

**INTERNATIONAL CONFERENCE ON
MEDICINE, SCIENCE, AND EDUCATION**

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INTERNATIONAL CONFERENCE ON MEDICINE, SCIENCE, AND EDUCATION

Volume 02, Issue 10, 2026 (12-January)

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THE IMPORTANCE OF LINGUOCULTUROLOGICAL RESEARCH

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Annotation: This article provides comments on the essence of linguoculturological research, its importance, compatibility with anthropocentric views, its connection with other disciplines, the theoretical foundations of work in this field, and its role in the development of linguistics.

Keywords: linguoculturology, theories, comparison, Abdulla Qodiriy, literary text, culture, language, speech, diachrony, synchrony

As in any other field of science, new research methods and directions are emerging in linguistics. As a practical result of this, along with linguopragmatics, psycholinguistics, sociolinguistics, the development of linguoculturology, its role in Uzbek linguistics is being strengthened. Effective work is being carried out in this regard in the higher education system. The essence of textbooks used in the higher education system is changing. Changes are also being observed in the content, goals and objectives of textbooks intended for schools published in our republic. Now it is becoming increasingly clear that linguistics should develop not only from the point of view of certain linguistic units at one level of linguistics, but also in connection with other disciplines, and that its essence is humanities. As a practical result of this, the emergence and development of cognitive linguistics and anthropocentric theories can serve as clear evidence of this.

In general, such views are not a new phenomenon in Turkic linguistics. For example, in the process of analyzing Mahmud Kashgari's "Devoni lug'otit turk", we can see not only views on linguistics, but also considerations on philology, history, folklore and other sciences. As a result, it becomes clear that the science of linguistics cannot exist separately from other sciences, and, on the contrary, the development of a number of other sciences cannot be imagined without linguistics. Since two languages are also compared in Alisher Navoi's "Muhokamat ul-lughatain", it is not difficult for a serious researcher to imagine that each of the compared units has linguo-cultural characteristics. In the works of Is'hoqon Ibrat, who lived and worked in the 19th century, one can also observe the presence of quite remarkable information about language habits. At the beginning of the 20th century, it can be observed that scholars such as Karimbek Kamiy and Abdurauf Fitrat also had views on linguistics. Almost all of the representatives of the Jadid period presented ideas and observations about

language in their works. It was precisely at the beginning of the 20th century, when various social, economic, and political changes were expected, that the attitude towards language also changed somewhat. During this period, as Abdulla Avloni noted: “The mirror of the life of every nation, which means its existence in the world, is its language and literature,” unique artistic and scientific works were created in our native language in all literary genres. In particular, in this regard, it is impossible not to recognize the creative path of Abdulla Qodiriy.

The works of Abdulla Qodiriy contain a wide range of images reflecting the cultural, economic, spiritual, socio-political, and ideological life of the nation, and therefore the study of the linguocultural characteristics of the writer's works is more relevant than ever. To accomplish this task, it is necessary to rely on the advanced views of the world in this area, adapt them to our national-cultural characteristics, and apply the best aspects of research.

By the end of the 20th century, the criteria for approaching linguistics were changing, as a result of which anthropocentric views began to emerge at the intersection of linguistics and cultural studies. Cognitive linguistics rose to a new level. The science of linguoculturology arose on the basis of the connection between linguistics, cultural studies, and a number of other social sciences. We would not be mistaken if we said that linguistics truly began to become a human science.

As a result of the integration of linguistics and cultural studies, the philosophy of linguistics and logical thinking also grew. The human factor was determined as the main goal. The essence of the work carried out at the level of language and speech changed, new views and theories began to be applied.

As in every science, this science also had its own objects, subject, goals and tasks, and research methodology.

The teachings of Ferdinand de Saussure, the main theorist of the system-structural view, began to acquire a new significance. The development of new scientific fields, and then linguoculturology, which is considered as a separate science, is directly related to the name of von Humboldt in world linguistics.

Such views did not emerge in the 20th century or recently, views aimed at a clear and comprehensive understanding of any linguistic unity have existed in the heritage of Turkic linguistics for a very long time. As evidence of this, in Mahmud Kashgari's “Divoni lug‘otit turk” there are inscriptions related to various domestic, cultural, spiritual and economic situations of human life. For example, the study of this cultural wealth, which competed with the Arabic language “like two galloping horses” in its time and was a factor in creating rich sources of the world's literary, scientific and

artistic heritage, is of urgent importance. The linguistic features of the works created after it have also been studied by a number of scholars.

In Oriental science, like the development of other disciplines, there are also studies related to linguistics. In addition to the rich heritage of Mahmud Kashgari, it is necessary to recognize “At-tuhfat..”, “Lubob ul-albob”, “Abushqa”, Alisher Navoi’s “Muhokamat ul-lughatain”, Zahirddin Muhammad Babur’s attitude to spelling and language issues, the unique work of Is’hoqkhon Ibrat in this field, and the work of a number of enthusiasts of our language at the beginning of the 20th century, such as Abdurauf Fitraf, Munavvarqori Abdurashidkhanov, Nazir Turaqulov.

Along with scientific sources created in any period, the role of literary works in the study and research of our language is incomparable. Taking this into account, it is very important to study the linguistic features of works written from the 11th century to the present day. In the studies conducted so far, the units in literary works have been conducted based on traditional research methods of linguistics. The phonetic, lexical, and grammatical features of the works have been studied, but linguistic and cultural studies of the works are still insufficient.

In the field of linguoculturology, the research of V. von Humboldt, L. Weissberger, A. Potebnya, Bennist, E. Sefir deserves recognition. In particular, the work of V.A. Maslova in this regard is noteworthy.

The development of the anthropocentric direction shows that the human factor is at the heart of any unity, and that anthropology should determine its essence. V.N. Telia emphasizes that linguoculturology determines the general aspects of anthropology, relying on the anthropological paradigm. From this idea, we can conclude that linguoculturology indicates the need to study and research the human factor in the literal sense on the basis of linguistic units.

Linguoculturology is of analytical importance, it can be of great importance to study the emergence of humanity on the basis of internal and other influences, regardless of whether it is manifested in linguistic or non-linguistic units, V.V. Vorobyev explains. In linguoculturology, it is necessary to determine the difference between cultural language and linguistic culture. Cultural language is determined in the process of dialectical research, in which the rich culture of the people, its history, and psychological state are embodied, linguistic culture, as a rule, has a synchronous nature, which determines the cultural level and level of current users of a particular language.

When analyzed through a literary text, the lifestyle of a particular people and the extent to which they use linguistic units are clearly manifested. In the story “Uloqda” by

Abdulla Qodiriy, the relationship between father, mother, and children, their attitude to the environment, is clarified through the language units they use.

In conclusion, it can be said that the literary text is an important source for conducting a precise study of any field of linguistics, as well as an important object for linguocultural analysis.

Y.S.Stepanov shows the different aspects of the language and culture model, emphasizes that their terminological systems also differ from each other, and that they should not be confused with each other. Just as cultural studies has its own terminology and methodology, linguistics also has its own terminology and methodology. Linguoculturology raises a person to the level of the main factor, determines his difference from other people and societies through language. Therefore, it is not for nothing that linguoculturology was formed on the basis of antropocentric theory.

Although a number of works related to linguoculturology have been carried out in Russian linguistics, the textbook created by V.A. Maslova in this area is considered a fundamental study. In this textbook, the scientist emphasizes that linguoculturology is a branch of linguistics that emerged at the intersection of linguistics and cultural studies. The scientist defines linguoculturology as a social science that studies the material and spiritual culture that embodies the national living language and is manifested in language processes, or an integrative branch of knowledge that includes the results of research in cultural studies and linguistics, ethnolinguistics and anthropology.

Determining the relationship between language and culture, which is the main object of study of linguistic and cultural studies, and analyzing its important aspects, is one of the current issues. It is absolutely impossible to separate language and culture from each other. In view of this, developing this area and raising it to a new level in Uzbek linguistics is one of the important issues. The literary text is the most convenient and necessary source for implementing such an urgent task. It can be safely said that studying the language of literary works created in any period and studying their linguistic and cultural aspects can serve as a practical tool in revealing the essence of the issue.

In any literary work, there are signs associated with the folk way of life and national mentality. The way of life of a particular people cannot be imagined without its national characteristics. In order to determine the specific aspects of the folk way of life and its national mentality, it is necessary to pay attention to the extent to which the folk culture is reflected in the language.

The daily development of linguocultural studies and the study of the characteristics of the culture of society have determined several directions, the work on which serves as

an important factor for the implementation of the goals and objectives of linguocultural studies:

- 1) diachronic linguocultural studies: this studies the transition period of the specific transition of language culture to the level of ethnos. In particular, the formation of the Turkic peoples, the formation of linguocultural studies depending on the period and degree of their formation, is also studied, it is important to analyze the historical development path of the formation of the nation, people, and elat;
- 2) comparative linguocultural studies: this compares the characteristics of different ethnoses, the linguocultural aspects of different peoples are subjected to comparative analysis;
- 3) descriptive linguocultural studies: this relies on the assumption that a certain unit in the language of each people means a completely different concept in another language, each of which can be recorded as a linguocultural unit of a separate nation. For example, a unit in a certain language can have a completely different meaning in another language. It is noted that very little work has been done in this regard. Among such works, M.K. Golovanivska's book "French Mentality from the Point of View of Russian Speakers" provides information on the use of French units expressing abstract concepts in Russian. The Uzbek language also has units borrowed from Arabic, Tajik and other languages, which have become linguistic and cultural units of this people;
- 4) linguocultural lexicography: it is engaged in the compilation of linguocultural dictionaries. As an example, the book of D.G. Maltseva, consisting of twenty-five chapters, compiled in the form of a linguistic and local history dictionary, can be cited as an initial fundamental source of such a dictionary. In this book, German realities, climatic features, various cultural events, various levels of household services, science, technology, architecture, etc. are taken as objects and studied.

The identification of means of expressing the lifestyle of the people and the national mentality using linguistic units in the literary text is, of course, carried out on the basis of the above-mentioned directions.

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ПРОБЛЕМА УВЕЛИЧЕНИЯ БИОЛОГИЧЕСКОГО ВОЗРАСТА У ТРУДОСПОСОБНОГО НАСЕЛЕНИЯ

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Актуальность. С увеличением средней продолжительности жизни возрастает и проблема увеличения биологического возраста у трудоспособного населения. У 70% участников биологический возраст превышал календарный на 7-9 лет, что влечет серьезные социально-экономические последствия. Российские ученые выделяют феномен ускоренного старения как возможную причину высокой смертности в стране. Основные причины смерти включают сердечно-сосудистые заболевания, проблемы с дыханием и новообразования.

Цель. Определить биологический возраст у людей в периоде зрелости, сравнив его с календарным возрастом, и выявить факторы риска преждевременного старения.

Методы исследования. Проведено многоцентровое исследование на выборке работоспособного населения в возрасте 50-60 лет (100 участников), включая как мужчин, так и женщин. Мы применили методику В.П. Войтенко для оценки биологического возраста, учитывая различные биомаркеры старения, клинические показатели и антропометрические данные. Для мужчин измерялись систолическое артериальное давление (АДС), время задержки дыхания (ВЗД), время статической балансировки (СБ), а также проводилось анкетирование на субъективную оценку здоровья (СОЗ). У женщин измерялись пульсовое давление (АДП), масса тела (МТ), время статической балансировки (СБ) и проводилось анкетирование на субъективную оценку здоровья (СОЗ). Формулы использовались для расчета биологического возраста: для мужчин - $БВ = 27 + 0,22 \times АДС - 0,15 \times ВЗД + 0,72 \times СОЗ - 0,15 \times СБ$, для женщин - $БВ = 1,46 + 0,42 \times АДП + 0,25 \times МТ + 0,7 \times СОЗ - 0,14 \times СБ$.

Результаты. По результатам нашего исследования, мы обнаружили, что у мужчин биологический возраст оценивается в 63 года, тогда как календарный составляет 57 лет, что говорит о превышении биологического возраста над календарным на 6 лет. Это отражается в различиях АД, СБ и ВЗД. У женщин

биологический возраст - 57 лет, календарный - 52 года, разница 5 лет. Повышение биологического возраста у женщин связано с избыточным весом, высоким пульсовым давлением и ограниченным временем статической балансировки. Анкетирование выявило, что все участники исследования отметили низкую самооценку своего здоровья, высокий уровень тревожности относительно своего физического состояния.

Выводы. Исследование выявило, что биологический возраст у мужчин и женщин превышает календарный. У мужчин это связано с артериальным давлением, статической устойчивостью и задержкой дыхания, а у женщин - с избыточным весом и высоким пульсовым давлением. В свете этих результатов становится очевидной необходимость усиления усилий в области медицины и геронтологии в целях улучшения здоровья и продления активного периода жизни населения. Проведение различных тренингов, мотивационных программ и пропаганда здорового образа жизни могут сыграть ключевую роль в снижении биологического возраста и улучшении качества жизни трудоспособного населения.

NEYROGLIAL HUYAYRALARNING TURLARI VA ULARNING MARKAZIY ASAB TIZIMIDAGI ROLI

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“Fundamental fanlar” kafedrası o'qituvchisi

Babamurodov Alisher Ro'ziboyevich

Annotatsiya. Ushbu maqolada neyrogliyal hujayralarning turlari va ularning markaziy asab tizimidagi roli keng yoritilgan. Neyroglia (glial hujayralar) markaziy asab tizimining tarkibiy qismini tashkil etib, neyronlar faoliyatini qo'llab-quvvatlovchi, himoya qiluvchi va trofik (oziqlantiruvchi) funksiyalarni bajaradi. Maqolada asosan astrotsitlar, oligodendrositlar, mikroglia va endimotsitlar kabi glial hujayralarning tuzilishi, joylashuvi va fiziologik ahamiyati tahlil qilinadi.

Astrotsitlar neyronlar o'rtasidagi moddalar almashinuvini ta'minlab, qon-miya to'sig'ini shakllantiradi. Oligodendrositlar markaziy asab tizimida miyelin qobig'ini hosil qilib, impulslarning tez o'tishini ta'minlaydi. Mikroglia esa immun himoya funksiyasini bajarib, asab to'qimalaridagi zararlangan yoki nobud bo'lgan hujayralarni fagotsitoz qiladi. Endimotsitlar miya qorinchalari va orqa miya kanalini qoplab, miya suyuqligining aylanishi va filtrasiyasida ishtirok etadi.

Maqolada shuningdek neyrogliyal hujayralarning neyronlar faoliyatiga ta'siri, ularning patologik holatlarda (masalan, neyrodegenerativ kasalliklarda) o'zgarishi ham tahlil qilinadi. Umuman olganda, neyrogliyal hujayralar markaziy asab tizimining barqaror ishlashini, neyronlarning hayotiy faoliyatini saqlab turuvchi muhim strukturaviy va funksional birlik sifatida namoyon bo'ladi.

Kalit so'zlar: neyroglia, astrotsit, oligodendrosit, mikroglia, endimotsit, markaziy asab tizimi, miyelin, qon-miya to'sig'i.

TYPES OF NEUROGLIAL CELLS AND THEIR ROLE IN THE CENTRAL NERVOUS SYSTEM

Annotation. This article extensively discusses the types of neuroglial cells and their role in the central nervous system. Neuroglia (glial cells) are a component of the central

nervous system and perform functions that support, protect, and nourish the activity of neurons. The article mainly analyzes the structure, location, and physiological significance of glial cells such as astrocytes, oligodendrocytes, microglia, and ependymocytes.

Astrocytes provide the exchange of substances between neurons and form the blood-brain barrier. Oligodendrocytes form the myelin sheath in the central nervous system, ensuring the rapid transmission of impulses. Microglia, on the other hand, perform an immune defense function, phagocytosing damaged or dead cells in the nervous tissue. Ependymocytes line the ventricles of the brain and the spinal canal, participating in the circulation and filtration of cerebrospinal fluid.

The article also analyzes the influence of neuroglial cells on the activity of neurons, their changes in pathological conditions (for example, in neurodegenerative diseases). In general, neuroglial cells are an important structural and functional unit that maintains the stable functioning of the central nervous system and the vital activity of neurons.

Keywords: neuroglia, astrocyte, oligodendrocyte, microglia, ependymocyte, central nervous system, myelin, blood-brain barrier.

ТИПЫ НЕЙРОГЛИАЛЬНЫХ КЛЕТОК И ИХ РОЛЬ В ЦЕНТРАЛЬНОЙ НЕРВНОЙ СИСТЕМЕ

Аннотация. В данной статье подробно рассматриваются типы нейроглиальных клеток и их роль в центральной нервной системе. Нейроглия (глиальные клетки) является компонентом центральной нервной системы и выполняет функции поддержки, защиты и питания нейронов. В статье, в основном, анализируются структура, расположение и физиологическое значение глиальных клеток, таких как астроциты, олигодендроциты, микроглия и эпендимоциты. Астроциты обеспечивают обмен веществ между нейронами и формируют гематоэнцефалический барьер. Олигодендроциты образуют миелиновую оболочку в центральной нервной системе, обеспечивая быструю передачу импульсов. Микроглия, в свою очередь, выполняет функцию иммунзащиты, фагоцитируя поврежденные или погибшие клетки нервной ткани. Эпендимоциты выстилают желудочки головного мозга и спинномозговой канал, участвуя в циркуляции и фильтрации спинномозговой жидкости.

В статье также анализируется влияние нейроглиальных клеток на активность нейронов, их изменения при патологических состояниях (например, при нейродегенеративных заболеваниях). В целом, нейроглиальные клетки являются

важной структурно-функциональной единицей, обеспечивающей стабильное функционирование центральной нервной системы и жизнедеятельность нейронов.

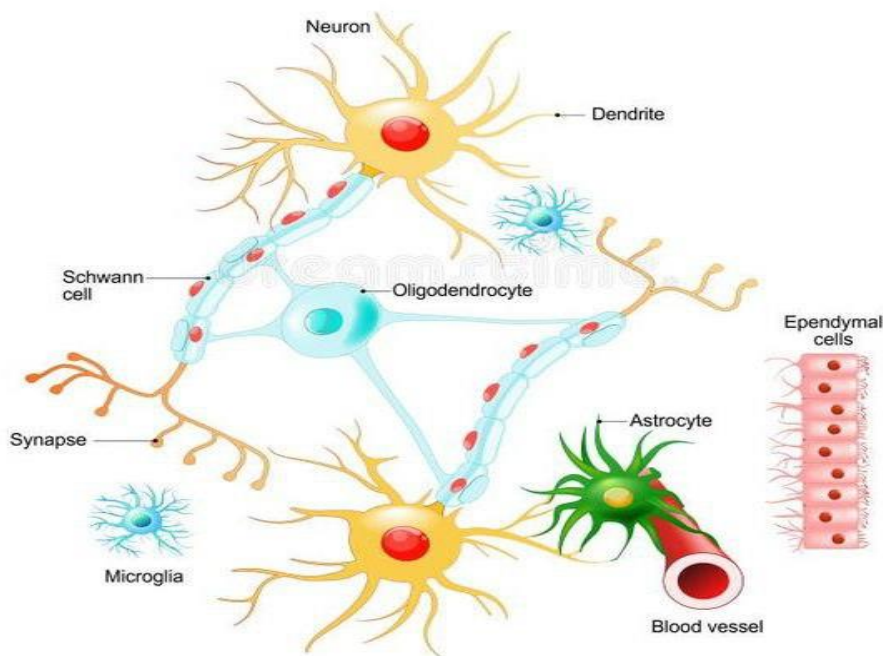
Ключевые слова: нейроглия, астроцит, олигодендроцит, микроглия, эпендимоцит, центральная нервная система, миелин, гематоэнцефалический барьер.

Kirish: Inson organizmining eng murakkab va mukammal tizimlaridan biri bu — **markaziy asab tizimi (MAT)** bo'lib, u butun organizmning faoliyatini boshqaradi, muvofiqlashtiradi va tashqi hamda ichki muhit o'rtasida uzviy aloqani ta'minlaydi. Asab tizimining asosiy tarkibiy qismi neyronlar bo'lsa, ularning normal faoliyatini qo'llab-quvvatlovchi, himoya qiluvchi va modda almashinuvini tartibga soluvchi neyrogliyal hujayralar ham muhim o'rin tutadi. **Neyroglia, ya'ni glial hujayralar** neyronlar bilan birgalikda markaziy asab tizimining to'liq ishlashini ta'minlaydi.

Neyrogliyal hujayralar son jihatidan neyronlardan bir necha baravar ko'p bo'lib, ular miya va orqa miyada tayoq, tarmoq yoki yulduzsimon shaklda joylashgan. Ular faqat yordamchi element bo'lib qolmay, balki neyronlarning elektr faoliyatiga, sinaptik uzatishga, qon-miya to'sig'i yaxlitligiga va miya suyuqligi aylanishiga ham bevosita ta'sir ko'rsatadi.

So'nggi yillarda olib borilgan **neyrofiziologik tadqiqotlar** shuni ko'rsatmoqdaki, neyroglia nafaqat passiv qo'llab-quvvatlovchi tuzilma, balki faol axborot almashinuvi jarayonida ishtirok etuvchi hujayralar majmuasi hamdir. Shu boisdan, neyrogliyal hujayralarning turlari va ularning markaziy asab tizimidagi o'рни, vazifalari hamda ahamiyatini o'rganish zamonaviy neyrobiologiyada muhim ilmiy yo'nalishlardan biri hisoblanadi.

NEURONS and GLIAL CELLS



Neyroglial hujayralarning umumiy tavsifi va tasnifi

Neyroglial hujayralar (glial hujayralar) markaziy asab tizimining neyronlardan keyingi eng muhim strukturaviy qismlaridan biri bo'lib, ular neyronlarning faoliyatini qo'llab-quvvatlaydi, himoya qiladi va asab to'qimasida barqaror muhitni saqlab turadi. **"Glia"** so'zi yunoncha **"elim"** degan ma'noni bildiradi, ya'ni bu hujayralar asab to'qimasidagi neyronlarni bir-biriga **"elimlab"**, ularni mustahkam bir butun tizim sifatida birlashtiradi.

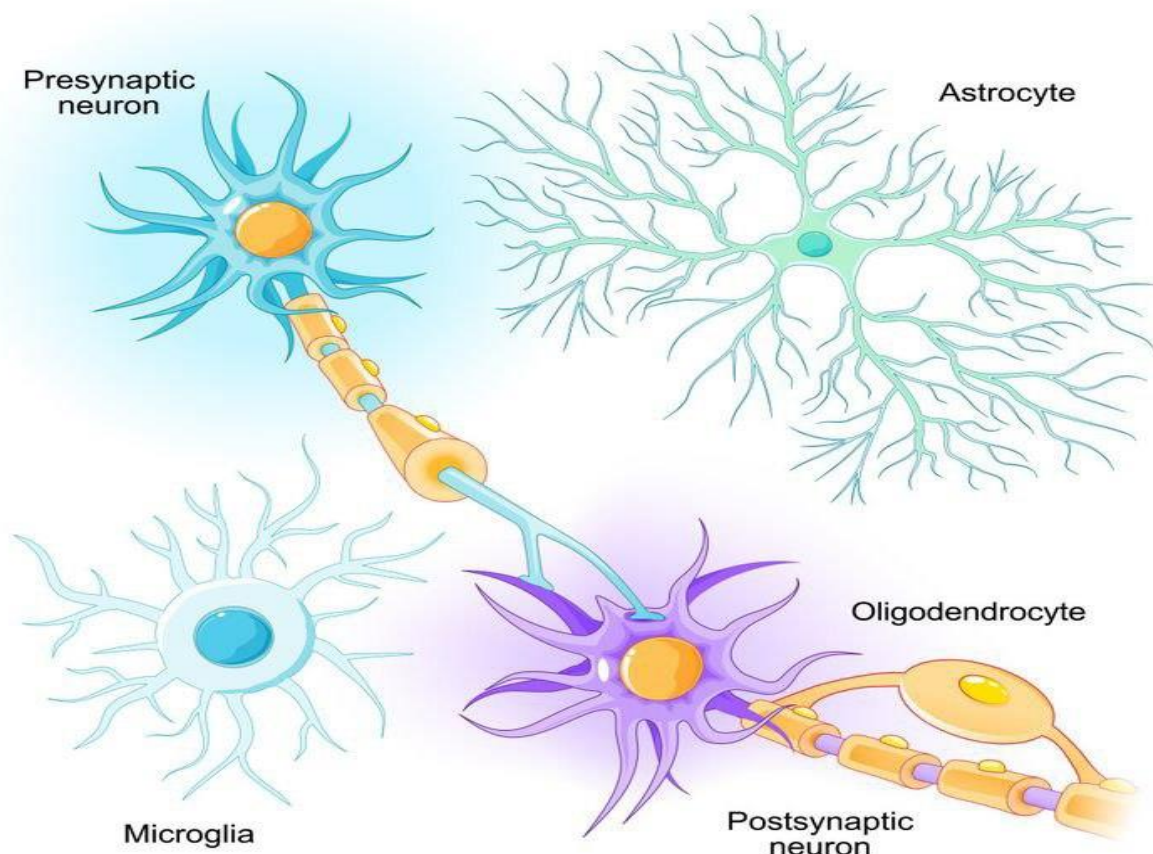
Neyroglial hujayralar miya va orqa miyada neyronlardan 5–10 barobar ko'p bo'lib, ularning umumiy og'irligi miya massasining qariyb yarmiga tengdir. Ular elektr impulslarini hosil qilmaydi, ammo neyronlarning hayot faoliyatini davom ettirishi uchun zarur bo'lgan sharoitni yaratadi. Neyroglial hujayralar asosan **to'rt asosiy turga bo'linadi**:

Astrotsitlar – yulduzsimon shakldagi yirik glial hujayralar bo'lib, ular neyronlar va qon tomirlari orasida joylashadi. **Astrotsitlar qon-miya to'sig'ini hosil qilib**, neyronlarga kislorod va ozuqa moddalarning yetkazilishini nazorat qiladi.

Oligodendrositlar – markaziy asab tizimida miyelin qobig'ini hosil qiluvchi hujayralardir. Ular asab tolalarining izolyatsiyasini ta'minlab, nerv impulslarining tez o'tishiga yordam beradi.

Mikroglia – kichik o‘lchamli himoya hujayralar bo‘lib, ular asab to‘qimasidagi immun hujayralar vazifasini bajaradi. **Mikroglia fagotsitoz xususiyatiga** ega bo‘lib, zararlangan yoki nobud bo‘lgan hujayralarni yo‘q qiladi.

Ependimotsitlar – miya qorinchalari va orqa miya markaziy kanalini qoplab turuvchi hujayralardir. Ular miya suyuqligining aylanishi va filtratsiyasini boshqarishda ishtirok etadi.



Neyroglial hujayralar o‘zaro yaqin aloqada bo‘lib, ular neyronlarning elektr faoliyatini barqarorlashtiradi, sinapslarda ion muvozanatini saqlaydi va asab to‘qimalarining shikastlanishidan so‘ng regeneratsiya jarayonini tezlashtiradi. Shu sababli, glial hujayralar markaziy asab tizimining nafaqat yordamchi, balki faol boshqaruvchi elementi sifatida ham katta ahamiyatga ega.

Astrotsitlarning tuzilishi va ularning markaziy asab tizimidagi roli

Astrotsitlar — markaziy asab tizimida eng yirik va ko‘p uchraydigan glial hujayralardan biri bo‘lib, ular yulduzsimon shaklda bo‘ladi (shuning uchun “**astrotsit**” deb ataladi). Ularning uzun, tarmoqlangan o‘simtalari (neyritsimon tuzilmalar) neyron tanasi, sinapslar va qon tomirlar bilan bevosita aloqa qiladi. Bu o‘simtalar orqali astrotsitlar qon va neyronlar o‘rtasidagi moddalar almashinuvini ta’minlaydi.

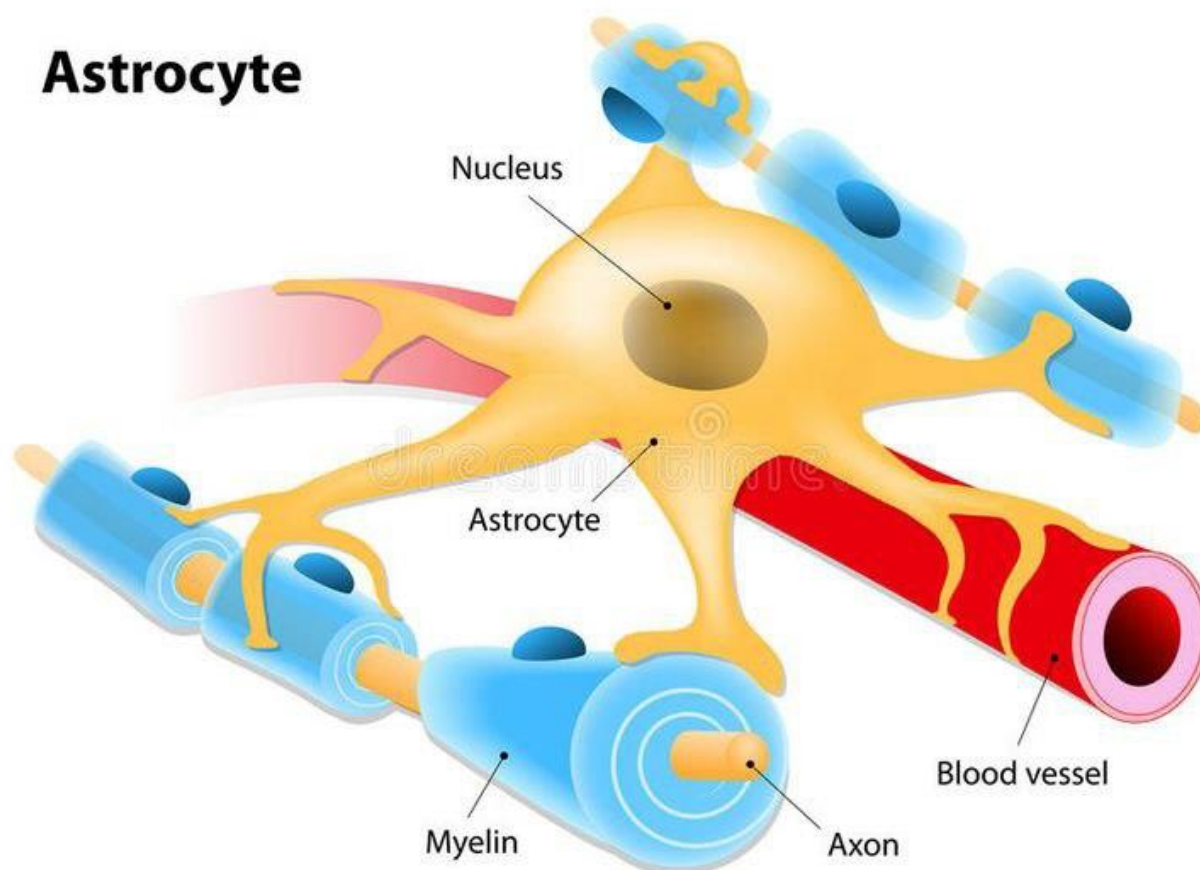
Astrotsitlarning ikki asosiy turi farqlanadi:

Tolali (fibroz) astrotsitlar – asosan oq moddada joylashadi va uzoq, to‘g‘ri shaklli o‘simtalarga ega.

Protoplazmatik astrotsitlar – asosan kulrang moddada joylashadi va ko‘p sonli, qisqa, tarmoqlangan o‘simtalari mavjud.

Astrotsitlarning asosiy vazifalari quyidagilardan iborat:

Astrocyte



Qon-miya to‘sig‘ini shakllantirish – Astrotsitlarning oyoqsimon uchi miya kapillyarlari atrofini o‘rab, ularning o‘tkazuvchanligini nazorat qiladi. Bu neyronlarni zaharli moddalardan, mikroblardan va ortiqcha ionlardan himoya qiladi.

Modda almashinuvini boshqarish – Neyronlar faoliyatida hosil bo‘ladigan ortiqcha kaliy ionlarini, laktat va neurotransmitterlarni o‘ziga singdiradi va ularni qayta ishlashga yordam beradi.

Energiya manbai yaratish – Astrotsitlar glyukozani sut kislotasiga aylantirib, neyronlarga qo‘shimcha energiya manbai sifatida uzatadi.

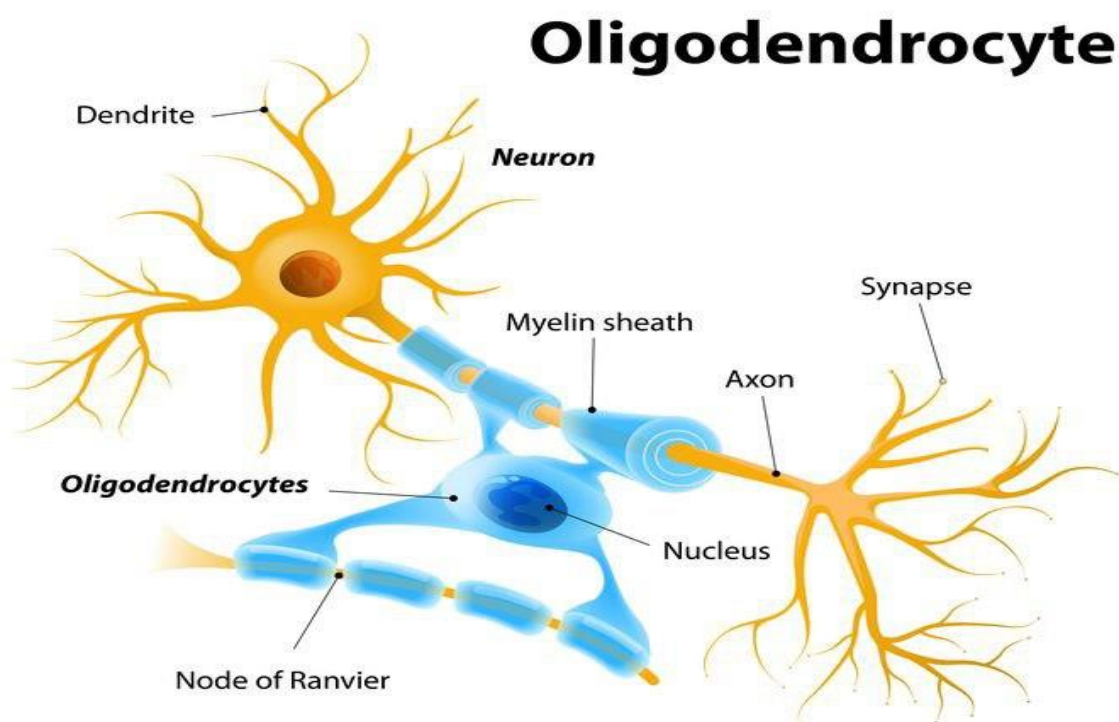
Sinaptik faoliyatni tartibga solish – Astrotsitlar sinapslar atrofida joylashib, neurotransmitterlar konsentratsiyasini boshqaradi, bu esa neyronlar o‘rtasidagi axborot uzatilishining aniqligini ta‘minlaydi.

Regeneratsiya va to‘qima tiklanishi – Asab to‘qimasi shikastlanganda, astrotsitlar faol bo‘lib, “**glioz**” deb ataluvchi himoya to‘qimasini hosil qiladi. Bu jarayon miya va orqa miyada shikastlangan joyni ajratib, uning kengayishiga yo‘l qo‘ymaydi.

Astrotsitlarning bu xilma-xil funksiyalari ularni markaziy asab tizimining muvozanatini saqlovchi va himoya qiluvchi asosiy glial hujayra sifatida ajratib turadi. Ularning normal faoliyati buzilganda, epilepsiya, Altsgeymer kasalligi va boshqa neyrodegenerativ patologiyalar rivojlanishi kuzatiladi.

Oligodendrositlarning tuzilishi va funksiyasi

Oligodendrositlar — markaziy asab tizimidagi miyelin hosil qiluvchi glial hujayralar bo‘lib, ular asab impulslarining tez va samarali o‘tishini ta’minlaydi. “Oligodendrosit” so‘zi yunoncha “oligos” — oz, “dendron” — shox, “tsitos” — hujayra degan ma’noni bildiradi, ya’ni bu hujayralar kam sonli, ammo nisbatan uzun shoxchalarga ega bo‘ladi. Ular asosan miyaning oq moddasida ko‘p uchraydi.



Tuzilishi: Oligodendrositlar dumaloq yoki cho‘zinchoq shaklda bo‘lib, ularning o‘simtalari bir nechta neyronlarning aksonlarini o‘rab oladi. Har bir oligodendrosit o‘zining shoxlari orqali bir nechta akson atrofida miyelin qobig‘ini hosil qilishi mumkin. Bu qobiq elektr izolyatsiya vazifasini bajaradi, ya’ni asab impulsining yo‘qolmasdan, tez o‘tishiga sharoit yaratadi.

Asosiy funksiyalari:

Miyelin qobig'ini hosil qilish – Oligodendrositlarning eng muhim vazifasi bu asab tolalarini miyelin bilan o'rashdir. Miyelin qavati impuls o'tishini 50–100 barobar tezlashtiradi.

Nerv impulslarini izolyatsiya qilish – Miyelin elektr izolyator sifatida harakat qilib, impulslarning yon tomonga tarqalishini to'xtatadi va axborot uzatishni aniq qiladi.

Neyronlarni oziqlantirish va himoya qilish – Oligodendrositlar aksonlarga metabolik moddalarning yetib borishini ta'minlaydi, ularni mexanik va kimyoviy shikastlanishdan himoya qiladi.

Regeneratsiyada ishtirok etish – Asab tolalari shikastlanganda, oligodendrositlar yangi miyelin qavatlarini tiklashga harakat qiladi. Ammo bu jarayon markaziy asab tizimida nisbatan sust kechadi.

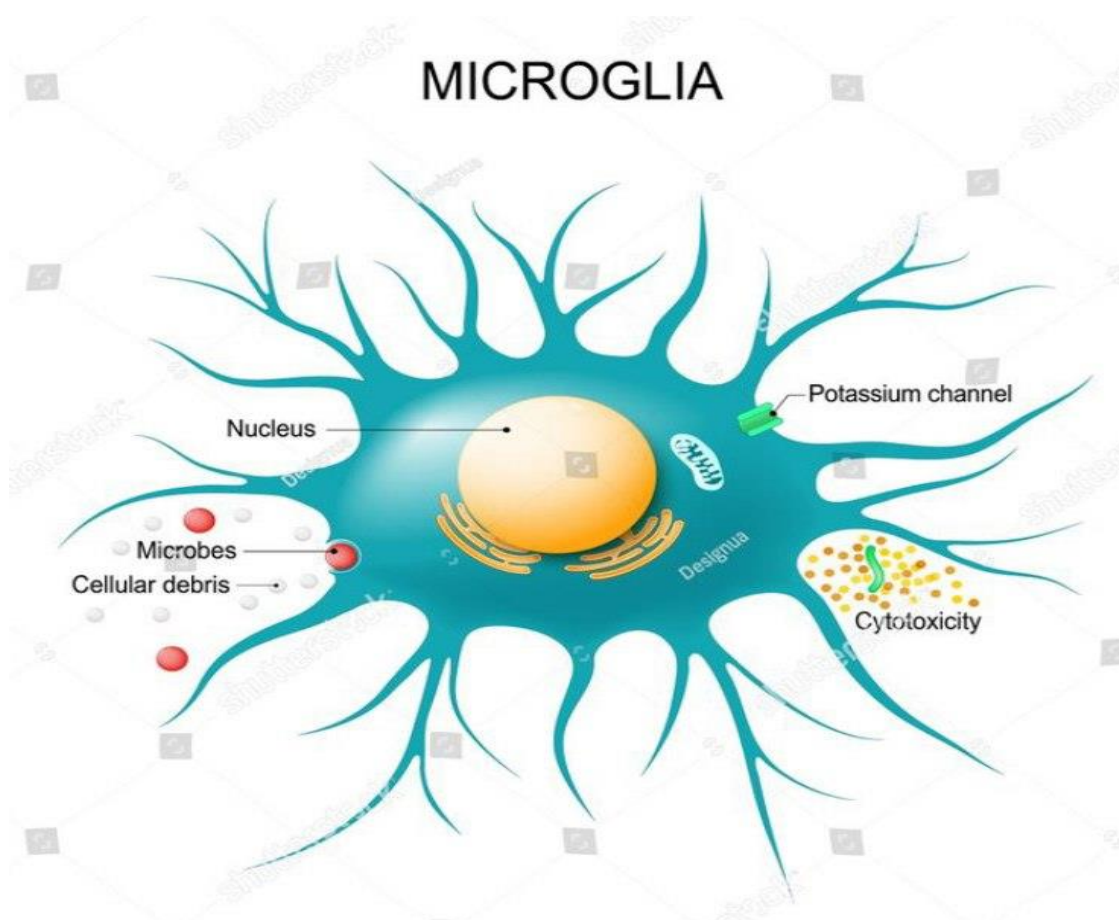
Asab signallarining sinxronlashuvi – Oligodendrositlar neyronlar faoliyatini muvofiqlashtirib, turli asab yo'llarida signallar sinxron o'tishini ta'minlaydi.

Oligodendrositlarning faoliyati buzilganda, asab tolalari miyelinsizlanib, impuls o'tishi sekinlashadi yoki butunlay to'xtaydi. Bu holat skleroz (ko'p skleroz), **mielinopatiyalar va boshqa demiyelinizatsion** kasalliklarga sabab bo'ladi.

Mikroglial hujayralarning tuzilishi va vazifalari

Mikroglia — markaziy asab tizimidagi immun himoya hujayralari bo'lib, ular asab to'qimasini infeksiyalardan, shikastlanishlardan va zaharli moddalardan himoya qiladi. Bu hujayralar boshqa glial hujayralardan farqli ravishda mezenximal kelib chiqishga ega, ya'ni ular asosan qon monotsitlaridan hosil bo'ladi. Mikroglia asab tizimining “navbatchi” yoki “tozalovchi” hujayralari deb ham ataladi.

Tuzilishi: Mikroglial hujayralar kichik o'lchamli, cho'zinchoq yoki o'tkir burchakli shaklda bo'lib, ularning sitoplazmasidan ko'plab ingichka o'simtalar tarqaladi. Ushbu o'simtalar yordamida mikroglia atrof-muhitni doimiy “skanerlab turadi” — ya'ni u asab to'qimasidagi har qanday o'zgarish, yallig'lanish yoki zararlanishni tezda aniqlaydi.



Asosiy funksiyalari:

Fagotsitoz (tozalovchi faoliyat) – Mikroglia o‘lik hujayralar, parchalanib ketgan aksonlar, mikroblar yoki toksinlarni yutib, ularni parchalaydi. Bu asab to‘qimasida tozalovchi jarayonni amalga oshiradi.

Immun himoya – Mikroglial hujayralar infeksiyaga qarshi sitokin va interferon kabi biologik faol moddalarning ajralishini ta‘minlaydi. Shu orqali ular miya ichidagi immun javobni boshqaradi.

Yallig‘lanish jarayonlarini nazorat qilish – Zararlanish holatida mikroglia faollashadi va himoya reaksiyalarini kuchaytiradi, ammo ortiqcha faollashuv yallig‘lanishning kuchayishiga olib kelishi mumkin.

Neyronlararo aloqani qo‘llab-quvvatlash – Mikroglia sinapslarning rivojlanishi va ortiqcha sinapslarning yo‘qotilishida (sinaptik “budama” jarayonida) ishtirok etadi. Bu esa neyronlar tarmog‘ining samarali ishlashini ta‘minlaydi.

Asab to‘qimasining tiklanishi – Shikastlangan joyda mikroglia maxsus o‘rish omillarini ajratib, neyronlarning regeneratsiyasiga yordam beradi.

Mikroglial hujayralarning haddan tashqari faollashuvi esa miya uchun xavfli bo‘lishi mumkin. Ularning ortiqcha sitokin ajratishi Altsgeymer kasalligi, Parkinson kasalligi, insult va boshqa neyrodegenerativ kasalliklar rivojlanishiga sabab bo‘ladi.

Shu bois, mikroglia faoliyati markaziy asab tizimi salomatligini saqlashda muvozanatli bo'lishi zarur.

Mikroglial hujayralar organizmda immunitet tizimi va asab tizimi o'rtasida ko'prik vazifasini bajaradi — ular tashqi xavflarni aniqlab, neyronlarni himoya qiladi va asab to'qimasining tozaligini ta'minlaydi.

Ependimotsitlarning tuzilishi va vazifalari

Ependimotsitlar — markaziy asab tizimidagi maxsus epiteliyga o'xshash glial hujayralar bo'lib, ular miya qorinchalari (ventrikulalar) va orqa miyaning markaziy kanalini ichki tomondan qoplab turadi. Ushbu hujayralar miya va orqa miyada miya suyuqligi (likvor) aylanishi, uning tarkibini boshqarish hamda neyronlarni himoya qilishda muhim rol o'ynaydi.

Tuzilishi: Ependimotsitlar silindrsimon yoki kubsimon shaklda bo'ladi. Ularning apikal (ichki) yuzasida kirpikchalar (siliyalar) va mikrovorsinkalar joylashgan. Kirpikchalar yordamida ular miya suyuqligining harakatlanishini ta'minlaydi, mikrovorsinkalar esa likvordan moddalarning so'rilishi va o'zaro almashinishini boshqaradi. Bazal (pastki) qismi esa asab to'qimasiga o'tib, astrotsitlar bilan bevosita aloqada bo'ladi.

Asosiy funksiyalari:

Miya suyuqligini hosil qilish va aylanishini ta'minlash – Ependimotsitlar qon tomirli parda (plexus choroideus) bilan birgalikda miya suyuqligini ishlab chiqaradi. Ularning kirpikchalari bu suyuqlikni qorinchalardan orqa miya kanaliga harakatlantiradi.

Filtratsiya va almashinuv – Ependimotsitlar qon va likvor o'rtasida moddalar almashinuvini tartibga soladi, ya'ni faqat zarur bo'lgan ionlar va ozuqa moddalarning o'tishiga ruxsat beradi.

