



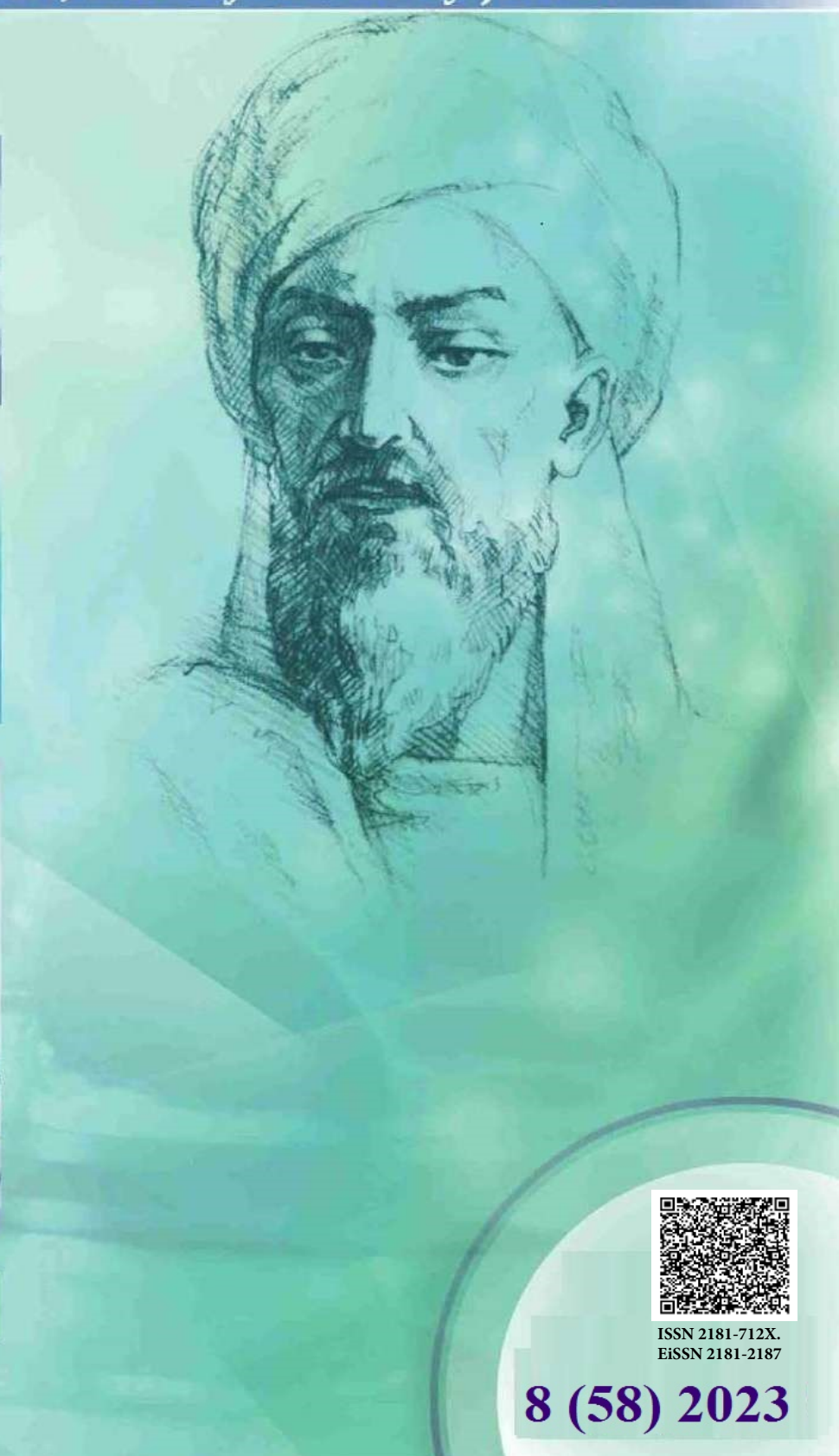
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**ТИББИЁТДА ЯНГИ КУН
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CLINICAL INTERPRETATION OF THE STUDY OF THE NEGATIVE EFFECTS OF TOBACCO ON THE HUMAN BODY

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✓ Resume

According to researchers, the reasons for smoking are different: The first reason is curiosity, to taste the taste of tobacco, and the second reason is to imitate adults. The habit of smoking currently covers the majority of the world's population. To smoke treatment complicated matter being, this of drug addiction options is one.

Key words: Smoking tobacco, cigarettes, ascorbic acid, nicotine, furosemide, heparin, estrogen.

КЛИНИЧЕСКАЯ ИНТЕРПРЕТАЦИЯ ИССЛЕДОВАНИЯ НЕГАТИВНОГО ВОЗДЕЙСТВИЯ ТАБАКА НА ОРГАНИЗМ ЧЕЛОВЕКА

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✓ Резюме

По мнению исследователей, причины курения разные: первая причина любопытство, попробовать вкус табака, а вторая причина — подражание взрослым. Привычка курить в настоящее время охватывает большую часть населения земного шара. Лечение курения – сложный вопрос, являющийся одним из вариантов наркомании.

