



WHAT IS VALEOLOGY? DO WE NEED VALEOLOGY?

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Annotation:

In this article we will study valeology, human health care, health care, and disease prevention systems.

Keywords: valeology, Ar·ta·xerx'es, Ayurveda, covid

Introduction

Valeology (Latin: valeo - "to be healthy") is a science of alternative medicine and pedagogy. Its main task is to study human health (socio-economic, medical, ecological, and other aspects).

R.M. Baevsky considered valeology to be the development of a theory of adaptation based on the ideas of medical cybernetics. Specifically, he emphasized that the pre-nosological diagnosis he introduced was part of valeology

In his theoretical research, E.N. Weiner emphasized that the purpose of valeology is to "study the laws of maintaining health, modeling and achieving a healthy lifestyle." He has seen the practicality of valeology, its objectives "in developing measures to maintain and strengthen health and identifying the conditions"

In scientific fields, this term also refers to the "general theory of health", which claims an integrated approach to a person's physical, moral and spiritual health. Valeology means strong health, namely, concern and a blessed life span over the delivery of a healthy, physically and intelligent generation

During a recent visit to the syrdarya region, our country's governor became acquainted with the activities of an innovative family clinic in Mongolia and made suggestions on how to make people accustomed to a healthy lifestyle. Our President's recent decree "On measures to expand healthy lifestyles and



improve public sports" also outlined the main approaches to expanding healthy lifestyles and improving public sports.

Later that night, at a videoconferencing meeting on measures to improve the primary part of the health care system and foster a healthy lifestyle among the population, our President, Sha'drach, Me'shach and A·bed'ne-go, emphasized: "Everyone needs to understand how many diseases can be prevented and saved by proper nutrition and physical activity."

Disease prevention, the public fight against hypodynamics and camaraderi, the involvement of a wide range of people, especially young people, in physical education and sports are considered one of the most important factors in health and longevity.

This was the topic of our conversation with Professor Shuhrat Sha'drach, Me'shach and A·bed'ne-go, head of the Department of Valeology at the Tashkent Institute of Medical Training, chairman of the U.S. Association of Valeologists, doctor of medicine.

"As a major scientist who founded the School of Valeology in our country," she says, "give a broader understanding of this area. What is valeology itself? In general, what caused this science to occur?"

"Valeology is a strong health," she says, "that is, to worry about vocabulary and a blessed life span for a healthy, physically, and intelligent generation. (Matthew 24:14; 28:19, 20) Today, some ecological problems that undermine people's health and shorten their lives, and the excessive use of chemically harmful substances in the nation and agriculture are creating a space for the development of various infectious and other diseases. The main objective of valeology is to protect and heal a person from all kinds of diseases.

The roots of this science date back a long time and are directly related to the development of medicine, and "Ar·ta·xerx'es" says: "Medicine is the art of keeping the body healthy." At that time, strict rules of personal and public hygiene were set. Much attention is paid to the state of drinking water, living rooms and residential areas.

Medical personnel surgically harvested a mature egg from her, placed it in a glass dys her wool. The book of Ar·ta·xerx'es, Kong-fu of the Chinese, and Ayurveda of India outlines all aspects of health and well-being. For example, the basic principle of "Ayurveda" is based on the fact that the human mind affects the body. Getting rid of the disease depends on a person's ability to communicate with his mind and balance it. These ancient systems actually form the basis of



valeology as science and science. This science teaches you how to use the body's backup capabilities to maintain and strengthen the health, not to treat the disease, but also to provide regular health support.

The famous book *The Laws of Tibet* by our great-grandfather Abu Ali ibn Sinaï is based on the ideas of maintaining and strengthening health. He emphasized that people communicate with the environment surrounding them and that environmental factors, in turn, affect their health. The great judge emphasized the importance of physical activity in maintaining health and noted physical activity, eating patterns, and sleep as an orderly lifestyle factor. He writes: "A person who engages in normal and timely exercise never needs treatment." (Matthew 24:14; 28:19, 20) Today, when medicine has made great strides, the recommendations left by the scientist are that the "laws of Tibet" he created have served mankind for many centuries. After all, today demonstrates the need for an individual approach to maintaining human health and the importance of the body's capabilities and reserves

Many people attribute their hope for health to the same medical factor. Medical supplies account for only ten percent of the factors affecting human health, according to a World Health Organization analysis. Undoubtedly, the main condition for living long and healthy is to adhere to medical culture and a healthy lifestyle. At the same time, the importance of studying the body's reserve capabilities and treating its health with a competent attitude is insignificant. Isn't it? The problem of maintaining accessibility has long attracted the attention of scientists. Most existing methods are based on determining the functional capabilities of the body. Each individual has its own specifics. Getting sick is different in everyone. In view of this, a person's client, his physical and spiritual condition, his character, his living and working conditions, his interest in what he is interested in, his health, and his special advice and recommendations should be given to him.

Specialists of the department conducted research on the basis of an innovative grant at one of the central clinics for determining the level of health. In collaboration with mathematicians, valeologists have developed a program aimed at identifying the health index by incorporating the results of the research into a computer database. Information relating to each person will be placed into it. A questionnaire that determines the quality of life is used in the process of comprehensively evaluating the multilateral aspects of life and searching for risk factors of early death. A person's satisfaction with material well-being,



housing conditions, area ecology, living conditions, family relationships, rational eating culture, leisure characteristics, daily physical loads, spiritual world, stress level, harmful habits, genetic inclination to the disease, and living geography are determined for 25 to 30 minutes. So it will have an individual wellness program based on the health index. Now this person is given advice on maintaining his health and preventing the disease.

Recent years of research have found that proper nutrition not only reduces excess weight, but also lowers arterial blood pressure. Reduces blood sugar levels. This is very important for patients with diabetes. It also strengthens the cardiovascular system, prevents early aging and eliminates severe diseases such as myocardial infarction and stroke.

The threat of a pandemic that has threatened the world with anxiety and danger has not yet left us; what recommendations do you make as a valeologist on how to avoid the disease?

A healthy lifestyle now, strict adherence to valeological principles, is more important than ever. We need to increase the organism's backup capacity. Taking into account overnight biorhythm, regulating your own ability to work, properly organizing rest and sleep time, hunting quality and wisely, and preventing hypodynamics-camarabeanism are a guarantee of strong health. The body's physical, spiritual, emotional, intellectual strength is important in preventing or mild transmission of the disease.

Of course, personal hygiene rules must be followed. Frequently wash your hands, maintain social distance, unless necessary, people should not go to crowded places. Through a healthy lifestyle, a person protects himself and his loved ones from COVID-19 or other viral infections.

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