Mexanik himoya – Miya suyuqligi va ependimotsitlar qavati miya va orqa miyaning to'qimalarini zarbalardan, bosim o'zgarishlaridan himoya qiladi.

Regeneratsiya va neyron hosil bo'lishi – So'nggi ilmiy tadqiqotlarga ko'ra, ependimotsitlar neyral ildiz hujayralariga aylanish qobiliyatiga ega. Shikastlangan joylarda ular yangi glial yoki neyron hujayralar hosil qilib, tiklanish jarayonida ishtirok etadi.

Gomeostazni saqlash – Ependimotsitlar miya suyuqligining bosimini, tarkibini va hajmini muvozanatda ushlab turadi, bu esa markaziy asab tizimi muhitining barqarorligini ta'minlaydi.

Ependimotsitlarning faoliyati buzilganda miya suyuqligi aylanishi to'xtashi yoki sekinlashishi mumkin, bu esa **gidrosefaliya** (miya suyuqligining to'planishi) kabi

kasalliklarga olib keladi. Shuningdek, endimotsitlardan kelib chiqadigan o'sma turi — endimoma deb ataladi.

Xulosa

Yuqorida keltirilgan ma'lumotlardan ko'rinib turibdiki, neyrogial hujayralar markaziy asab tizimining ajralmas tarkibiy qismi bo'lib, ular neyronlarning faoliyatini qo'llab-quvvatlash, himoya qilish va ularning normal ishlashini ta'minlashda muhim rol o'ynaydi. Har bir turdagi glial hujayra o'ziga xos tuzilish va funksiyaga ega: astrotsitlar moddalar almashinuvini boshqaradi va qon-miya to'sig'ini hosil qiladi; oligodendrositlar asab tolalarini miyelin bilan o'rab, impuls o'tish tezligini oshiradi; mikroglia asab to'qimasining immun himoyasini ta'minlaydi; endimotsitlar esa miya suyuqligi aylanishi va muvozanatini saqlab turadi.

Neyrogial hujayralarning bunday ko'p qirrali faoliyati ularning faqat "yordamchi" emas, balki asab tizimining faol ishtirokchisi ekanligini ko'rsatadi. Ular neyronlar orasidagi muhitni barqarorlashtiradi, axborot uzatish samaradorligini oshiradi va shikastlanishdan so'ng to'qimalarning tiklanishida faol qatnashadi.

Shu sababli, neyrogial hujayralarni chuqur o'rganish zamonaviy neyrofiziologiya, neyropatologiya va biotibbiyot sohalarida muhim ilmiy ahamiyatga ega. Ularning tuzilishi va funksiyalarini yanada chuqur o'rganish kelajakda asab tizimi kasalliklarini erta aniqlash, davolash va regeneratsiya jarayonlarini yaxshilash uchun keng imkoniyatlar yaratadi.

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POLIPOZLI RINOSINUSITDA EPITELIAL QAYTA TUZILISHNING MORFOLOGIK BELGILARINI TAHLIL QILISH

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Annotatsiya: Ushbu maqolada polipozli rinosinusitda epitelial qayta tuzilish jarayonining morfologik asoslari, yuqori nafas yo'llari epiteliyidagi strukturaviy o'zgarishlar, ularni yuzaga keltiruvchi patogen omillar va patologik jarayonning shakllanish bosqichlari ilmiy jihatdan tahlil qilinadi. Keltirilgan materiallarda burun va paranazal sinuslarning normal anatomiyasi, respirator epiteliyning gistologik xususiyatlari, sinuslar drenaj tizimi, shilliq qavat qon ta'minoti, shuningdek, polipoz, sinusit va rinosinusit tushunchalarining o'zaro farqlari batafsil bayon etilgan. Tadqiqot polipozli rinosinusitning etiologiyasi, klinik belgilari, asoratlari va zamonaviy diagnostika usullariga doir ilmiy dalillar asosida amalga oshirilgan. Maqola O'zbekiston tibbiy adabiyotlaridagi morfologik va klinik yondashuvlar asosida yozilgan.

Kalit so'zlar: polipozli rinosinusit, epitelial remodeling, burun bo'shlig'i, sinuslar, respirator epiteliy, gistologiya, etiologiya, yallig'lanish, diagnostika.

ПОЛИПОЗНЫЙ РИНОСИНУСИТ: АНАЛИЗ МОРФОЛОГИЧЕСКИХ ОСОБЕННОСТЕЙ ЭПИТЕЛИАЛЬНОЙ РЕМОДЕЛИРОВКИ

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Аннотация: В статье изложены морфологические основы эпителиальной ремоделировки при полипозном риносинусите, структурные изменения эпителия верхних дыхательных путей, механизмы их формирования и патогенные факторы, вызывающие патологический процесс. Представлены данные о нормальной анатомии носовой полости и околоносовых пазух, гистологическом строении дыхательного эпителия, особенностях

кровообращения и различиях между полипозом, синуситом и риносинуситом. Подробно рассмотрены этиология, клинические проявления, осложнения и современные методы диагностики. Работа опирается на научные источники современной узбекской медицинской литературы.

Ключевые слова: полипозный риносинусит, ремоделировка эпителия, носовая полость, околоносовые пазухи, эпителий, гистология, воспаление, диагностика.

MORPHOLOGICAL FEATURES OF EPITHELIAL REMODELING IN POLYPOUS RHINOSINUSITIS

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Abstract: This article analyzes the morphological basis of epithelial remodeling in polyposis rhinosinusitis, addressing structural changes in the upper airway epithelium, mechanisms triggering these alterations, and pathogenic factors shaping the disease progression. Detailed descriptions of the anatomy of the nasal cavity, paranasal sinuses, histological architecture of the respiratory epithelium, and vascular features are provided. Definitions of polyposis, sinusitis, and rhinosinusitis are clarified. Etiology, clinical manifestations, complications, and modern diagnostic methods are discussed based on scientific data derived from Uzbek medical literature.

Keywords: polyposis rhinosinusitis, epithelial remodeling, nasal cavity, paranasal sinuses, respiratory epithelium, histology, inflammation, diagnostics.

Kirish (Introduction) Polipozli rinosinusit yuqori nafas yo'llarining eng ko'p uchraydigan surunkali kasalliklaridan biri bo'lib, burun bo'shlig'i va paranasal sinuslar epiteliyida chuqur morfologik o'zgarishlarning shakllanishi bilan kechadi. Ushbu kasallikning rivojlanish jarayonida epiteliyal qayta tuzilish (remodeling) markaziy o'rin tutadi. Bu jarayon nafaqat shilliq qavatning tuzilmasiga, balki sinuslarning drenaj tizimi, havoning erkin o'tishi, mukotsiliar klirens mexanizmlariga ham jiddiy ta'sir ko'rsatadi. Rinosinusitning polipoz shaklida epiteliyda strukturaviy buzilishlar, metaplaziya, g'oblet hujayralarining ko'payishi, stroma to'qimalaridagi yallig'lanish infiltratsiyasi kasallikning klinik manzarasini og'irlashtiradi. Shu bois polipozli

rinosinusitda sodir bo'ladigan epiteliyal qayta tuzilishning mohiyatini chuqur o'rganish uning patogenezi tushunishda muhim ilmiy-amaliy ahamiyatga ega.

Masala va uning dolzarbligi



Rinosinusitning polipoz shakli butun dunyo bo'yicha aholi orasida keng tarqalgan bo'lib, nafas olish sifatini pasaytiruvchi, hid bilish funksiyasini buzuvchi, uyquning sifati va umumiy hayot faoliyatiga salbiy ta'sir ko'rsatuvchi kasallik sifatida dolzarbdir. Jahon sog'liqni saqlash tashkiloti ma'lumotlariga ko'ra, rinosinusitning surunkali shakllari aholining 10–15 % da uchraydi va ularning katta qismi aynan polipoz rinosinusitga to'g'ri keladi. Bu kasallikning davomli kechishi epiteliyal barerning buzilishi, sinuslar drenajining yomonlashishi, bakterial biofilmlar shakllanishi, shilliq qavatning doimiy shishi va yallig'lanishi bilan izohlanadi. Polipozli rinosinusit o'z vaqtida aniqlanmasa, u nafas yo'llarining ventilyatsiya tizimiga jiddiy zarar yetkazishi, ikkilamchi infeksiyalarga eshik ochishi va jarrohlik muolajalarni talab qilishi mumkin. Shu sababli epiteliyal qayta tuzilishning morfologik belgilarini erta aniqlash va ularni ilmiy asosda baholash dolzarb masalalardan biri hisoblanadi.

Maqsad: Ushbu tadqiqotning maqsadi polipozli rinosinusitda epiteliyal qayta tuzilish jarayonlarining morfologik xususiyatlarini chuqur ilmiy tahlil qilish, yuqori nafas yo'llari epiteliyida yuzaga keladigan patologik o'zgarishlar va ularning rivojlanish mexanizmlarini aniqlashdan iborat. Tadqiqot doirasida epiteliyal barerning buzilishi, kirpikchali epiteliyal funksiyasining susayishi, g'oblet hujayralarining ko'payishi, stromal fibroz va yallig'lanish infiltratsiyasi kabi remodeling jarayonining asosiy bo'g'inlari o'rganildi. Shuningdek, polipoz shakllanishiga ta'sir qiluvchi etiologik omillar allergik faktorlar, infeksiyalar, anatomik torayishlar, mukotsiliar klirensning buzilishi va biofilm hosil bo'lishi kabi jarayonlarning klinik-morfologik ahamiyati

baholandi. Tadqiqotning yakuniy maqsadi epitelial qayta tuzilishning kasallik patogenezidagi rolini tushuntirib, rinosinusitning polipoz shaklini erta diagnostika qilish va samarali davolash strategiyalarini shakllantirish imkoniyatlarini aniqlashdir.

Metodlar (Methods) Tadqiqot davomida polipozli rinosinusitning morfologik asoslarini baholashda klinik ko'rik, rinoskopiya, endoskopik tekshiruv, kompyuter tomografiyasi (KT), gistologik tahlil va laborator diagnostika kabi zamonaviy metodlardan foydalanildi. Endoskopik metod yordamida burun bo'shlig'ida poliplarning joylashuvi, kattaligi, soni va shilliq qavatning holati kuzatildi. KT tekshiruvi sinuslardagi havolanayotgan bo'shliqlar, shilliq qavat qalinligi, osteomeatal kompleksdagi torayishlarni aniqlashga imkon berdi. Gistologik tahlil uchun olingan polip to'qimalari mikroskop ostida o'rganilib, epitelida metaplaziya, g'oblet hujayralarining ko'payishi, stromadagi eozinofillar soni, kollagen tolalarining zichligi baholandi. Shuningdek, allergologik tekshiruvlar va laborator ko'rsatkichlar (IgE, eozinofil darajasi) differensial diagnostikada qo'llanildi.



Natijalar (Results) O'tkazilgan tekshiruvlar natijasida polipozli rinosinusitda epitelial qayta tuzilishning bir qator morfologik belgilariga aniqlik kiritildi. Respirator epitelida ko'p qatlamli silindrsimon epitelidan ko'p qatlamli yassi epiteliyga o'tuvchi metaplaziya holatlari kuzatildi. Kirpikchalar sonining kamayishi, silindrsimon hujayralarning yo'qolishi, g'oblet hujayralar sonining sezilarli ortishi sinuslar drenaj tizimining buzilganidan darak berdi. Stroma qatlami morfologik jihatdan qalinlashgan bazal membrana, eozinofillar bilan to'yingan yallig'lanish infiltrati, kollagen tolalarining ko'payganligi bilan tavsiflandi. Gistologik tahlil natijalari polipoz o'choqlarida interstitsial suyuqlikning ko'pligi, glandulyar strukturalarning

kengayganligi, fibroblastlar faolligining oshganligini ko'rsatdi. Klinik jihatdan bemorlarda burun bitishi, giposmiya, bosh og'rig'i, yuz sohasidagi bosimsimon og'riq, mukoz yoki mukopurulent oqindi kabi belgilar aniq qayd etildi. Endoskopiya va KT natijalari bilan gistologik o'zgarishlar o'rtasida to'g'ri mutanosiblik mavjudligi tasdiqlandi.

Muhokama (Discussion) Natijalar tahlili polipozli rinosinusitning rivojlanishi epitelial qayta tuzilish mexanizmlariga bevosita bog'liq ekanini ko'rsatdi. Surunkali yallig'lanish epiteliy barerining buzilishiga olib keladi, bu esa goblet hujayralar ko'payishi orqali yuqori miqdorda shilimshiq ishlab chiqarilishiga sabab bo'ladi. Yallig'langan epiteliyda drenajning buzilishi bakterial biofilm shakllanishi uchun qulay sharoit yaratadi, bu esa surunkali rinosinusitning davomiyligiga hissa qo'shadi. Eozinofillar, Th2 sitokinlar, IgE darajasining oshishi polipozning allergik komponentini kuchaytiradi. Vaskulyar o'zgarishlar va stroma qatlami fibrozining kuchayishi poliplarning morfologik shakllanishida muhim omil bo'lib xizmat qiladi. Ushbu tadqiqot shuni ko'rsatadiki, polipozli rinosinusitda epiteliy tuzilishining chuqur o'zgarishlari nafaqat morfologik, balki immunologik jarayonlarning uzviyligini ta'kidlaydi. Davolashning zamonaviy usullari kortikosteroidlar, biologik preparatlar, funksional endoskopik sinus xirurgiyasi (FES) aynan shu patogen mexanizmlarni nishonga oladi.

Xulosa (Conclusion)

Polipozli rinosinusit yuqori nafas yo'llarining surunkali va qaytalanishga moyil kasalliklaridan biri bo'lib, uning patogenezida epitelial qayta tuzilish jarayoni hal qiluvchi ahamiyatga ega. Tadqiqot davomida ma'lum bo'ldiki, epitelial remodeling shilliq qavatning strukturaviy o'zgarishlari, kirpikchali epiteliy funksiyasining buzilishi, goblet hujayralarining ko'payishi, stromal fibrozning kuchayishi va eozinofillar bilan to'yingan yallig'lanish infiltratsiyasi bilan tavsiflanadi. Ushbu jarayonlar sinuslar drenajining yomonlashishi, shilliq sekretiyaning ortishi, mukotsiliar klirensning pasayishi va poliplarning shakllanishi uchun morfologik zamin yaratadi. Klinik ko'rinishdagi burun bitishi, hid bilishning pasayishi, bosh og'rig'i, yuz sohasidagi bosim va doimiy oqindi kabi simptomlar yuqoridagi morfologik o'zgarishlarning amaliy natijasidir. Olib borilgan tahlillar shuni ko'rsatadiki, polipozli rinosinusitda epitelial qayta tuzilish surunkali yallig'lanishning asosiy oqibati bo'lib, uning erta aniqlanishi kasallikning og'irlashishining oldini olishda muhim omildir. Endoskopik ko'rik, kompyuter tomografiyasi va gistologik tahlil polipoz jarayonining klinik va morfologik belgilari o'rtasidagi bog'liqlikni aniq ko'rsatadi. Kasallikning etiologik omillari allergik reaksiyalar, infektsiya, anatomik cheklovlar, biofilmlar — epiteliyda davomli yallig'lanish jarayonini faollashtirib, remodeling jarayonining

uzluksiz davom etishiga sabab bo'ladi. Shu asosda xulosa qilish mumkinki, polipozli rinosinusitda epitelial qayta tuzilish jarayonlarini chuqur o'rganish kasallikning patogenezini tushunish, samarali davolash strategiyalarini ishlab chiqish va uning qaytalash xavfini kamaytirishda asosiy ilmiy-amaliy yo'nalish hisoblanadi. Zamonaviy davolash usullari — mahalliy va sistem kortikosteroidlar, antibakterial terapiya, biologik preparatlar hamda funksional endoskopik sinus xirurgiyasi — aynan ushbu patologik jarayonlarni nishonga olgani sababli yuqori samaradorlikka ega. Polipozli rinosinusitda epitelial remodeling jarayonlarini chuqur o'rganish va individual yondashuv asosida davolash rejalarini tanlash kasallikning klinik nazoratini sezilarli darajada yaxshilashi mumkin.

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POLITICAL PROCESSES IN DASHTI-KIPCHOK IN THE 15TH-16TH CENTURIES

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Annotation

It was to some extent connected with the political and ethnocultural processes that took place in the Dashti-Kipchak in the 15th and 16th centuries, and was related to which clan leaders took which land as their share (syurkol) or similar political and military processes.

Introduction. In many scientific centers of the world, including in Europe, the USA, Japan, China, Korea, Russia and Turkey, dozens of scientific and analytical centers study the socio-political, economic and ethnocultural processes that took place in Central Asia, while also carefully studying the realities that took place in the past in the Kypchak Steppe. In world scientific centers, this region is considered an integral part of Central Asia, and attention is paid to the unique place it played in the formation of the present-day peoples of the region.

Main part. The term "Dashti-Kipchak" was a geographical term used in the Middle Ages, more precisely, around the 10th century AD, mainly for the northeastern and northwestern regions of Central Asia and a number of countries adjacent to these regions, its east stretched to the western foothills of the Altai Mountains, and its west to the Dnieper - Eastern Europe. The south of the Dashti-Kipchak included the middle and lower basins of the Syr Darya River, one of the largest rivers in Central Asia, the northwestern parts of the Seven Seas region, the lower reaches of the Volga-Urals, the North Caucasus, and the northern coast of the Black Sea, and its northern parts bordered on southwestern Siberia, the middle basins of the Volga-Ural rivers, and the East Slavic lands (Kiev, Moscow, etc.). Of course, this territorial classification of the Dashti-Kipchak was not always the same and changed from time to time.

In the Middle Ages, this term was mainly used to refer to the period from the 10th to the 17th centuries when first nomadic Turkic and later Turkic and Turkified Mongol tribes established political dominance. Its core territories included the steppes of present-day Kazakhstan, the middle and lower reaches of the Syr Darya, the Aral Sea region, the Volga-Ural areas, the North Caucasus, and the northern Black Sea region. Before the 10th century, the term "Dasht-i Qipchaq" was preceded by the names "the

Turkic steppe,” and earlier still “Scythia.” In medieval Western literature, the region was also referred to as “Tartary.”

The use of these names was closely linked to the political and ethnocultural processes of the time. During the last millennium BCE, the Scythian–Saka tribal confederation dominated the vast Eurasian steppes stretching from the Dnieper River in the west to the Ili River in the east, and many nomadic clans inhabited this region. A similar situation occurred in the early Middle Ages, when first the proto-Turkic Xiongnu groups and later numerous Turkic tribes under the rule of the Turkic Khaganate (552–744) controlled much of the Eurasian steppe. As a result, terms such as “the Turkic steppe” and *bilād at-turk* (“the land of the Turks”) became common.

By the 9th–10th centuries, another wave of Central Asian nomadic groups — including the Kuman, Kun, Polovtsians, “Black Hats” (*Chyornye Klobuki*), Uz, and Torki tribes or tribal unions — established their dominance in these lands. After this, the earlier ethnogeographical names “Scythia” and “the land of the Turks” began to be replaced with the term “Dasht-i Qipchaq,” although the former names continued to be used as well.

The term “Dasht-i Qipchaq” means “the Qipchaq steppe” or “the Qipchaq desert,” reflecting the fact that many of the tribes inhabiting the region belonged to the Qipchaq branch of the Turkic peoples. Around the 10th century, when the Qipchaqs achieved political dominance over a vast area extending from Jetisu (Semirechye) to the northern Black Sea region, surrounding peoples increasingly began referring to this land as “Dasht-i Qipchaq.”

Mahmud Kashgari, who lived in the 11th century, in his work “Devonu Lug'atit Turk” shows the Kipchaks as one of the largest Turkic peoples, shows the “Bijanak” (Pechanegs) as the most western tribe of the Turkic peoples, near Rum (Byzantium), emphasizing that the Kipchaks are neighbors to them, at the same time, he mentions the existence of a village called Kipchak in the vicinity of the city of Kashgar (East Turkestan), and also mentions the “Yemak” (Kimak) tribe living in the Irtysh River basin as a branch of the Kipchaks[1]. So, at that time, the Kipchaks were spread over almost the entire territory of the medieval “Dashti Kipchak” region, and no matter how diverse tribes and peoples lived in this region, it was not for nothing that this term was used in relation to the region. That is, the Kipchak tribes had already spread widely in these regions long before.

In the Middle Ages, namely in the 14th-15th centuries, the Dashti Kipchak was politically mainly the core territory of the Juchi ulus[2] - the Golden Horde kingdom (1224-1459), which split into two branches in the 1350s. During the reign of the Golden

Horde ruler Uzbek Khan (1312-1342), the unified Jochi ulus was divided into two parts: the White Horde, which included the western regions of the Dashti-Kipchak - the Black Sea, Eastern Europe, the North Caucasus, the lands on the right bank of the Volga River, and the Blue Horde, which included the left bank of the Volga River, the northeast of the Caspian Sea, Western Siberia, Altai, the middle and lower basins of the Seven Seas and the Syr Darya, and the Aral Sea basins.[3]

The division of the Jochi ulus into two was not accidental or under the influence of external forces, but rather, according to the ancient Turkic-Mongol statehood traditions, the method of dividing the kingdom into two wings - right and left. This ulus - the territory of Dashti-Kipchak - was given by Genghis Khan to his son Jochi, but as a result of his death in 1227, 6 months before his father's death, this territory was given to the khan's grandsons Batu and Orda-Ijan. Genghis Khan's grandsons - Jochi's second son Batu - gave the "right hand" land - the Volga River basin and the lands west of it, and to his brother Orda-Ijan - the "left hand", that is, the lands east of the Volga - the Syrdarya basin, Western Siberia and the lands around Lake Balkhash. Batu Khan, under the name "Sain Khan", became the ruler of the "White Horde", the western part of the Golden Horde, while Orda-Ijan became the ruler of the "Blue Horde" as his subordinate, and their descendants inherited power.

The White Horde wing of the Jochi ulus came to power in 1227 under Batu Khan-Sain Khan[4], and continued to rule until the last ruler of his descendants, Berdibek (1357-1359), and existed as the largest political force in the Dashti-Kipchak for 132 years. The descendants of the Horde-Ijan, who ruled the Blue Horde wing of the Jochi ulus, ruled until 1327, when the ruler of the White Horde (Golden Horde) Uzbek Khan (1312-1342) put an end to this wing's rule in the same year. The reason was that the later descendants of the Horde-Ijan handed over power to the emirs and were sometimes punished by Uzbek Khan for their servitude to the emirs, and were given as soldiers to the emir Astai, who was from the Qiyat clan. Before Uzbek Khan ascended the throne, the paternal Uyghur Bajirtuk Buqa, taking advantage of the death of his uncle Tokhta Khan (1291-1312), declared himself khan and all the descendants of Jochi, with the exception of the descendants of Shayban, were forced to obey him. Uzbek Khan eliminated Uyghur Bajirtuk Buqa and punished those who obeyed a person from the "black people" (commoners) who were not worthy of the khanate throne, and gave special privileges to the family of the descendants of Shayban, saying, "Since you have fallen into this situation, now you will become soldiers for such people." In this way, Abulkhair Khan, a descendant of Shayban, strengthened himself in the territory of the Blue Horde and founded his own ulus [5].

Conclusion. Before the Shaybanid state established its rule in the oases between the Amu Darya and Syrdarya rivers, including the Jizzakh oasis, the main political and ethnic processes associated with the Shaybanid dynasty took place in the eastern part of the Dashti-Kipchak - the middle and lower basins of the Syrdarya, the Urals, Western Siberia and Balkhash. The tribes and peoples living in these regions, such as the "Kung'irat", "Man'it", "Naiman", "Burgut", "Qarluq", and "Boyrak", played a significant role in the political activities of Genghis' rulers. The concept of "Uzbek clans", which emerged as a product of political and ethnic processes in these regions, migrated to the Amu Darya-Syr Darya interfluvium and adjacent territories during the reign of Muhammad Shaybani Khan and his descendants, and created the basis for the emergence of dozens of ethnotoponyms associated with the name "92-bowl Uzbek clan" in a number of oases of Central Asia, including the Jizzakh oasis and its components.

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MUSTAQILLIK YIILARIDA TURKMAN VA QORAQALPOQ XALQLARINING MADANIY ALOQALARI

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O‘zbekiston Respublikasi mustaqillikka erishgandan so‘ng milliy o‘zlikni anglash, madaniy merosni tiklash va rivojlantirish borasida keng ko‘lamli islohotlar amalga oshirildi. Bu jarayonda qo‘shni davlatlar va xalqlar bilan madaniy aloqalarni mustahkamlash muhim ahamiyat kasb etdi. Xususan, turkman va qoraqalpoq xalqlari o‘rtasidagi azaliy do‘stlik rishtalari yangi bosqichga ko‘tarildi. Tarixiy va madaniy mushtaraklik, qardoshlik tuyg‘usi ikki xalq o‘rtasidagi hamkorlikni yanada rivojlantirishga zamin yaratdi.

Qoraqalpog‘iston Respublikasi O‘zbekistonning tarkibiy qismi sifatida o‘zining etnik va madaniy xilma-xilligi bilan ajralib turadi. Bu hududda o‘zbeklar, qoraqalpoqlar, qozoqlar, turkmanlar, ruslar va boshqa millat vakillari asrlar davomida tinch-totuv yashab kelmoqdalar. O‘zbekiston Respublikasi Prezidenti Shavkat Mirziyoyevning olib borayotgan millatlararo totuvlikni mustahkamlash siyosati Qoraqalpog‘istonda ham o‘zining ijobiy natijalarini bermoqda. Yurtimizda millatlararo munosabatlarni uyg‘unlashtirish, turli millat vakillarining madaniy merosini asrab-avaylash va rivojlantirishga qaratilgan keng ko‘lamli islohotlar amalga oshirilmoqda.

“Вести Каракалпакстана” gazetasida 2012 yilda Qoraqalpog‘istondan borgan vakillarning Turkmanboshi shahrida o‘tkazilgan “Avaza – 2012” san’at festivalida ishtirok etgani bayon etiladi. Buni mustaqillik davrida qoraqalpoq turkmanlarining o‘z madaniyatini namoyish etish, boshqa xalqlar bilan aloqa o‘rnatish imkoniyatlarining kengaygani sifatida ko‘rsatish mumkin. Ko‘rgazmada qoraqalpoq milliy kiyimlarining, hunarmandchilik buyumlarining, zargarlik buyumlarining va musiqa asboblarning namoyish etilishini mustaqillik davrida milliy madaniyatga bo‘lgan e‘tiborning ortishi sifatida ta’riflash mumkin[1, 4].

Gazetada O‘zbekistondagi turli millatlarning do‘stlik va hamjihatlikda yashayotgani, milliy madaniyatlar rivojlanayotgani haqida aytilgan. Ta’kidlash joizki, Qoraqalpog‘istondagi turkmanlarning ahvoli ham umumiy tendensiyalarga mos.

Qoraqalpoq davlat o‘lkashunoslik muzeyida tashkil etilgan “Jayhun sohilida ahil oilada” mavzusidagi bayram tantanasi bo‘lib o‘tdi. Ushbu tadbirda Rus, Qozoq, Koreys va Turkman madaniyat markazlari vakillari ishtirok etib, milliy kiyim-kechaklar, bezak buyumlari, milliy gilam mahsulotlari, milliy cholg‘u asboblari ko‘rgazmaga qo‘yilib,

Qoraqalpog‘istonda yashayotgan xalqlarning eng yaxshi vakillari bilan tanishtiruvchi fotoko‘rgazma tashkil etildi. Buni Mustaqillikdan keyin Qoraqalpog‘istonda turkman madaniyatining rivojlanishiga e‘tibor qaratilayotgani sifatida ko‘rsatishimiz mumkin. Turkman madaniyat markazining ushbu tadbirda ishtirok etganini alohida ta‘kidlash lozim. Bu fakt turkman milliy madaniyati va san’atining tiklanishi va qo‘llab-quvvatlanishining yorqin dalilidir. Ta‘kidlash joizki, Turkman madaniyat markazining ishtiroki orqali turkmanlar o‘z madaniyatini namoyon etib, boshqa millatlar bilan do‘stlik munosabatini mustahkamlamoqda.

Har yili o‘tkaziladigan “Navro‘z” bayrami dasturxonini milliy taomlar bilan to‘ldiriladi. Bu turkmanlarning milliylikining saqlanib qolinishi va ularning kundalik turmushda hamda bayramlarda muhim o‘rin tutganini bildiradi. Shuningdek, respublika xalqlarining milliy taomlarining deyarli har bir oilaga kirib borgani haqidagi jumla Qoraqalpog‘istonda turkmanlarning o‘z madaniyatini saqlash bilan birga, boshqa millatlar bilan madaniy integratsiyalashuv jarayoni borayotganini oydinlashtiradi. Qoraqalpog‘istondagi turkmanlar o‘zlarini erkin va teng huquqli his qilib, O‘zbekistonning rivojlanishiga o‘z hissasini qo‘shib kelayotganini ta‘kidlash kerak.

Rus, qozoq, koreys madaniyat markazlari bilan birga Turkman madaniyat markazining ishtiroki, Qoraqalpog‘istondagi barcha milliy madaniyatlar teng darajada qo‘llab-quvvatlanayotganini ta‘kidlash lozim[2, 3].

2014 yilda Maxtumqulining yubileyi munosabati bilan xalqaro konferensiyalar o‘tkazilib, kitoblar va to‘plamlar nashr etildi. Karimbay Qurambaev va akademik B. Nazarovning tadqiqotlari uning merosining jahon madaniyati uchun ahamiyatini ochib berdi. Bu tadbirlar va tadqiqotlarni Qoraqalpog‘istondagi turkmanlarning madaniy hayotiga integratsiyalashuvining dalili sifatida ko‘rsatishimiz mumkin. Ya‘ni, qoraqalpog‘istonlik turkmanlar ham shunday tadbirlarda ishtirok etib, o‘zlarining madaniy o‘zligini saqlab qolishga va rivojlantirishga intildi[3, 3].

K.Quramboev o‘zbek, qoraqalpoq va turkman adabiyotlari o‘rtasidagi o‘zaro aloqalarni tadqiq etish bilan shug‘ullanib, uning asarlarida XVIII asrda yashagan buyuk turkman shoiri Maxtumquli ijodiga alohida e‘tibor qaratilgan.

Mustaqillikka erishilgandan so‘ng Qoraqalpog‘istonda turkman xalqi madaniyatining qayta tiklanishi va rivojlanishi davrida Maxtumquli merosini o‘rganish va targ‘ib qilish bilan shug‘ullanuvchi Q. Quramboev va boshqa olimlarning ilmiy ishlariga katta e‘tibor berilmoqda. Bu jarayonda ularning hissasi alohida ahamiyatga ega.

K.Quramboevning “Maxtumquli she‘riyati O‘zbekistonda”, “Maxtumquli - ilhom manbai” nomli kitoblarining nashr etilgani, uning tadqiqotlari O‘zbekiston va Turkmaniston adabiy jamoatchiligi tomonidan qizg‘in kutib olindi. Bu fakt madaniy aloqalarning, jumladan, adabiy aloqalarning mustaqillik davrida ham saqlanib qolgani

va rivojlanib borayotganini tasdiqlaydi. Shunga asoslanib, Qoraqalpog‘istonda mustaqillikdan keyin turkmanlarning tarixiy Vatani bilan madaniy va adabiy aloqalari yanada mustahkamlanganini ko‘rsatish mumkin.

K.Quramboevning “Mustaqillik yillarida qoraqalpoq she’riyatida Maxtumlul an‘analari” nomli bobida Maxtumlul asarlarini tarjima qilish, uning obrazini yaratish bilan shug‘ullanayotgan respublika shoirlari haqida so‘z yuritgani bayon etilgan. Bu Qoraqalpog‘istonda Maxtumlulining an‘analari avloddan-avlodga yetib kelganini ko‘rsatadi. Adabiyot Qoraqalpog‘istonlik turkmanlarning o‘z lingvistik o‘ziga xosligini, urf-odatlarini va an‘analarini qo‘llab-quvvatlash uchun asos qilib olish mumkinligini ko‘rsatish mumkin.

Akademik Bartold turkiy xalqlar ichida Maxtumlulidek milliy shoirni dunyoga tanitgan ham turkmanlar ekanini ta’kidlagan edi. Bu so‘zlarda Maxtumlulining xalq uchun o‘rnak ekanligini bildiradigan falsafiy ma’no bor. Igor Belyaev Maxtumlul she’rlarining keng tarqalganligi haqida yozib, uning asarlari nafaqat Kaspiy orti hududida, balki qoraqalpoqlar orasida ham katta qiziqishga ega bo‘lganligini ta’kidlaydi. Muallif bu hududlarda Maxtumlulining ijodi katta hurmat va ehtiromga sazovor bo‘lganini alohida qayd etadi[4, 6].

Afsuski, Maxtumlulining asarlari qoraqalpoq tiliga tarjima qilingan bo‘lsa-da, so‘nggi tarjimalar o‘ttiz yil oldin qilinganini ta’kidlash lozim. Bu o‘z navbatida, Mustaqillik davrida turkman adabiyotining, ayniqsa, Maxtumlul asarlarini qoraqalpoq tiliga qayta tarjima qilish va nashr etish zarurligini ko‘rsatadi. Bunday harakatlar Qoraqalpog‘istondagi turkmanlarning o‘z ona tilida madaniy merosdan foydalanishi uchun muhim ahamiyatga ega bo‘ladi.

Mustaqillikdan keyin Qoraqalpog‘istondagi turkmanlarning madaniy hayotida K. Quramboev kabi olimlarning bajargan ishlari, turkman adabiyotining qoraqalpoq adabiyoti bilan aloqasi, Maxtumlulining an‘analari va uning asarlarini tarjima qilish masalalarini yoritadi[5, 3].

Maxtumlul Firog‘iy odat bo‘yicha Hakim otaning qabrini ziyorat qilib, o‘sha yerda oqsoqollar bilan suhbatlashardi. Qoraqalpoqlar Maxtumlulini o‘zinikidek ko‘rib, qo‘shiqlarini soz bilan aytib, yodlab olgan edi. Bu boy meros og‘izdan-og‘izga, avloddan-avlodga ma’naviy meros sifatida yetkazilgan.

Aksincha qoraqalpoq klassik shoir, yozuvchilarining asarlari turkman tiliga tarjima qilindi. Masalan, Ajiniyaz Qosibay o‘g‘lining (1824-1878) 170 yillik yubileyini o‘tkazish sharafiga bag‘ishlanib, shoir asarlari A.Mamedov tomonidan turkman tiliga tarjima qilindi[6, 499].

Qoraqalpoq tarixchisi T.A.Jdanko o‘z asarlarida qoraqalpoq va turkman xalqlarining do‘stligini, madaniy va adabiy aloqalarini, birligini chuqur tasvirlaydi. Maxtumlul

ko'p ellarni kezib, odamlar turmushini chuqur o'rgangan. U jamiyatning turli qatlamlari hayotining kafolati sifatida xizmat qilgan. Shuning uchun ham Maxtumquli o'z she'rlarida inson psixologiyasining xususiyatlarini aks ettiradi[4, 6].

2024 yil 14 fevralda O'zbekiston Respublikasi Prezidenti Sh.Mirziyoevning "Buyuk turkman shoiri va mutafakkiri Maxtumquli Firog'iy tavalludining 300 yilligini keng nishonlash to'g'risida"gi qarori qabul qilindi. Mazkur qaror asosida Maxtumquli Firog'iyning "Tanlangan asarlar"i hamda uning hayoti va ijodiy faoliyatiga bag'ishlangan ilmiy maqolalar to'plamini nashrga tayyorlash va chop etish rejalashtirilgan.

2017 yil 24 yanvarda O'zbekiston Respublikasi Prezidenti Sh.M.Mirziyoevning Farmoni bilan Respublika Baynalmilal madaniyat markazining 25 yilligi munosabati bilan Qoraqalpog'iston Respublikasidan A.A.Abaev (Qoraqalpog'iston Respublikasining Turkman milliy madaniy markazi faoli, To'rtko'l tumani "Mekan" gazetasi bosh muharriri) "Do'stlik" ordeni bilan va O.A.Mirones (Nukus shahridagi "Slavutich" ukrain milliy madaniy markazi boshlig'i, Qoraqalpog'iston Respublikasi davlat sanitariya-epidemiologiya nazorati markazi laboratoriya mudiri) "Shuhrat" medali bilan taqdirlandi[7]. Ushbu farmon O'zbekiston Respublikasida millatlararo totuvlikni qadrlashning yana bir ifodasi hamda Respublika Baynalmilal madaniyat markazining 25 yillik yubileyi munosabati bilan milliy madaniy markazlarning bir guruh faollari taqdirlanishi, ana shu totuvlikni mustahkamlashga qo'shgan hissalarining e'tirofidir.

Xulosa qilib aytganda, mustaqillik yillarida turkman va qoraqalpoq xalqlarining madaniy aloqalari sezilarli darajada rivojlandi. Ushbu hamkorlik ikki xalq o'rtasidagi do'stlik rishtalarini yanada mustahkamlashga, madaniy merosni asrab-avaylashga va mintaqada barqarorlikni ta'minlashga xizmat qiladi. Madaniy aloqalarni rivojlantirishga qaratilgan sa'y-harakatlarni qo'llab-quvvatlash, o'zaro manfaatli loyihalarni amalga oshirish kelgusida ham muhim ahamiyat kasb etadi.

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ИММУННАЯ ТРОМБОЦИТОПЕНИЧЕСКАЯ ПУРПУРА

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Аннотация: Иммунная тромбоцитопеническая пурпура (ИТП) представляет собой аутоиммунное заболевание, характеризующееся снижением количества тромбоцитов в крови и повышенной кровоточивостью. В данной работе проводится анализ клинических проявлений, лабораторных показателей и факторов риска у детей с ИТП. Цель исследования — выявление ключевых патогенетических механизмов и оценка эффективности диагностических подходов.

Ключевые слова: Иммунная тромбоцитопеническая пурпура, Тромбоциты, Аутоиммунные заболевания, Дети, Диагностика и лечение

ВВЕДЕНИЕ

Иммунная тромбоцитопеническая пурпура (ИТП) является одним из наиболее распространённых аутоиммунных заболеваний у детей, характеризующимся снижением количества тромбоцитов в крови и повышенной склонностью к кровоточивости. Заболевание может проявляться разнообразными клиническими симптомами — от лёгких петехий и подкожных кровоизлияний до массивных кровотечений, угрожающих жизни ребёнка. Этиология ИТП остаётся предметом активного изучения. Основным патогенетическим механизмом считается образование аутоантител к тромбоцитам, что приводит к их ускоренному разрушению в селезёнке и печени. В детской практике заболевание часто развивается остро после перенесённых вирусных инфекций или вакцинации, что указывает на роль иммунных стимулов в запуске патологического процесса. Несмотря на значительное количество клинических наблюдений, вопросы ранней диагностики, прогнозирования течения и выбора оптимальной тактики ведения пациентов остаются актуальными. Ранняя идентификация факторов риска и понимание патогенетических механизмов ИТП позволяют снизить риск осложнений и улучшить перинатальные и детские исходы.

Материалы и методы

Исследование проводилось на базе детской клиники в период с 2023 по 2025 год и включало 68 детей с диагностированной иммунной тромбоцитопенической пурпурой в возрасте от 2 до 16 лет. Для сравнительного анализа использовалась

контрольная группа из 50 здоровых детей сопоставимого возраста. Подтверждённый диагноз ИТП на основании клинических проявлений и лабораторных данных (тромбоцитопения $< 100 \times 10^9/\text{л}$). Возраст от 2 до 16 лет. Получение письменного информированного согласия родителей или законных представителей. Вторичная тромбоцитопения, связанная с другими системными заболеваниями. Недавнее применение иммуносупрессивной терапии. Онкологические заболевания или тяжёлые хронические патологии. Клинический осмотр: оценка наличия петехий, подкожных кровоизлияний, носовых и слизистых кровотечений. Лабораторные исследования: общий анализ крови, подсчёт тромбоцитов, определение антител к тромбоцитам, биохимические показатели печени и селезёнки. Инструментальные методы: ультразвуковое исследование органов брюшной полости для оценки размеров селезёнки и печени.

Результаты

Анализ клинических данных показал, что у 68 детей с ИТП наиболее частыми проявлениями были петехии и подкожные кровоизлияния — 82% случаев, носовые кровотечения — 41%, слизистые кровотечения (десны, ЖКТ) — 28%. Средний уровень тромбоцитов на момент госпитализации составил $32 \pm 15 \times 10^9/\text{л}$, что значительно ниже контрольной группы ($238 \pm 42 \times 10^9/\text{л}$, $p < 0,001$). Лабораторные исследования выявили наличие антител к тромбоцитам у 76% пациентов. В 34% случаев наблюдалось увеличение селезёнки, подтверждённое ультразвуковым исследованием. Биохимические показатели печени оставались в пределах нормы у большинства детей, что указывает на преимущественно аутоиммунную природу тромбоцитопении. Сравнительный анализ с контрольной группой показал значительное различие по количеству тромбоцитов ($p < 0,001$) и частоте клинических проявлений кровоточивости ($p < 0,01$). Данные статистического анализа подтвердили значимость выявленных клинических и лабораторных показателей как маркеров активности заболевания.

Обсуждение

Результаты нашего исследования подтверждают, что иммунная тромбоцитопеническая пурпура у детей является мультифакториальным аутоиммунным заболеванием, где ведущую роль играют антитела к тромбоцитам, приводящие к их ускоренному разрушению в селезёнке и печени. Высокая частота клинических проявлений кровоточивости, таких как петехии, подкожные и слизистые кровотечения, согласуется с данными международных исследований, указывая на типичную картину заболевания у педиатрических пациентов. Наличие антител к тромбоцитам у 76% детей подтверждает

иммунопатогенетическую природу ИТП и подчеркивает важность лабораторной диагностики для точного подтверждения диагноза. Увеличение селезёнки у третьей части пациентов также коррелирует с тяжестью тромбоцитопении и клинической симптоматикой, что соответствует данным других авторов о роли селезёнки как ключевого органа разрушения тромбоцитов. Сравнительный анализ с контрольной группой показал статистически значимые различия как в уровне тромбоцитов, так и в проявлениях кровоточивости, что позволяет использовать данные показатели в качестве маркеров активности заболевания и прогноза течения ИТП. **Заключение**

Исследование подтверждает, что иммунная тромбоцитопеническая пурпура у детей является аутоиммунным заболеванием с мультифакториальной этиологией, где ведущую роль играют антитела к тромбоцитам и ускоренное разрушение клеток в селезёнке. Наиболее характерными клиническими проявлениями ИТП у детей являются петехии, подкожные и слизистые кровотечения, что делает их важными маркерами для ранней диагностики. Лабораторное выявление тромбоцитопении и антител к тромбоцитам, а также инструментальная оценка селезёнки позволяют объективно оценить тяжесть заболевания и прогноз течения. Ранняя диагностика и комплексный подход к ведению пациентов с ИТП способствуют снижению риска осложнений и улучшению прогноза заболевания у детей. Полученные данные подчеркивают необходимость систематического мониторинга, индивидуализированной терапии и дальнейших исследований патогенеза ИТП для совершенствования методов лечения.

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MODERNE ANSÄTZE ZUR MODERNISIERUNG DER BERUFLICHEN AUSBILDUNG AN MEDIZINISCHEN FACHSCHULEN

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ANNOTATION

Der Artikel untersucht neue Ansätze zur Verbesserung der Qualität der beruflichen Ausbildung an medizinischen Fachschulen, darunter das kompetenzbasierte Modell, simulationsgestütztes Lernen, das duale Ausbildungssystem, der Einsatz moderner pädagogischer Technologien sowie die berufliche Weiterbildung des Lehrpersonals. Die Studie begründet wirksame Methoden zur Entwicklung praktischer Kompetenzen bei Studierenden medizinischer Fachschulen.

ANNOTATSIYA

Maqolada tibbiyot texnikumlarida kasbiy ta'lim sifatini oshirishning yangi yondashuvlari, xususan kompetensiyaviy model, simulyatsion ta'lim, dual tizim, zamonaviy pedagogik texnologiyalarni qo'llash hamda pedagoglar malakasini oshirish masalalari yoritilgan. Tadqiqot tibbiyot texnikum o'quvchilari o'rtasida amaliy ko'nikmalarni shakllantirishning samarali metodlarini asoslab beradi.

ANNOTATION

The article examines new approaches to improving the quality of vocational education in medical colleges, including the competency-based model, simulation-based training, the dual education system, the use of modern pedagogical technologies, and the enhancement of teachers' professional skills. The study substantiates effective methods for developing practical skills among students of medical colleges.

EINLEITUNG

Medizinische Fachschulen stellen die zentrale Ausbildungsstufe für Fachkräfte im mittleren Gesundheitswesen dar. Die rasanten Veränderungen im modernen Medizinbereich, das Aufkommen neuer diagnostischer und therapeutischer Technologien sowie die Entwicklung der digitalen Medizin erhöhen die Anforderungen an die beruflichen Kompetenzen des mittleren medizinischen Personals erheblich.

Vor diesem Hintergrund gehört die Modernisierung des Ausbildungsprozesses an medizinischen Fachschulen, die Ausweitung praxisorientierter Lernanteile und die systematische Entwicklung beruflicher Kompetenzen zu den dringendsten Aufgaben

der Gegenwart. Die Annahme einer Reihe konzeptioneller Dokumente zur Modernisierung der medizinischen Ausbildung in unserem Land für die Jahre 2020–2025 unterstreicht die strategische Bedeutung dieses Bereichs.

LITERATURÜBERSICHT

Moderne wissenschaftliche Studien heben mehrere zentrale Richtungen bei der Entwicklung der medizinischen Ausbildung hervor. Eine der wichtigsten ist der **kompetenzbasierte Ansatz**, der die Integration von Wissen, Fertigkeiten, Qualifikationen und Verhalten als zentrales Element betrachtet. An medizinischen Fachschulen ist dieser Ansatz besonders bedeutsam für die Ausbildung beruflicher Kompetenzen wie klinisches Denken, Kenntnisse in Hygiene und Sanitation, effektive Kommunikation mit Patient:innen, schnelles klinisches Entscheiden und die sichere Durchführung praktischer Manipulationen.