Ключевые слова. Курение, сигареты, аскорбиновая кислота, никотин, фуросемид, гепарин, эстрогены.

ТАМАКИНИНГ ИНСОН ОРГАНИЗМИДАГИ САЛБИЙ ТАЪСИРЛАРИНИ ЎРГАНИШНИНГ КЛИНИК ТАЛҚИНИ

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✓ Резюме

Тадқиқотчиларнинг аниқлашича чекишнинг сабаблари турлича: Биринчи сабаб-қизиқиш, тамаки таъмини бир татиб кўриш бўлса, иккинчи сабаб - катталарга тақлид қилишдир. Тамаки чекиш одати ҳозирги вақтда ер шари аҳолисининг кўпчилиги қисмини қамраб олган. Чекишни даволаш мураккаб масала бўлиб, бу наркоманиянинг вариантларидан бири ҳисобланади.

Калит сўзлари. Тамаки чекиш, папирос, аскорбин кислота, никотин, фуросемид, гепарин, эстроген.

Relevance

Smoking is widespread in clubs, parties and various meetings. A person who has tried smoking once likes to taste the smell of tobacco smoke again, he wants to smoke again, and then smoking becomes a habit.

The habit of smoking currently covers the majority of the world's population. When a teenager starts smoking, he tries to imitate adults. When the first cigarette is smoked, protective reactions occur in the adolescent's body. He feels nauseous, salivates a lot, blood vessels narrow, the teenager turns pale, sometimes faints. After smoking a few times, the protective reactions of the adolescent's body decrease, and eventually the adolescent's body becomes accustomed to tobacco and nose. Then a strong conditioned reflex is formed in the teenager. A teenager tastes tobacco at the age of 12-15. In the initial period of smoking, various sensations in the body disappear. During this period, he will smoke up to 10-15 cigarettes a day. Smokers gradually develop nicotine syndrome, in other words, the body becomes addicted to nicotine. It develops in 3 stages:

1. The first stage is the stage of psychological adaptation, in which the person smokes more and more. This stage lasts 1-5 years.

2. The second stage - somatic symptoms begin to appear, the smoker develops bronchitis, pain and discomfort occur in the stomach, heart and other organs. A change occurs in the nervous system. In the smoker, cases of irritability and headaches occur. This stage lasts 5-15 years.

3. The third stage - smoking becomes automatic. Constant headache, impaired memory, becoming very impressionable, persistent cough.

How does smoking affect the human body? When a person smokes a cigarette, he breathes in tobacco smoke, instead of oxygen, carbon dioxide enters the lungs and passes into the blood, disrupting the metabolism in the body, which in turn causes the body to lack oxygen. Ammonia in tobacco, in the presence of moisture, is converted into alkali alcohol in the alveoli of the lungs. This alkali causes bronchitis in the smoker by affecting the lining of the lungs. Nicotine in tobacco is a strong poison. 0.1 gram of nicotine kills a person. This dose is stored in 20 cigarettes. If a smoker smokes 20 cigarettes every day, he will smoke 200,000 cigarettes in 30 years, which means 160 kg of tobacco. This amount of cigarettes contains 800 grams of nicotine. A smoker ingests enough nicotine in one day to kill a person. But this nicotine enters the body in small amounts. Nicotine primarily poisons the nervous system. People who have smoked cigarettes for a long time have trembling hands, difficulty breathing, coughing and nausea. Nicotine affects the sympathetic and parasympathetic nervous systems. At first, the patient's heart contracts frequently, blood pressure increases, spasms in peripheral blood vessels, dilation of the coronary vessels of the heart occur. Due to the increase of nicotinic substance in the blood, a heart attack occurs in the patient. Tobacco smoke sharply narrows the bronchi, then dilates them. Due to smoking, a person's memory weakens. Due to the smoking of young adolescents, the child lags behind in growth and development, changes occur in the germ cells, sexual impotence occurs.

The effectiveness of ascorbic acid, furosemide, heparin, estrogens decreases in smokers. Therefore, blood pressure, diabetes, heart ischemia are observed in smokers. It becomes difficult to treat stomach ulcers and respiratory diseases. Nicotine has a very negative effect on the function of the adrenal gland. In addition, nicotine aggravates atherosclerosis.

Chronic smoking has a negative effect on the functions of the spinal cord. It causes impotence. Smoking cigarettes, especially young girls, has a harmful effect on all organs. Girls who smoke lag behind in development and often get sick, menstruation is disturbed. Chronic smoking spoils girls' mood, girls reach puberty early. Women who smoke age quickly, wrinkles appear on their faces, skin color changes. 30% of women who smoke develop Basedov's disease.

