such as the skin, respiratory tract, and mucous membranes, and is ready to attack. If the immune response could "turn up" whenever we wanted, the body would be in a constant state of attack and we would feel sick all the time. For example, problems like asthma, eczema, and food allergies are symptoms of an overactive immune system, not a "weak" one.

Although many products claim to "boost" the immune system, which has become a common marketing buzzword, this concept has not been fully scientifically validated. Our immunity consists of cells such as lymphocytes and leukocytes. At the moment, scientists do not even know what combination of cells is the optimal amount for the system to work successfully.

The next time you read that a certain vitamin helps to "strengthen" the immune system, know that it actually helps keep it in balance. For example, vitamin C is known to support the innate and adaptive immune system by stimulating cellular functions. In other words, the task of such drugs is not to strengthen, but to find a balance.

But it does not mean that they have no effect on immunity. Researchers are actively studying how to increase the body's immunity: nutrition, exercise, age, psychological stress and other factors influence immunity, etc.

How to strengthen human immunity:

Healthy sleep

During sleep, the body rests and recovers. With sleep disorders (insomnia, little sleep, frequent awakenings), the body does not have time for complete rest and recovery. As a result, the nervous system is in constant tension. Lack of sleep impairs working capacity, emotional state, memory, mental abilities, and the body's immune defense decreases. With the long-term continuation of this condition, the functional activity of immunocompetent cells decreases, their ability to recover decreases.

A variety of foods

With food, we get not only nutrients, but also vitamins, minerals and fiber necessary for the body. The latter is especially important for the normal functioning of the immune system. Cells in the body are broken down by intestinal bacteria. These prevent the growth of pathogenic bacteria and have a positive effect on the immune system. Therefore, eat properly to improve intestinal microflora!

Taking vitamin D for preventive purposes

Almost everyone is deficient in vitamin D. This substance is necessary for the functioning of the immune system, as well as for the full functioning of the body in general. Vitamin D has a unique immunomodulatory effect: its active forms regulate all mechanisms of immune protection. Vitamin D receptors are found in the immune system and in immunocompetent cells. Vitamin D not only strengthens the immune system, but also regulates and harmonizes its various connections.

Overcoming stress

It is very difficult to minimize the role of stress in our lives. When stress occurs, steroid hormones, mainly cortisol, are produced. One of their functions is to suppress the immune system. Under chronic stress, the number of NK cells, which are responsible for anti-tumor surveillance, decreases almost by half, immune cells become sensitive to cytokines. Therefore, they cannot fight against pathogens.

Vaccination

This method is training our immune system. The essence of vaccination is that weakened or killed pathogens or their components enter the body. This amount should be sufficient to produce a response without causing disease. When vaccinated, the immune system learns to recognize an infectious agent, produces special weapons - antibodies, creates memory cells in case of repeated encounters with such an antigen. As a result, an artificially acquired active immunity is formed.