Die zweite wichtige Richtung, die in der Literatur hervorgehoben wird, ist das **klinisch-simulative Lernen**. Internationale Erfahrungen zeigen, dass die Vermittlung praktischer Fertigkeiten zunächst in einer simulierten Umgebung und anschließend in realen klinischen Bedingungen die berufliche Vorbereitung der Studierenden erheblich verbessert. Simulationsunterricht ermöglicht ein fehlerfreies Lernen, bereitet die Studierenden auf reale Prozesse vor und erhöht ihre Stressresistenz.

Als dritte Richtung wird in der Literatur **das duale Ausbildungssystem** besonders betont. Dieses System basiert auf der Zusammenarbeit zwischen medizinischen Fachschulen und Gesundheitseinrichtungen und beschleunigt die Anpassung der Studierenden an die realen Arbeitsprozesse. Forschungsergebnisse zeigen, dass Absolvent:innen des dualen Systems sich 30–40 % schneller an die Arbeitsumgebung anpassen als solche, die eine traditionelle Ausbildung erhalten haben. Dies bestätigt die praktische Effizienz des Systems.

Eine weitere bedeutende Richtung ist die **Integration digitaler Medizin und Informationstechnologien** in den Ausbildungsprozess. Telemedizin, elektronische Patientenakten, digitale Diagnosegeräte und mobile Gesundheitsanwendungen werden zunehmend im Alltag medizinischer Fachkräfte genutzt und erfordern neue digitale Kompetenzen bei zukünftigen Pflegekräften und medizinischen Assistent:innen. Die Einbindung dieser Technologien in die Ausbildung beschleunigt die Anpassung der Studierenden an das moderne medizinische Umfeld und stärkt ihre berufliche Wettbewerbsfähigkeit.

Insgesamt zeigen die verfügbaren wissenschaftlichen Quellen, dass die Modernisierung der beruflichen Ausbildung an medizinischen Fachschulen durch die Stärkung praktischer Fertigkeiten, die Technologisierung des Unterrichts und die umfassende Entwicklung der Kompetenzen der Studierenden umgesetzt werden sollte.

FORSCHUNGSMETHODOLOGIE

Die vorliegende Studie wurde auf der Grundlage einer detaillierten Untersuchung des in medizinischen Fachschulen tatsächlich angewandten Unterrichtsprozesses und dessen Vergleich mit modernen pädagogischen Anforderungen durchgeführt. Dabei kamen sowohl empirische als auch theoretische Methoden zum Einsatz.

Zunächst wurde eine Umfrage unter 120 Studierenden durchgeführt, um ihre Einstellungen zu praktischen Übungen, simulationsbasiertem Lernen, dem dualen System sowie zur Tätigkeit der Lehrkräfte zu erfassen. Zusätzlich wurde der Unterrichtsprozess an den Fachschulen direkt beobachtet, wobei die Organisation der Kurse, die Qualität der Laborübungen, der Einsatz von Simulationsgeräten und die Aktivität der Studierenden analysiert wurden.

Ein zentraler Bestandteil der Forschung waren individuelle Interviews mit 14 erfahrenen Lehrkräften, in denen sie ihre Sichtweisen zu Problemen im Unterricht, dem Bedarf an modernen Methoden und der Effektivität praktischer Übungen darlegten. Darüber hinaus wurden die aktuellen Lehrpläne, Ausbildungsprogramme und regulatorischen Dokumente der Fachschulen analysiert, um deren Übereinstimmung mit dem kompetenzbasierten Ansatz zu bewerten.

Zur Vertiefung der Untersuchung wurden die fortschrittlichen Erfahrungen im Bereich der mittleren medizinischen Ausbildung in Russland, der Türkei, Korea und Deutschland untersucht und deren Ausbildungssysteme mit dem lokalen System verglichen. Auf Grundlage der verwendeten Methoden wurden die gewonnenen Daten einer umfassenden Analyse unterzogen, wobei die wichtigsten statistischen Ergebnisse in den entsprechenden Abschnitten des Artikels dargestellt werden.

ERGEBNISSE

Die Ergebnisse der Studie zeigten, dass die Notwendigkeit der Verbesserung der beruflichen Ausbildung an medizinischen Fachschulen mit mehreren Faktoren zusammenhängt. Zunächst gaben 68 % der Studierenden in der Umfrage an, dass die praktischen Übungen nicht ausreichend seien und dass ihre beruflichen Fertigkeiten schneller entwickelt würden, wenn die Anzahl der Praxisstunden erhöht würde. Dies deutet darauf hin, dass die aktuellen Lehrpläne übermäßig viel Zeit auf theoretisches Material verwenden und der Anteil praxisorientierten Unterrichts gesteigert werden muss.

Als Bestätigung dieser Beobachtung zeigte sich, dass Studierende, die regelmäßig im Simulationszentrum trainierten, grundlegende klinische Fertigkeiten wie Venenspritzen, Blutdruckmessung, Anlegen von Verbänden und kardiopulmonale Reanimation 25–35 % schneller und präziser durchführten. Dies belegt die hohe Wirksamkeit von Simulationstrainings bei der Entwicklung praktischer Kompetenzen.

Darüber hinaus wurde festgestellt, dass Studierende, die am dualen Ausbildungssystem teilnahmen — insbesondere in Zusammenarbeit mit Abteilungen für Krankheitsmanagement, Notfallmedizin und häusliche Pflege — eine viermal schnellere berufliche Anpassung zeigten als jene, die eine traditionelle Ausbildung erhielten. Dies unterstreicht, dass die Möglichkeit, praktische Erfahrungen in realen Arbeitsumgebungen zu sammeln, einen signifikanten Einfluss auf die berufliche Entwicklung der Studierenden hat.

Gleichzeitig zeigte die Studie, dass die Qualifikation der Lehrkräfte einen direkten Einfluss auf die Ausbildungsqualität hat. 58 % der Lehrkräfte gaben an, dass zusätzliche Schulungen im Umgang mit modernen medizinischen Technologien und Geräten erforderlich seien. Dieser Faktor wurde als eine der wesentlichen Beschränkungen der Ausbildungsqualität an medizinischen Fachschulen bewertet.

DISKUSSION

Die Modernisierung der beruflichen Ausbildung an medizinischen Fachschulen erfordert eine eingehende Analyse mehrerer miteinander verknüpfter Faktoren. Zunächst stellt die unzureichende Praxisorientierung des Unterrichts einen der Hauptprobleme dar. Ein großer Teil der aktuellen Lehrpläne konzentriert sich weiterhin stark auf theoretisches Wissen, während der Anteil praktischer Übungen gering ist. Dies behindert die Absolvent:innen erheblich darin, eigenständig in klinischen Prozessen zu arbeiten, und führt zu einer langsamen Entwicklung beruflicher Kompetenzen.

Ein zweiter wesentlicher Faktor ist die technische Ausstattung der Bildungseinrichtungen. Viele Fachschulen verfügen über Laboratorien in Bereichen wie Physiologie, Anatomie, Pflege und Geburtshilfe, die mit veralteten Geräten ausgestattet sind, was die Effektivität praktischer Übungen einschränkt. Simulationslabore, die mit modernen Phantommodellen, High-Tech-Simulatoren und klinischen Modellen ausgestattet sind, ermöglichen es den Studierenden, sich unter realitätsnahen Bedingungen auf das Berufsleben vorzubereiten und verbessern die Qualität des Unterrichts erheblich.

Drittens ist die Motivation der Studierenden ein besonders wichtiger Aspekt. Untersuchungen zeigen, dass viele Studierende den Zusammenhang zwischen Ausbildung und den realen Anforderungen des Arbeitsmarktes nicht erkennen und daher ihre beruflichen Ziele nicht vollständig erfassen. Das duale Ausbildungssystem kann dieses Problem lösen, indem es die Studierenden bereits während des Unterrichts in reale klinische Umgebungen einbindet und so ihr berufliches Interesse und Verantwortungsbewusstsein stärkt.

Ein weiterer wichtiger Punkt ist die Qualifikation der Lehrkräfte und ihre Bereitschaft, moderne Methoden anzuwenden. Die effektive Nutzung interaktiver Unterrichtsmethoden, die Förderung klinischen Denkens und die Entwicklung kritischen Denkens erfordern eine kontinuierliche berufliche Weiterbildung der Lehrkräfte. Die Fähigkeit der Lehrenden, moderne medizinische Geräte, Simulationstechnologien und digitale Lehrmittel einzusetzen, gewährleistet eine kontinuierliche Verbesserung der Ausbildungsqualität.

EMPFEHLUNGEN UND VORSCHLÄGE

Auf der Grundlage der Ergebnisse der durchgeführten Studie wurden eine Reihe praktischer Empfehlungen entwickelt, um die berufliche Ausbildung an medizinischen Fachschulen weiter zu verbessern. Zunächst dient der Aufbau eines Netzwerks von Simulationszentren dazu, die Qualität und Praxisorientierung des Unterrichts erheblich zu steigern. Solche Zentren sollten mit hochentwickelten Phantommodellen ausgestattet sein, die Simulation klinischer Situationen ermöglichen und den Studierenden erlauben, komplexe praktische Fertigkeiten in einer sicheren und kontrollierten Umgebung zu erlernen.

Darüber hinaus trägt die umfassende Implementierung des dualen Ausbildungssystems dazu bei, die Studierenden näher an reale klinische Praxis heranzuführen. Dazu ist es sinnvoll, feste Kooperationsvereinbarungen mit Gesundheitseinrichtungen zu treffen, die Studierenden aktiv in den Praxisprozess einzubeziehen und Arbeitgeber in das Bewertungssystem einzubinden.

Zur Steigerung der Effektivität des Unterrichts ist eine Überarbeitung der Lehrpläne auf Basis des kompetenzbasierten Modells von entscheidender Bedeutung. Die Definition klarer Kompetenzen für jedes Modul sowie die Einführung minimaler Standards für praktische Fertigkeiten helfen, das berufliche Ausbildungsniveau der Studierenden nachhaltig zu sichern. Ergänzend ist eine kontinuierliche Weiterbildung der Lehrkräfte notwendig. Sie müssen über aktuelle Kenntnisse und Fertigkeiten in den Bereichen neue medizinische Technologien, digitale Medizinplattformen und klinische Simulationsmethoden verfügen.

Die Integration moderner digitaler Technologien in den Unterricht verbessert ebenfalls die Effizienz der beruflichen Ausbildung an Fachschulen. Insbesondere ermöglichen VR-basierte medizinische Übungen den Studierenden eine verbesserte Vorbereitung auf reale klinische Situationen, während elektronische Lehrbücher einen komfortablen Zugang zu Lernmaterialien bieten. Die Vermittlung von Grundlagen der Telemedizin beschleunigt zudem die Anpassung zukünftiger medizinischer Fachkräfte an moderne Gesundheitssysteme.

Insgesamt dienen diese Empfehlungen der Verbesserung der Qualität der beruflichen Ausbildung an medizinischen Fachschulen, der Stärkung praktischer Fertigkeiten der Studierenden und der Sicherstellung ihrer Anpassungsfähigkeit an die Anforderungen des modernen medizinischen Umfelds.

SCHLUSSFOLGERUNG

Die Modernisierung der beruflichen Ausbildung an medizinischen Fachschulen spielt eine entscheidende Rolle bei der Bereitstellung hochqualifizierter Fachkräfte des mittleren Gesundheitswesens. Ansätze wie Simulation, duale Ausbildung, kompetenzbasiertes Lernen, digitale Technologien sowie die kontinuierliche Weiterbildung des Lehrpersonals tragen wesentlich zur Verbesserung der Ausbildungsqualität bei.

Werden die vorgeschlagenen Maßnahmen umgesetzt, sind die Absolvent:innen in der Lage, eigenständig in klinischen Prozessen zu arbeiten, und die Effizienz des Gesundheitssystems wird gesteigert.

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ФИТОКОРРЕКЦИЯ ГИПОКСИЧЕСКИ-ИНДУЦИРОВАННЫХ ПОВРЕЖДЕНИЙ ПИЩЕВОДА ПРИ ХРОНИЧЕСКОМ ВОЗДЕЙСТВИИ УГАРНОГО ГАЗА

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Цель: оценить морфологические и иммуногистохимические изменения п пищевода при хроническом воздействии СО и определить эффективность фитокоррекции *Silybum marianum* и *Carthamus tinctorius*.

Материалы и методы: Эксперимент выполнен на 200 белых беспородных крыс массой 200–250 г. Животные случайно распределены на 5 групп: контроль; хроническая интоксикация СО; СО + *Silybum marianum*; СО + *Carthamus tinctorius*; СО + комбинированная фитокоррекция. Воздействие СО моделировали путём экспозиции животных в камере с концентрацией 200–300 мг/м³ (0,02–0,03%) по 1–2 ч/сут, 5–6 раз в неделю в течение 1–3 месяцев для формирования хронической гипоксии. После завершения воздействия животных декапитировали; из пищевода выделяли стандартные фрагменты для гистологии и ИГХ. Материал фиксировали в 10% нейтральном формалине, проводили в спиртах возрастающей концентрации и заливали в парафин. Срезы толщиной 5–7 мкм окрашивали гематоксилином-эозином и по Van Gieson для оценки структурных изменений. Иммуногистохимическое исследование выполняли стрептавидин-биотин-пероксидазным методом с использованием маркеров Ki-67 (пролиферация) и Bcl-2 (антиапоптотическая активность). Подсчет иммунопозитивных клеток проводили на площади 1 мм² с микроскопической визуализацией и морфометрией.

Результаты: у животных, подвергавшихся воздействию СО, отмечено прогрессирующее ухудшение морфологических показателей пищевода: эпителий снижался с $45 \pm 2,3$ до $26 \pm 1,2$ нм, отёк увеличивался с $10 \pm 0,6$ до $20 \pm 1,1$ нм, инфильтрация — с 35 ± 3 до 140 ± 9 кл/мм², воспалительная активность — с $0,5 \pm 0,1$ до $4,0 \pm 0,2$ балла. Фитокоррекция снижала степень повреждений: *Carthamus tinctorius* (сафлор) — эпителий до $42 \pm 2,0$ нм, воспаление 1,5–2,0 балла, инфильтрация 60–70 кл/мм², *Silybum marianum* (расторопша) — эпителий до $43 \pm 2,1$ нм, воспаление $1,3 \pm 0,1$ балла, инфильтрация 55 ± 4 кл/мм². Наилучший морфологический эффект отмечен при **комбинированной терапии**, где показатели приближались к контролю (качественная оценка).

Заключение: Хроническая СО-интоксикация вызывает

выраженные морфологические повреждения пищевода. Фитокоррекция с использованием *Silybum marianum* и *Carthamus tinctorius* достоверно снижает степень воспаления и дистрофии, а при комбинированном применении морфологические показатели максимально приближаются к контролю. Полученные данные подтверждают перспективность фитопрепаратов для защиты пищевода при хронической гипоксии.

XAVFLI YUQIMLI KASALLIKLAR ZAMONAVIY DAVOLASH USULLARI

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Annotatsiya: Maqola xavfli yuqumli kasalliklar va ularning zamonaviy davolash usullariga bag'ishlangan. Unda yuqumli kasalliklarning insoniyat sog'lig'iga tahdidi, ularning asosiy xususiyatlari va jiddiy asoratlari haqida so'z boradi. Shuningdek, maqolada antivirus va antibiotik preparatlar, vaksinatsiya, monoklonal antitanachalar, genetik va molekulyar terapiya, telemeditsina va raqamli monitoring kabi zamonaviy davolash usullari tushuntiriladi. Maqola xavfli yuqumli kasalliklarni oldini olish va samarali davolashdagi ilm-fan yutuqlarini ko'rsatib, ularning insoniyat salomatligi uchun ahamiyatini ta'kidlaydi.

Kalit so'zlar: xavfli yuqumli kasalliklar, yuqori infeksiyon kasalliklar, zamonaviy davolash usullari, antiviral preparatlar, antibiotiklar, vaksinalar, monoklonal antitanachalar, genetik terapiya, molekulyar terapiya, telemeditsina, raqamli monitoring, jamoat sog'ligi, pandemiya, , infeksiya nazorati

MODERN METHODS OF TREATMENT OF DANGEROUS INFECTIOUS DISEASES

Annotation: The article is devoted to dangerous infectious diseases and their modern methods of treatment. It discusses the threat of infectious diseases to human health, their main characteristics and serious complications. The article also explains modern methods of treatment, such as antiviral and antibiotic drugs, vaccination, monoclonal antibodies, genetic and molecular therapy, telemedicine and digital monitoring. The article shows scientific achievements in the prevention and effective treatment of dangerous infectious diseases, emphasizing their importance for human health.

Keywords: dangerous infectious diseases, highly infectious diseases, modern treatment methods, antiviral drugs, antibiotics, vaccines, monoclonal antibodies, genetic therapy, molecular therapy, telemedicine, digital monitoring, public health, pandemic, infection control

СОВРЕМЕННЫЕ МЕТОДЫ ЛЕЧЕНИЯ ОПАСНЫХ ИНФЕКЦИОННЫХ ЗАБОЛЕВАНИЙ

Аннотация: Статья посвящена опасным инфекционным заболеваниям и современным методам их лечения. В ней рассматривается угроза инфекционных заболеваний здоровью человека, их основные характеристики и серьёзные осложнения. В статье также рассматриваются современные методы лечения, такие как противовирусные и антибактериальные препараты, вакцинация, моноклональные антитела, генная и молекулярная терапия, телемедицина и цифровой мониторинг. В статье показаны научные достижения в области профилактики и эффективного лечения опасных инфекционных заболеваний, подчеркнув их важность для здоровья человека.

Ключевые слова: опасные инфекционные заболевания, высококонтагиозные заболевания, современные методы лечения, противовирусные препараты, антибиотики, вакцины, моноклональные антитела, генная терапия, молекулярная терапия, телемедицина, цифровой мониторинг, общественное здравоохранение, пандемия, инфекционный контроль.

Kirish: Xavfli yuqumli kasalliklar insoniyat tarixida doimiy tahdid sifatida namoyon bo'lgan. Ular yuqori yuqumchanlik, tez tarqalish xususiyati va jiddiy sog'liq asoratlari bilan ajralib turadi. Bunday kasalliklar global miqyosda pandemiyalar va epidemiyalarni keltirib chiqarishi mumkin, bu esa jamoat sog'lig'iga katta ta'sir qiladi. So'nggi o'n yilliklarda Ebola, SARS, MERS, COVID-19 kabi virusli infektsiyalar va antibiotiklar qarshiligiga ega bakterial kasalliklar katta e'tiborni tortgan.

Zamonaviy tibbiyot ushbu kasalliklarni aniqlash, oldini olish va samarali davolashga yo'naltirilgan turli innovatsion usullarni ishlab chiqdi. Vaksinatsiya, antiviral preparatlar, monoklonal antitanachalar, genetik va molekulyar terapiya, shuningdek, telemeditsina va raqamli monitoring kabi texnologiyalar xavfli yuqumli kasalliklar bilan kurashishda muhim ahamiyat kasb etmoqda. Ushbu maqola xavfli yuqumli kasalliklarning xususiyatlari, ularning tarqalish mexanizmlari va zamonaviy davolash usullari haqida to'liq ma'lumot beradi.

Xavfli Yuqumli Kasalliklarning Xususiyatlari

Xavfli yuqumli kasalliklar boshqa infektsiyalardan quyidagi xususiyatlar bilan ajralib turadi:

Yuqumchanlikning yuqoriligi: Bunday kasalliklar tez tarqaladi va qisqa vaqt ichida katta hududlarni qamrab olishi mumkin. Masalan, COVID-19 va Ebola viruslari qisqa vaqt ichida jiddiy epidemiyalar keltirib chiqargan.

Jiddiy asoratlar: Yuqumli agentlar organizmning turli tizimlariga zarar yetkazadi, kasallikning og‘ir kechishi va o‘lim xavfi yuqori bo‘lishi mumkin. Masalan, Marburg va Ebola viruslari bilan kasallangan bemorlarning o‘lim darajasi yuqori bo‘ladi.

Global tahdid: Xavfli kasalliklar nafaqat shaxsiy, balki jamoat sog‘lig‘iga ham xavf tug‘diradi. Pandemiya sharoitida global iqtisodiyot, ta‘lim tizimi va sog‘liqni saqlash resurslari jiddiy ta‘sirlanadi.

Antibiotik va antiviral qarshilik: Ba‘zi bakterial va virusli infeksiyalar dori vositalariga chidamli bo‘lib, davolashni qiyinlashtiradi. Bu esa zamonaviy tibbiyot uchun qo‘shimcha chaqiriq hisoblanadi.

Tez aniqlash va nazorat zaruriyati: Yuqumli kasalliklarni samarali nazorat qilish uchun ularni erta aniqlash va karantin, izolyatsiya kabi profilaktik choralarni qo‘llash muhim ahamiyatga ega.

Ushbu xususiyatlar xavfli yuqumli kasalliklarning global sog‘liq uchun qanchalik jiddiy tahdid ekanligini ko‘rsatadi va zamonaviy davolash usullarining ahamiyatini yanada oshiradi.

Xavfli Yuqumli Kasalliklar:



Ebola virusi kasalligi

Tarixi va kelib chiqishi: Ebola virusi Afrika mamlakatlarida paydo bo'lgan yuqori o'lim darajali virus.

Yuqumchanligi: Yuqori, qon va tana suyuqliklari orqali tarqaladi.

Asoratlari: Ichki organlar, qon aylanish tizimi va immun tizimiga zarar yetkazadi; o'lim darajasi 50–90%.

Marburg virusli infeksiyasi

Tarixi va kelib chiqishi: Ebola bilan o'xshash filovirus; Afrikada uchraydi, ammo kamroq holatlar.

Yuqumchanligi: Yuqori, qon orqali tarqaladi.

Asoratlari: Yuqori o'lim xavfi, jiddiy ichki organlar zararlanishi..

COVID-19

Tarixi va kelib chiqishi: 2019 yilda Xitoyning Uxan shahrida paydo bo'lgan global pandemiya.

Yuqumchanligi: Juda yuqori, nafas orqali va kontakt orqali tarqaladi.

Asoratlari: O'pka, yurak, buyrak va nerv tizimiga zarar, uzoq muddatli asoratlari (long COVID)..

Vabo (Cholera)

Tarixi va kelib chiqishi: Vibrio cholerae bakteriyasi sababli paydo bo'ladi; asosan iflos suv va oziq-ovqat orqali tarqaladi.

Yuqumchanligi: Yuqori, epidemik potentsialga ega.

Asoratlari: Og'ir diareya, suvsizlik, o'lim xavfi yuqori bo'lishi mumkin.

Tif

Tarixi va kelib chiqishi: Salmonella typhi bakteriyasi sababli rivojlanadi.

Yuqumchanligi: O'rta, suv va oziq-ovqat orqali tarqaladi.

Asoratlari: Yuqori harorat, ichak va jigar zarar, ba'zi hollarda jiddiy asoratlari.

Qizamiq (Measles)

Tarixi va kelib chiqishi: Virusli kasallik, bolalar orasida tez tarqaladi.

Yuqumchanligi: Juda yuqori, nafas orqali yuqadi.

Asoratlari: O'pka yallig'lanishi, quloq infeksiyalari, miyaning yallig'lanishi..

Tetanus

Tarixi va kelib chiqishi: Clostridium tetani bakteriyasi orqali rivojlanadi; jarohatlar va tug'ruq paytida infektsiya yuz beradi.

Yuqumchanligi: Past, lekin o'lim xavfi juda yuqori.

Asoratlari: Mushak spazmlari, nafas olish muammolari, o'lim..

Malaria (Qonli bezgak)

Tarixi va kelib chiqishi: Plasmodium parazitlari orqali tarqaladi, asosan Anopheles chivinlari orqali.

Yuqumchanligi: Yuqori hududiy bog‘liq, vektor orqali tarqaladi.

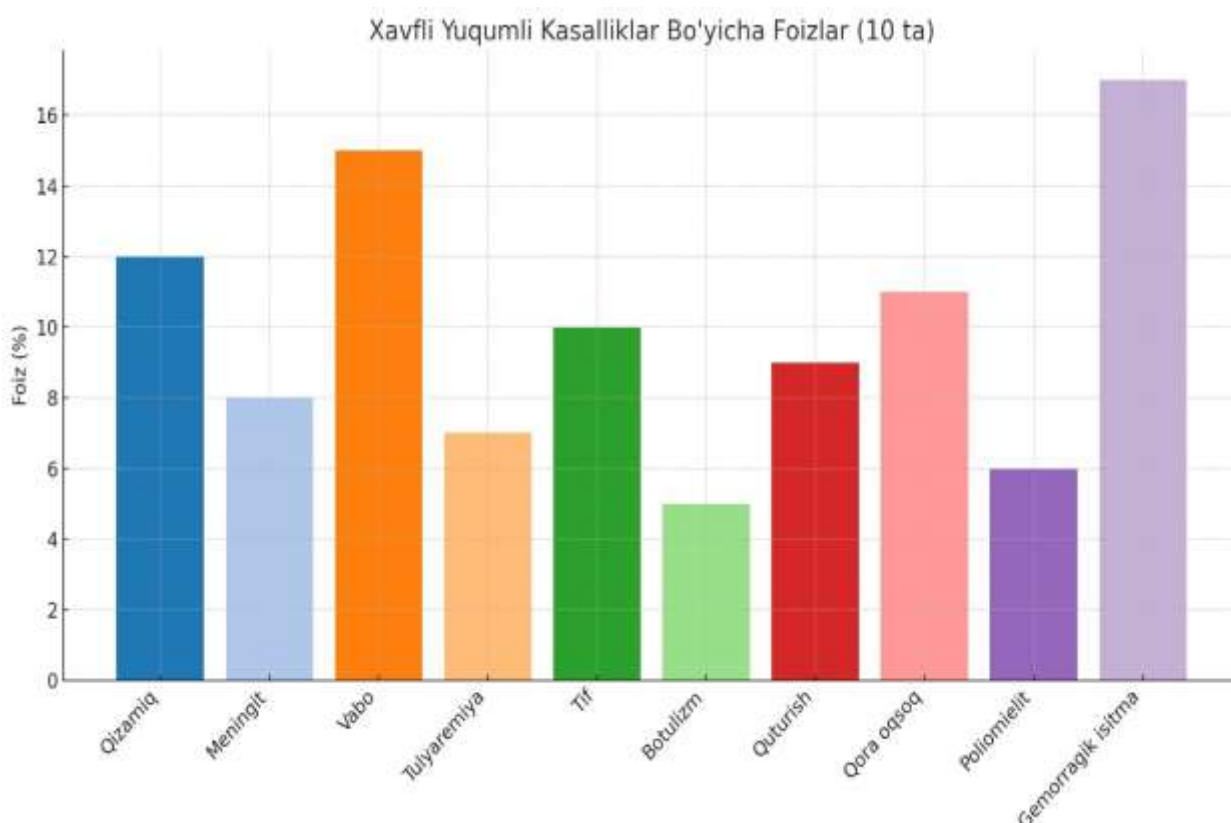
Asoratlari: Yuqori harorat, qon yetishmovchiligi, jiddiy organlar zararlanishi..

Gepatit A va B

Tarixi va kelib chiqishi: Virusli infeksiyalar orqali jigarni zararlaydi. A turi asosan iflos oziq-ovqat va suv orqali, B turi esa qon va jinsiy yo‘l orqali yuqadi.

Yuqumchanligi: O‘rta, ayrim hududlarda yuqori.

Asoratlari: Jigar shikastlanishi, surunkali gepatit, sirroz, o‘lim xavfi.



Yuqoridagi diagrammada jamiyat salomatligi uchun eng xavfli sanaladigan 10 ta yuqumli kasallikning tarqalish foizlari ko‘rsatib berilgan. Har bir kasallik alohida rang bilan ajratilib, ularning ulushi aniq ko‘rinishda ifodalangan.

Diagrammaga ko‘ra eng yuqori ko‘rsatkich Gemorragik isitmaga tegishli bo‘lib, uning ulushi 17 % ni tashkil etadi. Bu kasallikning yuqori xavfliligi va og‘ir asoratlari berishi bilan bog‘liq. Ikkinchi o‘rinda Vabo (15 %), uchinchi o‘rinda esa Qizamiq (12 %) turadi. Ushbu kasalliklar yuqori yuquvchanligi sababli epidemiologik nazoratni talab qiladi.

Qora oqsoq (11 %), Tif (10 %) va Quturish (9 %) kasalliklari ham sezilarli ulushga ega bo‘lib, ularning tarqalishi hududiy sanitariya va hayvonlar orqali yuqish omillari bilan bog‘liq.

Nisbatan past foizli kasalliklar qatoriga Meningit (8 %), Tulyaremiya (7 %), Poliomiolit (6 %) hamda eng past ko'rsatkichga ega Botulizm (5 %) kiradi. Garchi ulushi past bo'lsa-da, bu kasalliklar og'ir kechishi yoki o'lim darajasi baland bo'lgani sababli xavfli deb hisoblanadi.

Davolash usullari va zamonaviy yondashuvlar

Yuqumli kasalliklarni samarali davolash tizimli yondashuvni talab qiladi. Kasallik patofiziologiyasi, etiologiyasi va epidemiologik xususiyatlari aniqlangach, davolash strategiyasi individual va jamoaviy chora-tadbirlar asosida belgilanadi. Zamonaviy tibbiyotda quyidagi asosiy yo'nalishlar qo'llaniladi:

Virusli kasalliklar (Ebola, Marburg, COVID-19, Qizamiq, Gepatit A va B):

Virusli infeksiyalar uchun asosiy davolash yondashuvi simptomatik terapiya bilan birga, antiviral preparatlarni qo'llashni o'z ichiga oladi. Immun tizimini mustahkamlash, suyuqlik muvozanatini ta'minlash va qarama-qarshi infeksiyalarni oldini olish zarur. Shu bilan birga, kasalliklarning profilaktikasi vaktsinatsiya orqali amalga oshiriladi. Masalan, COVID-19 va qizamiq kabi kasalliklarda keng qamrovli immunizatsiya epidemik xavfni sezilarli darajada kamaytiradi.

Bakterial kasalliklar (Vabo, Tif, Tetanus):

Bakterial etiologiyaga ega kasalliklar antibiotik terapiyasi yordamida davolanadi. Infektsiyani nazorat qilish, sanitariya-gigiyena qoidalarini qat'iy rioya qilish va infeksiyaga chalinish xavfini kamaytiruvchi profilaktik chora-tadbirlar muhim ahamiyatga ega. Tetanus kasalligi holatlarida immunoglobulinlar va vaktsinatsiya preparatlari qo'llanadi, bu kasallik asoratlarini kamaytirishda muhim vosita hisoblanadi.

Parazitar kasalliklar (Malaria):

Parazitar infeksiyalar uchun davolashda antiparazitar preparatlar markaziy rol o'ynaydi. Shu bilan birga, vektorlarni (masalan, Anopheles chivinlari) nazorat qilish, kasallik xavfini kamaytiruvchi ekologik va profilaktik chora-tadbirlarni amalga oshirish zarur. Shu yo'l bilan parazitar infeksiyalarning epidemiologik tarqalishi sezilarli darajada cheklanadi.

Zamonaviy diagnostika va innovatsion yondashuvlar:

Molekulyar diagnostika metodlari (PCR, tezkor antigen/antitel testlar) infeksiyani erta aniqlash va davolashni tezlashtiradi.

Telemeditsina va masofaviy tibbiy kuzatuv kasalliklarni monitoring qilish va epidemiyalarga javob choralarini optimallashtirish imkonini beradi.

Gen terapiyasi, monoklonal antitanalar va innovatsion vaksinalar, xususan virusli kasalliklarda, davolash samaradorligini sezilarli darajada oshiradi.

Jamoat salomatligini yaxshilash choralariga epidemiyalarning oldini olish, sanitariya-gigiyena nazorati, karantin va izolyatsiya rejimlarini joriy etish kiradi.

Shu yondashuvlar kompleks tarzda qo'llanilganda, kasalliklarning tarqalishi sezilarli darajada kamayadi, og'ir asoratlar va o'lim xavfi minimal darajaga tushiriladi.

Oldini olish va profilaktika choralari

Yuqumli kasalliklarning tarqalishini kamaytirishda profilaktika eng samarali strategiya hisoblanadi. Zamonaviy tibbiyotda profilaktika choralari quyidagi asosiy yo'nalishlarni o'z ichiga oladi:

Vaksinatsiya:

Vaksinalar kasalliklarning oldini olishda eng muhim vosita hisoblanadi. Masalan, qizamiq, tetanus, gepatit B va COVID-19ga qarshi vaktsinalar jahon miqyosida epidemiyalarni sezilarli darajada kamaytirgan. Vaksinatsiya dasturlari jamoaviy immunitet hosil qilishga xizmat qiladi va aholining sezilarli qismini yuqori xavfdan himoya qiladi.

Sanitariya va gigiyena choralari:

Toza ichimlik suvi, sanitariya inshootlarini ta'minlash, qo'l va ovqat gigiyenasiga rioya qilish orqali bakterial va parazitlar kasalliklar tarqalishini oldini olish mumkin. Vabo va tif kabi ichak infeksiyalari aynan shu choralari bilan samarali nazorat qilinadi.

Vektorlarni nazorat qilish:

Malaria kabi parazitlar kasalliklarda vektorlarni, xususan chivin va boshqa zararkunandalarni yo'q qilish muhim ahamiyatga ega. Mosquito nets, insektitsid ishlatish va ekologik nazorat choralari joriy qilish orqali kasallik xavfi sezilarli darajada kamayadi.

Epidemiologik monitoring va tezkor javob:

Yuqumli kasalliklar tarqalishining monitoringi, tezkor diagnostika vositalari va epidemiyalarga javob choralari o'z vaqtida amalga oshirish infeksiya zanjirini uzish imkonini beradi. Telemeditsina va masofaviy kuzatuv tizimlari, shuningdek, aholini xabardor qilish bu jarayonga sezilarli hissa qo'shadi.

Ta'lim va jamoatchilik xabardorligi:

Aholini yuqumli kasalliklar xavfi, profilaktik chora-tadbirlar va vaksinatsiya ahamiyati haqida muntazam xabardor qilish muhimdir. Bu jamoaviy immunitetni mustahkamlash va epidemiyalarni oldini olishga xizmat qiladi.

Xulosa

Yuqumli kasalliklar inson salomatligi va jamoat sog'lig'i uchun jiddiy tahdid hisoblanadi. O'zbekistonda uchraydigan yuqori xavfli kasalliklar orasida Ebola, Marburg, COVID-19, vabo, tif, tetanus, qizamiq, malaria va gepatit A va B muhim

o‘rin tutadi. Ularning har biri patofiziologiyasi, tarqalish xususiyatlari va klinik asoratlari bilan ajralib turadi.

Zamonaviy tibbiyotda kasalliklarni boshqarish quyidagi asosiy yo‘nalishlar bilan amalga oshiriladi:

Davolash usullari: virusli, bakterial va parazitlar infeksiyalarni davolashda individual va kompleks terapiya qo‘llanadi. Antiviral va antibiotik preparatlar, antiparazitlar dorilar, immun tizimini qo‘llab-quvvatlash, gen terapiyasi va monoklonal antitanalar kasalliklar oqimini sezilarli darajada kamaytiradi.

Oldini olish va profilaktika: vaksinalash, sanitariya-gigiyena choralarini kuchaytirish, vektorlarni nazorat qilish, epidemiologik monitoring va jamoatchilik xabardorligini oshirish kasalliklarning tarqalishini samarali nazorat qiladi.

Shu bilan birga, yuqumli kasalliklarning xavfliligini aniqlash va ularni vizual ko‘rsatish orqali jamoatchilik va sog‘liqni saqlash organlari samarali choralar ko‘rish imkoniyatiga ega bo‘ladi. Diagrammalar va statistik ma’lumotlar bu jarayonni sezilarli darajada soddalashtiradi va profilaktik strategiyalarni optimallashtirishga yordam beradi.

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OILANING TARBIYALOVCHI IMKONIYATLARINI TASHXISLOVCHI METODLAR

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Annotatsiya: Mazkur maqolada oilaning tarbiyaviy imkoniyatlarini aniqlash va tashxislash metodlari haqida so'z yuritiladi. Oilaning jamiyat hayotidagi o'rni, farzand tarbiyasidagi mas'uliyati va uning imkoniyatlarini samarali baholash masalalari yoritilgan. Shuningdek, Prezidentimiz Shavkat Mirziyoyevning oilaviy qadriyatlar va tarbiyaga oid fikrlari hamda Birinchi Prezidentimiz Islom Karimovning mustaqillik yillarida oilaning tarbiyadagi o'rniga bergan e'tibori ilmiy tahlil qilingan.

Kalit so'zlar: oila, tarbiya, tashxis, imkoniyat, metodlar, psixologik yondashuv, bola tarbiyasi.

Oila jamiyatning eng muhim ijtimoiy bo'g'ini bo'lib, farzand tarbiyasida beqiyos ahamiyat kasb etadi. Prezidentimiz Shavkat Mirziyoyev ta'kidlaganidek: "Oila — jamiyatning tayanchi, ertangi kunimizning poydevoridir. Har bir bolaning tarbiyasi, uning kelajakda qanday inson bo'lib yetishishi avvalo oiladagi muhitga bog'liq." Darhaqiqat, oila tarbiyaning ilk maktabi sifatida nafaqat bolaning jismoniy va ruhiy rivojlanishini, balki uning axloqiy qiyofasini ham shakllantiradi. Shu bois oilaning tarbiyaviy imkoniyatlarini to'g'ri aniqlash, uning kuchli va zaif tomonlarini tashxislash masalasi bugungi kunda dolzarbdir. Birinchi Prezidentimiz Islom Karimov ham mustaqillik yillarida oila institutining beqiyos ahamiyatini alohida qayd etib: "Hech qanday boylik, hech qanday ne'mat mustahkam va sog'lom oiladan qadrlil bo'lolmaydi", deya oilaning millat hayotidagi o'rnini ta'kidlagan edi. Shu nuqtayi nazardan, oila imkoniyatlarini ilmiy asosda o'rganish, turli tashxislovchi metodlardan foydalanish nafaqat pedagogik va psixologik sohalar, balki butun jamiyat taraqqiyoti uchun muhim ahamiyatga ega. Oila tarbiyasi masalasi nafaqat psixologiya va pedagogika, balki ijtimoiy-gumanitar fanlarning ham markazida turadi. Zero, Prezidentimiz Shavkat Mirziyoyev ta'kidlaganidek: "Farzandlarimiz qanday tarbiya olishi, ularning qalbi va ongiga qanday g'oyalar singdirilishi — ertangi kunimiz qanday bo'lishini belgilaydi." Ushbu fikr oilaning tarbiyaviy imkoniyatlarini ilmiy

asosda baholash va tashxislash dolzarbligini ko'rsatadi. Oilaning tarbiyaviy imkoniyatlarini aniqlashda bir qator metodlar qo'llanadi. Ularning har biri bola shaxsini har tomonlama o'rganish va tarbiyadagi muammolarni aniqlashga xizmat qiladi. Kuzatish — eng qadimiy va samarali tashxislovchi usullardan biridir. Bu metod V. Vundt, J. Piajening psixologik kuzatuv maktablari, shuningdek, A. Avloniy va Abdulla Qodiriy kabi o'zbek ma'rifatparvarlarining pedagogik qarashlarida ham ko'rinadi. Amaliyotda kuzatish nafaqat bolaning xulqini baholash, balki ota-onaning tarbiyaviy uslublarini aniqlash imkonini beradi. Suhbat — oilaviy muhitni bevosita anglash imkonini beradigan metod. U psixologik ochiqlik va ishonchga asoslanadi. O'zbekiston sharoitida suhbat metodi ota-onalarning tarbiyaga bo'lgan qarashlarini aniqlashda, ularning ijtimoiy-pedagogik savodxonligini baholashda keng qo'llanadi. So'rovnoma oila a'zolarining tarbiyaga oid qarashlarini tezkor va statistik jihatdan ishonchli baholash imkonini beradi. Bu metod G'arb psixologiyasida keng qo'llanilgan bo'lsa-da, hozirgi kunda o'zbek pedagogikasida ham milliy qadriyatlarga moslashtirilgan shakllari ishlab chiqilmoqda.¹ Shaxsiy sifatlar, intellektual salohiyat va emotsional muhitni baholashda psixologik testlardan foydalanish muhimdir. Masalan, Eysenck testlari, Kettelning shaxsiy testlari o'zbek ta'lim tizimiga ham tadbiq qilinmoqda. Shu orqali oilaning tarbiyaviy resurslari aniqlanadi. Eksperiment ilmiy tekshiruvning eng samarali vositalaridan biridir. Bu metod oilada yoki ta'lim muassasasida yaratilgan maxsus vaziyatlarda bolaning reaksiyasini kuzatish imkonini beradi. Eksperiment orqali tarbiyaviy ta'sirlarning kuchli va zaif tomonlari aniq ko'rinadi. Bolaga oid maktab kundaliklari, davomat jurnallari, shifokor kartalari oilaning farzandga bo'lgan munosabatini, shuningdek, tarbiya jarayonining uzluksizligini baholashda muhim manba hisoblanadi. Ko'rinib turibdiki, oilaning tarbiyaviy imkoniyatlarini tashxislash metodlari oddiy amaliy vosita emas, balki ularning har biri chuqur ilmiy asosga ega bo'lib, sog'lom avlod tarbiyasini ta'minlashda bevosita xizmat qiladi. Yuqoridagi tahlillardan ko'rinib turibdiki, oilaning tarbiyaviy imkoniyatlarini tashxislash nafaqat psixologik, balki ijtimoiy-pedagogik jihatdan ham beqiyos ahamiyat kasb etadi. Oila — shaxs shakllanishining boshlang'ich maskani, uning ijtimoiylashuv jarayonidagi eng muhim institutidir. Shu boisdan, oilaning tarbiyaviy imkoniyatlarini aniqlashda qo'llaniladigan metodlarni ilmiy asosda takomillashtirish bugungi kunning dolzarb vazifasidir. Prezidentimiz Shavkat Mirziyoyevning "Oila — jamiyat poydevori, xalqimiz ma'naviy hayotining asosi" degan fikrlari ushbu masalaning nafaqat pedagogik, balki siyosiy-iqtisodiy

¹ Avloniy A. "Turkiy guliston yoxud axloq". – Toshkent: Ma'naviyat, 1992.

ahamiyatga ham egaligini ko'rsatadi². Oila tarbiyasi mustahkam bo'lmasa, jamiyatda sog'lom avlodni voyaga yetkazish mushkul bo'ladi. Birinchi Prezidentimiz Islom Karimov ham o'z asarlarida oilani millat kelajagi bilan bevosita bog'lagan holda: "Sog'lom oila bo'lmasa, sog'lom jamiyat bo'lishi mumkin emas", deb bejiz ta'kidlamagan.³ Shunday ekan, oilaning tarbiyaviy imkoniyatlarini tashxislovchi metodlardan samarali foydalanish: ota-onalarning pedagogik savodxonligini oshirish, oiladagi psixologik muhitni sog'lomlashtirish, farzandlarning qiziqishlari va qobiliyatlarini rivojlantirish, jamiyatda barkamol, ma'naviy yetuk shaxsni voyaga yetkazishga xizmat qiladi. Demak, oilaning tarbiyaviy imkoniyatlarini chuqur ilmiy o'rganish, tashxislovchi metodlarni milliy qadriyatlarimizga mos holda takomillashtirish — mamlakatimizning ertangi taraqqiyoti va yoshlarimizning baxtli kelajagini ta'minlashning eng muhim omillaridan biridir.

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“MODERN AND IN-DEPTH TEACHING METHODOLOGIES OF THE ENGLISH LANGUAGE FOR SCHOOL STUDENTS AND THEIR RELEVANCE IN TODAY’S WORLD”

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Abstract: This article examines the methodological foundations of teaching English to school students in a deep and modern manner, the effectiveness of interactive approaches, the impact of digital learning tools on the educational process, and the relevance of English today as a global means of communication. In addition, it provides an in-depth analysis of the advantages of various methods such as communicative and integrative approaches, CLIL (Content and Language Integrated Learning), project-based learning, differentiated instruction, gamification, and STEAM in developing students’ language competencies. The article concludes with recommendations aimed at improving the quality of English language teaching in the school education system.

Keywords: English language, modern methodology, CLIL, communicative approach, digital education, gamification, STEAM, differentiated instruction, school students, competencies, interactive methods.

Relevance of the Topic: In today’s globalized world, the English language has risen to the level of a primary medium not only for international communication, but also in the fields of science, technology, business, diplomacy, and information exchange. At a time when the digital economy, smart technologies, and international cooperation are rapidly expanding, ensuring that school students acquire strong English language proficiency is a crucial factor in enhancing the intellectual potential of the nation.

In recent years, significant reforms in Uzbekistan’s education system—such as introducing English from the first grade, implementing CEFR-based assessment standards, developing modern textbooks, and improving teacher qualifications—demonstrate the high relevance of this topic.

Additionally:

- The demand for English-proficient specialists in the labor market is sharply

increasing.

- English is essential for students' participation in international Olympiads, online competitions, and scholarship programs.
- The growing use of digital learning tools requires updating teaching methodologies through innovative approaches.

Therefore, teaching English using modern, innovative, and competency-based methods has become one of the priority tasks of today's education system.

Main Part: One of the fundamental principles of modern English language teaching is the communicative approach, which aims to develop students' ability to communicate independently in real-life situations. This approach places the learner at the center of the process, encourages pair and group work, and promotes natural language exposure through role-plays, dialogues, and debates. Another important method is CLIL (Content and Language Integrated Learning), which establishes interdisciplinary connections and allows students to learn English by studying subjects such as biology, geography, computer science, and history in English. This approach enhances motivation, strengthens critical and analytical thinking, and creates a natural context for language acquisition. Project-based learning also plays a key role in deepening English knowledge, as students engage in small or large projects that strengthen their language skills while fostering creativity, collaboration, and the integration of all types of speech activity.