It should be said that due to non-smokers standing next to smokers, diseases in smokers can also develop in non-smokers, because non-smokers are considered passive smokers. Many studies have shown that it accelerates the blood clotting process. As a result of increased atherosclerosis in peripheral vessels, it causes endarteritis in leg blood vessels. The patient feels pain in the joints of the legs, then he may not be able to walk.

Nicotine suppresses the secretion of gastric juice and its acidity. In the process of smoking, the vessels of the stomach narrow, the mucous membrane of the stomach is inflamed. In smokers, the activity of sensory organs is impaired. The smoker's ability to distinguish colors gradually decreases, first he cannot distinguish green, then red and yellow colors. Many smokers have reduced hearing sensitivity. Due to smoking, the tympanic membrane in the ear thickens, the size of the auditory ossicles decreases.

Many smokers are in their 20s and 30s and have a young family. Therefore, parents who smoke first harm their children. Since there is nicotine in the breast milk of a smoking mother, it will be used

, and it will be a little tastier. Therefore, some children do not breastfeed their mothers. The child of a smoking mother also becomes a passive smoker. In a survey of 16,000 children living in the north of England, 48% of children whose parents smoked said they often had a cough.

When teenagers smoke secretly from adults, more harmful substances enter the lungs with cigarette smoke. It has been proven that nicotine passes into the lungs 2 times when smoking a cigarette quickly. The body of a teenager who smokes lags behind in physical and mental development. Smoking cigarettes and snuff by schoolchildren does not correspond to any norms of decency and morality. The younger a child tries to smoke, the harder it is for him to quit smoking. People who smoke have low productivity. Smokers destroy the cleanliness of the environment and poison the air.

Treatment of cigarette smoking is a complex issue, and it is one of the variants of drug addiction. The main essence of smoking cigarettes is that a person smokes physically and mentally. There are 3 stages of nicotine addiction: 1-related to marriage, 2-getting used to it, 3-making a habit.

In stage 1, a person smokes 5 cigarettes a day. It does not suffer from the fact that nicotine is not absorbed into the body.

In stage 2, regular smoking (smoking 5-15 cigarettes a day) becomes physically attached to cigarettes. Moderate abstinence occurs, internal organs are slightly damaged. When you quit smoking, you get better.

At stage 3, abstinence from smoking is high. Abstinence is difficult, physical attachment is high (smokes 1-1.5 packs of cigarettes a day), has a habit of smoking for lunch, after meals and at night.

The internal organs are severely damaged, and the nervous system is also poisoned. P. Andux drug treatment is divided into 3 groups according to the mechanism.

1. Substitution or replacement therapy, in which nicotine replacement drugs are given. These drugs include lobeline, tsiton, pilocarpine, tabex, gamibasic, vitamin V and C group drugs.

These drugs reduce the state of drug addiction by affecting the autonomic nervous system. There is no end to man. Different types of chewing gum can be used as a substitute for tobacco for this purpose.

2. Sympathetic therapy. Sympathetic therapy includes drugs that induce sleep, pain, and relaxation (volerian). These drugs relieve mental disorders in smokers.

3. Aversion therapy. (forming negative conditioned reflexes and creating a feeling of aversion to cigarettes) Aversion drugs include lyapis, lactic acid silver, tannin solution, glycerin, callagorap, apomorphine, emitin. For example, rinsing the mouth with a 0.5% solution of lyapis creates an aversion to smoking. Under the influence of these drugs, the smoker quits smoking. The most effective drugs are tobacco substitutes. These include lobesil, cytisine and others. Nicotine replacement reduces nicotine cravings.

In addition, nose piercing therapy, hypnotic persuasion can induce aversion to smoking. Hypnosis works well for most smokers. Hypnosis creates an aversion to cigarette smoke and looking at it, causing nausea, heartburn, and vomiting in the smoker. Hypnosis session is performed 3-4 times a week for a month. In addition, the method of hypnopsychotherapy is used. Psychotherapy to convince the smoker to consciously quit smoking. A smoker repeatedly assures himself that if I don't smoke, I feel healthy, I breathe well, my heart is healthy, and I don't have shortness of breath. "The sight of cigarettes makes me nauseous and dizzy," he returns. Group psychotherapy is also used. Active physical activity, walking in the fresh air, swimming, running also give good results in the treatment of smokers.

Conclusion

Fight against smoking. We believe that it is necessary to carry out the following activities, promotion and campaigning activities to prevent smoking.

- writing advertisements about the harm of smoking a cigarette pack
- banning smoking in public places
- development of tobacco products containing less toxic substances
- to further increase the price of tobacco products
- reduce the advertising of tobacco products
- not to sell tobacco products in public places where people gather a lot
- do not sell tobacco products to children
- not to sell tobacco products in bulk on the streets and in public places

- less sales of foreign tobacco products
- control of children's daily activities
- praise and encourage teenagers who do not smoke cigarettes
- modeling adults
- to encourage actors in movies, video films, performances to perform the task of shcz without smoking cigarettes.

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