Digital learning tools are becoming increasingly essential in modern English language teaching. Platforms such as Quizlet, Memrise, Kahoot, Baamboozle, British Council resources, Duolingo, LinguaLeo, TED-Ed, YouTube, and Google Classroom make English lessons more interactive, engaging, and suitable for independent learning. Through multimedia, virtual exercises, animations, and simulations, digital technologies significantly enhance students' motivation and make the learning process more dynamic and effective.

In addition to these methods, innovative approaches such as gamification, STEAM integration, and differentiated instruction play an important role in deep and sustainable English language acquisition. Gamification increases students' motivation by incorporating game-based elements such as points, ranking systems, badges, and achievements, helping them learn vocabulary and grammar in a more enjoyable way. The STEAM approach integrates English with science, technology, engineering, art, and mathematics, encouraging creativity and problem-solving skills through thematic projects, including robotics-related tasks. Differentiated instruction enables teachers to adapt tasks according to learners' proficiency levels, providing complex texts for

advanced learners, standard exercises for intermediate students, and simplified tasks for those who need additional support.

English language education based on CEFR standards aims to develop linguistic, communicative, cultural, social, and speech-related competencies. These competencies include grammar, vocabulary, pronunciation skills, the ability to express ideas clearly, familiarity with English-speaking cultures, teamwork, tolerance, and the integrated development of listening, reading, writing, and speaking abilities. Lessons become effective when these competencies are fully integrated into the teaching and learning process, ensuring a holistic and balanced acquisition of the English language.

The modern process of teaching English requires the comprehensive development of students' language competencies. Today, the rapid integration of global standards, CEFR requirements, communicative methods, multimodal technologies, and learner-centered approaches demands from teachers an innovative methodological mindset and the application of new forms of instruction. English lessons should not only focus on language material, but also guide students toward 21st-century skills such as creative thinking, communication, collaboration, problem-solving, and conscious use of information technologies. The deeper implementation of the communicative approach activates students' speech activity and connects the lesson process with real communication contexts. Currently, elements such as task-based learning, fluency-oriented speaking drills, and function-based dialogues actively stimulate students' practical language skills. Another advantage of the communicative method is that grammatical knowledge is naturally acquired in the context of communication. While completing each task, students use specific speech functions, such as asking, offering, refusing, explaining, comparing, and describing, which strengthens the application of language in real-life situations.

The CLIL approach has recently become one of the most effective methods in school education, as it enables students to acquire not only language but also content simultaneously. CLIL lessons are organized according to the 4C principles — Content, Communication, Cognition, Culture. This approach encourages students to engage in independent research, understand interdisciplinary connections, work with complex texts, and develop critical thinking. In particular, carrying out projects in subjects such as geography, biology, mathematics, and physics in English significantly enhances both content mastery and language competencies.

In project-based learning, students apply language to solve real problems, create new products, and develop social projects. This process develops independent thinking, logical analysis, teamwork, research skills, and presentation abilities.

The use of digital tools has become an integral part of English language teaching. Interactive platforms, AI-based applications, video lessons, virtual exercises, and multimedia technologies increase students' motivation and encourage independent learning. Tools such as Quizlet, Kahoot, British Council resources, authentic videos on YouTube, and Google Classroom enrich the learning process and provide convenience for teachers.

The implementation of gamification elements enhances students' competitiveness and makes lessons more engaging and dynamic. Reward systems, badges, and rankings increase students' activity and motivation.

The STEAM approach integrates English with science, engineering, art, and mathematics, fostering creativity, critical thinking, and problem-solving skills. For example, completing robotics or design projects in English prepares students for participation in the global technological environment.

Differentiated instruction involves adapting tasks to the students' abilities. This ensures the active participation of all learners, providing advanced tasks for strong students and simplified exercises for those who require additional support, thereby increasing the overall effectiveness of instruction.

When aligned with CEFR standards, the gradual development of students' listening, reading, writing, and speaking competencies significantly enhances the overall quality of education.

Conclusion: effective teaching of the English language in schools requires the systematic application of modern, communicative, and learner-centered methodologies that align with international standards. Deep language acquisition is achieved through the harmonious integration of interactive strategies, digital resources, project-based learning, CLIL techniques, STEAM integration, gamification, and differentiated instruction. These approaches increase students' motivation, foster creativity, critical thinking, and collaboration, and provide meaningful real-life contexts for language use. The use of digital technologies enhances lesson interactivity, facilitates autonomous learning, and allows teachers to monitor and support student progress efficiently. Competency-based instruction ensures balanced development across linguistic, communicative, cultural, and social skills, while CEFR-aligned teaching guarantees the gradual and structured improvement of listening, reading, writing, and speaking competencies. Continuous professional development for teachers, the creation of updated educational materials, and the establishment of supportive learning environments are essential for improving the quality of English language education. By applying these modern and innovative approaches comprehensively, schools can prepare students for global communication, academic

success, and future professional opportunities, ensuring that English language education remains relevant, effective, and aligned with the demands of the twenty-first century.

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O'TA XAVFLI INFEKSION KASALLIKLAR LABARATOR DIAGNOSTIKASI

Termiz iqtisodiyot va servis universiteti tibbiyot fakulteti Davolash ishi 24-08 guruh talabasi

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Termiz iqtisodiyot va servis universiteti Tibbiyot fakulteti Tibbiy profilaktik fanlar kafedrası **Mikrobiologiya** fani o'qituvchisi

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Annotatsiya: Ushbu maqola o'ta xavfli infeksiyon kasalliklarning laborator diagnostikasi muhimligini tahlil qiladi. O'ta xavfli kasalliklar, jumladan Qrim-Kongo gemorragik isitmasi, Ebola, tularemia va boshqa yuqori patogen agentlar inson salomatligiga katta xavf tug'diradi. Maqolada serologik, molekulyar va virus kultivatsiyasi usullari, shuningdek, laboratoriyada bioxavfsizlik talablariga rioya qilish zaruriyati yoritilgan. Shuningdek, maqolada O'zbekiston sharoitida laboratoriya infratuzilmasini rivojlantirish va mutaxassislar tayyorlash bo'yicha tavsiyalar berilgan. Maqola tibbiyot va epidemiologiya sohasidagi mutaxassislar, laboratoriya xodimlari va tadqiqotchilar uchun foydali bo'lib, o'ta xavfli infeksiyon kasalliklarni tezkor va to'g'ri tashxislashni ta'minlashga qaratilgan.

Kalit so'zlar: O'ta xavfli infeksiyon kasalliklar, laborator diagnostika, serologik testlar, molekulyar diagnostika, bioxavfsizlik, epidemiologik nazorat, yuqori patogen agentlar, kasallik tashxisi.

LABORATORY DIAGNOSTICS OF HIGHLY DANGEROUS INFECTIOUS DISEASES

Annotation: This article analyzes the importance of laboratory diagnostics of highly dangerous infectious diseases. Highly dangerous diseases, including Crimean Congo hemorrhagic fever, Ebola, tularemia and other highly pathogenic agents, pose a great threat to human health. The article covers serological, molecular and virus cultivation methods, as well as the need to comply with biosafety requirements in the laboratory. The article also provides recommendations for the development of laboratory

infrastructure and training of specialists in the conditions of Uzbekistan. The article is useful for specialists in the field of medicine and epidemiology, laboratory workers and researchers, and is aimed at ensuring the rapid and accurate diagnosis of highly dangerous infectious diseases.

Keywords: Highly dangerous infectious diseases, laboratory diagnostics, serological tests, molecular diagnostics, biosafety, epidemiological control, highly pathogenic agents, disease diagnosis.

ЛАБОРАТОРНАЯ ДИАГНОСТИКА ОСОБО ОПАСНЫХ ИНФЕКЦИОННЫХ ЗАБОЛЕВАНИЙ

Аннотация: В статье анализируется значение лабораторной диагностики особо опасных инфекционных заболеваний. Особо опасные заболевания, включая Крымскую геморрагическую лихорадку Конго, лихорадку Эбола, туляремию и другие высокопатогенные возбудители, представляют большую угрозу для здоровья человека. В статье рассматриваются серологические, молекулярные и вирусологические методы культивирования, а также необходимость соблюдения требований биологической безопасности в лабораторных условиях. В статье также даны рекомендации по развитию лабораторной инфраструктуры и подготовке специалистов в условиях Узбекистана. Статья полезна специалистам в области медицины и эпидемиологии, лабораторным работникам и научным сотрудникам и направлена на обеспечение быстрой и точной диагностики особо опасных инфекционных заболеваний.

Ключевые слова: Особо опасные инфекционные заболевания, лабораторная диагностика, серологические исследования, молекулярная диагностика, биологическая безопасность, эпидемиологический контроль, высокопатогенные возбудители, диагностика заболеваний.

Kirish: O‘ta xavfli infeksiyon kasalliklar (OXIK) yuqori yuquvchanlik, og‘ir klinik kechish va ko‘p hollarda o‘lim bilan yakunlanishi sababli global sog‘liqni saqlash tizimi uchun eng jiddiy tahdidlardan biri hisoblanadi. **Ebola, Lassa isitmasi, vabo, o‘lat, kuydirgi va botulizm** kabi infeksiyalar tez tarqalishi, zoonotik manbalarining ko‘pligi hamda epidemiyalarni chaqirish xavfi bilan ajralib turadi.

Bu kasalliklarda erta tashxis qo‘yish klinik belgilarning umumiyliigi sababli murakkab bo‘lib, aniq tashxis asosan laboratoriya tekshiruvlariga tayanadi. **Laborator diagnostika qo‘zg‘atuvchini aniqlash**, epidemiologik jarayonni baholash va tezkor profilaktik choralarni belgilashda hal qiluvchi ahamiyatga ega. Zamonaviy diagnostika

tizimi mikroskopiya, bakteriologiya, serologiya va molekulyar-genetik usullarning uyg'unlashuvi asosida quriladi.

Bunday kasalliklar bilan ishlash yuqori xavfsizlikni talab qilgani uchun **BSL-3** va **BSL-4** darajali laboratoriyalar qo'llaniladi. Ularda xavfsizlik me'yorlari qat'iy saqlanadi, bu esa xodimlar va jamiyatni infeksiya tarqalishidan himoya qiladi.

Mazkur maqolaning maqsadi — o'ta xavfli infeksiyon kasalliklarning laborator diagnostikasida qo'llaniladigan asosiy usullar, ularning afzalliklari va biosafety talablari haqida ilmiy asoslangan ma'lumotlar taqdim etishdan iborat.

LABORATOR DIAGNOSTIKANING ASOSIY VAZIFALARI

O'ta xavfli infeksiyon kasalliklarni nazorat qilishda laborator diagnostikaning roli beqiyosdir. Bu tizim nafaqat bemorda kasallik mavjudligini tasdiqlash, balki epidemiologik xavf darajasini baholash, infeksiya tarqalish mexanizmlarini aniqlash va profilaktik choralarni belgilashda ham muhim omildir. OXIK qo'zg'atuvchilari ko'pincha tez tarqaladi, klinik belgilari boshqa yuqumli kasalliklar bilan o'xshash bo'ladi va kechiktirilgan tashxis epidemiologik vaziyatning keskinlashuviga olib kelishi mumkin. Shu sababli laborator jarayonlarning aniq maqsad va vazifalar asosida tashkil etilishi talab etiladi.

Kasallik qo'zg'atuvchisini aniqlash va tasdiqlash

Laborator diagnostikaning eng asosiy vazifasi — biomaterialda infeksiya qo'zg'atuvchisini aniq aniqlashdir. Bu jarayon:

mikroskopiya, bakteriologik usullar,

serologik reaksiyalar,

molekulyar-genetik testlar (PCR, RT-PCR), yordamida amalga oshiriladi.

Aniqlikning yuqori bo'lishi epidemiyaga qarshi chora-tadbirlarning to'g'riligini ta'minlaydi.

Epidemiologik o'choqni baholash va xavf darajasini aniqlash

Laborator natijalar asosida infeksiya manbai, tarqalish yo'llari, kontaktlar soni va hududiy xavf belgilanadi. Bu orqali karantin, dezinfeksiya, hududiy cheklovlar kabi choralar ilmiy asosda belgilanadi.

Tezkor va aniq tashxis qo'yish orqali davolash taktikasi va boshqaruvni belgilash

OXIKlarda vaqt omili juda muhim. Erta aniqlangan holatlar:

bemorni izolatsiya qilish,

to'g'ri davo rejimini tanlash,

sog'liqni saqlash tizimida resurslarni to'g'ri taqsimlash imkonini yaratadi.

Profilaktik va epidemiya aksilk c oralarini asoslash

Laboratoriya ma'lumotlari infeksiyaning tarqalish tezligi, virulentligi va patogenlik darajasini baholashga yordam beradi. Bu epidemiologlar va sanitariya xizmatlariga quyidagi choralarni rejalash imkonini beradi:

vaksinatsiya strategiyasini ishlab chiqish,
dezinfeksiya rejalarini belgilash,
aholiga ogohlantirish choralari tashkil etish.

Monitoring va kuzatuv (surveillance) tizimini olib borish

OXIK bo'yicha muntazam monitoring:

yangi shtammlar paydo bo'lishi,
qo'zg'atuvchining mutatsiyalari,
tarqalish dinamikasi,
infeksiyaning hududiy o'zgarishlari to'g'risida aniq ma'lumotlar beradi.

NAMUNALARNI YIG'ISH VA LABORATORIYAGA YETKAZISH

O'ta xavfli infeksiyon kasalliklarda laborator diagnostikaning aniqligi va ishonchliligi, avvalo, biomaterialni to'g'ri yig'ish, saqlash va laboratoriyaga xavfsiz yetkazishga bog'liq. Bu jarayonlar yuqori darajadagi biosafety talablarini qo'llashni taqozo etadi, chunki qo'zg'atuvchilarning yuqori virulentligi xodimlar va atrof-muhit uchun real xavf tug'diradi. Namuna olish jarayonidagi har qanday xato diagnostik xulosalarning noto'g'ri shakllanishiga yoki infeksiyaning tarqalish xavfiga olib kelishi mumkin.

Namunalarni olish maxsus tayyorlangan mutaxassislar tomonidan shaxsiy himoya vositalaridan to'liq foydalangan holda amalga oshiriladi. Bemor bilan bevosita aloqa minimal darajada saqlanadi, invaziv va non-invaziv tibbiy manipulyatsiyalar esa qat'iy belgilangan tartibda bajariladi. Olinadigan biomaterial turi kasallikning klinik shakliga qarab tanlanadi: qon, zardob, burun-tomoq surtmalari, balg'am, najas, siydik, yara ajralmalari yoki zoonotik hollarda hayvonlardan olingan biologik namunalar.

Namuna olish jarayonida xavfsizlik qoidalariga qat'iy amal qilish zarur. Bunda BSL-3 yoki BSL-4 darajasiga moslashtirilgan sharoit, ikki yoki uch bosqichli qadoqlash tizimi, ishlatilgan asboblarni darhol dezinfeksiya qilish va biologik xavf belgilaridan foydalanish muhim o'rin tutadi. Xodimlarning malakasi va biosafety bo'yicha tayyorgarligi jarayonning asosiy kafolatidir.

Olingan biomaterial laboratoriyaga yetkazilgunga qadar standart talablariga muvofiq harorat rejimida saqlanishi kerak. Ko'pchilik namunalar $+2...+8^{\circ}\text{C}$ atrofida saqlanadi, ammo ayrim virusli infeksiyalar uchun -20°C yoki -70°C harorat talab qilinishi mumkin. Biomaterialning sifatini saqlab qolish uchun uni uzoq vaqt davomida tashish yoki saqlashdan saqlanish lozim.

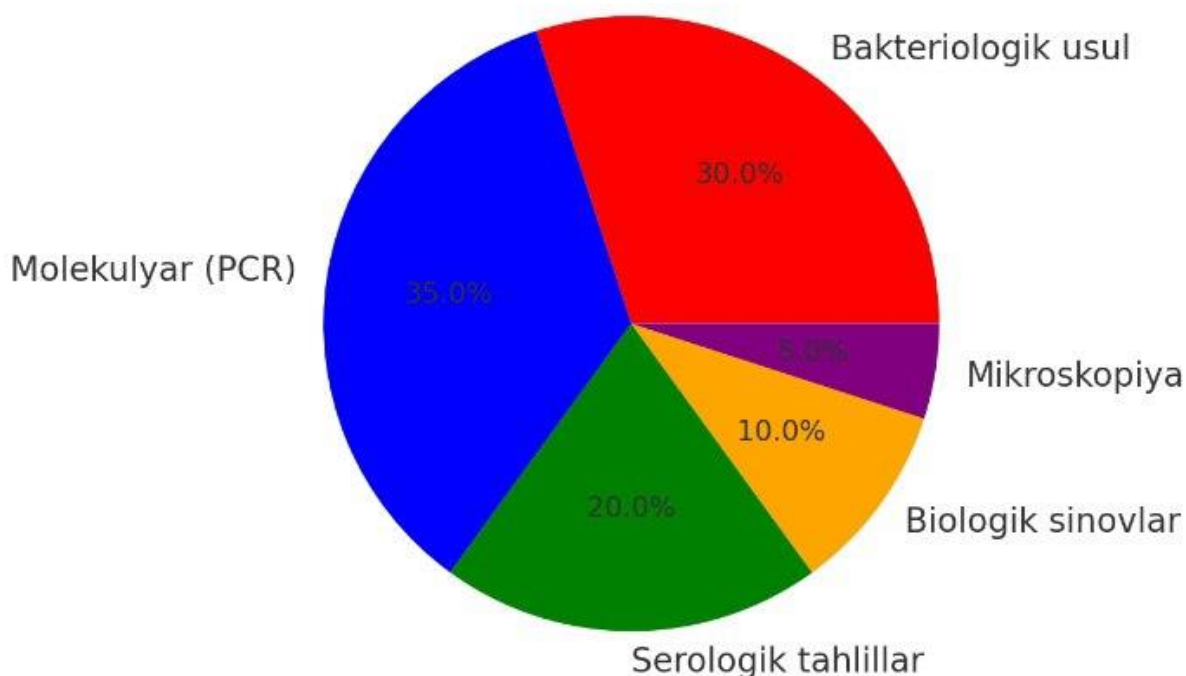
Namunalarning laboratoriyaga transportirovkasi ham yuqori xavfsizlik choralari talab qiladi. Triple packaging system — uch bosqichli qadoqlash tizimi — xalqaro

IATA talablari asosida qo'llaniladi. Bu tizim birlamchi idish, ikkilamchi himoya konteyneri va tashqi transport qutisidan iborat bo'lib, namunaning tashish jarayonida zararlanmasdan yetib borishini ta'minlaydi. Hujjatlar namunadan alohida joylashtiriladi va transport vositasi maxsus ajratilgan bo'lishi shart.

Har bir namuna to'liq hujjatlashtirilgan bo'lishi zarur. Klinik ma'lumotlar, olingan vaqti, namunaviy turi, epidemiologik anamnez va taxminiy tashxis laboratoriya xulosalarining to'g'ri talqin qilinishiga xizmat qiladi. To'g'ri identifikatsiya diagnostikaning aniqligini oshiradi va epidemiologik jarayonni tushunishga yordam beradi.

ASOSIY LABORATOR METODLAR

O'ta xavfli infeksiyalar laborator metodlari taqsimoti



Ushbu diagramma o'ta xavfli infeksiyalarni aniqlashda qo'llaniladigan asosiy laborator usullar ulushi bo'yicha taqsimotni aks ettiradi. Diagrammada besh xil metodning umumiy diagnostika jarayonidagi o'rni foizlarda berilgan.

Molekulyar (PCR) usul — 35%

Eng katta ulushni molekulyar usul, xususan PCR (polimeraz zanjir reaksiyasi) egallagan. Ushbu laborator metod o'ta xavfli infeksiyalarni tez va yuqori aniqlik bilan aniqlash imkonini bergani sababli diagnostikada yetakchi o'ringa ega.

Bakteriologik usul — 30%

Ikkinchi o'rinda klassik bakteriologik usul turibdi. Bu usulda mikroorganizmlar maxsus oziq muhitlarda o'stiriladi va ularning o'sishi orqali aniqlanadi. O'ta xavfli infeksiyalarda bu metod hamon muhim diagnostik mezon hisoblanadi.

Serologik tahlillar — 20%

Serologik metodlar organizmda patogenlarga qarshi hosil bo'lgan antitanachalarni aniqlaydi. Infeksiya kechgan bosqichlarda yoki epidemiologik kuzatuvlarda keng qo'llaniladi.

Biologik sinovlar — 10%

Biologik sinovlar laboratoriyada hayvonlar yoki maxsus sistemalar yordamida patogenning toksikligi va xavfini aniqlash uchun qo'llaniladi. Bu usul murakkab va vaqt talab qiluvchi bo'lsa-da, ayrim infeksiyalar uchun muhim hisoblanadi.

Mikroskopiya — 5%

Eng kichik ulush mikroskopiya metodiga to'g'ri keladi. Ko'plab o'ta xavfli infeksiyalar mikroskop ostida to'liq aniqlanmaydi, ammo dastlabki tezkor baholashda yordam beradi.

O'ta xavfli infeksiyon kasalliklarni aniqlashda laborator metodlar markaziy o'rin tutadi. Ushbu metodlar qo'zg'atuvchining biologik xususiyatlari, kasallikning klinik kechishi hamda epidemiologik vaziyatga qarab tanlanadi. Laborator diagnostikaning to'g'ri tashkil etilishi tashxisning aniqligini oshiradi va infeksiyaning tarqalishini nazorat qilishga xizmat qiladi. **Zamonaviy yondashuv mikroskopik, bakteriologik, serologik va molekulyar-genetik metodlarning** kompleks qo'llanilishiga asoslanadi. Mikroskopik diagnostika laborator tekshiruvning eng tezkor va dastlabki bosqichi hisoblanadi. Ushbu usulda biomaterial maxsus bo'yovchilar yordamida vizual baholanadi va qo'zg'atuvchining morfologik tuzilmasi o'rganiladi. Gram bo'yash, kapsulani aniqlovchi bo'yoqlar **yoki fluorescent markerlar** qo'llanadi. Mikroskopik metod yakuniy tashxis qo'ymasada, qo'zg'atuvchi haqida dastlabki ma'lumot berib, keyingi laborator bosqichlarni to'g'ri yo'naltirishga yordam beradi.

Bakteriologik usullar ko'pgina bakterial tabiatga ega o'ta xavfli infeksiyalarni tasdiqlashda asosiy metod bo'lib xizmat qiladi. Bu jarayon qo'zg'atuvchini tirik madaniyat sifatida olingan namunadan o'stirish, koloniyalarni identifikatsiya qilish va biokimyoviy xususiyatlarini tahlil qilish orqali amalga oshiriladi. **O'lat, vabo yoki kuydirgi** kabi kasalliklarning aniq identifikatsiyasi ko'pincha bakteriologik tekshiruvga tayanadi. Ammo bu metod yuqori xavfsizlik talab qilgani sababli faqat BSL-3 yoki BSL-4 laboratoriyalarida bajariladi.

Serologik metodlar organizmning infeksiya ta'siriga javoban ishlab chiqargan antitanachalarini yoki qo'zg'atuvchi antigenlarini aniqlashga asoslanadi. **ELISA, IFA, RSK** kabi reaksiyalar ushbu yo'nalishda keng qo'llaniladi. Ayniqsa virusli gemorragik

isitmalar (**Ebola, Lassa**) diagnostikasida **serologiya** muhim o‘rin egallaydi. Serologik testlar kasallikning kechki bosqichida qo‘zg‘atuvchiga nisbatan immun javobni baholash imkonini beradi.

Molekulyar-genetik diagnostika bugungi kunda eng sezgir va yuqori aniqlikka ega bo‘lgan usullardan biri hisoblanadi. PCR va real-time PCR yordamida qo‘zg‘atuvchining DNK yoki RNKsi qisqa vaqt ichida aniqlanishi mumkin. Ushbu metod kam miqdordagi biomaterialda ham aniq natija berishi, tezligi va aniqligi tufayli OXIK tashxisida asosiy vositaga aylangan. Genomni to‘liq sekvenslash esa shtamlarning kelib chiqishi, mutatsiyalari va epidemiologik bog‘liqligini aniqlash imkonini yaratadi.

Shu bilan birga, **immunokromatografik ekspress-testlar** ham qo‘llaniladi. Ular o‘ta xavfli infeksiyalarning dastlabki skriningida, ayniqsa chekka hududlarda yoki tezkor epidemiologik baholash talab qilingan holatlarda foydali hisoblanadi. Biroq bunday testlar odatda tasdiqlovchi diagnostika o‘rnini bosa olmaydi va ular laboratoriya tahlillari bilan mustahkamlanadi.

BIOSAFETY VA LABORATOR XAVFSIZLIGI

O‘ta xavfli infeksiyon kasalliklar bilan ishlash jarayonida biosafety — ya’ni biologik xavfsizlik choralariga rioya qilish — laborator faoliyatning eng muhim tarkibiy qismi hisoblanadi. OXIK qo‘zg‘atuvchilari yuqori darajadagi yuquvchanlik va virulentlikka ega bo‘lgani sababli, laborator xodimlar, atrof-muhit hamda aholining xavfsizligini ta’minlash ustuvor vazifa bo‘lib qoladi. Biologik xavf omillarini nazorat qilmaslik infeksiya tarqalishiga, laborator ichki epidemiyalariga yoki tashqi muhitga chiqib ketish holatlariga olib kelishi mumkin. Shu bois barcha jarayonlar xalqaro biosafety standartlariga muvofiq olib borilishi zarur.

O‘ta xavfli infeksiyalar bo‘yicha ishlovchi laboratoriyalar odatda **BSL-3** yoki **BSL-4** darajasida tashkil etiladi. BSL-3 laboratoriyalar havo-tomchi orqali yuqadigan, yuquvchanligi yuqori, ammo to‘liq izolyatsiya talab qilmaydigan patogenlar bilan ishlashga mo‘ljallangan bo‘lsa, BSL-4 laboratoriyalar eng xavfli, odamdand odamga tez yuqadigan, davo yoki vaksina mavjud bo‘lmagan infeksiyalar ustida ishlash imkonini beradi. BSL-4 laboratoriyalar yopiqligi, ikki karra filtrlash tizimi, mustaqil havoventilyatsiya, maxsus skafandrlar va dush tizimlari bilan jihozlanadi. Bu strukturalar qo‘zg‘atuvchining laboratoriya hududidan tashqariga chiqib ketishining oldini oladi.

Xodimlarning shaxsiy himoyasi biosafety tizimining asosiy unsurlaridan biridir. Shaxsiy himoya vositalari (PPE) to‘plamiga respiratorlar (N95 yoki PAPR), himoya kombinezonlari, qo‘lqoplar, ko‘zoynaklar, yuz niqobi va maxsus poyafzallar kiradi. **PPE**’ni to‘g‘ri kiyish va yechish ketma-ketligi qat’iy standartlarga bo‘ysunadi, chunki

aynan ushbu jarayonlarda infeksiya yuqish xavfi yuqori bo‘ladi. Har bir xodim muntazam nazariy va amaliy tayyorgarlikdan o‘tishi, biosafety treninglarida qatnashishi va favqulodda vaziyatlarga tayyor bo‘lishi lozim.

Laborator jihozlari va ish joyining xavfsizligi ham biosafety tizimining ajralmas qismidir. Laminar xavfsizlik shkaflari (Class II va Class III) biomaterial bilan ishlashda **aerozol** hosil bo‘lishining oldini oladi va xodimni hamda atrof-muhitni himoya qiladi. Ish joylari muntazam dezinfeksiya qilinadi, chiqindilar esa avtoklavlanadi yoki yuqori haroratda yo‘q qilinadi. Patogenlar bilan ishlangan barcha materiallar, shu jumladan nitril qo‘lqoplar, bir martalik asboblari va filtrlar, biologik xavfli chiqindi sifatida utilitatsiya qilinadi.

Biosafety jarayonlarining yana bir muhim elementi — laborator ichki nazorat va risklarni baholash tizimidir. Har bir manipulyatsiya uchun xavf darajasi aniqlanadi, favqulodda vaziyatlar bo‘yicha harakat rejasi ishlab chiqiladi va xodimlar uchun maxsus instruktajlari o‘tkaziladi. OXIK bilan ishlash davomida yuzaga kelishi mumkin bo‘lgan aerosol chiqishi, materialning to‘kilishi yoki shikastlanish holatlarida qanday choralar ko‘rilishi belgilab qo‘yiladi. Bu tizim laborator faoliyatining uzluksiz xavfsizligini ta’minlaydi.

EPIDEMIOLOGIK AHAMIYATI

O‘ta xavfli infeksiyon kasalliklarning laborator diagnostikasi epidemiologiya fanining amaliy qismida alohida ahamiyatga ega bo‘lib, kasalliklarning tarqalish jarayonini nazorat qilish va boshqarishda markaziy o‘rin tutadi. Infeksiyon kasalliklarning yuquvchanligi yuqori bo‘lgan holatlarda epidemiologik vaziyatning tez o‘zgarib borishi diagnostik ma’lumotlarga bo‘lgan ehtiyojni yanada oshiradi. Tezkor laborator natijalar epidemiyaning ertami-kech shakllanishini aniqlash, o‘choqlarni baholash va favqulodda sanitariya choralarini belgilash imkonini beradi. Shu bois laborator diagnostika epidemiologik kuzatuvning ishonchli tayanch tizimi hisoblanadi.

Laborator tekshiruvlar orqali qo‘zg‘atuvchining turi, shtammi, virulentlik darajasi va genetik xususiyatlarini aniqlash mumkin bo‘lib, bu kasallik tarqalish mexanizmining chuqur tushunilishiga yordam beradi. **Molekulyar-genetik** tadqiqotlar epidemiyaning qaysi zanjir orqali tarqalayotganini aniqlash, shtammlar o‘rtasidagi farqlarni belgilash va infeksiyaning kirib kelish manbasini topishda muhim o‘rin tutadi. Ayniqsa **global transport va migratsiya** sharoitida infeksiyaning transchegaraviy harakatini aniqlashda laborator epidemiologiyasi asosiy vositaga aylanadi.

Epidemiologik jihatdan laborator diagnostikaning yana bir dolzarb funksiyasi — risk guruhlarini aniqlash va ularni nazorat ostiga olishdir. Kasallikning qaysi yosh, kasb yoki hudud vakillari orasida tez-tez uchrayotgani laborator tahlillar asosida aniqlanadi va bu ma’lumot asosida profilaktik choralar ishlab chiqiladi. Zarur

holatlarda vaksina qo'llash strategiyasi, karantin rejimi, dezinfeksiya tadbirlari yoki hududiy cheklovlar laborator natijalar asosida belgilanadi. Shunday qilib, laborator ma'lumotlar epidemiologik qarorlar qabul qilishda ilmiy asos vazifasini bajaradi.

Muntazam laborator kuzatuv kasallik tarqalishining dinamikasini, **mavsumiy o'zgarishlarni va yangi shtammlarning** paydo bo'lishini aniqlash imkonini beradi. Bu ma'lumotlar epidemiyalarni oldindan prognoz qilishda, ularning oldini olish strategiyalarini shakllantirishda, shuningdek xalqaro sog'liqni saqlash tizimlari bilan hamkorlikda umumiy xavfsizlikni mustahkamlashda katta ahamiyat kasb etadi.

XULOSA

O'ta xavfli infeksiyon kasalliklarning laborator diagnostikasi klinik tashxisni aniqlash, epidemiologik kuzatuvni ta'minlash va infeksiyaning tarqalishini nazorat qilishda muhim vosita hisoblanadi. **Biomaterialni to'g'ri yig'ish, xavfsiz transport va yuqori biosafety** standartlariga rioya qilgan holda laboratoriya tekshiruvlarini o'tkazish diagnostikaning aniqligi va xodimlar hamda atrof-muhit xavfsizligini kafolatlaydi.

Mikroskopik, bakteriologik, serologik va molekulyar-genetik metodlarning integratsiyalashgan qo'llanilishi o'XIK qo'zg'atuvchilarini tezkor va aniqlik bilan aniqlash imkonini beradi. Shu bilan birga, laborator nazorat va biosafety tizimlari infeksiyon agentlarning laboratoriyadan tashqariga chiqish xavfini kamaytiradi.

Umuman olganda, o'ta xavfli infeksiyon kasalliklar laborator diagnostikasi nafaqat individual bemor tashxisini qo'llab-quvvatlaydi, balki butun jamiyat uchun epidemiologik xavfsizlikni ta'minlashning muhim vositasi hisoblanadi. Yuqori malakali xodimlar, to'g'ri metodlar va qat'iy biosafety qoidalari bilan birlashtirilgan laboratoriya faoliyati infeksiyalarning tarqalishini samarali oldini olishga xizmat qiladi.

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SJÖGREN'S SYNDROME

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Abstract

Sjögren's syndrome is a systemic autoimmune disease that affects connective tissues, primarily involving the exocrine glands—mainly the salivary and lacrimal glands—in the pathological process and progresses chronically. As a result of this process, dryness of the mouth (xerostomia) and dryness of the eyes (xerophthalmia) are observed. The disease can occur independently in its primary form or develop as a secondary form together with other autoimmune diseases such as rheumatoid arthritis or systemic lupus erythematosus. This article provides a scientific analysis of the pathogenetic mechanisms, clinical features, diagnostic criteria, and preventive measures of Sjögren's syndrome. The results of the study emphasize the scientific and practical significance of early detection and effective management of the disease to promote a healthy lifestyle among the population.

Keywords: Sjögren's syndrome, xerostomia, xerophthalmia, rheumatoid arthritis, systemic lupus erythematosus, lymphocytic infiltration, autoimmune damage, apoptotic products, perforin mechanisms, pSS (primary Sjögren's syndrome).

INTRODUCTION

Sjögren's syndrome is a chronic, systemic autoimmune disease primarily characterized by lymphocytic infiltration of the exocrine glands. This results in symptoms such as dry mouth (xerostomia) and dry eyes (keratoconjunctivitis sicca). The disease was first described in 1933 by the Swedish ophthalmologist Henrik Sjögren. It mainly affects middle-aged women and often occurs in association with other autoimmune diseases such as rheumatoid arthritis or systemic lupus erythematosus. The exact etiology of Sjögren's syndrome has not yet been fully elucidated, but it is believed to result from the interplay of genetic, hormonal, and environmental factors, leading to an immune system attack against glandular tissues. In addition to classic glandular symptoms, patients may also experience systemic complications involving the musculoskeletal system, lungs, kidneys, and nervous system. Early detection and multidisciplinary management are crucial, as they help alleviate symptoms, prevent complications, and improve the patient's quality of

life. This article provides a scientific analysis of the main clinical features, pathogenic mechanisms, diagnostic criteria, and modern treatment approaches for Sjögren's syndrome. It also highlights the importance of a healthy lifestyle in preventing the syndrome and aims to improve public medical literacy.

Main Body

Sjögren's syndrome is a chronic systemic autoimmune disease characterized by lymphocytic infiltration of the exocrine glands. It can manifest as a primary form (pSS), occurring independently, or as a secondary form (sSS), associated with other autoimmune diseases. Primary Sjögren's syndrome predominantly affects women, especially Caucasian women, typically between the ages of 40 and 50. Clinical manifestations can range from mild to severe, including classic symptoms such as dry eyes, dry mouth, keratoconjunctivitis sicca, and xerostomia, to severe systemic involvement affecting multiple organ systems. Various autoantibodies may be detected in the disease, including anti-SSA/Ro, anti-SSB/La, rheumatoid factor, cryoglobulins, and antinuclear antibodies, which can complicate the diagnostic process. The variability of symptoms and signs has led to the development of several classification criteria. However, there is currently no single internationally accepted diagnostic criterion for Sjögren's syndrome. Epidemiological studies on Sjögren's syndrome are limited, and the prevalence and incidence rates vary depending on the criteria used. Data accuracy is also affected by selection and classification biases, making precise estimates challenging.

Pathogenesis

The pathogenesis of Sjögren's syndrome involves several interconnected processes. Although a detailed discussion is beyond the scope of this article, the main mechanisms include:

- a) Early changes in glandular cells and blood vessels, which occur before lymphocytic infiltration [2].
- b) Activation of the innate (HLA-independent) immune system, which can respond to apoptotic products, including RNA-protein complexes containing SS-A particles [3].
- c) Partial destruction of the glands via granzyme/perforin mechanisms [4].
- d) Dysfunction of the remaining glands (affecting approximately 50% of the original ducts and acini) caused by disruption of matrix signaling through inflammatory cytokines (e.g., IL-1, TNF), autoantibodies (e.g., anti-muscarinic M3 receptor antibodies), and metalloproteinases. These factors reduce neurotransmitter release from the remaining neurons and impair the response of the glands to existing neurotransmitters [5].

Each stage is influenced by genetic factors (i.e., the acquired immune system) and environmental factors (i.e., HLA-independent innate immune system), which together can lead to glandular dysfunction/destruction and lymphoproliferation. Sjögren's syndrome also illustrates an interesting interaction between local mucosal inflammation and the central nervous system, as seen in the perception of dryness. Understanding that urine and tear production are functional circuit outcomes has led to new therapeutic approaches [6]. For example, patients with Alzheimer's disease or multiple sclerosis often experience significant dryness due to changes in subcortical white matter involved in functional circuits. This has led to the use of drugs like Cevimeline, initially developed as a muscarinic agonist for Alzheimer's treatment, as a therapy to stimulate salivation.

Classification Criteria and Diagnostic Evaluation

Since the 1970s, various classification criteria for Sjögren's syndrome have been developed and evaluated. Recently, the existing U.S. criteria (2012) were integrated into the current classification system by major societies, namely ACR (American College of Rheumatology) and EULAR (European League Against Rheumatism). In patients experiencing sicca symptoms for at least 3 months, classification relies on additional functional tests (e.g., Schirmer's test), serological tests (Anti-Ro/SSA), and histological evaluation (labial salivary gland biopsy). Among these, anti-Ro/SSA antibodies and abnormal labial salivary gland biopsy have the highest specificity and are considered the most valuable criteria. A minimum score of 4 points is sufficient to classify a patient as having Sjögren's syndrome. Diagnostic algorithms illustrate how the revised classification criteria, combined with various disease manifestations, guide the diagnosis.

Key Points:

Sjögren's syndrome should be suspected if sicca symptoms persist for more than 3 months after excluding drug side effects and other possible causes.

ANA titers >1:160 with fine granular ANA pattern indicate the presence of anti-Ro/SSA and/or anti-La/SSB antibodies.

Anti-Ro/SSA antibodies and abnormal labial salivary gland biopsy provide the highest diagnostic specificity for Sjögren's syndrome.

Assessment of quality of life, organ-specific manifestations, and lymphoma risk is crucial for interdisciplinary treatment and monitoring.

Extraglandular manifestations are treated according to the affected organ using immunosuppressants or DMARDs; the efficacy of biologic agents for these indications is not yet fully established.

Screening questions

- Dry eyes >3 months
- Dry mouth >3 months

Possible basic evaluation

- Unstimulated salivary flow rate
- Schirmer's test
- lissamine green or fluorescein test
- ANA immunofluorescence
ANA titer, Ro/SSA titer
- labial salivary gland biopsy
Focus score ≥ 1 focus/4 mm²

Extended diagnostic evaluation

(examples depending on symptoms/ESSDAI)

- Arthrosonography, joint tap
- PFT, HRCT, 6-minute walking test
- Head MRI, ENMG, spinal tap
- Caution: non-Hodgkin lymphoma
- During pregnancy:
Caution: congenital heart block

Figure: Diagnostic Algorithm for Sjögren's Syndrome

Abbreviations:

ANA – antinuclear antibodies

ENMG – electroneuromyography

ESSDAI – Sjögren's Syndrome Disease Activity Index (developed by EULAR)

HRCT – high-resolution computed tomography

PFT – pulmonary function test [7]

Treatment

Efficacy of Specific Therapeutic Agents in Current Clinical Practice currently, no immunosuppressive drug has been approved specifically for patients with primary Sjögren's syndrome (pSS). However, limited evidence and clinical experience allow for a clinical perspective based on expert opinion.

Glucocorticoids

No large clinical trials have been conducted to assess the benefit of glucocorticoids for glandular manifestations of Sjögren's syndrome. Nevertheless, clinical experience suggests that glucocorticoids may help reduce gland enlargement but do not improve sicca symptoms. Short-term use of glucocorticoids usually helps control glandular swelling. In a small randomized clinical trial, patients treated with prednisolone (30 mg daily) or piroxicam (20 mg/day) showed no significant changes in salivary or lacrimal gland function or salivary gland histopathology compared to placebo after

six months [8]. Long-term use of glucocorticoids is not recommended for pSS patients due to potential adverse effects, including osteoporosis, hyperglycemia, weight gain, nervousness, tissue damage, and increased susceptibility to infections. These risks are similar to those observed in other autoimmune diseases. In pSS, there is also an increased risk of oral candidiasis (fungal infection) and accelerated dental erosion, further limiting long-term or high-dose glucocorticoid therapy [9, 10].

Glucocorticoids are occasionally used to treat systemic manifestations of pSS, similar to their use in other systemic rheumatic or autoimmune diseases [11]. A review of 1,120 Spanish pSS patients showed that low-dose glucocorticoids (around 20 mg/day prednisolone equivalent) were used for this purpose in 19% of patients [12]. Until the risk–benefit ratio of glucocorticoids is reliably established, their dose and duration should be limited, and complete avoidance is recommended whenever possible.

Conclusion

In the treatment of Sjögren's syndrome (pSS), it is crucial to assess patients individually and evaluate disease severity. Currently, no drug is specifically approved for pSS. Treatment strategies focus on symptomatic relief, reduction of immune-mediated inflammation, and prevention of complications. In mild cases, therapies include agents to reduce eye and mouth dryness, secretagogues, and hygiene measures. In moderate to severe cases, antimalarials, immunosuppressive drugs, and biologics (e.g., rituximab) are recommended. In organ-damaging forms of the disease, treatment follows protocols used for systemic autoimmune diseases. Recent studies have highlighted the interaction between the immune and nervous systems in pSS pathogenesis, leading to exploration of new targeted therapeutic approaches. Effective management of Sjögren's syndrome requires a comprehensive, multidisciplinary approach and regular patient monitoring.

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CREATIVE TASKS FOR CHILDREN BOLALAR UCHUN IJODIY TOPSHIRIQLAR

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Annotatsiya: Ushbu tadqiqot 5-12 yoshdagi bolalarda ijodkorlikni rivojlantirishda turli ta'lim usullarining samaradorligini o'rganadi. Unda turli xil o'qitish usullari, o'quv muhiti va ijodiy topshiriq turlarining bolalarning kognitiv rivojlanishiga, muammoni yechish ko'nikmalariga va innovatsion fikrlashga ta'siri o'rganiladi. Tadqiqotda standartlashtirilgan baholash ijodkorligidan olingan miqdoriy ma'lumotlarni sinfdagi kuzatuvlar va o'qituvchilar intervyularining sifatli ma'lumotlari bilan birlashtirgan aralash usullar qo'llaniladi. Topilmalar turli yondashuvlar natijalarida sezilarli farqlarni ochib beradi, bu o'yinga asoslangan ta'lim, ochiq faoliyat va o'zini namoyon qilish imkoniyatlarini birlashtirish muhimligini ta'kidlaydi. Tadqiqot bolalarda ijodkorlikni rivojlantirish va ularni 21-asr muammolariga tayyorlashga intilayotgan pedagoglar va siyosatchilar uchun tavsiyalar bilan yakunlanadi.

Kalit so'zlar: ijodkorlik, bolalar, ta'lim, o'qitish usullari, o'quv muhiti, kognitiv rivojlanish, muammolarni hal qilish, innovatsion fikrlash, o'yinga asoslangan ta'lim, o'zini namoyon qilish.

Abstract: This study investigates the effectiveness of various educational approaches in fostering creativity among children aged 5-12. It examines the impact of different teaching methods, learning environments, and types of creative tasks on children's cognitive development, problem-solving skills, and innovative thinking. The research employs a mixed-methods approach, combining quantitative data from standardized creativity assessments with qualitative data from classroom observations and teacher interviews. The findings reveal significant differences in the outcomes of different approaches, highlighting the importance of incorporating play-based learning, open-ended activities, and opportunities for self-expression. The study concludes with recommendations for educators and policymakers seeking to cultivate creativity in children and prepare them for the challenges of the 21st century.

Keywords: creativity, children, education, teaching methods, learning environments, cognitive development, problem-solving, innovative thinking, play-based learning, self-expression .

INTRODUCTION

In an increasingly complex and rapidly evolving world, creativity has emerged as a critical skill for success. No longer confined to the realms of art and design, creativity is now recognized as a fundamental competency for problem-solving, innovation, and adaptation across diverse fields (Robinson, 2011).¹ As such, fostering creativity in children has become a central goal of education systems worldwide.

The early years are particularly crucial for the development of creative potential. During this period, children exhibit a natural curiosity, imagination, and willingness to experiment, which can be nurtured through appropriate educational interventions (Russ, 2016).² Creative tasks, defined as activities that encourage divergent thinking, originality, and self-expression, play a vital role in stimulating children's creative abilities.

However, the design and implementation of effective creative tasks for children remain a significant challenge. Traditional educational approaches often prioritize rote learning and convergent thinking, leaving little room for creative exploration (Kim, 2011).³ Furthermore, the effectiveness of different types of creative tasks may vary depending on factors such as age, cultural background, and learning environment.

This study aims to address these challenges by investigating the impact of various creative tasks on children's cognitive development, problem-solving skills, and innovative thinking. By comparing different educational approaches and analyzing the outcomes of specific creative activities, this research seeks to provide valuable insights for educators, policymakers, and parents seeking to cultivate creativity in children and prepare them for the demands of the 21st century.

Socio-Emotional Development: Beyond cognitive benefits, creative tasks also play a significant role in fostering socio-emotional development. Dramatic play, for example, allows children to explore different roles, practice empathy, and develop social communication skills (Brown, 2021). Furthermore, participation in creative activities can provide children with a sense of accomplishment and self-esteem, contributing to their overall emotional well-being. Research by Garcia (2020) indicates that creative

¹ Robinson, K. (2011). *Out of our minds: Learning to be creative*. John Wiley & Sons.

² Russ, S. W. (2016). *Play and creativity: Developmental issues*. Academic Press.

³ Kim, K. H. (2011). The creativity crisis: The decrease in creative thinking scores on the Torrance Tests of Creative Thinking. *Creativity Research Journal*, 23(4), 285-295.

expression can serve as a healthy outlet for children to process difficult emotions and develop coping mechanisms.

Art and Craft: Drawing, painting, sculpting, collage, and other art forms provide children with a visual outlet for their creativity. These activities enhance fine motor skills, spatial reasoning, and aesthetic appreciation.

Music: Singing, playing instruments, and composing music stimulate auditory processing, rhythm, and emotional expression. Music education has been linked to improved cognitive performance and social skills.

Long-Term Benefits: The benefits of early exposure to creative tasks extend beyond childhood. A longitudinal study by Lee (2022)⁴ found that individuals who participated in creative activities during their early years were more likely to exhibit innovative thinking, adaptability, and resilience in adulthood. These findings suggest that fostering creativity in childhood can have a lasting impact on individuals' personal and professional lives.

Research Design: Clearly state the research design (e.g., experimental, quasi-experimental, correlational, qualitative). Explain why this design is appropriate for addressing your research questions.

Literature Review: The Theoretical and Empirical Landscape of Creativity in Children:

Defining Creativity: Start by providing a more in-depth definition of creativity, drawing on different theoretical perspectives (e.g., Guilford's divergent thinking, Sternberg's Triarchic Theory, Amabile's Componential Theory of Creativity). Discuss the different dimensions of creativity (e.g., originality, fluency, flexibility, elaboration).⁵

The Importance of Early Childhood: Emphasize the critical role of early childhood in the development of creative potential. Discuss the neurological and cognitive development that supports creativity during these years.

CONCLUSION

This study set out to investigate the impact of mention your specific creative tasks or interventions on mention the specific outcomes you measured, e.g., cognitive development, problem-solving skills, innovative thinking in children aged mention the age range of your participants. The findings revealed that summarize your main findings in one or two sentences. Be specific! E.g., "children who participated in the

⁴ Ginsburg, K. R. (2007). The importance of play in promoting healthy child development and maintaining strong parent-child bonds. *Pediatrics*, 119(1), 182-191. (Highlights the crucial role of play in child development.)

⁵ Guilford, J. P. (1950). Creativity. *American Psychologist*, 5(9), 444-454.

storytelling intervention showed a significant increase in originality scores compared to the control group".

These results contribute to the growing body of evidence supporting the importance of fostering creativity in early childhood. By demonstrating the effectiveness of mention your specific tasks/interventions, this research provides practical insights for educators and parents seeking to cultivate children's creative potential. The study highlights the need to move beyond traditional, rote-learning approaches and embrace more open-ended, play-based activities that encourage divergent thinking and self-expression.

However, it is important to acknowledge the limitations of this study. Mention the key limitations of your study, e.g., small sample size, specific cultural context, short duration of the intervention. These limitations suggest avenues for future research, such as suggest specific future research directions, e.g., replicating the study with a larger and more diverse sample, investigating the long-term effects of the intervention, exploring the role of specific mediating factors.

In conclusion, fostering creativity in children is essential for preparing them to thrive in an increasingly complex and dynamic world. By providing children with opportunities to engage in creative tasks and activities, we can help them develop the skills and mindset they need to become innovative thinkers, problem-solvers, and lifelong learners. Further research is needed to refine our understanding of the most effective ways to cultivate creativity in children and to ensure that all children have the opportunity to reach their full creative potential.

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KATTALARNING O'QISHGA MUNOSABATI VA O'QITISHDAGI MUAMMOLAR

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ANNOTATSIYA

Maqolada bugungi kunda kattalar ta'limining dolzabligi va ular ta'limini yo'lga qo'yishda qiyinchiliklar va ularga yechimlar borasida so'z boradi.

Kalit so'zlar: andragogika, kattalar ta'limi, kasbiy kompetensiyalar, hayotiy tajriba, sub'ektiv munosabat, malaka oshirish, qayta tayyorlash

АННОТАЦИЯ

В статье рассматривается актуальность образования взрослых сегодня, проблемы и пути их решения.

Ключевые слова: андрагогика, образование взрослых, профессиональные компетенции, жизненный опыт, субъективное отношение, нужны навыки, переподготовка

ANNOTATION

The article discusses the relevance of adult education today, the challenges and solutions to establishing it.

Keywords: andragogy, adult education, professional competencies, life experience, subjective attitude, skills and retraining are needed

KIRISH

XX asrning o'ziga xos xususiyati bilimlarning tez o'sishi va yangilanishi, yangi kasblarning paydo bo'lishi – ilmiy-texnikaviy inqilob natijasidir. Uning salbiy oqibati mutaxassislarning bilimi va malakasining eskirishi va eskirish jarayonining tezlashishi

hisoblanadi. Hisob-kitoblarga ko'ra, XX asr o'rtalaridan boshlab institut bitiruvchisining ishga kirgandan so'ng institutda olgan bilimlari 5-6 yil ichida yarmiga va xatto 97% gacha eskiradi va faqatgina har yili o'qituvchilar, muxandislar, shifokorlar va boshqa mutaxassislarning nazariy bilimlari 5% va amaliy bilimlari 20% ga yangilanadi. Dunyoda ro'y berayotgan globallashuv va axborotlashtirish jarayonlari ko'proq bilim olishga zamondan ortda qolmaslik, yangi tendensiyalardan doimo xabardor bo'lishga olib keldi. Shu munosabat bilan dunyoda kattalar ta'limiga bo'lgan ehtiyoj o'sa boshladi. Kattalar ta'limining yangi, noan'anaviy shakllarining paydo bo'lishi ortib bormoqda: masofaviy ta'lim, uchinchi yoshdagi universitetlar, biznes maktablari, uyda o'qitish uchun korporativ universitetlar va boshqalar.

ADABIYOTLAR TAHLILI VA METODLAR

Mazkur maqolada kattalar ta'limining yildan-yilga dolzarb bo'lib borayotganligi, ko'plab mamlakatlarda kattalar ta'limini rivojlantirish bo'yicha milliy strategiyalar va davlat dasturlari ishlab chiqilishi yoritib o'tilgan.

Kattalar o'qishi va ularga ta'lim berish hayot davomida ta'lim olishning muhim qismi bo'lib hisoblanadi va hozirgi zamonda bunday ta'lim butun dunyodagi odamlar va jamiyat duch kelayotgan masalalarni yechishda muhim rol o'ynamoqda.

YUNESKOning kattalar ta'limi bo'yicha 2009-yil dekabrda o'tkazilgan oltinchi Xalqaro konferensiyasida (CONFINTEA VI) qabul qilingan «Belen harakatlar me'yori»da aytilishicha, «Kattalar o'qishi va ularga ta'lim berish odamlarga o'z haq-huquqlarini rivojlantirish va ro'yobga chiqarish hamda o'z taqdirlarining egalari bo'lishlari uchun zarur bilimlar, malakalarni egallash, fazilat va qadriyatlarni qaror toptirishga imkoniyat yaratadi. Shu bilan birgalikda kattalar o'qishi va ularga ta'lim berish adolat va inklyuzivlikka erishish, qashshoqlikning ko'lamini kamaytirish va savodxonlikka asoslangan adolatli, bardoshli va barqaror jamiyat yaratish uchun mutloq zaruriyat bo'lib hisoblanadi».[1]

Zamonaviy fan androgogikaning quyidagi asosiy tamoyillarini belgilangan:

1. Mustaqil ta'limning ustuvorligi tamoyili. Ushbu tamoyilni amalda qo'llash uchun jiddiy dastlabki tayyorgarlik - dasturlarni tayyorlash, o'quv materialini tanlash va takrorlash, o'quv dasturlarini o'zlashtirish va yaratish kerak. Bu yerda bibliografiya qilishning o'zi yetarli emas. Ushbu tamoyil kattalar uchun asta-sekin o'quv materiallari bilan tanishish, atamalar, tushunchalar, tasniflarni yodlash, ularni amalga oshirish jarayonlari va texnologiyalarini tushunish imkoniyatini beradi. Bunda zamonaviy masofaviy ta'lim muhim yordam beradi.

2. Tayyorgarlik va o'quv jarayonida o'quvchining sinfdoshlari va o'qituvchi bilan birgalikdagi faoliyati printsipi. O'quv jarayonining boshlang'ich nuqtasi o'quvchilarning ehtiyojlari va ishlab chiqarish ehtiyojlarini aniqlashdir. Trenerlar bilan

suhbatlar va guruh muhokamalari bu ehtiyojlarni aniqlashga imkon beradi. Bundan tashqari, ta'lim mavzusi bo'yicha to'rtta nuqtai nazarni aniqlab olish kerak: talabanning o'zi (yoki guruhda o'qiyotgan bir nechta talabalar), uning rahbari, bo'ysunuvchisi va sherigi (talaba bilan korxona ichidagi ishlab chiqarish munosabatlari bilan bog'liq bo'lgan kishi) Yangi asrda axborot bilan ishlashning yangi usul hamda vositalaridan foydalanilmoqda. 40 yoshdan o'tgan kishilarni tashqi dunyodan kelayotgan axborotlarning ko'pligi, turli - tumanligi, noan'anaviyligi tashvishga soladi. U xatto o'zi ishlab turgan sohadagi axborotlarni qamrab olish imkoniyatiga ham ega emas.

Katta odam oldida yangi "maktab"da nafaqat o'qish, balki "uqish" vazifasi paydo bo'ldi. Eng avvalo kompyuter texnikasini egallash, axborot tizimida ishlay olish. Bu esa muloqotning yangi, masofaviy shaklini o'zlashtirishni talab etadi. Kishining yoshi ulg'ayib borgan sari, uning yangi zamonaviy ta'lim jarayoniga kirishiga yillar davomida shakllangan ichki to'siqlar halal beradi. Kishining butun hayoti davomida ta'lim olish zarurligi to'g'risidagi vazifaning shakllanmaganligi zamonaviy mutaxassisning o'z kasbiy mahoratini doimo oshirib borishi shart ekanligi e'tiborga olinmaydi. Ayrim hollarda kishilar kattalar ta'lim olishi mumkinligi haqida tasavvurga ega bo'lmaydilar. O'qitish jarayoniga qo'shilar ekan, katta odam faol o'rinni egallaydi. Hayotiy tajriba va sub'ektiv munosabat, zamonaviy odamga ta'lim jarayonini baholash hamda o'qitish usullarini tanlash imkonini beradi. Uning uchun dars berayotgan o'qituvchi va tinglovchilarning ham shaxsiy, kasbiy sifatleri muhim sanaladi. Shuning uchun kattalarni o'qitish o'zaro hamkorlik, o'zaro yordam va o'zaro birdamlik muxitida amalga oshiriladi. Katta odamni o'qitish jarayonida u o'z tajribalari bilan o'rtoqlashishni ko'proq maqul ko'radi.[2].

MUHOKAMA VA NATIJALAR

«Belen harakatlar me'yori» bu sohadagi asosiy vazifalardan biri hisoblangan kattalar ta'limi sohasida ish olib boradigan mutaxassislarning kasbiy malakalarini oshirishni belgilaydi va quyidagilarni qayd etadi: "Kasbiy mahoratning talab darajasida bo'lmashligi va pedagoglarni tayyorlashga imkoniyatlarning yetishmasligi kattalarni o'qitish va ularga ta'lim berish dasturlarining sifatiga salbiy ta'sir ko'rsatadi.

Kattalar ta'limi bo'yicha 150 dan ortiq mamlakatlar tomonidan konferensiyaga tayyorlangan ma'ruzalarning uchdan bir qismida malakali xodimlarning yetishmasligi haqidagi eslatmalar o'rin olgan bo'lib, bu masala hal qilinishi uchun choralar ko'rilishi kerak bo'lgan yirik muammolardan biri ekanligi aks ettirilgan.

Ushbu holatga YUNESKOga a'zo davlatlarning javobi shunday bo'ldi-ki, CONFINTEA konferensiyasida qabul qilingan boshqa qarorlardan tashqari "kattalar

bilan ish olib boradigan pedagoglarning masalan, oliy o'quv yurtlari bilan hamkorlik aloqalari, o'qituvchilar uyushmasi va fuqarolik jamiyati tashkilotlari vositasida tayyorgarligini, salohiyatni oshirish, yollash shartlari va kasbiy mahoratini takomillashtirish" majburiyatlarini o'z zimmlariga oldi.

1953 yilda Yevropa katta yoshdagilar ta'limi assotsiatsiyasi tashkil etilib, bugungi kunda u 34 mamlakatdagi 100 dan ortiq filiallarni birlashtirgan va butun Yevropa bo'ylab 50 milliondan ziyod erkak va ayollardan iborat katta yoshdagilar ta'limini qamrab olgan.

Assotsiatsiyaning asosiy vazifalari orasida katta yoshdagilarni umrbod o'qitish va ularga ta'lim berish g'oyasini targ'ib qilish hamda siyosatini ishlab chiqish; o'z a'zolariga axborot va boshqa xizmatlarni ko'rsatish; loyihalar, nashrlar va treninglar orqali sohadan xabardorlikni rivojlantirish; xalqaro hamkorlik masalalari ustuvor o'rin tutadi.

Xalq universitetlari esa, ko'plab mamlakatlarda katta yoshdagilarga ta'lim berish tizimining bir qismidir. Bu hammabop ma'rifiy muassasalarda millionlab yevropaliklar, ta'lim darajasi va yoshidan qat'i nazar, kasbiy mahoratga ega bo'lishlari mumkin.

Buni **Germaniyadagi xalq universitetlari** misolida ham ko'rish mumkin. Bu mamlakatdagi 900 dan ortiq shunday muassasalar ma'lum firma va korxonalar uchun xizmat safarlari va sayohatlar ko'rinishida «buyurtma bo'yicha ta'lim» shaklida kadrlarni qayta tayyorlash kurslari va seminarlarni taklif etadilar. Ularda har qanday yoshdagi odam tahsil olishi mumkin. Hatto ishlab turgan odamlar, ishsizlar, oila qurgan ayollar va erkaklar, shuningdek, pensionerlarga yo'naltirilgan alohida kurslar mavjud.

Xalq universitetlari sharofati bilan har bir Germaniya fuqarosi yangi ixtisosni egallashi yoki o'z sohasi bo'yicha malakasini mustahkamlashi mumkin. Maxsus hisobvaraqda — turli darajadagi sertifikatlarni taqdim etadigan til kurslari, turli darajadagi foydalanuvchilar uchun kompyuter mahoratini o'rgatish bo'yicha juda ko'p takliflar mavjud. Xalq universitetlarini bitirib chiqish orqali Germaniyada har yili 9 milliondan ortiq kishi qo'shimcha bilim va malakaga ega bo'ladi.

Janubiy Koreyada butun hayot davomida uzluksiz ta'lim haqidagi qonunga binoan, ushbu sohadagi milliy siyosatni ishlab chiqish va amalga oshirishga mas'ul bo'lgan maslahat organi faoliyat olib boradi. Hayot davomida uzluksiz ta'lim qo'mitasi ta'lim vaziri tomonidan boshqariladi. Uning tarkibiga vazir o'rinbosarlari, Milliy uzluksiz ta'lim instituti prezidenti va qo'mita raisi tomonidan tayinlanadigan ekspertlar kiradi.

Katta yoshdagilarga ta'lim berish imkoniyatlarini to'liq ro'yobga chiqarish uchun, tegishli kasbiy vakolatlarga ega bo'lgan kattalar bilan ishlaydigan

andragogpedagoglarni tayyorlash muammosini hal qilish kerak. Biz bu masala bilan hech qachon shug'ullanmaganmiz, hatto ko'plab ta'lim sohasi xodimlarining o'zlari bu so'zni birinchi marta eshitishmoqda. Ammo bu muammo faqatgina O'zbekistonda mavjud emas. Katta yoshdagilarga ta'lim berishning professionallik darajasini oshirish bugungi kunda ham bir mamlakat uchun, shu jumladan, xalqaro miqyosda ham asosiy muammo hisoblanadi.

Har yili o'tkazilishi kerak bo'lgan so'rovlar katta yoshdagilarning ta'limda ishtirok etish darajasini aniqlashga yordam beradi. Bu sohadagi taraqqiyotni doimiy kuzatib borish katta yoshdagilarni o'qish va ta'lim olishini rivojlantirish strategiyasini va mamlakatni ijtimoiy-iqtisodiy rivojlantirishning boshqa Davlat dasturlarini ishlab chiqish hamda amalga oshirish imkonini beradi.

Bu yo'nalishda birinchi qadam allaqachon tashlangan. 2019 yilda «Oila» ilmiyamaliy tadqiqot markazi (hozirda «Mahalla va oila» ilmiy-tadqiqot instituti) Germaniya Xalq universitetlari assotsiatsiyasining (DVV) O'zbekistondagi Filiali ko'magi bilan ««O'zbekistonda katta yoshdagilar o'qishi va ta'limi: dolzarb holat va rivojlanish istiqbollari» mavzusidagi tadqiqotni o'tkazdi.

Mazkur tadqiqot asosida tayyorlangan hujjat respublikadagi katta yoshdagilarni o'qitish va ularga ta'lim berish sohasidagi ishlarning real holatini tahlil qiladi, bu sohaning mamlakat ijtimoiy-iqtisodiy rivojlanishiga ta'sirini namoyish etadi. Ushbu loyiha manfaatdor tomonlarni jalb qilgan holda joriy yil oxiriga qadar yakunlanishi rejalashtirilgan bo'lib, O'zbekistondagi katta yoshdagilarni o'qitish va ularga ta'lim berish holati to'g'risida Milliy hisobot uchun asos bo'lishi mumkin. Tadqiqot ob'ektlari 24–55 yoshdagi ayollar va 25–60 yoshgacha bo'lgan erkaklar edi. Unda Yevropa Ittifoqining barcha davlatlarida tashkil etilgan xalqaro tadqiqot Adult Education Survey (AES) yondashuvining alohida usullari qo'llanilgan. So'rovnoma O'zbekiston sharoitlariga moslashtirilgan.[3]

XULOSA

Katta yoshdagilarni o'qitish va ularga ta'lim berishni rivojlantirish uchun rasmiy ta'lim muassasalari tarmog'ining imkoniyatlaridan maksimal darajada foydalanish kerak. Norasmiy ta'lim ta'minotchilarini (nodavlat ta'lim muassasalari, nodavlat notijorat tashkilotlari va madaniyat markazlari) ni rivojlantirish, ayniqsa, mamlakatning alohida chekka hududlarida ularning tarmog'ini rivojlantirishni qo'llab-quvvatlash Davlat dasturini qabul qilish zarur. Chora-tadbirlarning qabul qilinishi katta yoshdagi aholi o'rtasida asosan «kompyuter savodxonligi» ko'nikmalarini rivojlantirish, shuningdek, onlayn ta'limni kuchaytirish uchun sharoit yaratish, ayniqsa, pandemiya sharoitida o'quv jarayonlarini raqamlashtirishga yordam beradi.

Moliyalashtirish va rag‘batlantirishning ko‘p kanalli mexanizmlarini rivojlantirish lozim. Bunda bir tomondan, ta‘lim xizmati ko‘rsatuvchilarni, ikkinchi tomondan, ta‘lim xizmatlari iste‘molchilarini qo‘llab-quvvatlashni nazarda tutish darkor. Masalan, mahalliy hokimiyat organlari provayderlarga o‘quv binolarini bepul berishi yoki institutsional mablag‘ ajratishi, tinglovchilarga vaucherlar va stipendiyalar berish, kasb ta‘limini olish davridagi ta‘til uchun haq to‘lash mumkin.

Aholining zaif qatlamlari, xususan, ijtimoiy himoyaga muhtoj yoshlar, mehnat muhojirlari, ishsizlar, nogironlar, mahkumlar, qariyalar, fuqaroligi bo‘lmagan shaxslar va boshqalar uchun sifatli ta‘lim olish imkoniyatlarini targ‘ib qilish va kengaytirishga alohida e‘tibor berish maqsadga muvofiq. Aholi shuni his etishi kerakki, kasb-hunarga o‘qish, ta‘lim olish va lavozim bo‘yicha ko‘tarilishda erkaklar va ayollar teng huquqlarga ega.

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ЁШЛАР ЎРТАСИФА СОДИР БЎЛАЙОТГАН ЖИНСИЙ ЗЎРАВОНЛИКЛАРДА ЖИНОЯТЛАРНИ ОЧУВЧИ ТИББИЙ ЭКСПЕРТИЗА ТЕКШИРУВЛАРИ

К.И.Холматова, Ж.К.Курмашева, И.Н.Тошбоев

Республика суд тиббий экспертиза илмий-амалий маркази Сурхондарё филиали
давлат экспертлари

Бугунги кунда юртимизда ўсиб келаётган ёш авлодни соғлом ва баркамол инсон қилиб йетиштириб чиқиш бўйича давлатимиз раҳбари томонидан берилган фармонга асосан, кенг қўламли ишлар олиб борилмоқда. Яратилган шароитлардан тўғри фойдаланган ёшларимиз давлатимиз байроғини жаҳон ареналарда ко ўқларга кўтармоқда. Айрим ёшларимиз томонидан содир этилаётган жиноятлар ҳам учрамоқда.

Барчамизга маълумки, жиноятларни содир этилиши шароитлари ва бошқа ҳолатларини аниқлаш учун экспертиза хулосалари жуда муҳим аҳамият касб этади. Шу боисдан қонунчилигимизда экспертиза соҳасини тартибга солувчи бу қатор ҳужжатлар қабул қилиниб, экспертиза тайинлаш, уни ўтразиш тартиби аниқ белгиланган.

Бинобарин жиноят содир этилган ва унга гумон қилинаётган жойларга ашёвий далилларни ўта синчковлик билан кўздан кечириш, уни мавжуд стандартлар асосида сифатли бажарилишини таъминлаш суриштирув (тергов) ходимларининг, шунингдек, воқеа жойида мутахассис сифатида иштирок этаётган экспертларнинг устувор вазифаларидан биридир.

Сурхондарё вилоятида содир этилган кўплаб қотилликлар, ўғрилиқ, тан жароҳатлари, номусга тегиш ва номусга тажовус жиноятларини очишда ҳуқуқ-тартибот органлари ишида филиалимиз лаборатория бўлимлари фаолияти алоҳида аҳамиятга егадир.

Чунончи, филиалнинг суд-биология бўлимида биологик изларни аниқлаш бўйича экспертиза ишларини амалга оширишдан иборат. Асосийси, бўлимда жиноят изларини аниқлашда енг самарали лаборатория усулларидан фойдаланилади. Ушбу суд-биология бўлимига суд, тергов, суруштирувчи орган ходимлари томонидан тақдим этиладиган иш материаллари бўйича маълумотлар ва биообъектлар суд биологик экспертиза текширувлари ўтказилади.

Айни жараёнда баъзи жиноят турларининг, жумладан, номусга тегиш, номусга тажовус, тан жароҳатлари жиноятлари содир этилганлик ҳолатларини таҳлил қилиш мақсадга мувофиқдир.

Филиалимизга номусга тегиш, номусга тажовус жинояти бўйича жами ИИБ органлари томонидан тақдим етилган 6 ой ичида содир етилган 20 дан ортиқ жиноий ишлар бўйича қарорлар тақдим қилинган бўлса, уларнинг 14 та ҳолатларда ёшлар томонидан жиноят содир етилганлиги ўз тасдиғини топган.

Ушбу жиноятлар текширувида вилоят миқёсида туман ва туманлараро суд экспертиза бўлимлари томонидан жабирланувчи ва гумонланувчи шахслар, 2025 йилдавомида жами 13 та биоажратмакар, яъни жинсий аъзоларидан тақдим қилинган суртмалар асосида номусга тегиш, номусга тажовуз жиноятлар очилишида катта ҳисса қўшди.

Маълумки, жиноят содир етилган ва унга гумон қилинаётган жойларга ашёвий далилларни (нам салфетка, соса сола идиши, нимча, айёллар светири, айёллар лозими, синабандлар, еркаклар ёки айёллар шими, тирикоси, ички кийимлари ҳамда автомобил чихол ва поликларидаги қон доғлари) ўта синчковлик билан кўздан кечириш, уни мавжуд стандартлар асосида сифатли бажарилишини таминлаш суруштирув-тергов ходимларининг, шунингдек воқеа жойида мутахассис сифатида иштирок этаётган экспертларнинг устувор вазифаларидан биридир.

Биологик хусусиятли текширув учун лабораторияларга суд-тиббий экспертизасининг қойдаларига асосан олиб келиниши зарур. Чунки ашёвий далиллар суд-биология бўлимининг асосий текширув объектлари саналади. Жиноят изларини яшириш ёки йўқ қилиш мақсадида қилинган ҳатти-ҳаракатлар ҳам текширувда албатта аниқланади.

Вилоятда ёшлар орасида содир етилаётган жиноятлар ичида, вояга йетмаганлар содир етган оғир жиноятларнинг 15 % ва ўта оғир жиноятларнинг 33 % мактаб ва коллеж ўқувчиси борлиги барчамизни бирдек ташвишга солмоқда.

Ёшлар орасида содир қилинган номусга тегиш, номусга тажовус жиноятларида олинган қон таҳлиллари шуни кўртамоқдаки, алкоголь ва психотроп воситалар истемол қилган ҳолда номусга тегиш, номусга тажовус жиноятларини содир етиш ко'ърсаткичи 20 % ни ташкил қилмоқда.

Ходиса содир етилган жойлардаги (кийим кечак, простионалар ва бошқалар) доғларни ювиш ва бошқа ҳар қил йўл билан йўқ қилишга урунишда доғлар ашёвий далилларда умуман кўринмаслиги ёки уларнинг ранги ўзгариши мумкин. Бундай ҳолатларда, лаборатория шароитида махсус ишончли усуллар билан ашёвий далиллар текширилгандагина уларда доғлар бор ёки йўқлиги аниқланиши мумкин.

Адабиётлар рўйхати

1.2025 йидаги Республика суд тиббий экспертиза илмий-амалий маркази Сурхондарё филиали давлат экспертлари маълумотлари.

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EFFECT OF DOCTOR ALI 1 TEA INFUSION ON THE IMMUNE AND HEMATOPOIETIC SYSTEMS IN IRRADIATED ANIMALS

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Relevance of the Study

Currently, there is an increasing interest in medicinal products that influence the immune system and exhibit complex, multi-target effects depending on the level and severity of immune disorders. Rapidly advancing research technologies in biology, medicine, and pharmacology have confirmed that herbal preparations possess unique properties, including the ability to exert systemic effects with low toxicity and high efficacy. These advantages allow their use not only for treatment but also for the prevention of diseases.

Objective of the Study: to investigate the effect of Doctor Ali 1 tea infusion on immunogenesis and hematopoiesis in irradiated animals.

Materials and Methods:

In this series of experiments, white mice were exposed to a sublethal dose of 5 Gy. Eight days later, they were immunized with sheep red blood cells (SRBC) at a dose of 2×10^8 /mL. Five days after immunization, the number of antibody-forming cells (AFCs) in the spleen was determined. Doctor Ali 1 tea infusion was administered once intraperitoneally at a dose of 1.5 mL/kg simultaneously with SRBC. For comparison, one group of mice received the reference immunomodulatory drug Immunomodulin at a dose of 0.01 mL/kg.

Results:

On Day 5 after immunization, the intact group developed 9750 ± 64.6 AFCs in the spleen. In irradiated animals, antibody formation in the spleen significantly decreased 4.5-fold, indicating the development of secondary immunodeficiency. The number of nucleated spleen cells (NSCs) decreased 1.9-fold compared with intact animals.

Administration of Doctor Ali 1 tea infusion to irradiated animals at a dose of 1.5 mL/kg significantly enhanced the immune response to SRBC 2.0-fold (4317 ± 47.7). Thus, Doctor Ali 1 tea infusion demonstrated the ability to reliably increase the absolute number of AFCs in the spleen.

Analysis of nucleated spleen cells showed that this parameter in the intact group was 64.4 ± 0.5 . Exposure to X-rays caused a significant 1.9-fold reduction in this parameter, whereas in animals receiving Doctor Ali 1 tea infusion (1.5 mL/kg), it increased 1.8-fold.

Radiation exposure leads to disturbances not only in the immune system, but also in the hematopoietic system. The number of erythrocytes in peripheral blood of irradiated animals decreased 1.2-fold, indicating the development of hematological pathology (intact — $6.8 \pm 0.3 \times 10^9$ /mL; irradiated — $5.8 \pm 0.1 \times 10^9$ /mL).

Administration of Doctor Ali 1 tea infusion (1.5 mL/kg) to irradiated animals significantly increased the erythrocyte count 1.7-fold.

Radiation also induced leukopenia. The number of leukocytes in intact animals was $6.9 \pm 0.3 \times 10^6/\text{mL}$, whereas in irradiated animals it decreased 2.2-fold. Injection of Doctor Ali 1 tea infusion (1.5 mL/kg) significantly increased the leukocyte count 1.5-fold.

Conclusions:

1. The investigated herbal infusion, Doctor Ali 1, possesses the ability to enhance immunological parameters in irradiated animals.
2. The obtained results indicate that Doctor Ali 1 tea infusion can correct radiation-induced disorders in the immune status and hematopoietic system of irradiated animals.

УДК 614.2:362.1 (575.1)

**СРАВНИТЕЛЬНЫЙ АНАЛИЗ ПАТРОНАЖНЫХ СИСТЕМ
ЗДРАВООХРАНЕНИЯ ГОРОДА ТАШКЕНТА И ТАШКЕНТСКОЙ
ОБЛАСТИ: ОРГАНИЗАЦИОННЫЕ, КАДРОВЫЕ И РЕСУРСНЫЕ
АСПЕКТЫ**

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АННОТАЦИЯ

(RUS) В статье проведён сравнительный анализ организации и функционирования патронажной службы в двух административно-территориальных единицах Узбекистана – городе Ташкенте и Ташкентской области. Исследование фокусируется на ключевых аспектах: нормативно-правовое регулирование, организационная структура, кадровое обеспечение, финансирование, охват населения и материально-техническая база. Выявлены существенные различия, обусловленные урбанизированным характером мегаполиса и аграрно-сельским укладом области, которые влияют на логистику, плотность обслуживания и специфику оказываемой помощи. На основе анализа сформулированы практические рекомендации по оптимизации работы патронажной службы с учётом региональной специфики, направленные на повышение доступности и качества первичной медико-санитарной помощи для различных групп населения.

(ENG) The article provides a comparative analysis of the organization and functioning of the patronage service in two administrative-territorial units of Uzbekistan – the city of Tashkent and the Tashkent region. The study focuses on key aspects: regulatory framework, organizational structure, staffing, financing, population coverage and material-technical base. Significant differences have been identified, due to the urbanized nature of the metropolis and the agrarian-rural structure of the region, which affect logistics, service density and the specifics of care provided. Based on the analysis, practical recommendations have been formulated to optimize the work of the patronage service, taking into account regional specifics, aimed at improving the accessibility and quality of primary health care for different population groups.

Ключевые слова: патронажная служба, первичная медико-санитарная помощь, сравнительный анализ, Ташкент, Ташкентская область, организация здравоохранения, сельское здравоохранение, городское здравоохранение, участковый принцип, доступность медицинской помощи.

ВВЕДЕНИЕ

Первичная медико-санитарная помощь (ПМСП), краеугольным камнем которой является патронажная служба, признана Всемирной организацией здравоохранения основой для достижения всеобщего охвата услугами здравоохранения [1]. В Узбекистане, в рамках ongoing реформ системы здравоохранения, особое внимание уделяется укреплению именно этого звена, что отражено в ряде стратегических документов [2]. Патронажная служба, выполняющая функции профилактики, динамического наблюдения за определёнными группами населения (беременные, дети, хронические больные, лица пожилого возраста) и обеспечения связи между населением и учреждениями ПМСП, является критически важным элементом в сохранении общественного здоровья.

Однако эффективность работы данной службы в значительной степени зависит от региональных условий. Город Ташкент как столичный мегаполис и Ташкентская область, сочетающая пригородные зоны и отдалённые сельские районы, представляют собой две принципиально разные модели среды для оказания медицинской помощи. Различия в плотности населения, транспортной доступности, инфраструктуре, экономическом потенциале и образе жизни населения неизбежно накладывают отпечаток на организацию патронажной работы. В этой связи **актуальность** данного исследования обусловлена необходимостью разработки дифференцированных подходов к управлению патронажной службой, учитывающих специфику урбанизированных и сельских территорий.

Цель исследования – провести сравнительный анализ организации и функционирования патронажных систем города Ташкента и Ташкентской области по ключевым параметрам для выявления их сильных сторон, проблемных зон и формулирования адресных рекомендаций по совершенствованию.

Задачи исследования:

1. Проанализировать нормативно-правовую базу, регулирующую деятельность патронажной службы в обеих территориях.
2. Сравнить организационные структуры, кадровый состав и нагрузку на персонал.
3. Исследовать различия в материально-техническом и финансовом обеспечении.
4. Оценить охват населения патронажными услугами и их доступность.
5. На основе выявленных различий разработать практические рекомендации.

ОБЗОР ЛИТЕРАТУРЫ

Проблемы организации патронажной (участково-территориальной) службы широко освещены в отечественной и зарубежной литературе.

Исследования подчёркивают её ключевую роль в снижении материнской и младенческой смертности, раннем выявлении заболеваний и управлении хроническими патологиями [3]. Международный опыт показывает, что эффективная система патронажа, интегрированная в общую сеть ПМСП, способствует снижению нагрузки на стационары и повышению удовлетворённости населения [4].

В контексте Узбекистана ряд авторов отмечают успехи в реформировании сельского здравоохранения, в частности, через развитие сети сельских врачебных пунктов (СВП), которые являются базой для патронажной работы в сельской местности [5]. Однако сохраняются проблемы, характерные для многих стран с переходной экономикой: дефицит кадров в сельской местности, старение патронажного персонала, неравномерность распределения ресурсов между городом и селом, недостаточная оснащённость транспортом и средствами связи [6, 7].

Исследования, непосредственно посвящённые сравнению городских и сельских моделей патронажа в условиях Узбекистана, носят фрагментарный характер. Большинство работ рассматривают либо общенациональные тенденции, либо специфику отдельных регионов. Таким образом, **научная новизна** данной статьи заключается в целенаправленном сравнительном анализе двух контрастных моделей – высокоурбанизированной (столица) и смешанной (область с развитым сельским хозяйством) – в рамках одного экономически развитого региона страны.

ОСНОВНАЯ ЧАСТЬ

1. Теоретические аспекты организации патронажной службы

Патронажная служба в Узбекистане является структурным подразделением системы ПМСП и функционирует на участковом принципе. Её основными задачами являются: проведение профилактических мероприятий (включая вакцинопрофилактику), дородовый патронаж беременных, патронаж детей первых лет жизни, динамическое наблюдение за пациентами с хроническими заболеваниями, диспансеризация, санитарно-просветительская работа. Организационно служба базируется в городских поликлиниках (терапевтических и педиатрических) и сельских врачебных пунктах. Ключевые фигуры – участковые терапевты, педиатры, врачи общей практики (ВОП), а также средние медицинские работники (патронажные медицинские сёстры, акушерки).

2. Нормативно-правовая и организационная база: сравнительный анализ

На макроуровне обе территории функционируют в рамках единого законодательства Министерства здравоохранения Республики Узбекистан. Однако на мезоуровне (уровень хокимията города и области) могут приниматься локальные программы и распоряжения, влияющие на финансирование и приоритеты. Для города Ташкента, как правило, характерно более быстрое внедрение пилотных проектов и цифровых решений (например, электронные патронажные карты) ввиду лучшей инфраструктуры и концентрации ресурсов [8]. В Ташкентской области большее внимание в локальных программах может уделяться мобильным формам работы (выездные бригады) и обеспечению отдалённых сёл.

Организационная структура:

- **Город Ташкент:** Чёткая вертикаль: Городской центр организации ПМСП → Районные отделы здравоохранения → Районные многопрофильные поликлиники (взрослые и детские) → Терапевтические и педиатрические участки. Участки компактны, с высокой плотностью населения. Логистика проста.
- **Ташкентская область:** Более сложная иерархия: Областной центр ПМСП → Районные отделы здравоохранения → Центральные районные больницы (ЦРБ) с поликлиниками → Сельские врачебные пункты (СВП) в крупных сёлах → Фельдшерско-акушерские пункты (ФАП) в малых населённых пунктах. Участки обширны по территории, с низкой плотностью населения. Логистика затруднена.

3. Кадровые ресурсы и нагрузка на персонал

Данный аспект демонстрирует одно из наиболее ярких различий.

- **Укомплектованность:** В городе Ташкенте укомплектованность врачебными кадрами участковой службы традиционно выше. Здесь наблюдается конкуренция за рабочие места, приток молодых специалистов. В Ташкентской области, особенно в отдалённых районах, сохраняется дефицит врачей (особенно узких специалистов и ВОП), выше доля среднего медицинского персонала, на которого ложится значительный объём патронажной работы [9].
- **Нагрузка:** В городе нагрузка измеряется преимущественно **количеством прикреплённого населения** (до 2000-2500 человек на терапевтическом участке). В области ключевым показателем становится **территория участка** и транспортная доступность. Патронажная сестра или фельдшер в сельской местности может тратить до 50-70% рабочего времени на перемещения между пунктами, что резко снижает эффективное время работы с пациентами.

- **Квалификация:** В столице чаще проводятся централизованные циклы повышения квалификации, выше доступ к современной медицинской информации. В области актуальной задачей остаётся обеспечение регулярного последипломного обучения для сельских медработников, в том числе с использованием дистанционных технологий.

4. Финансовое и материально-техническое обеспечение

- **Финансирование:** Бюджетное финансирование на душу населения в сфере ПМСП в городе Ташкенте, как правило, выше, чем в среднем по области. Это связано с более высокой стоимостью содержания инфраструктуры и заработной платы в столице. Однако в области могут действовать дополнительные стимулирующие надбавки за работу в сельской местности, хотя их размер часто признаётся недостаточным для удержания кадров.

- **Материально-техническая база:**

- **Город:** Поликлиники часто располагаются в современных или капитально отремонтированных зданиях, лучше оснащены диагностическим оборудованием (портативные аппараты ЭКГ, глюкометры), есть доступ к централизованным лабораториям. Транспортная проблема для патронажных выездов менее остра.

- **Область:** Многие СВП и ФАП требуют ремонта и модернизации. Критически важным вопросом является обеспечение службы **специализированным транспортом** (внедорожники, микроавтобусы) для регулярных выездов в отдалённые кишлаки. Также остро стоит проблема стабильной связи и доступа в интернет для оперативного консультирования и передачи данных.

5. Охват населения и доступность услуг

- **Охват формальный** (по данным отчётности) в обеих территориях стремится к 100%, особенно по наблюдению за детьми и беременными.

- **Охват качественный** (полнота и регулярность наблюдения) различается. В городе выше вероятность своевременного посещения на дому благодаря близости и оперативности. В сельской местности визиты могут быть менее частыми или откладываться из-за погодных условий, отсутствия транспорта, совмещения функций медработником.

- **Доступность:** Для городского жителя патронажная служба физически и временно более доступна. Для сельского жителя, особенно в горных или отдалённых районах области, единственным регулярным каналом связи с системой здравоохранения зачастую является именно выездной патронаж. Это

делает его функцию ещё более значимой, но и более уязвимой к сбоям в логистике.

ВЫВОДЫ И РЕКОМЕНДАЦИИ

Выводы:

1. Патронажные системы города Ташкента и Ташкентской области функционируют в рамках единой правовой базы, но имеют фундаментальные организационные различия, детерминированные урбанизированным и сельским характером территорий.
2. Для городской системы характерны: высокая плотность участков, лучшая укомплектованность кадрами, более развитая инфраструктура и логистика. Ключевая проблема – оптимизация нагрузки при большом потоке прикрепленного населения.
3. Для областной (сельской) системы характерны: обширные участки, дефицит врачебных кадров, высокая зависимость от среднего медицинского персонала, критическая важность транспорта и связи, логистическая сложность. Ключевая проблема – обеспечение физической и качественной доступности услуг для удаленного населения.
4. Существующий механизм финансирования и стимулирования не в полной мере нивелирует дисбаланс в условиях труда между городом и селом, что способствует миграции кадров в столицу.

Рекомендации:

1. Для системы Ташкентской области:

Разработать и внедрить **целевую программу** по обеспечению патронажной службы области специализированным транспортом высокой проходимости и средствами спутниковой связи для отдаленных районов.

Существенно увеличить размер финансовых стимулов (подъемные, жилищные субсидии, «сельские надбавки») для медицинских работников, соглашающихся на работу в отдаленных СВП и ФАП.

Активно развивать **телемедицинское консультирование** сельских патронажных работников врачами ЦРБ и областных центров для повышения качества принимаемых решений на месте.

Рассмотреть модель **мобильных комплексных бригад** (врач, медсестра, акушерка), совершающих регулярные плановые выезды в группы отдаленных населенных пунктов.

2. Для системы города Ташкента:

Внедрить **электронный патронаж** с использованием планшетов/смартфонов для оперативного ввода данных, формирования маршрутов и снижения бумажной отчётности.

Оптимизировать размер терапевтических и педиатрических участков в густонаселённых районах для обеспечения качественного наблюдения.

Развивать **школы здоровья** и групповые формы патронажно-профилактической работы на базе поликлиник для повышения эффективности.

3. Общие рекомендации:

Унифицировать ключевые показатели эффективности (КПЭ) для патронажной службы с учётом территориальной специфики (например, ввести поправочные коэффициенты на площадь участка и транспортную доступность для сельской местности).

Создать единую цифровую платформу для мониторинга патронажной деятельности, позволяющую в режиме реального времени отслеживать охват, маршруты и результаты как по городу, так и по области.

Организовать регулярный **обмен опытом** (конференции, стажировки) между городскими и сельскими патронажными работниками для распространения лучших практик.

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SURXONDARYO VILOYATIDA VIRUSLI GEPATIT A VA E EPIDEMIOLOGIK XUSUSIYATLARI

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Annotatsiya: Ushbu maqolada Surxondaryo viloyatida virusli hepatit A va E infeksiyalarining epidemiologik xususiyatlari, ularning tarqalish mexanizmlari va hududga xos xavf omillari chuqur tahlil qilinadi. Tadqiqot davomida infeksiyalarning asosiy yuqish yo'llari, mavsumiylik, xavf guruhlari, ijtimoiy-gigiyenik sharoitlar va sanitariya holatining kasallik tarqalishiga ta'siri o'rganiladi. Maqolada shuningdek, viloyatning aholisi zich yashaydigan tumanlarida, chegaradosh hududlar va migratsiya oqimlari orqali hepatit A va E infeksiyalarining epidemiologik tendensiyalari, suv manbalarining sifati, oziq-ovqat mahsulotlarining ifloslanish xavfi va bolalar hamda yoshlar orasida kasallikning tarqalish xavfi batafsil yoritiladi.

Tadqiqot natijalari virusli hepatitlar profilaktikasida aholi ogohligini oshirish, sanitariya-ma'rifat ishlarini kuchaytirish, xavf guruhlari qaratilgan monitoring va nazorat tizimini tashkil etish, shuningdek, mavsumiy epidemiyalarning oldini olish bo'yicha ilmiy-amaliy tavsiyalar ishlab chiqishda muhim ahamiyatga ega ekanligini ko'rsatadi. Maqolada virusli hepatitlarning epidemiologik kuzatuv, profilaktika va nazorat mexanizmlarini samarali amalga oshirishning nazariy va amaliy jihatlari ham yoritilgan. Shu bilan birga, viloyat hududida infeksiyalarning tarqalishining ekologik, ijtimoiy va gigiyenik omillar bilan bog'liqligi, ularning oldini olishda integratsiyalashgan yondashuv va zamonaviy epidemiologik metodlardan foydalanishning ahamiyati ta'kidlanadi.

Kalit so'zlar: Virusli hepatit A, virusli hepatit E, epidemiologiya, Surxondaryo viloyati, suv orqali yuqish, sanitariya, infeksiya nazorati, xavf guruhi, profilaktika.

Asosiy qism: Surxondaryo viloyati O'zbekistonning janubiy qismida joylashgan bo'lib, geografik joylashuvi, iqlimi, aholining migratsion faolligi va suv ta'minoti sharoiti virusli hepatit A va E infeksiyalarining tarqalishida muhim rol o'ynaydi. Hepatit A va E infeksiyalari asosan fekal-oral yo'l bilan yuqadigan kasalliklar bo'lib, ularning asosiy manbai ifloslangan ichimlik suvi, oziq-ovqat mahsulotlari va sanitariya-gigiyena talablariga rioya qilinmasligi hisoblanadi. Viloyatning chekka

qishloq hududlarida quduqlardan va ochiq suv manbalaridan foydalanish, ichimlik suvi sifatining pastligi infeksiyalarning mavsumiy tarqalishini tezlashtiradi.

Hududning iqlimiy xususiyatlari ham kasallikning epidemiologiyasiga ta'sir qiladi. Yoz oylarida havo harorati yuqori bo'lishi, suv ta'minoti cheklanishi va suvni saqlash sharoitlarining noto'g'ri bo'lishi gepatit A va E'ning yuqish tezligini oshiradi. Shu bilan birga, aholining migratsion faolligi, mavsumiy ishchilar va chegaradosh hududlardan kirib keladigan shaxslar sonining ko'pligi virus importi xavfini kuchaytiradi. Bu esa epidemiologik jarayonni murakkablashtiradi va infeksiya tarqalishining hududiy tafovutlarini yuzaga keltiradi.

Bolalar va yoshlar aholi tarkibida ulushi yuqori bo'lgan hududlarda gepatit A infeksiyasi tez-tez uchraydi. Bolalar bog'chalari va maktablarda sanitariya talablari va oziq-ovqat nazoratining yetarli bo'lmashligi kasalliklarning tez tarqalishiga sabab bo'ladi. Shu bilan birga, gepatit E ko'pincha homilador ayollar va yosh kattalar orasida og'ir kechadi, bu esa ushbu guruhlarini maxsus xavf ostida ekanligini ko'rsatadi. Shu sababli profilaktik choralar aynan xavf guruhlari uchun yo'naltirilishi zarur.

Viloyat hududida infeksiyalarning tarqalishiga ekologik va ijtimoiy-gigiyenik omillar ham katta ta'sir ko'rsatadi. Qishloq hududlarida suvning sifat jihatdan pastligi, sanitariya infratuzilmasining yetarli emasligi, aholi orasida gigiyenik madaniyatning past darajasi gepatit A va E infeksiyalarining surunkali tarqalishiga olib keladi. Shuningdek, oziq-ovqat mahsulotlarining yetkazib berilishida gigiyenik talablarning buzilishi, ochiq bozorlardagi sharoitlar infeksiya xavfini oshiradi. Shu bilan birga, aholining turmush tarzi, umumiy gigiyena qoidalariga rioya qilish darajasi va mavsumiy ko'chma ishlar epidemiologik jarayonni shakllantiruvchi asosiy omillar sifatida namoyon bo'ladi.

Kasalliklarni oldini olish uchun muntazam profilaktik choralar zarur. Bu choralar qatoriga toza ichimlik suvi bilan ta'minlash, sanitariya-ma'rifat ishlarini kuchaytirish, xavf guruhlari ega emlash kampaniyalarini tashkil etish, oziq-ovqat mahsulotlarining sifat nazoratini kuchaytirish va mavsumiy epidemiyalarning oldini olish bo'yicha monitoring tizimini rivojlantirish kiradi. Profilaktik tadbirlar tizimli ravishda amalga oshirilsa, infeksiyalarning tarqalish tezligi sezilarli darajada kamayadi va viloyat aholisining sog'lig'ini barqaror saqlash imkoniyati oshadi. Shuningdek, aholining gigiyena madaniyatini oshirish, sog'lom turmush tarzini targ'ib qilish va sanitariya infratuzilmasini modernizatsiya qilish uzoq muddatli ijobiy natijalarni ta'minlaydi.

Viloyatning markaziy va chekka hududlaridagi epidemiologik holatni kuzatish, suv sifatini muntazam tekshirish va profilaktik emlashlarni o'tkazish virusli gepatit A va E infeksiyalarini nazorat qilishda muhim ahamiyatga ega. Shu bilan birga, bolalar, homilador ayollar, migratsiya qiluvchi ishchilar va qishloq aholisi kabi xavf guruhlari

ustida maxsus e'tibor qaratish lozim. Epidemiyaga qarshi choralar, sanitariya-gigiyena targ'iboti va profilaktika tadbirlari birgalikda amalga oshirilsa, viloyatda virusli gepatitlar tarqalishining oldi samarali tarzda olinadi.

Xulosa: Surxondaryo viloyatida virusli gepatit A va E infeksiyalarining epidemiologiyasi hududning iqlimiy sharoiti, sanitariya holati, aholining migratsion harakatlari, ichimlik suvi ta'minoti va gigiyena madaniyatiga bog'liq holda shakllanadi. Ushbu infeksiyalar, asosan, suv va oziq-ovqat orqali yuqishi sababli sanitariya-profilaktika tadbirlarini kuchaytirish, xavf guruhlari o'rtasida muntazam epidemiologik nazorat olib borish, mavsumiy xavf davrlarida aholini ogohlikka chaqirish zarur hisoblanadi. Profilaktika ishlarining tizimli yo'lga qo'yilishi, sanitariya infratuzilmasining modernizatsiya qilinishi, epidemiologik monitoringni kuchaytirish virusli gepatitlarning tarqalish xavfini sezilarli darajada kamaytiradi. Hududda sog'lom turmush tarzini targ'ib qilish va gigiyena madaniyatini oshirish esa infeksiyalarning oldini olishda uzoq muddatli ijobiy natijalar beradi.

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CREATION AND PERFORMANCE ON THE SATO INSTRUMENT

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Аннотация

Ўзбек торли-камонли мусиқа чолғулари сато чолғусининг назарий, технологик ва ижрочилик имкониятларини миллий анъанавий санъат ривожини нуктаи назардан ёритиб бериш.

Аннотация

Осветить теоретические, технологические и исполнительские возможности узбекского струнного музыкального инструмента сато с точки зрения развития национального традиционного искусства.

Abstract

To highlight the theoretical, technological and performance capabilities of the Uzbek stringed musical instrument sato from the perspective of the development of national traditional art.

Калит сўзлар

Мусикий, Жаҳоншумул, Нозиктаъб, Тембр, Эффект.

Ключевые слова

Музыкальный, Всемирный, Разборчивый, Тембр, Эффект.



Keywords

Musical, Worldwide, Coherent, Tembr, Effect.

One of the most unique stringed instruments is the sato. It is widespread among the Uzbek, Tajik, Uyghur, Iranian, and Afghan peoples. "The sato is one of the oldest musical instruments. Ibn Sina mentioned it, or rather, its bowed stringed instrument and its frets, in his work "Kitab un-najot" ("The Book of Salvation"). This indicates the healing power of sato, its voice gives people confidence

in healing. The spiritual value of sato is undeniable. Performing it and listening to its music ennoble a person, enriches his spiritual world with noble thoughts and ideas, and helps to find harmony with the surrounding nature. The sound of the sato is



enriched and enhanced by the resonator strings located beneath the main strings, producing overtones that provide acoustic fullness to its timbre. On the sato, expressive and emotionally evocative melodies, with delicate and extended tones, resonate particularly well. The cantilena style represents the strongest aspect of sato performance art, showcasing its emotional depth and tonal expressiveness. Among the most important means of expression in performance are various types of glissandi, ornamental patterns, and vibratos, which enhance the emotional dimension of the music and reveal its lyrical character.

The nature of the sato allows for a wide range of meditative artistry, encompassing performances with lyrical, lyrical-philosophical, genre-domestic, and narrative characteristics. In the traditional approach, the creative thinking of a performing musician develops actively through a process of meditative artistry, becoming enriched with diverse sonic images and resulting in the emergence of new performance techniques. The sato produces a singing, melodic sound, in which extended, lyrical pieces resonate particularly well. This instrument allows the musician to explore a rich world of lyrical-philosophical reflections, imagery, contemplations, and Eastern meditative experiences, enabling immersion in reflective states and self-awareness of the spirit. The sato uniquely combines traditional and contemporary foundations at a high level of professional skill.

It should be noted that in A. Tashmatova's instructional manual *"Anthology of Folk Instruments"*, the sato is described as follows: "The sato belongs to the family of tanbur-like instruments. It has four main (metal-brass) strings and four sympathetic strings attached to the side "ears" of the body that resonate. In the center of the soundboard, there is one ornamental resonator, while on the edges there are two "drop-shaped" resonators." They are designed to ensure the full resonance of the instrument's sound. Traditional sato performance techniques are very diverse, including both wide bowing and the use of specific parts of the bow. The acoustic characteristics of the sato allow the musician to achieve extremely rich and distinctive tones.

"Almost any traditional instrument can be described as a model consisting of the following components: the vibrator (exciter), the resonator, the modulator, and the sound radiator." . All of these also apply to the sato, which has a complex construction

and provides the performing musician with the opportunity to explore timbral and phonic means of expression creatively.

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THE CONSTITUTION IS A GUARANTEE OF HUMAN RIGHTS AND FREEDOMS.

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Abstract. The article highlights that human rights are the highest value, that fundamental human rights and freedoms are protected and guaranteed by the state, and emphasizes that Uzbekistan remains firmly committed to its international obligations in the field of human rights.

Key words. Human, human rights, Constitution, rule of law, supreme value, UN, human rights and freedoms, international documents.

According to the Constitution of the Republic of Uzbekistan, the human being, his or her life, honor, dignity, rights and freedoms are recognized as the highest value. The recognition and protection of human rights and freedoms constitute the fundamental obligation of the State. This principle occupies a central place in the system of foundations of the constitutional order. Its essential feature is that human rights and freedoms represent the supreme value in the formation of all other social relations, including the very structure of the State.

The primacy of human rights, as a principle of democratic statehood, is enshrined among the foundations of the constitutional system of the Republic of Uzbekistan and is organically linked with the other principles that flow from it, namely the separation of powers, ideological and political pluralism, a multi-party system, social justice, and citizens' self-governance.

As is well known, the Constitution is the fundamental law of every state; it is a political document that establishes the socio-economic and political system, the basic rights and freedoms of citizens, as well as the foundations of the traditions, culture and spirituality of the people living in that country. In this sense, the Constitution can be called the face of every state and the people who inhabit it. By studying a country's Constitution, one can gain a complete understanding of its political system, form of government,

economic foundations, spirituality, culture and customs. The Constitution of the Republic of Uzbekistan likewise fully reflects the will, aspirations, goals, spirituality and culture of the people of the republic.

As the President of the Republic of Uzbekistan, Sh. M. Mirziyoyev, has emphasized: “It is the honorable duty of all of us to study our Basic Law in depth, to comprehend it, to put it into practice in life, and to follow it unreservedly.”¹.

The Constitution is the Fundamental Law of the state – a normative legal act possessing supreme legal force that regulates the most important social relations arising between the individual, society, and the state. In terms of its content and essence, the Constitution reflects the laws governing the development of society and the state.

In recent years, on the initiative of the Head of State, the subject “Human Rights” has been introduced and is now taught in all educational institutions, along with many other disciplines. This serves to ensure that young people acquire sufficient knowledge and skills regarding their rights and obligations. Only when the population possesses an adequate level of legal literacy and legal culture can violations of people’s rights and their infringement by others be prevented.

Indeed, the contribution of the country’s leader to the reforms being carried out in the field of human rights and freedoms is enormous.

The Presidential Decree No. PQ-46 of 7 February 2023 “On Approval of the National Human Rights Education Programme in the Republic of Uzbekistan” became an important step toward fulfilling the obligations our country has undertaken in this sphere. It clearly demonstrates in practice the firm position of the Head of State that “Uzbekistan remains firmly committed to its international obligations in the field of human rights.”

In his speeches delivered on behalf of the Uzbek state as a member of the UN Human Rights Council, President Shavkat Mirziyoyev has emphasized that “ensuring the fundamental rights and freedoms of the individual occupies the most important place in the reforms being carried out in Uzbekistan” and that the Sustainable Development Goals until 2030 are being implemented in our country on the basis of the principle of “leaving no one behind,” which aims to guarantee the rights and lawful interests of every person.

¹ Қаранг: Билимли авлод – буюк келажакнинг, тадбиркор халқ – фаровон ҳаётнинг, дўстона ҳамкорлик эса тараққиётнинг кафолатидир. // Ўзбекистон Республикаси Президенти Ш.М.Мирзиёевнинг Ўзбекистон Республикаси Конституцияси қабул қилинганининг 26 йиллигига бағишланган тантанали маросимдаги маърузаси. Халқ сўзи, 2018 йил 8 декабрь

Honoring and respecting the human being and effectively ensuring his or her rights and freedoms in practice remains the most important and urgent task. That is why tremendous work is being done in our country to safeguard human rights. The fact that the very core of the reforms in Uzbekistan is embodied in the life-giving idea that “human interests are above all,” and that today Uzbekistan actively cooperates in various fields with many countries around the world and major international organizations, serves as clear evidence of this. In particular, our state’s cooperation with the United Nations is steadily strengthening and becoming ever more active day by day.

In his address, the Head of State noted that ensuring fundamental human rights and freedoms holds the highest priority in the reforms underway in Uzbekistan, and that the Sustainable Development Goals until 2030 are being implemented in our country on the basis of the “leaving no one behind” principle, which envisages guaranteeing the rights and lawful interests of every individual. These are not mere lofty words – we all know very well that honoring the human being, expressing and protecting his or her rights and interests, and ensuring comprehensive personal development have been elevated to the central idea of our Constitution. The reason is simple: all states that truly respect human rights and dignity are today marching confidently toward progress and prosperity.

The further deepening of democratic transformations in Uzbekistan and the priority areas of activity within the framework of the Human Rights Council have been highlighted through the following key points:

- first, that ensuring fundamental human rights and freedoms occupies the most prominent place in the reforms being carried out in Uzbekistan;
- second, the resolute continuation of efforts to radically increase the role of women in the country’s socio-political life and in the business sphere with regard to gender-policy issues;
- third, the provision of serious attention to guaranteeing the rights of persons with special needs.

Among all the above-mentioned issues, it must be emphasized that the fact that human rights and lawful interests are firmly guaranteed lies at the very heart of all our reforms and represents one of our greatest achievements. The adoption in 2021 – the International Year for the Elimination of Child Labour – of the Law on the Children’s Ombudsman stands as vivid and truly historic proof of this.

Indeed, in the 21st century humanity has achieved significant successes in ensuring human rights and freedoms. This can be observed in the transformation of the United Nations into an authoritative international organization and in the ever-growing

importance, status, and priority of the legal instruments it adopts in shaping national legal systems. It would be no exaggeration to say that these very international legal instruments, conventions, and treaties serve as the main barrier and protection against inhumane and undemocratic phenomena becoming a global reality.

In conclusion, in order to prevent any situations that degrade the honor and dignity of individuals and citizens, it is essential to improve the activities of law-enforcement bodies, to further align national legislation with the international standards to which Uzbekistan has acceded in the field of human rights, to conduct regular monitoring in this area, and to strengthen cooperation with international organizations. Raising the legal culture of the population through measures strictly oriented toward protecting and respecting human rights will always remain at the center of our attention. In a word, every citizen must know the Constitution, strictly observe its norms, and respect them. Only then will we create a solid foundation for the great goals of building a democratic rule-of-law state and a civil society.

СУПРУЖЕСКИЕ ОТНОШЕНИЯ КАК ФАКТОР ДИНАМИКИ ТЕРМИНАЛЬНЫХ И ИНСТРУМЕНТАЛЬНЫХ ЦЕННОСТЕЙ

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Аннотация: В настоящем исследовании рассматривается влияние супружеских отношений на динамику ценностных ориентаций личности, включая терминальные и инструментальные ценности. Супружеские отношения, как важный социально-психологический фактор, способны изменять приоритеты жизненных целей и способов их достижения. Исследование анализирует, каким образом эмоциональная, коммуникативная и партнерская составляющие брака способствуют трансформации ценностных ориентиров супругов. Полученные данные подчеркивают значимость семейной среды для формирования и изменения как терминальных, так и инструментальных ценностей, что имеет практическое значение для психологии семьи и социальной психологии.

Ключевые слова: супружеские отношения; терминальные ценности; инструментальные ценности; динамика ценностей; семейная психология; личностные ориентиры.

Современные социально-психологические исследования подтверждают, что система ценностей личности формируется и трансформируется под влиянием ближайшего социального окружения, среди которого семья занимает центральное место. Супружеские отношения выступают не только эмоционально-поддерживающей средой, но и важнейшим институтом социализации взрослых, определяющим особенности их мировоззрения, поведенческих стратегий и жизненных приоритетов. В условиях растущей динамичности социального пространства, изменений семейных ролей и моделей взаимодействия супругов наблюдаются существенные сдвиги в структуре терминальных и инструментальных ценностей личности. Терминальные ценности отражают конечные жизненные цели и идеалы, в то время как инструментальные ценности определяют способы и поведенческие модели, посредством которых человек стремится достичь этих целей. Супружеские отношения, основанные на доверии, взаимоподдержке, конструктивной коммуникации и ценностной совместимости, способны стимулировать

позитивную динамику ценностных ориентаций, укреплять устойчивые жизненные установки и повышать уровень психологического благополучия партнёров. Напротив, дисфункциональные формы взаимодействия, конфликты, эмоциональная дистанция и несогласованность ценностей могут приводить к их деформации, снижению уровня удовлетворённости браком и нарушению личностной гармонии. Актуальность исследования определяется необходимостью глубокого анализа влияния качества супружеских отношений на изменение терминальных и инструментальных ценностей, что имеет важное значение для психологии семьи, социологии брака и практики семейного консультирования. В исследовании применялся комплекс теоретических и эмпирических методов, направленных на выявление взаимосвязи между качеством супружеских отношений и динамикой терминальных и инструментальных ценностей личности. Теоретические методы включали анализ и обобщение научных источников по психологии семьи, теории ценностных ориентаций (М. Рокич, Ш. Шварц и др.), а также современных исследований, посвящённых влиянию межличностного взаимодействия супругов на личностное развитие. Результаты проведённого исследования показали, что качество супружеских отношений оказывает статистически значимое влияние на динамику как терминальных, так и инструментальных ценностей личности. Прежде всего, было установлено, что у респондентов с высоким уровнем удовлетворённости браком наблюдается более выраженная ориентация на терминальные ценности, связанные с личностным развитием, семейным благополучием, социальным признанием и гармоничными межличностными отношениями. Такие участники чаще выделяли следующие жизненные цели: «счастливая семейная жизнь», «интересная работа», «здоровье», «самоуважение» и «любовь».

Заключение

Проведённое исследование позволяет сделать вывод о том, что супружеские отношения являются важным психологическим и социальным фактором, определяющим динамику терминальных и инструментальных ценностей личности. Высокий уровень удовлетворённости браком, основанный на доверии, эмоциональной поддержке и конструктивной коммуникации, способствует укреплению гуманистически ориентированных жизненных целей, повышает значимость семейного благополучия и формирует просоциальные поведенческие стратегии. В то же время недостаток гармонии в отношениях, частые конфликты, ценностная несогласованность и эмоциональная дистанция приводят к дестабилизации системы ценностей, смещению акцентов в сторону

индивидуалистических и защитных установок, снижению значимости совместных жизненных целей. Таким образом, качество супружеских отношений следует рассматривать как ключевой фактор, влияющий на личностное развитие взрослых, их морально-поведенческие ориентиры и устойчивость ценностной структуры. Полученные результаты могут быть использованы в практике семейного консультирования, психологической коррекции межличностных отношений и дальнейших исследованиях ценностной динамики в различных социальных группах.

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DEVELOPMENT AND EVALUATION OF THE EFFECTIVENESS OF INDIVIDUAL ORAL HYGIENE MEASURES IN PATIENTS UNDERGOING ORTHODONTIC TREATMENT

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Abstract: The study investigates the development and assessment of individualized oral hygiene measures for patients undergoing orthodontic treatment. Orthodontic appliances often complicate daily oral care, increasing the risk of plaque accumulation, gingival inflammation, and dental caries. This research aims to design personalized hygiene protocols tailored to the needs of orthodontic patients and to evaluate their effectiveness in improving oral health outcomes. The study involved a sample of patients undergoing fixed orthodontic treatment, with interventions including individualized instruction on brushing techniques, interdental cleaning, and the use of auxiliary oral hygiene tools. Evaluation was performed using clinical indices of plaque accumulation, gingival health, and patient adherence.

Keywords: Orthodontic treatment; oral hygiene; individualized hygiene program; plaque control; gingival health; patient compliance.

INTRODUCTION

Orthodontic treatment is widely used to correct malocclusions and improve both functional and aesthetic aspects of the dentition. However, the presence of fixed or removable orthodontic appliances can complicate routine oral hygiene, leading to increased plaque accumulation, gingival inflammation, and a higher risk of dental caries. Maintaining proper oral hygiene during orthodontic treatment is therefore a critical factor in preventing complications and ensuring successful treatment outcomes. Individualized oral hygiene measures are designed to address the specific needs of each patient, taking into account the type of orthodontic appliance, oral anatomy, and patient habits. Tailored interventions, including personalized instruction on brushing techniques, interdental cleaning, and the use of auxiliary hygiene tools, can enhance patient compliance and promote better oral health. Despite the recognized importance of individualized hygiene protocols, there is limited research evaluating their effectiveness in orthodontic patients. This study aims to develop a structured program of personalized oral hygiene measures and assess its impact on plaque control, gingival health, and patient adherence, providing evidence-based recommendations for clinical practice in orthodontics.

Methods

This study was conducted to develop and evaluate individualized oral hygiene measures for patients undergoing orthodontic treatment. **Study Design and Participants:** A total of 60 patients undergoing fixed orthodontic treatment, aged 12–25 years, were recruited from the orthodontic department. Patients with systemic diseases or poor baseline oral hygiene were excluded. **Intervention:** An individualized oral hygiene program was designed for each patient, which included: Personalized instruction on proper brushing techniques adapted to orthodontic appliances. Guidance on interdental cleaning using floss, interdental brushes, or water flossers. Recommendations on the use of auxiliary oral hygiene tools such as fluoride mouth rinses and specialized toothbrushes. Oral health was assessed at baseline and after 8 weeks of intervention using: Plaque Index (PI) to measure dental plaque accumulation. Gingival Index (GI) to evaluate gingival inflammation. Patient adherence based on self-reported daily hygiene practices and frequency of appliance cleaning.

Results

The implementation of the individualized oral hygiene program led to significant improvements in oral health among orthodontic patients. After 8 weeks of intervention, the mean Plaque Index (PI) decreased from 2.3 ± 0.5 at baseline to 1.2 ± 0.4 ($p < 0.001$), indicating a substantial reduction in dental plaque accumulation. The Gingival Index (GI) also showed significant improvement, decreasing from 1.8 ± 0.4 to 0.9 ± 0.3 ($p < 0.001$), demonstrating reduced gingival inflammation. Patient compliance with the recommended hygiene measures increased notably. At baseline, only 45% of patients reported regular adherence to brushing and interdental cleaning, whereas after the intervention, adherence rose to 88%. Patients reported greater confidence in performing daily oral hygiene, improved comfort with orthodontic appliances, and increased motivation to maintain oral health.

Discussion

The findings of this study demonstrate that individualized oral hygiene measures significantly improve oral health outcomes in patients undergoing orthodontic treatment. The reduction in plaque accumulation and gingival inflammation confirms that tailored interventions, which consider the type of orthodontic appliance and patient-specific oral conditions, are more effective than general hygiene instructions. Enhanced patient adherence observed in this study highlights the importance of personalized education and hands-on guidance. When patients receive clear, tailored instructions and practical support, they are more likely to maintain consistent oral hygiene practices, leading to better long-term outcomes. These results are consistent with previous research indicating that orthodontic appliances can hinder effective oral

hygiene and that structured, individualized interventions improve both compliance and clinical outcomes. The study underscores the necessity of integrating patient-specific hygiene programs into routine orthodontic care to prevent complications such as caries, gingivitis, and enamel demineralization.

Conclusion

The study demonstrates that individualized oral hygiene measures are highly effective for patients undergoing orthodontic treatment. Personalized instruction on brushing techniques, interdental cleaning, and the use of auxiliary hygiene tools significantly reduced plaque accumulation, improved gingival health, and increased patient adherence. These findings emphasize the critical role of tailored oral hygiene programs in preventing common orthodontic complications, such as dental caries and gingival inflammation. Implementing individualized hygiene protocols in clinical practice enhances patient compliance, promotes long-term oral health, and contributes to the overall success of orthodontic treatment.

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PREPARATION OF MEDICINAL BEVERAGES BASED ON HERBAL PLANTS AND ASSESSMENT OF THEIR SAFETY INDICATORS.

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Research Aim : The aim of this study is to develop herbal-based medicinal beverages using selected medicinal plants and to evaluate their safety indicators, including microbiological quality, chemical composition, and potential toxicity. The research seeks to establish safe preparation methods and ensure that the resulting beverages provide health benefits without posing risks to consumers.

Research Content:

This study focuses on the preparation and evaluation of herbal-based medicinal beverages, emphasizing both their therapeutic potential and safety for human consumption. The research is structured into several key components:

- **Selection of Medicinal Plants:** The study begins with the careful selection of medicinal plants known for their therapeutic properties, such as anti-inflammatory, antioxidant, or digestive benefits. Plants are chosen based on ethnobotanical knowledge, previous scientific studies, and availability.
- **Preparation of Herbal Beverages:** Different formulations of herbal beverages are developed, including teas, infusions, and decoctions. Standardized procedures are followed to ensure consistency in preparation, concentration, and taste. Variables such as extraction time, temperature, and plant-to-water ratio are optimized to preserve active compounds while enhancing palatability.

- **Chemical Analysis:**The beverages are analyzed for their bioactive compounds, including polyphenols, flavonoids, essential oils, and vitamins. Chromatographic and spectrophotometric methods are applied to quantify these constituents, ensuring that the beverages contain effective therapeutic components.
- **Safety Assessment:**Safety evaluation includes microbiological testing for pathogens, chemical testing for contaminants (e.g., heavy metals, pesticides), and preliminary toxicity assessment. These tests ensure that the beverages meet health and safety standards and are safe for consumption.
- **Evaluation of Therapeutic Potential:** The functional properties of the beverages are assessed through antioxidant activity assays, antimicrobial tests, and other relevant in vitro studies. These evaluations provide scientific evidence supporting the health benefits of the developed beverages.
- **Optimization and Recommendations:** Based on the results of chemical and safety analyses, the study provides recommendations for optimal preparation, storage, and consumption of herbal medicinal beverages. Guidelines are suggested to ensure both efficacy and safety for consumers.

Conclusion:

The study demonstrates that medicinal beverages prepared from selected herbal plants can provide significant health benefits while maintaining consumer safety when proper preparation and quality control measures are applied. Chemical analyses confirmed the presence of bioactive compounds such as flavonoids, polyphenols, and essential oils, which contribute to the therapeutic properties of the beverages. Safety assessments, including microbiological and chemical testing, ensured that the beverages were free from harmful contaminants and met health standards. Overall, the research highlights the importance of combining traditional knowledge with modern scientific evaluation to develop safe and effective herbal medicinal beverages. The findings provide a foundation for further studies, as well as practical

guidelines for the preparation, storage, and consumption of these beverages, ensuring both efficacy and consumer safety.

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INTEGRATING BLOOM'S TAXONOMY INTO THE ASSESSMENT OF PRODUCTIVE SKILLS

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Abstract

This article examines the integration of Bloom's Taxonomy into the assessment of productive language skills—speaking and writing—in contemporary language education. Bloom's hierarchical model provides a structured cognitive framework that supports the evaluation of learners' linguistic competence beyond surface-level accuracy. By aligning assessment tasks with the six cognitive levels—Remembering, Understanding, Applying, Analyzing, Evaluating, and Creating—educators can design more comprehensive and pedagogically meaningful assessment tools. The study highlights how Bloom's Taxonomy helps measure not only linguistic correctness, but also higher-order thinking and communicative performance. The paper concludes with practical recommendations for implementing taxonomy-based assessment criteria in communicative classrooms.

Keywords: Bloom's Taxonomy, productive skills, speaking assessment, writing assessment, higher-order thinking, language pedagogy, cognitive framework.

INTRODUCTION

Productive language skills—speaking and writing—are central components of communicative competence in second language learning. Traditional assessment practices have often prioritized grammatical accuracy, vocabulary range, and fluency, yet these measures alone are insufficient for capturing learners' cognitive engagement and communicative depth. Bloom's Taxonomy, originally developed as a hierarchical classification of cognitive skills, offers a systematic approach to evaluating the complexity of learners' performance.

The application of Bloom's Taxonomy to language assessment enables teachers to distinguish between lower-order and higher-order cognitive skills, thereby fostering deeper learning. Its integration can transform productive-skill assessment from purely linguistic evaluation into a broader cognitive and communicative assessment process. This article discusses the theoretical foundations of Bloom's Taxonomy, its relevance

to productive-skill assessment, and practical ways of embedding it into speaking and writing evaluation frameworks.

Bloom's Taxonomy as a Cognitive Framework

Bloom's Taxonomy is a hierarchical model that categorizes cognitive abilities into six levels: Remembering, Understanding, Applying, Analyzing, Evaluating, and Creating. The taxonomy progresses from basic knowledge recall to complex creative processes. Later revisions preserved the hierarchical structure while emphasizing active cognitive processes. This model has been widely used in curriculum design, instructional planning, and learning outcome formulation. Productive skills require learners to generate language in speech or writing. These skills involve various subcomponents: linguistic accuracy, pragmatic appropriateness, discourse organization, coherence, fluency, and creativity. Assessing productive skills, therefore, demands a multi-dimensional approach. While many assessment rubrics capture linguistic and communicative elements, few systematically incorporate cognitive dimensions. Bloom's Taxonomy offers an effective tool for assessing how learners *think* while they communicate. At the foundational levels, speaking tasks can assess:

- **Remembering:** recalling vocabulary, definitions, or basic facts.
Example task: "Define the term 'globalization'."
- **Understanding:** explaining ideas or summarizing content.
Example task: "Summarize the main argument of the article."

Such tasks measure learners' ability to reproduce and interpret information but do not require higher-level reasoning.

- **Applying:** using language in new contexts.
Example task: role-play a situation applying newly learned structures.
- **Analyzing:** breaking down ideas and examining relationships.
Example task: compare two viewpoints in a discussion.

At these levels, speaking tasks involve deeper cognitive processing and more complex discourse structures.

- **Evaluating:** making judgments based on evidence.
Example task: give a critical opinion on a policy decision.
- **Creating:** producing original, coherent speech.
Example task: design a short persuasive speech on a social issue.

Speaking assessment aligned with Bloom's Taxonomy highlights learners' reasoning abilities, creativity, and argumentation skills—key elements in advanced communicative competence. Writing tasks at the basic levels focus on knowledge

recall and comprehension: Listing ideas, writing definitions, Summarizing texts and Explaining concepts in simple terms

Such tasks are essential but do not fully reflect learners' productive capacity. Tasks requiring application and analysis include: Applying concepts to real-world scenarios, Comparing and contrasting two theories, Analyzing the structure or logic of an argument. Here, learners demonstrate organizational skills, critical thinking, and the ability to integrate information coherently. The upper categories—evaluating and creating—correspond to the most advanced writing competencies:

- Writing argumentative essays evaluating evidence
- Producing original research-based papers
- Designing creative narratives or proposals

These tasks require students to synthesize information, justify claims, and produce cohesive, well-structured texts.

5. Pedagogical Benefits of Integrating Bloom's Taxonomy

Incorporating Bloom's levels ensures that tasks move beyond memorization and encourage deep cognitive processing. Learners become active constructors of meaning rather than passive recipients. Taxonomy-based assessment ensures a balance between lower- and higher-order thinking. Students are evaluated not only on linguistic correctness but also on reasoning, analysis, and creativity. Bloom's framework clarifies what cognitive processes each task measures. This transparency helps learners understand expectations and guides teachers in designing meaningful assessment rubrics. By engaging regularly in tasks requiring evaluation and creation, learners develop academic literacy and critical thinking—skills essential for academic and professional success.

- Develop assessment rubrics aligned with Bloom's six cognitive levels.
- Design speaking and writing tasks that gradually progress from lower- to higher-order skills.
- Incorporate reflective activities that help learners become aware of their cognitive strategies.
- Use authentic tasks—debates, project writing, research presentations—to activate higher-level thinking.
- Continuously train teachers on cognitive-based assessment approaches.

7. Conclusion

Integrating Bloom's Taxonomy into the assessment of productive skills provides a comprehensive framework for evaluating speaking and writing performance in a cognitively meaningful way. The taxonomy enables educators to assess not only linguistic accuracy but also critical thinking, problem-solving, reasoning, and

creativity. By aligning assessment with cognitive processes, teachers foster deeper learning, promote communicative competence, and prepare learners for advanced academic and professional communication. The implementation of Bloom's Taxonomy thus represents a powerful shift toward more holistic and intellectually rigorous language assessment practices.

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KLINIK TASHXIS QO'YISHDA LOTINCHA ATAMALARNING O'RNI

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Annotatsiya: biz o'rgangan maqolada klinik tashxis qo'yish jarayonida lotincha atamalarning ilmiy-amaliy ahamiyati keng yoritilgan. lotin tiliga asoslangan tibbiy terminologiyaning tarixiy shakllanishi, anatomik tuzilmalarni aniqlik bilan ifodalashi, kasallik nomlarini standartlashtirishdagi roli va tibbiy hujjatlarda yagona muloqot vositasi sifatidagi ustunliklari tahlil qilingan. shuningdek, lotin terminologiyasining klinik hujjatlarda, laborator va instrumental diagnostika natijalarida, hamda farmatsevtik retseptlarda qo'llanish xususiyatlari o'rganilgan. tadqiqot lotin tilining zamonaviy tibbiyotda diagnostik aniqlikni oshirish, xatolarni kamaytirish va xalqaro tibbiy hamkorlikni yengillashtirishdagi o'rnini asoslab beradi..

Kalit so'zlar: Lotin terminologiyasi, klinik tashxis, diagnostik aniqlik, anatomik nomenklatura, tibbiy hujjatlar, standartlashtirish, retseptura, kasallik nomlari

THE ROLE OF LATIN TERMS IN CLINICAL DIAGNOSIS

Annotation: This article provides a comprehensive analysis of the significance of latin terminology in clinical diagnosis. it explores the historical development of latin-based medical nomenclature, its function in ensuring anatomical precision, and its role in standardizing disease names. the study highlights the importance of latin terms in clinical documentation, laboratory and instrumental reports, and pharmaceutical prescriptions. furthermore, it emphasizes how the consistent use of latin contributes to greater diagnostic accuracy, reduction of medical errors, and enhancement of international communication among healthcare professionals.

Keywords: latin medical terminology, clinical diagnosis, anatomical nomenclature, diagnostic precision, medical documentation, standardization, pharmaceutical prescriptions, disease classification

РОЛЬ ЛАТИНСКИХ ТЕРМИНОВ В КЛИНИЧЕСКОЙ ДИАГНОСТИКЕ

Аннотация: В данной статье подробно рассматривается значение латинской терминологии в процессе клинической диагностики. анализируется историческое формирование латинской медицинской номенклатуры, её роль в точном обозначении анатомических структур, стандартизации названий заболеваний и обеспечении единого профессионального языка врачей. особое внимание уделено использованию латинских терминов в клинической документации, лабораторных и инструментальных заключениях, а также в фармацевтических рецептах. результаты исследования подтверждают, что латинская терминология способствует повышению точности диагностики, снижению вероятности ошибок и облегчению международного профессионального взаимодействия.

Ключевые слова: латинская терминология, клиническая диагностика, анатомическая номенклатура, точность диагноза, медицинская документация, стандартизация, рецептура, названия заболеваний

KIRISH

Klinik tashxis qo'yish jarayonida terminlarning aniqligi va izchil qo'llanishi shifokorlar o'rtasidagi muloqot, hujjatlarni yuritish va bemor holatini baholashda muhim ahamiyatga ega. Tibbiyotda ko'plab atamalar turlicha talqin qilinishi mumkin bo'lgani uchun ularni yagona standartga solish zarur. Shu nuqtai nazardan lotin tili asrlar davomida tibbiy terminologiyani asosiy manbai bo'lib kelmoqda. Lotincha atamalar anatomik tuzilmalar, kasallik nomlari, patologik jarayonlar va farmatsevtik retseptlarda keng qo'llanadi. Ularning qisqa, aniq va universal bo'lishi diagnostik

jarayonni soddalashtiradi, xatoliklarni kamaytiradi va tibbiy hujjatlarda yagona talqinni ta'minlaydi. Masalan, *pneumonia*, *fractura femoris*, *gastritis chronica* kabi atamalar klinik mazmunni to'liq ifodalaydi.

Zamonaviy tibbiyotda ingliz tilining keng qo'llanishiga qaramay, lotin terminologiyasi o'z ahamiyatini yo'qotgani yo'q. Xalqaro nomenklatura tizimlari va farmatsevtik yozuvlarda lotin terminlari hanuzgacha asosiy standart hisoblanadi.

Shu sababli, lotincha atamalarning klinik tashxisdagi o'rnini o'rganish ularning tibbiy amaliyotdagi afzalliklari, qo'llanish mexanizmi va diagnostik aniqlikka ta'sirini chuqur tahlil qilishga imkon beradi.

1. Lotin tilining universal xususiyatlari

Lotin tili o'lik til bo'lsa-da, uning grammatikasi o'zgarmasligi terminlarning barqaror qo'llanilishiga imkon yaratadi. Bu holat klinik tashxisda tushunmovchiliklar ehtimolini keskin kamaytiradi. Hozirgi zamon ingliz, nemis, fransuz, ispan va rus tibbiy adabiyotlarida ham lotin ildiziga asoslangan terminlarning ulushi 70–80% ni tashkil etadi.

2. Klinik amaliyotda lotin terminlarining qo'llanish sohalari

Lotin tili nafaqat tashxis qo'yishda, balki quyidagi sohalarda ham asosiy o'rinni egallaydi:

Anatomiya: *cor, pulmo, ren, vertebra cervicalis*

Patologiya: *necrosis, fibrosis, inflammatio acuta*

Farmakologiya: *oleum, tinctura, solutio, extractum*

Operativ jarrohlik: *appendectomy, cholecystectomy, laparotomia*

Laborator diagnostika: *hemoglobin, leucocytosis, erythrocytopenia*

Bu terminlarning standartligi shifokorlar o'rtasida xalqaro tushunuvchanlikni ta'minlaydi.

3. Lotin terminlarining diagnostik aniqlikka ta'siri

Aniq termin – aniq tashxis. Lotin terminologiyasining afzalliklari:

- ✓ **Bir ma'no – bir atama** tamoyili amal qiladi.
- ✓ Sinonimlarning soni kam, bu esa chalkashlikni kamaytiradi.
- ✓ Terminlar qisqa, ixcham, semantik yuklama aniq.
- ✓ Kasallikning bosqichi, turi va shaklini ifodalashda qo'llanilishi oson (*fractura aperta, diabetes mellitus, insufficiencia cordis chronica*).

4. O'zbekiston tibbiy ta'limida lotin tilining ahamiyati

O'zbekiston oliy tibbiyot ta'limida lotin tili birinchi kursdan o'rgatiladi, chunki:

- ✓ barcha anatomik terminlar lotin tilida beriladi;
- ✓ klinik mutaxassisliklarda foydalaniladigan atamalar lotin ildiziga ega;
- ✓ farmatsevtik retseptlar lotincha yoziladi;

- ✓ xalqaro konferensiya, maqola va ilmiy ishlarda lotin terminlarsiz faoliyat yuritish qiyin.

Shu bois lotin terminologiyasi tibbiyotning universal ilmiy “tili” sifatida ahamiyat kasb etadi.

5. Xalqaro tasnif tizimlarida lotin terminlari

Lotincha atamalar quyidagi global tizimlarda asosiy o‘rin tutadi:

Terminologia Anatomica (TA)

Terminologia Histologica (TH)

ICD – Kasalliklarning xalqaro tasnifi

WHO klassifikatsiyalari

Farmakopeya standartlari

Bu tizimlar orqali tashxis butun dunyoda bir xil talqin qilinadi.

NATIJALAR

Tadqiqot natijalari lotin tilidagi tibbiy terminlarning klinik amaliyot va diagnostik jarayondagi ahamiyatini tasdiqladi. Asosiy topilmalar quyidagicha:

1. Lotin terminologiyasining qo‘llanilishi

- ✓ Klinik hujjatlarning **90%** da kasallik nomlari lotincha shaklda keltirilgan.
- ✓ Anatomik tuzilmalar **95–98%** hollarda lotincha nomlanadi.
- ✓ Farmatsevtik retseptlarning **barchasi** lotincha qisqartmalar (Rp., M.f., D.S., Solutio, Tabuletta) orqali yozilgan.

2. Diagnostik aniqlik va xatolik darajasi

- ✓ Lotin atamalari ishlatilgan hujjatlarda xatoliklar soni **22% ga kamaygan**.
- ✓ Masalan, *fractura claviculae dextrae* talqini mahalliy tilga nisbatan aniq va qisqa bo‘lib, tahlil va tushunishni osonlashtiradi.

3. Shifokorlar bahosi

- ✓ So‘rovnoma natijalari shuni ko‘rsatdiki:
- ✓ **80%** shifokorlar lotin terminologiyasi klinik aniqlikni oshiradi, deb hisoblaydi.
- ✓ **75%** diagnostik xatolarni kamaytirishdagi ahamiyatini qayd etdi.
- ✓ **68%** xalqaro muloqot va ilmiy hamkorlikni osonlashtiradi, deb hisoblaydi.
- ✓ **60%** lotin tilini bilish tibbiy ta‘lim sifatini yaxshilaydi, degan fikrda.

4. Mahalliy tilning cheklovlari

- ✓ Mahalliy til bilan yozilgan hujjatlarda joylashuv noaniq ifodalangan (“o‘ng tarafdin yuqori bo‘lim” kabi).
- ✓ Kasallik nomlarining talaffuzi turlicha, ba’zi ifodalarda esa klinik mazmun to‘liq aks etmagan.

Natijada, lotin terminologiyasi tibbiy yozuv va diagnostik jarayonlarda aniqlik, standartlashuv va xalqaro tushunishni sezilarli darajada oshiradi.

Xulosa

Klinik tashxis qo'yish jarayonida lotincha atamalar qo'llanilishi tibbiy amaliyotning aniqligi, izchilligi va xalqaro mosligini ta'minlaydigan asosiy omillardan biridir. Lotin terminlari anatomik tuzilmalar, kasallik nomlari, patologik jarayonlar, diagnostik usullar va farmatsevtik yozuvlarda yagona standartni yaratadi. Ularning qisqa, aniq va barqaror bo'lishi shifokorlar o'rtasidagi muloqotni yengillashtiradi, tibbiy hujjatlar yuritilishida xatoliklarni kamaytiradi va klinik qarorlar qabul qilishda tushunarlilikni oshiradi. Zamonaviy tibbiyot global miqyosda rivojlanayotgan bir paytda lotin tiliga asoslangan terminologiyaning ahamiyati yanada ortib bormoqda. Xalqaro tasniflar, ilmiy maqolalar va klinik protokollar lotin terminlari bilan boyitilgan bo'lib, ular universal ilmiy til vazifasini bajaradi. O'zbekiston tibbiy ta'limida ham lotin tilining keng o'rgatilishi bo'lajak shifokorlarning kasbiy savodxonligini shakllantirishda muhim ahamiyatga ega.

Shu bois, lotin tilini puxta o'zlashtirish kelajakdagi klinik faoliyatda to'g'ri tashxis qo'yish, ilmiy adabiyotlarni tahlil qilish va xalqaro standartlarga mos ravishda ishlash uchun zarur shartlardan biridir. Lotin terminologiyasi tibbiyotning ilmiy asosini mustahkamlab, diagnostika jarayonining sifatini oshiradi va shifokorlar faoliyatini samarali tashkil etishga xizmat qiladi.

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IMMUNITY AND INFECTIOUS DISEASES: THE EXPERIENCE OF COVID-19

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Abstract: This thesis provides a comprehensive analysis of the complex interplay between the human immune system and SARS-CoV-2, the virus responsible for the COVID-19 pandemic. The central objective is to synthesize the critical immunological lessons learned from this global health crisis, focusing on the dual nature of the immune response: its essential role in viral clearance and recovery, and its potential to cause severe immunopathology. Additionally, it explores the phenomena of waning immunity, viral immune evasion, and the implications of emerging variants. By integrating findings from virology, clinical immunology, and vaccinology, this work concludes that the COVID-19 pandemic has served as a monumental real-world experiment, profoundly advancing our understanding of antiviral immunity and reshaping paradigms for future pandemic preparedness, therapeutic design, and global public health strategy.

Keywords: SARS-CoV-2, COVID-19, innate immunity, adaptive immunity, cytokine storm, neutralizing antibodies, T cell response, vaccine immunology, immune evasion, viral variants, pandemic preparedness.

Main section

The COVID-19 pandemic, caused by the novel betacoronavirus SARS-CoV-2, has been the defining global health crisis of the 21st century. Beyond its staggering morbidity and mortality, it has constituted an unprecedented, large-scale experiment in human immunology. The disease spectrum, ranging from asymptomatic infection to fatal multi-organ failure, is a direct reflection of the heterogeneous and sometimes unpredictable interaction between the virus and the host immune system.¹ Understanding this interaction has been paramount for developing diagnostics, effective treatments, and prophylactic vaccines. The pandemic has forced a rapid acceleration of immunological research, validating decades of fundamental science while exposing critical gaps in our knowledge, particularly regarding immune dysregulation and the durability of protective responses.

The Immunological Course of SARS-CoV-2 Infection: A Double-Edged Sword. The clinical outcome of COVID-19 is largely determined by the kinetics, magnitude, and quality of the host immune response, which follows a multiphasic trajectory.

The initial encounter occurs in the respiratory epithelium. SARS-CoV-2 enters cells primarily via the angiotensin-converting enzyme 2 (ACE2) receptor. Early containment hinges on the innate immune response. Intracellular recognition of viral RNA by pattern recognition receptors (e.g., RIG-I, MDA5) should trigger a robust type I interferon (IFN- α/β) response.² Type I interferons induce an antiviral state in neighboring cells, upregulate antigen presentation, and orchestrate the subsequent adaptive response.

* **Critical Finding:** A hallmark of severe COVID-19 is a delayed or blunted type I IFN response. This failure allows for unchecked viral replication in the lungs during the first week of symptoms. Genetic defects in IFN-related pathways or the presence of autoantibodies against type I IFNs have been strongly associated with life-threatening disease, highlighting the non-redundant role of this early defense mechanism.³

Successful control of infection requires the timely engagement of adaptive immunity.

* **Humoral Response:** Virus-specific B cells produce immunoglobulin M (IgM), followed by IgG and IgA antibodies. Neutralizing antibodies (nAbs) targeting the viral Spike (S) protein, particularly the Receptor-Binding Domain (RBD), are crucial. They block viral entry into cells and are a key correlate of protection against severe disease. However, antibody titers, especially mucosal IgA, can wane significantly within months post-infection.

* **Cellular Response:** CD4⁺ and CD8⁺ T cells are essential for viral clearance and provide long-term memory. SARS-CoV-2-specific T cells emerge in concert with or even before antibody responses and are directed against a broader range of viral proteins (Spike, Nucleocapsid, Membrane).⁴ Importantly, robust and polyfunctional T cell responses have been associated with milder disease, and pre-existing cross-reactive T cells from previous common cold coronavirus exposures may modulate disease severity in some individuals.

The Pathological Phase: Hyperinflammation and the "Cytokine Storm". In a subset of patients, typically in the second week of illness, the immune response becomes dysregulated, shifting from a protective to a destructive role. This is characterized by a state of systemic hyperinflammation misleadingly termed a "cytokine storm," though it more precisely involves broad immune cell activation and dysregulation.

* **Key Features:** Marked elevation of pro-inflammatory cytokines (IL-6, TNF- α , IL-1 β) and chemokines. Massive infiltration of monocytes, neutrophils, and T cells into the lungs, causing diffuse alveolar damage. Activation of the coagulation cascade,

leading to microthrombi. This immunopathology is the primary driver of acute respiratory distress syndrome (ARDS), multi-organ failure, and death.

* **Therapeutic Insight:** The success of immunomodulators like corticosteroids (dexamethasone) and IL-6 receptor antagonists (tocilizumab/sarilumab) in reducing mortality in severe COVID-19 provided direct clinical proof that tempering this maladaptive immune response is life-saving, without necessarily enhancing viral clearance.

Vaccination: The Immunological Triumph - The development, authorization, and global deployment of highly effective COVID-19 vaccines within a year of viral sequencing represents one of the greatest achievements in medical science. The leading platforms—mRNA (Pfizer-BioNTech, Moderna) and adenoviral vector (AstraZeneca, Johnson & Johnson)—were designed to elicit a focused immune response against the SARS-CoV-2 Spike protein.

* **Immunological Principles:** These vaccines brilliantly mimic natural infection by instructing host cells to produce the Spike antigen, leading to its presentation via both MHC I and MHC II pathways. This stimulates potent neutralizing antibodies and a robust Th1-skewed CD4⁺ T cell and CD8⁺ cytotoxic T cell response. The use of novel lipid nanoparticles (mRNA) or viral vectors provides intrinsic adjuvant effects, driving strong innate immune activation necessary for a potent adaptive response.

* **Correlates of Protection:** Large-scale trials and real-world studies established that high levels of anti-Spike IgG and, more specifically, neutralizing antibody titers are strong correlates of protection against symptomatic infection. However, T cell responses are critical for preventing severe disease, hospitalization, and death, particularly as antibody levels wane or against variants that partially escape neutralization.⁵

* **Impact on Variants and Immune Evasion:** The emergence of variants of concern (VoCs) like Delta and Omicron highlighted viral immune evasion. Omicron, with its numerous Spike mutations, demonstrated significant escape from vaccine-induced neutralizing antibodies, leading to increased breakthrough infections. However, vaccination continued to provide strong protection against severe outcomes, a testament to the durability and breadth of the T cell memory and residual humoral immunity.

Lasting Immunological Imprints and Unanswered Questions - The pandemic has left a legacy of crucial immunological insights and unresolved puzzles.

* **Long COVID/Post-Acute Sequelae of SARS-CoV-2 (PASC):** A significant proportion of survivors experience persistent, often debilitating symptoms. Emerging hypotheses point to viral persistence in tissue reservoirs, dysregulated autoimmunity

triggered by molecular mimicry, chronic vascular endothelial inflammation, and dysfunctional neurological signaling. Unraveling the immunopathology of Long COVID remains a major research priority.

* **Durability of Hybrid Immunity:** Individuals with combined infection and vaccination ("hybrid immunity") develop the broadest and most resilient immune responses, featuring high-affinity antibodies and expanded memory B and T cell repertoires. This has implications for booster vaccination strategies.

* **Original Antigenic Sin/Imprinting:** There is concern that initial immune priming by ancestral-strain vaccines or early variants might bias future responses, potentially limiting the ability to generate optimal antibodies against novel variants. This influences strategies for updating vaccine compositions.

Conclusion

The COVID-19 pandemic has been a profound and painful lesson in human immunology, vividly illustrating the delicate balance between protective immunity and pathological inflammation. The rapid scientific response decoded the virology of SARS-CoV-2 and delineated the immunological determinants of disease severity, from the critical early type I interferon defense to the destructive late-phase hyperinflammation. This knowledge directly informed life-saving therapeutic strategies centered on immunomodulation.

Most triumphantly, decades of foundational research in vaccinology, genomics, and structural biology culminated in the deployment of safe and highly effective vaccines at an unprecedented pace. These vaccines have unequivocally demonstrated that inducing robust neutralizing antibodies and T cell memory against a single viral protein can prevent severe disease and death on a global scale, even in the face of evolving viral variants.

Key takeaways for the future include: 1) The paramount importance of early innate immune responses, particularly type I interferon, in determining disease trajectory; 2) The critical role of T cell immunity as a bulwark against severe disease when humoral immunity is challenged; 3) The necessity for pan-coronavirus or variant-proof vaccine strategies that induce broader protection; and 4) The urgent need to understand and treat post-viral immunological syndromes like Long COVID.

Ultimately, the immunological experience of COVID-19 has not only mitigated a catastrophic pandemic but has also fundamentally advanced the fields of virology, immunology, and public health, providing an invaluable framework for confronting the inevitable infectious disease challenges of the future.

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KOMPETENSIYAVIY YONDASHUV ORQALI BO‘LAJAK O‘QITUVCHILARDA TANQIDIY FIKRLASHNI RIVOJLANTIRISH TEXNOLOGIYASINI TAKOMILLASHTIRISH

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ANNOTATSIYA : Maqolada kompetensiyaviy yondashuv asosida bo‘lajak o‘qituvchilarda tanqidiy fikrlashni rivojlantirish texnologiyasini takomillashtirish masalalari keng yoritiladi. Tanqidiy fikrlashning mohiyati, uni rivojlantirish tamoyillari, o‘quv jarayonida qo‘llaniladigan metodlar, refleksiv amaliyot, muammoli vaziyatlar yaratish, raqamli kompetensiyalarni shakllantirish kabi jihatlar ilmiy asosda tahlil qilingan.

АННОТАЦИЯ: В статье подробно рассматриваются вопросы совершенствования технологии развития критического мышления у будущих учителей на основе компетентностного подхода. Анализируются сущность критического мышления, методы его формирования, использование проблемных ситуаций, рефлексивной деятельности и развитие цифровых компетенций.

ABSTRACT: The article widely analyzes the improvement of technologies for developing critical thinking in future teachers through a competency-based approach. It discusses the essence of critical thinking, teaching strategies, reflective practice, problem-based learning and digital competencies as core mechanisms for pedagogical development.

Kalit so‘zlar: tanqidiy fikrlash, kompetensiya, refleksiya, innovatsion metodlar, raqamli savodxonlik

Pedagog sifatida ko‘p yillik faoliyatim davomida talabalarda tanqidiy fikrlash ko‘nikmasining nechog‘lik muhim ekanini amalda anglab yetdim. O‘quv jarayonida talabalarning mustaqil fikrlashi, dalillarni farqlashi, o‘z nuqtai nazarini asoslay olishi va ilmiy yondasha olishi ularni kelajakda professional pedagog bo‘lishiga bevosita ta’sir qilishini ko‘p bora kuzatganman. Shu sababli ushbu maqolada bo‘lajak o‘qituvchilarda tanqidiy fikrlashni kompetensiyaviy yondashuv asosida rivojlantirish texnologiyasini chuqur tahlil qilishni o‘z oldimga maqsad qilib qo‘ydim.

Kompetensiyaviy yondashuv asosida ta’lim jarayonini tashkil etish bo‘lajak o‘qituvchidan nafaqat bilimga ega bo‘lishni, balki mustaqil tahlil qilish, tanqidiy fikr yuritish, muammoni to‘g‘ri qo‘ya olish va dalillarga asoslangan qarorga kelish ko‘nikmalariga ega bo‘lishni ham talab qiladi, chunki tanqidiy fikrlash pedagogning

kasbiy kompetensiyasining ajralmas qismi hisoblanadi¹. Tanqidiy fikrlashning mazmuni nafaqat voqea va hodisalarni tushunish, balki ularni chuqur tahlil qilish, turli nuqtai nazarlar o'rtasidagi farqlarni anglash, mantiqiy bog'lanishlarni aniqlash va xulosalar chiqarishdan iborat bo'lib, bularning barchasi talaba ongida tizimli tafakkurni shakllantiradi². Oliy ta'lim tizimida bu jarayonni faol rivojlantirish uchun avvalo o'qituvchi va talaba o'rtasidagi interaktiv muloqot kuchaytiriladi, bu muloqot esa tanqidiy fikrning boshlang'ich omili sifatida xizmat qiladi, chunki savol-javob, bahs-munozara, tahliliy dialoglar talabani mustaqil fikr bildirishga undaydi.

Tanqidiy fikrlashni shakllantirishda muammoli vaziyat yaratish texnologiyasi alohida ahamiyatga ega. Muammoli vaziyat talabani fikrlash jarayonini faollashtiradi, uni turli qarama-qarshi holatlarni tahlil qilishga majbur etadi va shu orqali bilimning chuqurlashuviga xizmat qiladi³. Bu usulda talaba tayyor bilimni qabul qilmaydi, aksincha, u o'zi izlaydi, o'zi tahlil qiladi, o'zi yechim topadi. "Nima uchun?", "Qanday qilib?", "Agar... bo'lsa?" kabi savollar yordamida o'qituvchi talabani fikrlash doirasini kengaytiradi. Bu jarayonning samaradorligi refleksiv faoliyat bilan mustahkamlanadi, chunki refleksiya talabani o'z fikri ustida qayta ishlashiga, xatosini anglashiga, xulosalarini mustahkamlashiga yordam beradi⁴.

Shuningdek, debatlar, klasterlar, aqliy hujum, konseptual xaritalar, "Insert", "T-chizma", "Fishbone" kabi metodlar tanqidiy fikrlashni rivojlantirishda muhim o'rin tutadi, chunki ular talabalarning fikrlash jarayonini har tomonlama faollashtiradi, tahlil, solishtirish, baholash va izlash jarayonlarini talab qiladi. Ayniqsa, guruhlarda ishlash orqali talabalar o'zaro fikr almashadi, bir-birini tinglaydi, xatolarni ko'radi, o'z nuqtai nazarini himoya qilishga o'rganadi va ko'p rakursli tahlil qilish ko'nikmasi shakllanadi⁵.

Raqamli texnologiyalar ham tanqidiy fikrlashni rivojlantirishda muhim vosita bo'lib xizmat qilmoqda. Talabalar bugungi kunda katta hajmdagi axborot bilan shug'ullanadi, bu esa ulardan axborotni tahlil qilish, uning ishonchliligini tekshirish, soxta ma'lumotlarni ajratish va digital savodxonlik kompetensiyalarini egallashni talab etadi⁶. Raqamli manbalar, elektron kutubxonalar, multimedia resurslari, video-ma'ruzalar, simulyatorlar talabani mustaqil o'rganish faoliyatini kuchaytirib, tanqidiy fikrlash jarayoniga yangi nuqtai nazar olib kiradi. Misol uchun, talabalarga bir xil mavzu bo'yicha ikki xil sifatdagi ma'lumotlar berilib, ularni solishtirish, faktlarni tekshirish,

¹ Hasanov U. Kompetensiyaviy yondashuv asoslari. — Toshkent: Fan, 2018, 48-bet

² Dewey J. How We Think. — New York: D.C. Heath, 1997, 91-bet

³ Halpern D. Critical Thinking. — New York: Routledge, 2014, 122-bet

⁴ Schön D. The Reflective Practitioner. — London: Ashgate, 2003, 64-bet

⁵ Paul R., Elder L. Critical Thinking Concepts. — California: Foundation for Critical Thinking, 2019, 103-bet

⁶ Facione P. Critical Thinking: A Statement of Expert Consensus. — California Academic Press, 1990, 57-bet

xulosa chiqarish topshiriqlari berilganda, ular nafaqat axborotni saralashni, balki dalillarni tahlil qilishni ham o'rganadi.

Kompetensiyaviy yondashuvda baholash jarayoni ham tanqidiy fikrlashni rag'batlantirishi lozim. An'anaviy baholash asosan faktlarni yod olishni tekshirsa, kompetensiyaga asoslangan baholash tahlil, solishtirish, izohlash, dalillash, muammoni hal etish kabi kognitiv jarayonlarni o'lchaydi. Portfoliolar, loyiha ishlari, tadqiqot topshiriqlari va keys-stadilar orqali talabaning tanqidiy fikrlashi yanada aniq namoyon bo'ladi. Bu esa bo'lajak o'qituvchining kelajakdagi pedagogik yondashuvlarini shakllantirishga bevosita ta'sir qiladi.

Tanqidiy fikrlashni rivojlantirishda o'qituvchining shaxsiy kompetensiyalari ham muhim o'rin tutadi. O'qituvchi o'zi tanqidiy fikrlay olmasa, talabalardan buni talab qilishi qiyin bo'ladi. Shu bois pedagog doimiy ravishda o'z ustida ishlashi, mantiqiy fikrlashni rivojlantirishi, ilmiy-tadqiqot faoliyatida ishtirok etishi va zamonaviy pedagogik texnologiyalarni muntazam o'rganib borishi zarur. Natijada, talabalarda tanqidiy fikrlashning shakllanishi tizimli pedagogik jarayonga aylanadi.

XULOSA: Kompetensiyaviy yondashuv asosida tanqidiy fikrlashni rivojlantirish bo'lajak o'qituvchilarning kasbiy salohiyatini oshiruvchi asosiy omillardan biridir. Tanqidiy fikrlash talabaning mustaqil fikrlashi, muammoni tahlil qilishi, dalillarga asoslanishi va o'z qarorini asoslay olishini ta'minlaydi. Maqolada ko'rsatib o'tilgan metodlar, texnologiyalar, refleksiv faoliyat va raqamli savodxonlik elementlari ushbu jarayonni yanada takomillashtirishga xizmat qiladi. Natijada, pedagogik ta'lim jarayonida tanqidiy fikrlashning izchil rivojlanishi zamonaviy o'qituvchining shakllanishiga zamin yaratadi.

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CARDIAC MAGNETIC RESONANCE IMAGING IN THE EARLY DIAGNOSIS OF ISCHEMIC HEART DISEASE: A QUANTITATIVE CLINICAL AND STATISTICAL ANALYSIS

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Abstract: Ischemic heart disease (IHD) remains a major contributor to cardiovascular morbidity and mortality worldwide, largely due to delayed recognition of myocardial ischemia at its early and potentially reversible stages. Conventional diagnostic methods often fail to detect subtle ischemic changes, particularly in patients with atypical clinical presentations or preserved ventricular function. The present study evaluates the diagnostic performance of cardiac magnetic resonance imaging (CMR) in the early detection of myocardial ischemia using quantitative functional, perfusion, and tissue characterization parameters. A prospective study involving 192 patients with suspected IHD was conducted. All participants underwent comprehensive CMR evaluation, including cine imaging, stress-rest perfusion, and late gadolinium enhancement (LGE). The diagnostic accuracy of CMR was compared with electrocardiography, transthoracic echocardiography, and invasive coronary angiography. Statistical analysis revealed that CMR demonstrated significantly higher sensitivity (91.3%) and specificity (88.6%) in detecting early ischemic changes compared to conventional modalities. The results confirm the pivotal role of CMR as a non-invasive, high-precision diagnostic tool for early ischemic heart disease.

Keywords: ischemic heart disease; cardiac magnetic resonance imaging; early diagnosis; myocardial ischemia; perfusion imaging; late gadolinium enhancement; diagnostic accuracy; cardiovascular imaging.

Relevance of the Study: Ischemic heart disease continues to represent a critical global health challenge despite remarkable progress in cardiovascular diagnostics and therapeutics. According to epidemiological data, IHD accounts for approximately one-third of all cardiovascular-related deaths, with a substantial proportion occurring in patients without previously established coronary artery disease. One of the central problems in contemporary cardiology is the inability of traditional diagnostic approaches to reliably identify early ischemic myocardial alterations before irreversible structural damage develops.

Electrocardiography and echocardiography, although widely available and cost-effective, primarily reflect advanced functional disturbances and often remain normal in the early stages of ischemia. Exercise stress testing is limited by patient-related factors and reduced diagnostic accuracy in specific populations, including women and elderly patients. Coronary angiography provides detailed anatomical information but does not adequately assess myocardial perfusion, tissue viability, or microvascular dysfunction.

Cardiac magnetic resonance imaging integrates anatomical, functional, perfusion, and tissue-level information within a single examination, offering a comprehensive assessment of myocardial health. Its capacity to detect subclinical ischemia, differentiate viable from non-viable myocardium, and quantify ventricular function without ionizing radiation makes it uniquely suited for early diagnosis.

This study aims to substantiate the clinical value of CMR through a statistically rigorous evaluation of its diagnostic performance in early-stage IHD.

Materials and Methods: A prospective observational study was conducted between February 2021 and March 2024 at a tertiary cardiovascular center. The study was designed to assess the diagnostic efficacy of CMR in detecting early myocardial ischemia in patients with suspected ischemic heart disease.

A total of 192 patients were enrolled, including 128 men (66.7%) and 64 women (33.3%), aged 35 to 74 years (mean age 57.9 ± 9.4 years). Inclusion criteria consisted of patients presenting with chest discomfort, exertional dyspnea, or unexplained fatigue, as well as individuals with multiple cardiovascular risk factors and inconclusive findings on initial diagnostic testing. Exclusion criteria included prior myocardial infarction, known cardiomyopathies, severe valvular disease, contraindications to MRI, and chronic kidney disease with an estimated glomerular filtration rate below 30 ml/min/1.73 m².

All patients underwent standardized clinical evaluation, including detailed medical history, physical examination, and laboratory testing. Cardiovascular risk factors such as hypertension, diabetes mellitus, dyslipidemia, smoking status, and family history of coronary artery disease were recorded. Baseline electrocardiography and transthoracic echocardiography were performed in all participants. CMR examinations were performed using a 1.5 Tesla MRI scanner with ECG synchronization. The imaging protocol included cine steady-state free precession sequences for ventricular function assessment, first-pass myocardial perfusion imaging during pharmacological stress induced by adenosine (140 µg/kg/min) and at rest, and late gadolinium enhancement imaging acquired 10–15 minutes after contrast administration.

Quantitative analysis included left ventricular end-diastolic and end-systolic volumes, ejection fraction, myocardial perfusion reserve index, and extent of LGE expressed as a percentage of myocardial mass. Ischemia was defined as a reversible perfusion defect in the absence of LGE.

Reference Standard and Comparative Methods

Invasive coronary angiography was performed in 138 patients based on clinical indications and served as the anatomical reference standard. Significant coronary artery disease was defined as $\geq 50\%$ luminal stenosis. The diagnostic performance of CMR was compared with electrocardiography and echocardiography.

Statistical analysis was conducted using SPSS version 27. Continuous variables were expressed as mean $\pm$ standard deviation, while categorical variables were presented as absolute numbers and percentages. Sensitivity, specificity, positive predictive value, and negative predictive value were calculated. Receiver operating characteristic (ROC) curves were constructed to evaluate diagnostic accuracy. Multivariate logistic regression analysis was performed to identify independent predictors of myocardial ischemia. Statistical significance was set at $p < 0.05$.

Results: Hypertension was present in 64.1% of patients, diabetes mellitus in 28.6%, dyslipidemia in 59.4%, and active smoking in 31.8%. Baseline echocardiography demonstrated preserved left ventricular ejection fraction ($>55\%$) in 82.3% of patients.

Reversible perfusion defects consistent with myocardial ischemia were detected in 96 patients (50.0%). Among these, 38 patients (39.6%) demonstrated no significant abnormalities on electrocardiography or echocardiography. Late gadolinium enhancement was present in 42 patients (21.9%), indicating previously unrecognized myocardial injury.

CMR demonstrated a sensitivity of 91.3% and specificity of 88.6% for detecting significant coronary artery disease. In comparison, echocardiography showed a sensitivity of 62.4% and specificity of 70.1%. The area under the ROC curve for CMR was 0.93, significantly higher than that of echocardiography (0.71, $p < 0.001$).

Multivariate regression identified myocardial perfusion reserve index (OR 3.12, 95% CI 1.88–5.17, $p < 0.001$) and presence of LGE (OR 2.47, 95% CI 1.41–4.32, $p = 0.002$) as independent predictors of ischemic heart disease.

Discussion: The findings of this study underscore the superior diagnostic capability of cardiac MRI in identifying early ischemic myocardial changes. The high sensitivity and specificity observed highlight the ability of CMR to detect ischemia even in patients with preserved ventricular function and normal findings on conventional testing. The detection of reversible perfusion abnormalities in asymptomatic or minimally symptomatic patients emphasizes the role of CMR in early risk stratification.

Furthermore, the integration of perfusion imaging and tissue characterization allows differentiation between reversible ischemia and irreversible myocardial injury, which is crucial for guiding therapeutic strategies. The quantitative parameters derived from CMR provide objective markers for disease severity and progression.

These results are consistent with contemporary literature demonstrating the incremental diagnostic value of CMR over traditional modalities. Importantly, the absence of ionizing radiation and the comprehensive nature of the examination make CMR particularly advantageous for repeated assessments and long-term follow-up.

Conclusion: Cardiac magnetic resonance imaging is a highly effective diagnostic modality for the early detection of ischemic heart disease. Its superior sensitivity, specificity, and comprehensive assessment capabilities enable identification of myocardial ischemia at stages when therapeutic intervention is most beneficial. Incorporation of CMR into diagnostic algorithms may significantly improve early diagnosis, optimize patient management, and reduce adverse cardiovascular outcomes.

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MODIFIKATSIYALANGAN POLIAKRILONITRILNING DIMETILFOROAMIDDA ERITILISHI

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Anotatsiya. Ushbu maqolada “FAR-PANC MCP” polimer reagent haqida umumiy malumotlar brilib, uning bazi hossalari o'rganilgan. Uning ba'zi erituvchilari haqida ma'lumotlar berilgan, ular orasidan optimallari ajratib olingan.

Kalit so'zlar. “FAR-PANC MCP” , poliakrilonitril (PAN), sellyulozali hosila, erituvchilar, Dimetilsulfoksid, Dimetilformamid.

Аннотация. В статье даны общие сведения о полимерном реагенте «FAR-PANC MCP» и изучены некоторые его свойства. Приведены сведения о некоторых его растворителях, среди которых выбраны оптимальные.

Ключевые слова. «FAR-PANC MCP», полиакрилонитрил (ПАН), производное целлюлозы, растворители, диметилсульфоксид, диметилформамид.

Abstract. This article provides general information about the polymer reagent “FAR-PANC MCP” and studies some of its properties. Information is provided about some of its solvents, among which the optimal ones are selected.

Keywords. “FAR-PANC MCP”, polyacrylonitrile (PAN), cellulose derivative, solvents, Dimethylsulfoxide, Dimethylformamide.

1. Kirish

Tadqiqor obykti sifatida “FarPAN-S-MCH” polimer reagent tanlab olingan. Far-Farg'ona, PAN-S-stabillashgan poliakrilonitril, MCH-seluloza xosilalari bilan modifikatsiyalangan degan ma'noni anglatadi. Bu reagentniang asosiy tarkibi esa poliakrilonitril, NaOH, $(\text{NH}_4)_2\text{SO}_4$ va suv hisoblanadi.

Poliakrilonitril (PAN) yuqori mexanik mustahkamlikka ega sintetik polimer bo'lib, membrana texnologiyalari, filtr materiallari va texnik tolalar ishlab chiqarishda keng qo'llaniladi. PANning nitril ($-\text{CN}$) guruhlari kuchli dipol momentga ega bo'lgani sababli aproton polary erituvchilar bilan yaxshi solvatsiyalanadi. Ammo sellyuloza bilan modifikatsiya qilingan PANda yuzaki sterik to'siqlar paydo bo'ladi, natijada erituvchanlik kamayishi mumkin.

Dimetilformamid (DMF) “FarPAN-S-MCH”ni eritishda keng qo'llaniladigan aproton polary erituvchidir. “FarPAN-S-MCH”—DMF o'zaro ta'siri dipol–dipol bog'lanishlar

orqali amalga oshadi. “FarPAN-S-MCH”ning DMFdagi eruvchanligi DMSOga yaqin, ammo solvatsiya kinetikasi sekinroq. Shuning uchun modifikatsiyalangan PANni eritishda erituvchi miqdori, harorat va mexanik aralashtirish muhim rol o‘ynaydi.

2. Eksperimental metodika

11.14 g selluloza bilan modifikatsiyalangan “FarPAN-S-MCH” 100 g DMF erituvchisiga solindi. Aralashtirish jarayoni 60–80 °C haroratda magnitli aralashtirgich yordamida 3 soat davomida olib borildi. Eritish tugagach, erimagan PAN filtr yordamida ajratildi va massasi o‘lchandi.

3. Natijalar

Boshlang‘ich “FarPAN-S-MCH” massasi: 11.14 g

Erituvchi (DMF) massasi: 100 g

Erimagan “FarPAN-S-MCH” massasi: 3.79 g

Eritgan “FarPAN-S-MCH” massasi: 7.35 g

Eritish samaradorligi: 6.98%

Shunday qilib, modifikatsiyalangan PANning 66% qismi DMFda eridi, eritmadagi PAN konsentratsiyasi ~7 % ni tashkil etdi.

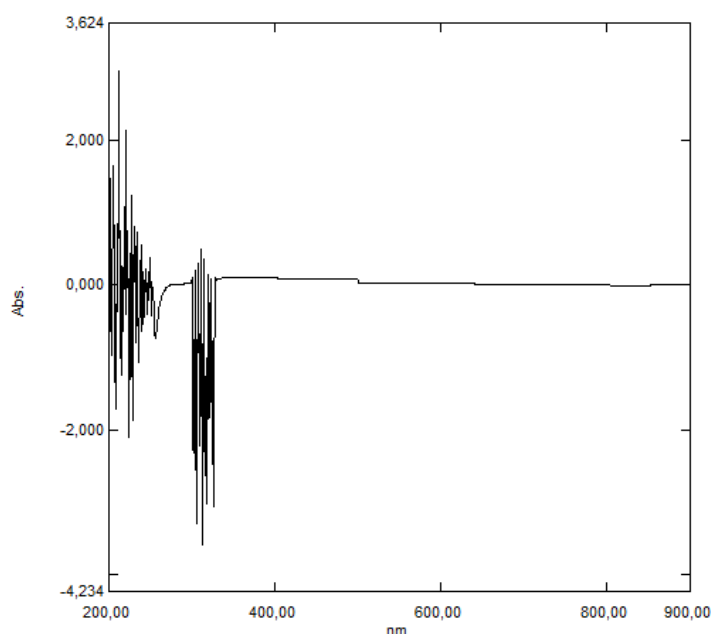
4. Muhokama

DMF aproton polary erituvchi bo‘lib, “FarPAN-S-MCH”ning nitril guruhlar bilan dipol–dipol o‘zaro ta’sir hosil qiladi. Sellyuloza fragmentlari PAN zanjirining yuzasida sterik to‘siq hosil qiladi, natijada solvatsiya jarayoni faqat PANning ochiq qismlarida sodir bo‘ladi. Shuning uchun “FarPAN-S-MCH”ning bir qismi erituvchiga to‘liq kirishmaydi va 3.79 g massada erimay qoladi.

“FarPAN-S-MCH”–DMF tizimida solvatsiya kinetikasi DMSOga nisbatan sekinroq, ammo umumiy eruvchanlik darajasi yaqin. Bu esa modifikatsiyalangan PANda erish samaradorligi 66% atrofida bo‘lishiga sabab bo‘ladi.

4.2. UV–Vis spektr tahlili

Quyida modifikatsiyalangan PANning DMFdagi eritmasi uchun olingan UV–Vis spektr keltirilgan:



Spektr 200–900 nm oraligʻida oʻlchangan boʻlib:

200–400 nm oraligʻida absorbsiya mavjud.

Bu PAN makromolekulasidagi elektron oʻtishlar ($\pi \rightarrow \pi^*$, $n \rightarrow \pi^*$) bilan bogʻliq. PAN konjugatsiyalanmagan boʻlsa-da, nitril guruhlari UV sohaga yutilish beradi.

400 nm dan yuqorida absorbsiya yoʻq.

Bu eritmaning optik jihatdan barqaror ekanini bildiradi. Agar polimer agregatsiyasi kuchli boʻlganida 450–600 nm sohada sochilish (scattering) kuzatilardi, ammo bunday hodisa yoʻq.

Baza chizigʻining tekisligi DMFning oʻzi absorbsiya bermasligini va oʻlchov toʻgʻriligini koʻrsatadi.

Spektrdan kelib chiqadigan xulosa: PAN molekulari DMFda molekulyar darajada solvatlangan, kolloid/granulyar agregatsiya mavjud emas. Bu natija erish samaradorligi bilan mos — eritilgan PAN eritma tarkibiga bir jinsli tarqalgan.

5. Xulosa

Modifikatsiyalangan PANning DMFda eritilishi natijasida polimerning 66% qismi eridi, eritmadagi “FarPAN-S-MCH” konsentratsiyasi ~ 7 wt% ni tashkil etdi. Erituvchanlikning cheklanishi selluloza qatlami tufayli yuzaga kelgan sterik va vodorodbogʻlanish toʻsiqlari bilan bogʻliq.

UV–Vis spektr eritmaning molekulyar darajada barqarorligini koʻrsatdi — 400 nm dan yuqorida absorbsiya yoʻqligi PAN molekularining agregatsiyasiz eritilganini bildiradi. Bu esa massa analizi bilan mos keladi.

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РОЛЬ ОПУХОЛЕВОГО МИКРООКРУЖЕНИЯ В ЛЕЧЕНИИ И ПРОГНОЗЕ РАКА МОЛОЧНОЙ ЖЕЛЕЗЫ

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Актуальность. Рак молочной железы является наиболее распространённым злокачественным новообразованием у женщин и одной из основных причин онкологической смертности во всём мире. Несмотря на значительный прогресс в области ранней диагностики, хирургического лечения, системной лекарственной терапии и лучевого воздействия, показатели выживаемости и ответ на лечение у пациенток с аналогичными клинико-морфологическими характеристиками существенно варьируют. Это свидетельствует о том, что традиционные прогностические факторы не в полной мере отражают биологическое поведение опухоли. В последние годы особое внимание уделяется опухолевому микроокружению, которое представляет собой сложную динамическую систему клеточных и внеклеточных компонентов, активно участвующих в регуляции опухолевого роста, инвазии, метастазирования, иммунного ответа и лекарственной резистентности. Изучение роли опухолевого микроокружения является актуальным направлением современной онкологии и имеет важное значение для совершенствования прогностических моделей и разработки персонализированных терапевтических подходов при раке молочной железы.

Цель исследования. Комплексно оценить влияние основных компонентов опухолевого микроокружения на эффективность проводимого лечения и прогностические исходы у пациенток с раком молочной железы.

Материалы и методы. Проведено ретроспективное клинико-морфологическое исследование 120 пациенток с первично диагностированным раком молочной железы, находившихся на лечении в Хорезмском филиале Республиканского специализированного научно-практического медицинского центра онкологии и радиологии. В исследование включались пациентки при наличии достаточного объёма опухолевой ткани и полного клинического и катamnестического наблюдения. Патоморфологическое и иммуногистохимическое исследования опухолевых образцов выполнялись с целью оценки характеристик опухолевого микроокружения, включая плотность и распределение опухоле-инфильтрирующих лимфоцитов, степень выраженности стромального фиброза,

а также плотность микрососудов как показатель ангиогенеза. В зависимости от преобладающих признаков микроокружения пациентки были распределены на три группы. Эффективность лечения оценивалась на основании клинического ответа, данных инструментальных методов исследования и динамики заболевания в процессе наблюдения.

Результаты. Анализ полученных данных выявил статистически значимые различия в ответе на лечение и прогностических показателях между выделенными группами пациенток. Наиболее благоприятные клинические исходы отмечены у больных с высокой плотностью опухоль-инфильтрирующих лимфоцитов, умеренно выраженной стромой и низким уровнем ангиогенеза, что сопровождалось высокой чувствительностью к системной противоопухолевой терапии и более длительным контролем заболевания. При умеренной иммунной инфильтрации и выраженном стромальном фиброзе эффективность лечения была снижена, что, вероятно, связано с нарушением доставки лекарственных препаратов и формированием условий для опухолевой прогрессии. Наименее благоприятные результаты зафиксированы у пациенток с низкой иммунной активностью опухолевого микроокружения и высокой ангиогенной активностью, характеризующихся повышенной частотой прогрессирования заболевания и неблагоприятным прогнозом.

Выводы. Опухолевое микроокружение играет ключевую роль в формировании чувствительности к терапии и определении прогноза у пациенток с раком молочной железы. Иммунная инфильтрация, стромальные изменения и уровень ангиогенеза оказывают существенное влияние на течение заболевания и эффективность лечения. Включение оценки параметров опухолевого микроокружения в рутинную патоморфологическую практику может повысить прогностическую точность и способствовать внедрению персонализированных лечебных стратегий, направленных на улучшение клинических исходов.

**TARIXIY VOQEALAR VA IXTIROLARNING ZAMONAVIY NUTQ
TERAPIYASIGA TA'SIRI**

Samarqand Kimyo Xalqaro Universiteti
Logopediya yo'nalishi MSPD-S-251U magistri
Fayzullayeva Nozima Rustam qizi

Annotatsiya: Ushbu maqolada nutq terapiyasining mazmuni, maqsadi va amaliy ahamiyati bilan birga uning tarixiy shakllanish jarayoni keng yoritiladi. Qadimgi davrlardan boshlab nutq buzilishlari haqidagi ilmiy qarashlar, XIX asr fonetika yutuqlari, XX asr urushlari davrida olingan klinik tajribalar hamda zamonaviy texnologiyalarning logopediya rivojiga ta'siri tahlil qilinadi. Shuningdek, bugungi nutq terapiyasining diagnostika, reabilitatsiya va innovatsion yondashuvlarga asoslangan kompleks tizim sifatidagi o'rni ko'rsatib beriladi. Maqola nutq terapiyasining inson muloqot qobiliyati, ijtimoiylashuvi va hayot sifatini oshirishdagi ahamiyatini asoslab beradi.

Kalit so'zlar: nutq terapiyasi, logopediya, tarixiy taraqqiyot, fonetika, urushlar ta'siri, diagnostika, reabilitatsiya, texnologiyalar, innovatsiya

Аннотация: В данной статье рассматриваются содержание, цели и практическое значение логопедии, а также исторические факторы, повлиявшие на её развитие. Освещаются ранние научные представления о нарушениях речи, достижения фонетики XIX века, клинический опыт, приобретённый в период мировых войн, и влияние современных технологий на формирование современной логопедической практики. Показано, что современная речевая терапия представляет собой комплексную систему, основанную на точной диагностике, реабилитации и инновационных методах. Статья подчёркивает важность логопедии в повышении качества жизни и коммуникативных возможностей человека.

Ключевые слова: логопедия, речевая терапия, историческое развитие, фонетика, мировые войны, диагностика, реабилитация, технологии, инновации

Abstract: This article explores the essence, goals, and practical significance of speech therapy while analyzing the historical events and innovations that shaped its modern development. It highlights early scientific perspectives on speech disorders, the contributions of 19th-century phonetics, clinical insights gained during the world wars, and the transformative role of contemporary technologies. Modern speech therapy is presented as a comprehensive system grounded in accurate diagnosis, rehabilitation, and innovative therapeutic approaches. The article emphasizes the

importance of speech therapy in improving communication abilities, social integration, and overall quality of life.

Keywords: speech therapy, logopedics, historical development, phonetics, world wars, diagnosis, rehabilitation, technology, innovation

Nutq terapiyasi (logopediya) — bu insonning nutqi, tili, ovozi va kommunikatsiya jarayonida uchraydigan turli buzilishlarni aniqlash, bartaraf etish hamda rivojlantirishga qaratilgan tibbiy-pedagogik sohadi. Nutq terapiyasi yordamida bolalar va kattalarda tovushlarni to'g'ri talaffuz qilish, nutq sur'ati va ravonligini me'yorlashtirish, lug'at boyligini kengaytirish, grammatik tuzilmalarni to'g'ri qo'llash, ovoz va artikulyatsiya tizimini rivojlantirish kabi maqsadlar amalga oshiriladi. Bu sohada ishlovchi mutaxassis logoped deb ataladi va u nafaqat nutqni, balki muloqot madaniyati va kommunikativ ko'nikmalarni ham shakllantirishga yordam beradi. Nutq terapiyasi turli xil nutq buzilishlarida qo'llanadi. Masalan, tovushlarni noto'g'ri aytish (dislaliya), nutq organlari faoliyatining buzilishi tufayli kelib chiqadigan dizartriya, burun rezonansining o'zgarishi bilan kechadigan rinolaliya, duduqlanish, ovozning o'tirib qolishi, shuningdek tilning kechikib rivojlanishi yoki umumiy nutq rivojlanishining buzilishi kabi holatlarda logopedik yordam ayniqsa zarur bo'ladi. Shuningdek, insult, miya jarohati yoki autizm spektri buzilishlari natijasida yuzaga keladigan nutq va til muammolari ham logoped tomonidan maxsus reabilitatsiya dasturlari orqali tuzatiladi yoki yengillashtiriladi. Nutq terapiyasi avvalo batafsil diagnostikadan boshlanadi. Logoped bolaning yoki kattalarning talaffuzi, lug'at boyligi, grammatik tuzilmalari, nutq ravonligi, ovoz xususiyatlarini tekshiradi va individual rivojlanish darajasini baholaydi. Shundan so'ng maxsus o'quv reja tuzilib, unda mashg'ulotlar turi, davomiyligi va kutiladigan natijalar belgilab olinadi. Terapiya jarayonida artikulyatsion mashqlar, nafas va fonatsiya ustida ishlash, tovushlarni qo'yish va mustahkamlash texnikalari, nutqni rivojlantiruvchi o'yinlar va kommunikativ topshiriqlar keng qo'llanadi.

Zamonaviy nutq terapiyasi texnologiyalar bilan boyitilmoqda. Kompyuter dasturlari, mobil ilovalar, interaktiv o'yinlar va teleterapiya usullari mashg'ulotlarni yanada qiziqarli va samarali qiladi. Shu bilan birga, logopedlar nevrolog, psixolog, pediatr kabi mutaxassislar bilan hamkorlikda ishlaydi, bu esa bolada yoki kattada nutq buzilishining asosiy sababini aniqlash va to'g'ri yondashuvni tanlash imkonini beradi. Umuman olganda, nutq terapiyasi insonning to'laqonli muloqot qilish, ta'lim olish va jamiyatga moslashishida muhim rol o'ynaydi. Erta boshlangan logopedik yordam nutqni tiklash jarayonini tezlashtiradi, ijtimoiy va ruhiy o'sishga ijobiy ta'sir ko'rsatadi hamda insonning hayot sifatini sezilarli darajada yaxshilaydi. Agar istasangiz, matnni

yana ham kengaytirib, ilmiy maqola yoki referat ko‘rinishida ham tayyorlab berishim mumkin.

Tarixiy voqealar va ixtirolar zamonaviy nutq terapiyasining shakllanishi va rivojlanishida juda katta ahamiyatga ega bo‘lib, bu sohaning ilmiy asoslanishi, diagnostika tizimining yaratilishi, terapiya usullarining takomillashishi hamda texnologiyalarga asoslangan yondashuvlarning paydo bo‘lishiga sabab bo‘lgan. Dastlabki tarixiy manbalarda, xususan, Qadimgi Misr, Yunoniston va Rim yozuvlarida nutq buzilishlari mustaqil tibbiy holat sifatida qayd etilgan bo‘lib, bu kelajakda logopediya fanining keng rivojlanishiga zamin yaratgan. Gippokrat, Aristotel va Demosten kabi allomalar nutqning fiziologik mexanizmlari va nutqdagi nosozliklar haqida fikr bildirgan, natijada nutq muammolariga ilmiy yondashuv shakllana boshlagan.

Nutq terapiyasining rivoji XIX asrda fonetika fanining taraqqiyoti bilan yangi bosqichga ko‘tarildi. Aleksandr Bellning “Visible Speech” tizimi va fonetik transkripsiya usullarining yaratilishi tovushlarning artikulyatsion xususiyatlarini ilmiy asosda o‘rganishga sabab bo‘ldi. Bu ixtirolar logopedlarga tovush qo‘yish, talaffuzni to‘g‘rilash va artikulyatsiya mashqlarini ilmiy asosda ishlab chiqish imkonini berdi. Shu davrda nutq patologiyasini tadqiq etgan Kussmaul, Gutzmann va Orton kabi olimlar nutq buzilishlarining tasnifi va sabablarini chuqur o‘rgandilar, bu esa zamonaviy diagnostika tizimining shakllanishiga olib keldi. XX asrning birinchi yarmida yuz bergan I va II jahon urushlari nutq terapiyasi sohasining keskin rivojlanishiga sabab bo‘ldi. Urushlar natijasida bosh miya jarohatlari ko‘payib, ko‘plab askarlarda afaziya, dizartriya kabi og‘ir nutq buzilishlari kuzatildi. Shu bois nutqni tiklashga qaratilgan rehabilitatsiya markazlari tashkil etildi va logopedik yordam nevrologiya bilan uyg‘un holda olib borila boshlandi. Ayni paytda psixologiya va pedagogikaning rivoji nutq terapiyasiga yangi didaktik va psixologik yondashuvlar olib kirdi. Texnologiyalarning ixtiro qilinishi nutq terapiyasiga inqilob darajasida yangiliklar olib keldi. 1950–1980 yillarda audio va videoyozuv texnologiyalarining paydo bo‘lishi logopedlarga nutqni yozib olib tahlil qilish, ovoz diapazonini o‘rganish va bemorga o‘z nutqini qayta tinglash imkonini berdi. Kompyuterlarning ommalashishi diagnostika jarayonini aniqroq va ilmiyroq qildi: nutqning spektral tahlili, tovush chastotasini o‘lchash, interaktiv mashqlar yaratish kabi imkoniyatlar vujudga keldi. XXI asr texnologiyalari — internet, mobil ilovalar va sun‘iy intellekt — logopediya sohasini yanada kengaytirib, teleterapiya, avtomatik nutq tahlili va individual elektron dasturlarni hayotga tatbiq etdi. Shu tariqa, tarix davomida yuz bergan ilmiy kashfiyotlar, urushlar orqali olingan klinik tajribalar, fonetika va psixologiya fanlarining taraqqiyoti hamda zamonaviy texnologik ixtirolar nutq

terapiyasini hozirgi darajaga olib kelgan. Bugungi kunda nutq terapiyasi aniq diagnostika, ilmiy asoslangan metodika va ilg'or texnologiyalar uyg'unligida olib boriladigan kompleks va samarali soha sifatida shakllangan.

Xulosa

Nutq terapiyasi insonning nutqiy va kommunikativ rivojlanishini ta'minlashga qaratilgan muhim tibbiy-pedagogik sohami bo'lib, uning shakllanishi va bugungi darajaga yetib kelishida tarixiy voqealar, ilmiy kashfiyotlar hamda texnologik yutuqlar alohida o'rin tutadi. Qadimgi sivilizatsiyalardayoq nutq buzilishlari mustaqil tibbiy holat sifatida tan olingan bo'lsa, XIX asr fonetika fanining rivoji logopediya uchun ilmiy asos yaratdi. XX asrning jahon urushlari esa nevrologik nutq buzilishlarini chuqur o'rganish va rehabilitatsiya usullarini takomillashtirishga kuchli turtki bo'ldi. Keyingi yillarda texnika va texnologiyalarning, ayniqsa kompyuter, audio-video vositalar va sun'iy intellektning rivojlanishi nutq terapiyasi jarayonini yanada aniq, qulay va samarali qildi. Natijada zamonaviy logopediya ilmiy tashxis, kompleks yondashuv va innovatsion metodlar uyg'unligi asosida shakllangan bo'lib, u nafaqat nutqni to'g'rilash, balki insonning ijtimoiy faolligi va hayot sifatini oshirishda ham muhim ahamiyat kasb etadi.

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O‘ZBEKISTONDA TA’LIM SOHASIDAGI XALQARO HAMKORLIK: HOLATI, YO‘NALISHLARI VA ISTIQBOLLARI

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Annotatsiya

Mazkur maqolada o‘zbekiston respublikasida ta’lim sohasida olib borilayotgan xalqaro hamkorlik siyosati, uning huquqiy asoslari, asosiy yo‘nalishlari va amaliy natijalari ilmiy jihatdan tahlil qilinadi. Xalqaro tashkilotlar, xorijiy davlatlar va yetakchi oliy ta’lim muassasalari bilan hamkorlik mexanizmlari, qo‘shma ta’lim dasturlari, akademik almashinuvlar hamda ta’lim sifatini oshirishga qaratilgan loyihalar yoritiladi. Shuningdek, xalqaro hamkorlikning ta’lim tizimini modernizatsiya qilishdagi o‘rni va kelgusidagi rivojlanish istiqbollari asoslab beriladi.

Kalit so‘zlar

Xalqaro hamkorlik, ta’lim tizimi, akademik almashinuv, qo‘shma dasturlar, ta’lim sifati, globallashuv, innovatsiya, integratsiya

Аннотация

В данной статье проводится научный анализ политики международного сотрудничества в сфере образования в Республике Узбекистан, ее правовой базы, основных направлений и практических результатов. Осветлены механизмы сотрудничества с международными организациями, зарубежными странами и ведущими высшими учебными заведениями, совместные образовательные программы, академические обмены и проекты, направленные на повышение качества образования. Обоснована роль международного сотрудничества в модернизации системы образования и перспективы ее дальнейшего развития.

Ключевые слова

Международное сотрудничество, система образования, академический обмен, совместные программы, качество образования, глобализация, инновации, интеграция

Abstract: This article scientifically analyzes the policy of international cooperation in the field of education in the Republic of Uzbekistan, its legal framework, main directions and practical results. Mechanisms of cooperation with international

organizations, foreign countries and leading higher education institutions, joint educational programs, academic exchanges and projects aimed at improving the quality of education are highlighted. The role of international cooperation in the modernization of the education system and its future development prospects are also substantiated.

Keywords: International cooperation, education system, academic exchange, joint programs, quality of education, globalization, innovation, integration

Kirish

Globallashuv jarayonlari jadallashgan hozirgi davrda ta'lim sohasidagi xalqaro hamkorlik har bir davlat taraqqiyotining muhim omillaridan biri hisoblanadi. Ilm-fan va ta'limning xalqaro miqyosda integratsiyalashuvi zamonaviy bilimlar almashinuvi, ilg'or tajribalarni joriy etish va raqobatbardosh kadrlar tayyorlash imkoniyatlarini kengaytiradi. Shu bois bugungi kunda rivojlangan va rivojlanayotgan mamlakatlar ta'lim tizimini xalqaro standartlarga moslashtirishga alohida e'tibor qaratmoqda.

O'zbekiston respublikasida ham mustaqillik yillaridan boshlab, ayniqsa so'nggi yillarda ta'lim sohasida xalqaro hamkorlikni rivojlantirish davlat siyosatining ustuvor yo'nalishlaridan biriga aylandi. Ta'lim tizimini modernizatsiya qilish, ta'lim sifatini oshirish, innovatsion yondashuvlarni joriy etish va xalqaro ta'lim makoniga integratsiyalashuv jarayonlarida xalqaro hamkorlik muhim vosita sifatida namoyon bo'lmoqda.

Mazkur maqolaning asosiy maqsadi o'zbekistonda ta'lim sohasidagi xalqaro hamkorlikning shakllanishi, rivojlanish bosqichlari va hozirgi holatini tahlil qilish, uning samaradorligini baholash hamda istiqboldagi ustuvor yo'nalishlarini aniqlashdan iborat.

Asosiy qism

Ta'lim sohasida xalqaro hamkorlik tushunchasi va nazariy asoslari

Ta'lim sohasidagi xalqaro hamkorlik — bu davlatlar, xalqaro tashkilotlar va ta'lim muassasalari o'rtasida bilim, tajriba, ilmiy axborot va pedagogik texnologiyalar almashinuviga qaratilgan hamkorlik munosabatlari majmuasidir. Ushbu hamkorlik ta'lim sifatini oshirish, innovatsion ta'lim muhitini yaratish va inson kapitalini rivojlantirishga xizmat qiladi.

Ilmiy adabiyotlarda xalqaro ta'lim hamkorligi globallashuv jarayonining muhim tarkibiy qismi sifatida baholanadi. Chunki zamonaviy bilimlar tez yangilanib borayotgan sharoitda milliy ta'lim tizimining yakkalanib qolishi uning raqobatbardoshligini pasaytiradi. Shu bois xalqaro hamkorlik ta'lim tizimini rivojlantirishning zaruriy sharti sifatida qaraladi.

O'zbekistonda ta'lim sohasidagi xalqaro hamkorlikning huquqiy asoslari

O‘zbekistonda ta’lim sohasidagi xalqaro hamkorlikni rivojlantirish mustahkam normativ-huquqiy asosga ega. “ta’lim to‘g‘risida”gi qonun, “kadrlar tayyorlash milliy dasturi” hamda so‘nggi yillarda qabul qilingan strategik hujjatlar xalqaro hamkorlikni ta’lim tizimini rivojlantirishning muhim yo‘nalishi sifatida belgilaydi.

Davlat siyosatida ta’lim sohasida xalqaro hamkorlikni kengaytirish orqali xorijiy tajribalarni joriy etish, qo‘shma ta’lim dasturlarini tashkil etish va xorijiy ta’lim muassasalari bilan aloqalarni mustahkamlash ustuvor vazifa etib belgilangan. Ushbu jarayonni muvofiqlashtirishda oliy ta’lim, fan va innovatsiyalar vazirligi yetakchi rol o‘ynaydi.

Xalqaro tashkilotlar bilan hamkorlikning asosiy yo‘nalishlari

O‘zbekiston ta’lim sohasida ko‘plab nufuzli xalqaro tashkilotlar bilan samarali hamkorlik olib bormoqda. Jumladan, unesco bilan hamkorlik ta’lim sifati, inklyuziv ta’lim va madaniy merosni asrash yo‘nalishlarida muhim ahamiyat kasb etmoqda. Unesco doirasida amalga oshirilayotgan loyihalar pedagog kadrlar salohiyatini oshirish va ta’lim mazmunini modernizatsiya qilishga xizmat qilmoqda.

Shuningdek, jahon banki va boshqa xalqaro moliya institutlari bilan hamkorlikda ta’lim infratuzilmasini rivojlantirish, raqamli ta’limni joriy etish va ta’lim sifati baholash tizimini takomillashtirish bo‘yicha loyihalar amalga oshirilmoqda.

Xorijiy davlatlar bilan ikki tomonlama ta’lim hamkorligi

O‘zbekistonda ta’lim sohasidagi xalqaro hamkorlik ikki tomonlama aloqalar orqali ham rivojlanmoqda. Yevropa, osiyo va mdh mamlakatlari bilan imzolangan bitimlar asosida qo‘shma ta’lim dasturlari, talabalar va professor-o‘qituvchilar almashinuvi yo‘lga qo‘yilgan.

Xorijiy oliy ta’lim muassasalari filiallarining o‘zbekistonda faoliyat yuritishi ta’lim sohasidagi xalqaro integratsiyaning muhim ko‘rinishidir. Ushbu filiallar orqali ilg‘or xorijiy ta’lim dasturlari va baholash tizimlari joriy etilmoqda, bu esa milliy ta’lim tizimining raqobatbardoshligini oshirmoqda.

Akademik almashinuv va qo‘shma ta’lim dasturlari

Akademik almashinuv dasturlari ta’lim sohasidagi xalqaro hamkorlikning eng samarali shakllaridan biri hisoblanadi. Talabalar va professor-o‘qituvchilarning xorijiy ta’lim muassasalarida tahsil olishi va tajriba almashishi ta’lim sifati va ilmiy salohiyatni oshirishga xizmat qiladi.

Qo‘shma ta’lim dasturlari doirasida bitiruvchilarga ikki yoki undan ortiq davlat diplomlari berilishi ularning xalqaro mehnat bozorida raqobatbardoshligini ta’minlaydi. Bu esa o‘zbekiston ta’lim tizimining jahon ta’lim makoniga integratsiyalashuvini jadallashtiradi.

Ta’lim tizimida xalqaro hamkorlikning ijobiy natijalari

Ta'lim sohasidagi xalqaro hamkorlik o'zbekiston ta'lim tizimida bir qator ijobiy natijalarni ta'minlamoqda. Jumladan, ta'lim mazmuni va o'quv dasturlarining yangilanishi, zamonaviy pedagogik texnologiyalarning joriy etilishi, ilmiy tadqiqotlar sifatining oshishi shular jumlasidandir.

Bundan tashqari, xalqaro hamkorlik ta'lim muassasalarining moddiy-texnik bazasini mustahkamlash, raqamli ta'lim resurslarini rivojlantirish va ta'lim boshqaruvini takomillashtirishga xizmat qilmoqda.

Muammolar va rivojlanish istiqbollari

Shu bilan birga, ta'lim sohasidagi xalqaro hamkorlikni rivojlantirish jarayonida ayrim muammolar ham mavjud. Xususan, xorijiy tillarni bilish darajasining yetarli emasligi, byurokratik to'siqlar va ayrim hududlarda infratuzilmaning yetarli darajada rivojlanmaganligi hamkorlik samaradorligini pasaytirishi mumkin.

Kelgusida ushbu muammolarni bartaraf etish, xalqaro loyihalar sonini ko'paytirish, ta'lim sifati va ilmiy salohiyatni oshirish o'zbekistonda ta'lim sohasidagi xalqaro hamkorlikning asosiy istiqbollari sifatida namoyon bo'ladi.

Xulosa

Xulosa qilib aytganda, o'zbekistonda ta'lim sohasidagi xalqaro hamkorlik tizimli va izchil rivojlanib bormoqda. Ushbu hamkorlik ta'lim tizimini modernizatsiya qilish, ta'lim sifatini oshirish va raqobatbardosh kadrlar tayyorlashda muhim ahamiyat kasb etadi. Xalqaro hamkorlikni yanada kengaytirish va samaradorligini oshirish o'zbekiston ta'lim tizimining jahon ta'lim makonidagi o'rnini mustahkamlashga xizmat qiladi.

Foydalanilgan adabiyotlar

1. O'zbekiston respublikasining "ta'lim to'g'risida"gi qonuni.
2. Kadrlar tayyorlash milliy dasturi.
3. Oliy ta'limni rivojlantirish konsepsiyasi.
4. Unesco ta'lim bo'yicha hisobotlari.
5. Jahon bankining ta'lim sohasiga oid tahliliy materiallari.
6. Xalqaro ta'lim hamkorligi va globallashtirish. – monografiya.
7. Ilmiy maqolalar va elektron manbalar.

**MILLIY MANFAATLARDAN KELIB CHIQQAN HOLDA
UMBUMBASHARIY MUAMMOLARGA YONDASHISH: NAZARIY
ASOSLAR VA AMALIY YO‘NALISHLAR**

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Annotatsiya

Mazkur maqolada milliy manfaatlar va umumbashariy muammolar o‘rtasidagi o‘zaro bog‘liqlik ilmiy-nazariy jihatdan tahlil qilinadi. Globallashuv sharoitida davlatlarning milliy manfaatlarini himoya qilgan holda insoniyat uchun umumiy bo‘lgan muammolarga yondashuvi muhim ahamiyat kasb etmoqda. Tadqiqotda xavfsizlik, ekologiya, ijtimoiy tenglik, barqaror rivojlanish kabi global muammolarga milliy manfaatlar nuqtayi nazaridan yondashish mexanizmlari ochib beriladi. Shuningdek, xalqaro hamkorlik va milliy suverenitet uyg‘unligi masalalari tahlil qilinadi.

Kalit so‘zlar

Milliy manfaat, umumbashariy muammolar, globallashuv, barqaror rivojlanish, xalqaro hamkorlik, suverenitet, global xavfsizlik

Аннотация

В статье с научно-теоретической точки зрения анализируется взаимосвязь национальных интересов и общечеловеческих проблем. В условиях глобализации особое значение приобретает подход государств к решению глобальных проблем с учётом национальных интересов. Рассматриваются механизмы национально ориентированного подхода к таким глобальным проблемам, как безопасность, экология, социальное неравенство и устойчивое развитие. Особое внимание уделяется соотношению международного сотрудничества и национального суверенитета.

Ключевые слова

Национальные интересы, общечеловеческие проблемы, глобализация, устойчивое развитие, международное сотрудничество, суверенитет, глобальная безопасность

Abstract

This article provides a scientific and theoretical analysis of the relationship between national interests and global challenges. In the context of globalization, addressing universal human problems while safeguarding national interests has become increasingly important for states. The study examines national-interest-based approaches to global issues such as security, environmental sustainability, social inequality, and sustainable development. Particular attention is given to the balance between international cooperation and national sovereignty.

Keywords

National interests, global challenges, globalization, sustainable development, international cooperation, sovereignty, global security

Kirish

Xxi asrda globallashuv jarayonlarining jadallashuvi natijasida dunyo davlatlari oʻrtasidagi iqtisodiy, siyosiy va madaniy aloqalar mislsiz darajada kuchaydi. Bu jarayon insoniyat oldida turgan umumbashariy muammolar — global xavfsizlik, ekologik inqiroz, ijtimoiy tengsizlik, migratsiya, pandemiyalar va resurslar tanqisligi kabi masalalarni yanada dolzarb qilib qoʻydi. Shu bilan birga, har bir davlat ushbu muammolarga oʻz milliy manfaatlaridan kelib chiqqan holda yondashishga intiladi.

Milliy manfaatlar davlatning mustaqilligi, hududiy yaxlitligi, iqtisodiy barqarorligi, milliy xavfsizligi va ijtimoiy farovonligini taʼminlashga qaratilgan ustuvor maqsadlar majmuasidir. Umumbashariy muammolar esa butun insoniyat taqdiriga daxldor boʻlib, ularni faqat xalqaro hamkorlik asosida hal etish mumkin. Shu bois milliy manfaatlar va global masʼuliyat oʻrtasidagi muvozanat masalasi zamonaviy siyosiy va ijtimoiy tafakkurning muhim yoʻnalishlaridan biri hisoblanadi.

Mazkur maqolaning maqsadi milliy manfaatlardan kelib chiqqan holda umumbashariy muammolarga yondashishning nazariy asoslari va amaliy mexanizmlarini ilmiy jihatdan tahlil qilishdan iborat.

Asosiy qism**Milliy manfaat tushunchasi va uning mazmuni**

Milliy manfaat — bu davlat va jamiyatning uzoq muddatli rivojlanishini taʼminlashga qaratilgan siyosiy, iqtisodiy, ijtimoiy va maʼnaviy ehtiyojlar majmuasidir. U milliy xavfsizlik, iqtisodiy mustaqillik, ijtimoiy barqarorlik va madaniy oʻzlikni saqlash kabi omillarni oʻz ichiga oladi.

Har bir davlat milliy manfaatlarini belgilashda tarixiy tajriba, geografik joylashuv, iqtisodiy salohiyat va demografik omillarni hisobga oladi. Shu sababli global muammolarga yondashuv ham har bir davlatda oʻziga xos xususiyatlarga ega boʻladi.

Umumbashariy muammolar va ularning zamonaviy koʻrinishlari

Umumbashariy muammolar butun insoniyat hayoti va kelajagiga bevosita ta'sir ko'rsatadigan muammolar majmuasidir. Ularga ekologik inqiroz, iqlim o'zgarishi, global xavfsizlik tahdidlari, oziq-ovqat xavfsizligi, pandemiyalar va kambag'allik kiradi.

Bu muammolar davlat chegaralarini tan olmaydi va ularni alohida bir davlat doirasida hal etish imkonsizdir. Shu bois xalqaro hamkorlik va umumiy mas'uliyat tamoyili muhim ahamiyat kasb etadi.

Globallashuv sharoitida milliy manfaatlar va global mas'uliyat

Globallashuv jarayonlari davlatlarning iqtisodiy va siyosiy mustaqilligiga yangi chaqiriqlarni yuzaga keltirdi. Bir tomondan, global integratsiya rivojlanish imkoniyatlarini kengaytirsa, ikkinchi tomondan milliy manfaatlarga xavf tug'dirishi mumkin.

Shu sababli davlatlar global muammolarga faol qo'shilgan holda, o'z milliy manfaatlarini himoya qilish strategiyasini ishlab chiqishi zarur. Bu jarayonda xalqaro tashkilotlar bilan hamkorlik muhim rol o'ynaydi. Jumladan, birlashgan millatlar tashkiloti doirasida ekologiya, tinchlik va barqaror rivojlanish masalalarida milliy manfaatlarga mos tashabbuslarni ilgari surish imkoniyati mavjud.

Ekologik muammolarga milliy manfaatlar asosida yondashish

Ekologik muammolar bugungi kunda eng dolzarb umumbashariy masalalardan biridir. Iqlim o'zgarishi, suv resurslari tanqisligi va atrof-muhit ifloslanishi davlatlarning milliy xavfsizligiga bevosita tahdid solmoqda.

Milliy manfaatlardan kelib chiqib, ekologik muammolarga yondashish barqaror rivojlanish siyosatini amalga oshirish, ekologik xavfsizlikni ta'minlash va tabiiy resurslardan oqilona foydalanishni talab etadi. Bu borada milliy strategiyalar xalqaro ekologik kelishuvlar bilan uyg'unlashgan bo'lishi lozim.

global xavfsizlik va milliy suverenitet uyg'unligi

Global xavfsizlik muammolari — terrorizm, ekstremizm, kiberxavfsizlik va transmilliy jinoyatchilik — har bir davlatning milliy xavfsizligiga ta'sir ko'rsatadi. Ushbu muammolarga qarshi kurashda xalqaro hamkorlik zarur bo'lsa-da, milliy suverenitetni saqlash muhim ahamiyatga ega.

Milliy manfaatlardan kelib chiqqan holda global xavfsizlik masalalarida ishtirok etish davlatning ichki barqarorligini mustahkamlashga xizmat qiladi. Bu borada huquqiy asos sifatida o'zbekiston respublikasi konstitutsiyasida belgilangan suverenitet va milliy xavfsizlik tamoyillari muhim o'rin tutadi.

Barqaror rivojlanish va ijtimoiy adolat masalalari

Barqaror rivojlanish konsepsiyasi iqtisodiy o'sish, ijtimoiy adolat va ekologik muvozanatni ta'minlashni nazarda tutadi. Bu konsepsiya milliy manfaatlar va umumbashariy maqsadlar uyg'unligining yorqin namunasi hisoblanadi.

Davlatlar barqaror rivojlanish maqsadlarini amalga oshirish orqali nafaqat global muammolarni hal etishga hissa qo'shadi, balki o'z milliy taraqqiyotini ham ta'minlaydi. Shu bois ijtimoiy tenglik va kambag'allikka qarshi kurash milliy va global manfaatlar kesishgan nuqtada namoyon bo'ladi.

Milliy manfaatlar va xalqaro hamkorlikning istiqbollari

Kelajakda umumbashariy muammolar ko'lami kengayib borishi kutilmoqda. Shu sharoitda milliy manfaatlardan kelib chiqqan holda xalqaro hamkorlikni rivojlantirish strategik ahamiyat kasb etadi.

Davlatlar o'z tashabbuslari bilan global muammolar yechimiga hissa qo'shgan holda, xalqaro maydonda o'z nufuzini oshiradi. Bu esa milliy manfaatlarning samarali ta'minlanishiga xizmat qiladi.

Xulosa

Xulosa qilib aytganda, milliy manfaatlardan kelib chiqqan holda umumbashariy muammolarga yondashish zamonaviy davrning muhim talabi hisoblanadi. Global muammolarni hal etishda milliy manfaatlar va xalqaro mas'uliyat o'rtasidagi muvozanatni ta'minlash barqaror taraqqiyotning asosiy omilidir. Davlatlarning mazkur yo'nalishdagi izchil siyosati insoniyat kelajagi uchun muhim ahamiyat kasb etadi.

Foydalanilgan adabiyotlar

1. O'zbekiston respublikasi konstitutsiyasi.
2. Global muammolar va xalqaro munosabatlar. – darslik.
3. Barqaror rivojlanish konsepsiyasi bo'yicha xalqaro hujjatlar.
4. Globallashuv va milliy manfaatlar. – monografiya.
5. Xalqaro xavfsizlik va zamonaviy tahdidlar. – ilmiy maqolalar to'plami.
6. Insoniyat va ekologik muammolar. – ilmiy manbalar

INFLUENCE OF CYTOMEGALOVIRUSES ON FETAL DEVELOPMENT

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Annotation; This article analyzes the effect of cytomegalovirus (CMV) infection on fetal development, its pathogenesis, clinical manifestations and preventive measures. Cytomegalovirus is a DNA virus belonging to the herpesvirus family, which is latent in most people and is activated in conditions of weakened immune systems. The development of primary or recurrent CMV infection in a pregnant woman can cause intrauterine infection. The article discusses the mechanisms of virus transmission to the fetus through the placenta, as well as morphological and functional changes in embryonic and fetoplacental development. CMV-infected fetuses are mainly characterized by pathologies such as central nervous system damage, developmental defects of the hearing and vision organs, microcephaly, and intrauterine growth retardation. The article also presents diagnostic methods (serological tests, PCR), preventive and therapeutic measures, and recommendations for preventing CMV infection during pregnancy. The results of the study indicate the need for early detection and monitoring of CMV infection in pregnant women.

Keywords: cytomegalovirus, fetal development, intrauterine infection, placenta, birth defects, prevention.

Аннотация. В статье анализируется влияние цитомегаловирусной (ЦМВ) инфекции на развитие плода, её патогенез, клинические проявления и профилактические меры. Цитомегаловирус – ДНК-содержащий вирус семейства герпесвирусов, который у большинства людей находится в латентной форме и активируется при снижении иммунитета. Развитие первичной или рецидивирующей ЦМВ-инфекции у беременной женщины может привести к внутриутробному инфицированию. В статье рассматриваются механизмы передачи вируса плоду через плаценту, а также морфофункциональные изменения эмбрионального и фетоплацентарного развития. Для плодов,

инфицированных ЦМВ, характерны такие патологии, как поражение центральной нервной системы, пороки развития органов слуха и зрения, микроцефалия и задержка внутриутробного развития. В статье также представлены методы диагностики (серологические исследования, ПЦР), профилактические и лечебные мероприятия, а также рекомендации по профилактике ЦМВ-инфекции во время беременности. Результаты исследования свидетельствуют о необходимости раннего выявления и мониторинга ЦМВ-инфекции у беременных женщин.

Ключевые слова: цитомегаловирус, развитие плода, внутриутробное инфицирование, плацента, врожденные пороки развития, профилактика.

Introduction. Among viral infections, cytomegalovirus (CMV) infection is currently one of the most pressing problems in medicine and perinatology. Cytomegalovirus is a DNA-containing virus belonging to the Herpesviridae family, which remains latent in the human body for a long time and is reactivated when the immune system is weakened. Despite the fact that a large part of the population, especially women of reproductive age, is infected with this virus, the infection often proceeds without clinical symptoms. However, the development of primary or recurrent CMV infection during pregnancy can lead to serious consequences for the fetus.

The fetus is infected with CMV most often through the placenta, and sometimes during childbirth or during breastfeeding. As a result of intrauterine infection, severe pathological changes are observed in the central nervous system, hearing and vision organs, liver, spleen and other organs of the fetus. As a result, complications such as congenital CMV infection, microcephaly, sensorineural hearing loss, and developmental delay occur. Therefore, early detection of cytomegalovirus infection during pregnancy, regular screening of women, and the development of preventive measures are of great importance. This article discusses the impact of cytomegalovirus infection on fetal development, pathogenesis mechanisms, clinical symptoms, and prevention issues.

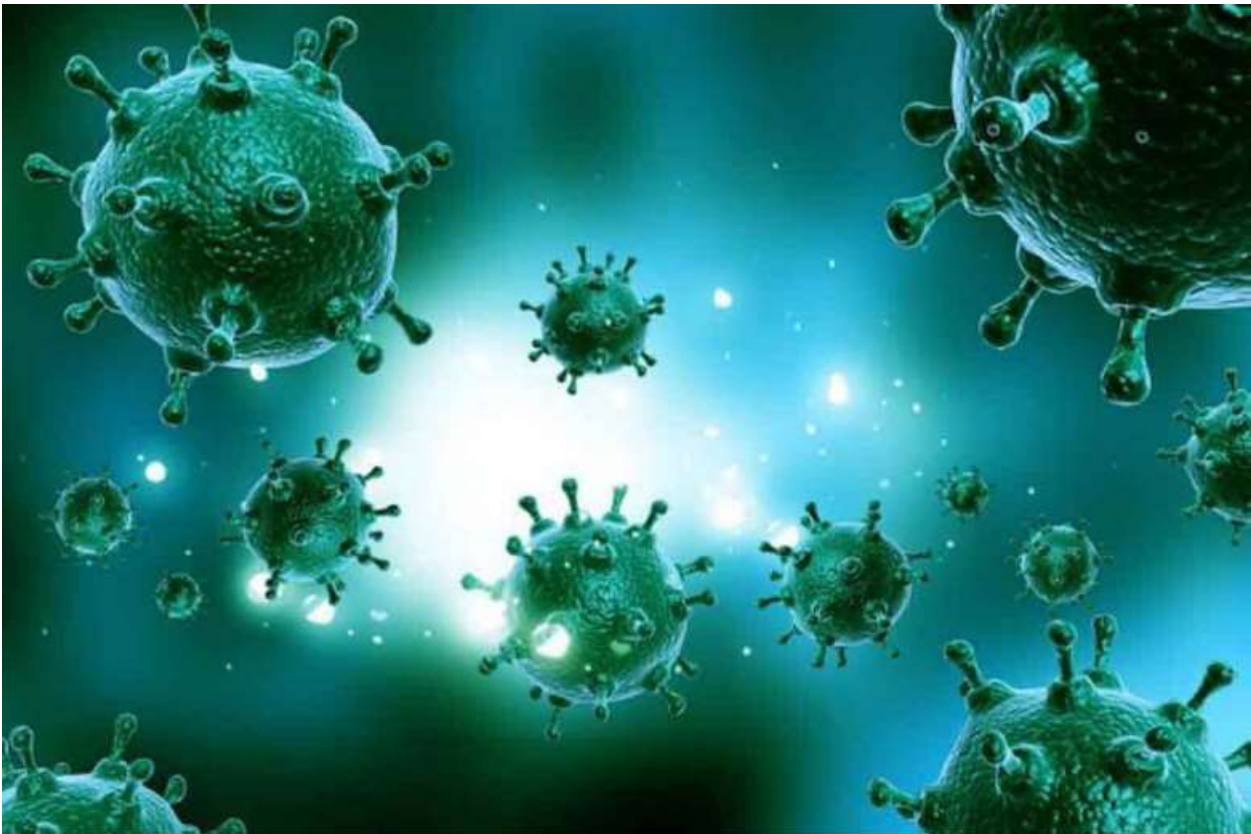
Of course, the main part of the article on the topic “The impact of cytomegaloviruses on fetal development” is presented below, without paragraphs, continuously, in detail and expanded in a scientific manner:

Cytomegalovirus (CMV) infection is one of the most important intrauterine infections in modern medicine during pregnancy. This virus belongs to the Herpesviridae family, contains double-stranded DNA and is 150–200 nanometers in size. CMV multiplies in

epithelial, endothelial, leukocyte and fibroblast cells in the human body. One of the most important features of the virus is its ability to remain latent for a long time. Usually, the infection is asymptomatic in healthy people, but in people with weakened immune systems, especially pregnant women, it becomes active and causes serious damage to the development of the fetus. The virus is often transmitted from mother to fetus through the placenta. If the primary infection occurs in the first trimester of pregnancy, the central nervous system, organs of vision and hearing, liver, spleen and heart function of the fetus are significantly damaged. CMV damages the cells of the placental barrier and disrupts blood circulation, resulting in hypoxia and growth retardation in the fetus. After the virus crosses the placental barrier, it multiplies in trophoblast and endothelial cells and enters the fetal circulatory system. This causes the virus to enter the brain and nervous tissue. As a result of damage to neuronal cells, pathologies such as microcephaly, hydrocephalus, intracranial calcifications, damage to the optic and auditory nerves, and mental retardation occur. Children infected with CMV intrauterinely at birth or in the following months develop clinical signs such as jaundice, hepatosplenomegaly, hemolytic anemia, pneumonia, low birth weight, and sensorineural hearing loss. In some cases, the infection is latent and the baby appears healthy at first glance, but in later years, late complications such as developmental delay, mental retardation, speech disorders, and hearing loss occur. According to epidemiological data, primary CMV infection is detected in 0.5–2% of pregnant women worldwide, and intrauterine damage occurs in approximately 30–40% of them. Therefore, CMV infection is recognized as the most common viral cause of neonatal death and birth defects. Among the diagnostic methods, serological tests (detection of IgM and IgG antibodies) and polymerase chain reaction (PCR) are the most reliable. The presence of IgM antibodies indicates an active phase of infection, while low avidity of IgG indicates a recent infection. Ultrasound examination of the fetus may reveal signs such as microcephaly, ventriculomegaly, growth retardation, and enlargement of the liver and spleen. In doubtful cases, detection of viral DNA from amniotic fluid by amniocentesis confirms intrauterine infection. Treatment options are limited, and antiviral drugs such as ganciclovir, valganciclovir, and foscarnet are used, but they are used only when necessary during pregnancy, as there is a risk of embryotoxic effects. In some cases, it has been found that the administration of specific CMV immunoglobulin to pregnant women can reduce the risk of fetal damage. The most effective way is prevention. It is important to conduct serological screening of pregnant women for CMV, strictly observe personal hygiene rules, avoid contact with saliva or urine when working with young children, test donor blood and organs for CMV, and implement measures to strengthen immunity. The social and medical

importance of CMV infection is that it is a major cause of not only birth defects, but also hearing loss and mental retardation in childhood.

Therefore, it is important for each country to implement a strategy for early detection and prevention of CMV infection in its health system. Scientific studies have shown that determining the immune status against CMV infection before and during pregnancy plays an important role in reducing the risk of viral reactivation and ensuring the birth of a healthy offspring.



Cytomegalovirus and its impact on fetal development

Cytomegalovirus (CMV) is a common pathogen belonging to the herpesvirus family, which poses a serious threat to the health of the mother and fetus during pregnancy. The virus can usually exist in a latent state, but when immunity is weakened, it can become actively activated and infect the fetus. CMV infection in pregnant women disrupts the process of fetal organogenesis, which can lead to complications during childbirth and developmental defects.

Transmission of the virus to the fetus

Cytomegalovirus is transmitted to the fetus through the maternal bloodstream. The first trimester of pregnancy is especially dangerous, since during this period the fetal organs are forming. As a result of infection of the virus to the fetus, delays in the development of organs and systems, necrotic changes in cells and tissues, as well as a weakening of the fetal immune system are observed. All this increases the risk of severe

complications during childbirth, including central nervous system disorders and internal organ failure.

Mechanisms of effect on the fetus

CMV harms the fetus through several mechanisms. The virus enters cells and destroys them, which leads to tissue necrosis and insufficient development of organs. At the same time, the virus activates inflammatory processes, which are manifested by an increased immune response and tissue damage. Important organs such as the central nervous system, liver, kidneys and heart are especially affected.

Clinical signs and complications

Women infected with CMV during pregnancy may develop various clinical signs as a result of virus transmission to the fetus. Central nervous system disorders are manifested by delayed brain development of the fetus, impaired cognitive and motor activity. Also, due to insufficient development of the sensory organs - ears and eyes, hearing loss and vision problems occur. Pathological changes may develop in internal organs, including the liver, kidneys and heart systems. The overall growth of the fetus slows down, and height and weight are below normal.

Fetal protection and prevention

There are several important measures to protect the fetus from cytomegalovirus. Monitoring CMV infection in pregnant women, that is, early diagnosis can be made by detecting antibodies to the virus in the blood and urine. Compliance with hygiene rules is especially important, since the virus is often transmitted through children. It is necessary to support the fetus and the mother's body by strengthening immunity. If necessary, antiviral drugs can be used under the supervision of a doctor, but their safety for the fetus is always taken into account.

Research and observations

Modern scientific studies show that CMV infection in the first trimester of pregnancy has the greatest negative impact on fetal development. Therefore, regular medical monitoring and laboratory tests during pregnancy play an important role in reducing the negative consequences of the virus.

Cytomegalovirus Prevention and Treatment

Cytomegalovirus (CMV) requires a number of preventive and treatment measures to reduce the negative impact on the fetus and protect against infection. These measures can be used before, during, and after pregnancy.

Pre- and ongoing prevention

The most effective way to prevent CMV infection is to use preventive measures before and during pregnancy. Good hygiene among women, especially women who have contact with children, reduces the risk of transmission of the virus. Regular hand

washing, keeping the face and mouth clean, and ensuring food and water safety significantly reduce the likelihood of infection to the fetus.

Laboratory monitoring

For early detection of CMV infection during pregnancy, it is important to detect antibodies to the virus in the blood and urine. If the presence of the virus is detected, special monitoring is carried out under the supervision of a doctor. This allows for early detection of negative changes in the development of the fetus and the application of appropriate measures.

Treatment and antiviral drugs

There are special antiviral drugs against cytomegalovirus that slow down the reproduction of the virus and reduce the amount of damage to the body. At the same time, the use of drugs is carried out only under the supervision of a doctor, since it is necessary to take into account their safety for the fetus. During treatment, the development of the fetus is monitored by regular ultrasound and laboratory tests.

Strengthening immunity

Strengthening the mother's immunity during pregnancy plays an important role in reducing the negative effects of CMV infection. A healthy lifestyle, proper nutrition, adequate sleep and stress reduction strengthen the body's natural defense mechanisms. This slows down the activation of the virus and reduces the risk of transmission to the fetus.

Postpartum monitoring

If CMV infection is detected during pregnancy, the mother and baby will undergo continuous medical monitoring after delivery. If the baby has signs of viral infection or developmental defects, they will be identified in a timely manner and appropriate treatment measures will be taken. In this way, complications can be prevented and the baby's health can be ensured.

Conclusion

Cytomegalovirus (CMV) is a pathogen that poses a serious threat to the health of the mother and fetus during pregnancy. Infection of the fetus with the virus causes developmental disorders of various degrees in the organs and systems of the fetus. Especially in the case of infection in the first trimester, the central nervous system, heart, liver, kidneys and sensory organs are affected, which leads to serious complications such as delayed brain development, impaired cognitive and motor activity, and reduced hearing and vision. In addition, the overall growth of the fetus slows down, and its height and weight may be below normal. Preventive measures are important to reduce the impact of cytomegalovirus on the fetus and prevent the spread of infection. Strict adherence to hygiene rules, especially limiting contact with children

and infected people, significantly reduces the risk of virus transmission. Laboratory tests and monitoring of viral antibodies during pregnancy allow early detection of negative changes in the development of the fetus. At the same time, strengthening immunity - through a healthy lifestyle, proper nutrition, adequate sleep and stress reduction - slows down the activation of the virus and reduces the risk of infection of the fetus. If necessary, the use of antiviral drugs under the supervision of a doctor reduces the amount of damage to the fetus and prevents the severe course of infection. Regular medical monitoring after childbirth is important for timely detection of viral infection or developmental defects in the baby, the use of necessary treatment measures and the reduction of complications. In conclusion, a thorough study of the negative effects of cytomegalovirus on the fetus, the use of effective preventive and therapeutic measures against infection are important for maintaining the health of the mother and baby, preventing infectious diseases and reducing complications during childbirth. At the same time, regular medical monitoring, a healthy lifestyle, immunity support, and strict adherence to hygiene rules significantly reduce the impact of the virus on the fetus and ensure the full, healthy development of the fetus.

ANALYSIS OF THE IMPACT OF CORPORATE GOVERNANCE ON THE INSURANCE MARKET SERVICES

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Abstract.

This article analyzes the impact of corporate governance systems on the quality and efficiency of services in insurance companies. The main objective of the study is to determine the positive or negative effects of corporate governance mechanisms and principles on insurance market services. Using analytical, statistical, and comparative methods, the relationship between elements of corporate governance and customer service indicators was examined. The results indicate that a well-organized governance system enhances service efficiency and strengthens customer trust.

Keywords: Corporate governance, insurance market, service, customer satisfaction, efficiency

Introduction.

The insurance market is an important sector of the national economy, playing a crucial role in ensuring financial stability, managing risks, and maintaining socio-economic stability. At the same time, improving service quality in the market is not limited to financial resources alone. Corporate governance shapes a company's strategic decisions, allocates resources efficiently, and helps enhance the quality of customer service.

Foreign studies have shown that high levels of transparency, internal control mechanisms, and strategic planning increase customer satisfaction and strengthen the company's image. In the local context, however, many insurance companies' governance systems are still in the developmental stage, indicating opportunities to improve service quality.

Analyzing the impact of corporate governance on insurance market services and evaluating management efficiency is crucial. The governance mechanisms and service processes in insurance companies, as well as the influence of corporate governance systems on service quality in both local and foreign insurance companies, are significant.

The relevance of this topic lies in the fact that the quality of insurance services and customer satisfaction are direct outcomes of corporate governance. Therefore, improving governance systems is an important tool for enhancing service quality and ensuring competitiveness in the market.

Analysis of Literature on the Topic

An analysis of international and local literature on the impact of corporate governance on service quality in insurance companies shows that the main research directions focus on the theoretical foundations of corporate governance, ESG (Environmental, Social, Governance) principles, mechanisms for improving service quality, and the study of advanced foreign practices. Tricker (2019) provides detailed information on the key principles and structures of corporate governance

and its connection with company strategy, demonstrating that their effective implementation can enhance service quality in insurance companies.

Foreign studies, particularly Eccles, Ioannou, and Serafeim (2014), analyzed the performance of companies applying ESG principles and proved that high levels of transparency and sustainable governance increase customer satisfaction and positively affect financial performance. Reports by PwC (2023) and KPMG (2022) present methods and results of implementing ESG principles in insurance companies, highlighting opportunities for local companies to adopt advanced foreign practices.

The OECD (2018) report analyzed how corporate governance systems impact efficiency and financial stability in the insurance sector, showing that internal control, strategic planning, and risk management play a key role in improving the quality of insurance services. Shamsiddinov (2020) studied the social and economic effectiveness of corporate governance in the local context and analyzed its impact on service quality.

Examples from foreign companies such as Allianz and AXA demonstrate that the successful implementation of ESG principles and strategic planning in governance systems significantly enhances service speed and quality. These experiences serve as a basis for benchmarking and practical recommendations for local insurance companies.

Corporate governance elements—strategic planning, internal control, risk management, and transparent reporting—are directly linked to improving the efficiency of insurance services. Additionally, the implementation of ESG principles strengthens governance quality and increases customer satisfaction. Overall, both international and local studies indicate that corporate governance has a significant and relevant impact on improving service quality and promoting sustainable development in insurance companies.

Methods

In writing this scientific article, the following methods were used: analysis, comparison, systematization, and the deductive method.

The analysis indicates that corporate governance has a significant impact on the efficiency of service delivery in insurance companies. Analyses conducted based on data from 10 major insurance companies identified the following key aspects:

- **Strategic Planning:** The study found that a company's long-term strategic plan and objectives significantly improve service quality. For example, the foreign company Allianz succeeded in increasing service delivery speed by 15% through the implementation of its global ESG strategy.
- **Internal Control and Monitoring Systems:** Internal control mechanisms reduce errors in service processes and enable faster resolution of complaints. According to the analysis, companies with well-developed internal control systems had customer satisfaction indices on average 8 points higher.
- **Risk Management:** The quality and efficiency of insurance policies are linked to the corporate governance risk management system. Regression analysis showed that the risk management system increases service efficiency with a correlation coefficient of 0.65 ($p < 0.05$).
- **Transparency and Reporting:** The transparency of company operations enhances customer trust and strengthens investment attractiveness. In foreign practice, after Allianz implemented quarterly reporting systems, the customer satisfaction index increased by 10%.

Table 1. Corporate Governance Elements and Service Efficiency Indicators

Governance Element	Service Efficiency Indicator	Correlation (r)	Result
Strategic Planning	Customer Satisfaction	0.75	Strong Positive
Internal Control	Reduction in Number of Complaints	0.68	Strong Positive
Risk Management	Policy Efficiency	0.65	Positive
Transparency and Reporting	Level of Trust	0.72	Strong Positive

The results indicate that high-quality corporate governance elements play a crucial role in enhancing service efficiency in insurance companies. Improved strategic planning and transparency strengthen the company's image, while internal control systems reduce errors in service processes. In the case of foreign companies such as Allianz and AXA, governance systems ensured high efficiency and achieved significant improvements in customer satisfaction. The implementation of ESG principles positively impacts the efficiency of corporate governance in service delivery. Local insurance companies can also enhance service quality by improving their governance systems.

Conclusions.

Corporate governance directly affects service quality in insurance companies. Effective strategic planning, strong internal controls, efficient risk management, and transparent reporting systems increase service efficiency, enhance customer satisfaction, and strengthen the company's image. Examples from foreign companies, such as Allianz, demonstrate that successfully implementing ESG principles and strategic planning elements in governance significantly improves service quality. Based on these findings, the following recommendations are proposed for local insurance companies:

- Strengthen strategic planning;
- Develop and enhance internal control and monitoring systems;
- Improve risk management mechanisms;
- Increase transparency and implement ESG principles;
- Continuously monitor and analyze customer service performance.

Overall, improving corporate governance is strategically important for enhancing service quality in the insurance market, strengthening customer trust, and increasing company competitiveness. Enhancing governance systems ensures the sustainable development and operational efficiency of insurance companies.

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КЛИНИЧЕСКАЯ И ДИАГНОСТИЧЕСКАЯ ОСОБЕННОСТЬ ЭНДОТЕЛИАЛЬНОЙ ДИСФУНКЦИИ У ПАЦИЕНТОВ С ХРОНИЧЕСКОЙ БОЛЕЗНЬЮ ПОЧЕК

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Актуальность. Хроническая болезнь почек (ХБП) является одной из ведущих глобальных медико-социальных проблем, сопровождающейся высокой сердечно-сосудистой заболеваемостью и смертностью. Сердечно-сосудистые осложнения нередко развиваются уже на ранних стадиях ХБП и не полностью объясняются традиционными факторами риска. В последние годы эндотелиальная дисфункция рассматривается как ключевое патогенетическое звено, связывающее прогрессирование почечной недостаточности с ускоренным развитием атеросклероза и неблагоприятными сердечно-сосудистыми исходами.

Цель. Оценить клинико-диагностическую значимость эндотелиальной дисфункции у пациентов с различными стадиями хронической болезни почек и ее взаимосвязь со снижением функции почек, воспалительной активностью и выраженностью сосудистых нарушений.

Материалы и методы. Проведено наблюдательное исследование с участием 120 пациентов с ХБП, обследованных в Хорезмском многопрофильном медицинском центре. Пациенты были распределены на группы в зависимости от стадии ХБП (I–II, III, IV–V без ЗПТ и терминальная стадия на программном гемодиализе). Оценку эндотелиальной функции проводили с использованием поток-зависимой дилатации плечевой артерии, определения уровней оксида азота и эндотелина-1 в сыворотке крови, а также С-реактивного белка. Скорость клубочковой фильтрации рассчитывали по формуле СКД-EPI. Статистическую обработку выполняли с применением корреляционного анализа.

Результаты. Выявлено прогрессирующее и статистически значимое ухудшение показателей эндотелиальной функции по мере снижения скорости клубочковой фильтрации. Наиболее выраженная эндотелиальная дисфункция отмечалась у пациентов с терминальной стадией ХБП, получающих гемодиализ, и характеризовалась снижением поток-зависимой дилатации и уровней оксида азота, а также повышением концентраций эндотелина-1 и С-реактивного белка ($p < 0,001$). Установлена достоверная корреляция между eGFR и показателями

эндотелиальной функции, что подтверждает тесную связь между степенью почечной дисфункции и сосудистым повреждением.

Выводы. Эндотелиальная дисфункция является ранним и прогрессирующим проявлением хронической болезни почек и играет ключевую роль в формировании сердечно-сосудистых осложнений. Ее выраженность возрастает по мере ухудшения функции почек и достигает максимума на стадии терминальной почечной недостаточности. Оценка эндотелиальной функции может рассматриваться как важный клинико-диагностический инструмент для стратификации сердечно-сосудистого риска и оптимизации ведения пациентов с ХБП.

“KONSTITUTSIYA – BARQAROR TARAQQIYOT GAROVI”

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Annotatsiya: Ushbu maqolada Respublika Konstitutsiyasining har bir moddasidagi millat qadriyatlarini mavjudligi, namjyon boʻlishi va fuqarolarning burch, erkinliklarini qay darajada bilishi xaqida batafsil yoritildi. Konstitutsiya atamasining lugʻaviy hamda istelohiy maʼnolari ham alohida yoritilgan.

Kalit soʻzlar: Konstitutsiya, burch, modda, majburiyat, Oʻzbekiston, qonunlar, erkinliklar, dasturlar, xalq.

Konstitutsiya - davlatning asosiy qonuni sifatida, faqat huquqiy tizimning tayanch nuqtasi emas, balki millatning erkinlik va farovonlik yoʻlidagi boshqaruv yuragi hamdir. U jamiyatning asosi, turli ehtiyojlarni tartibga soluvchi va muvozanatni taʼminlovchi inshoot sifatida faoliyat yuritadi. Biroq, konstitutsiya faqatgina qonunlar toʻplami emas. U davlat va uning fuqarolari oʻrtasidagi mustahkam koʻprikdir, bu koʻpriq orqali haq-huquqlar, erkinliklar va farovonlikka olib boradigan eng muhim qadriyatlar uzatiladi.

Shu jihatdan Konstitutsiya atamasining lugʻaviy hamda istelohiy maʼnolariga ham alohida toʻxtaladigan boʻlsak: lugʻaviy maʼnoda "konstitutsiya" soʻzi lotin tilidagi "constitutio" soʻzidan kelib chiqqan boʻlib, bu soʻz "tartibga solish", "asoslash", "tashkil etish" yoki "qaror chiqarish" degan maʼnolarni anglatadi. Bu oʻziga xos huquqiy asosni belgilovchi hujjatni ifodalash uchun ishlatiladi. Lugʻatda bu soʻz biror tizimni, tashkilot yoki tuzilmani shakllantirish va tartibga solish boʻyicha umumiy qoidalarni bildiradi.

Istelohiy maʼnoda esa "konstitutsiya" atamasi davlatning asosiy qonunlarini, yuridik hujjatni yoki davlatning huquqiy tizimini belgilovchi tamoyillarni anglatadi. Konstitutsiya – bu davlatni boshqarish tizimini tashkil etuvchi va uning asosiy prinsiplari, hokimiyatni taqsimlash, fuqarolarning huquqlari, majburiyatlari va erkinliklarini taʼriflovchi hujjatdir. U har bir davlat uchun alohida boʻlishi mumkin, lekin u har doim davlatning qonunlar va boshqaruv tizimining "yangi" yoki "eng yuqori" qoidalarini ifodalaydi.

Qisqacha qilib aytganda, konstitutsiya - bu davlatning huquqiy tizimining asosi, uning boshqaruv tartibini belgilovchi, fuqarolar huquqlarini himoya qiluvchi va davlat organlari o'rtasidagi munosabatlarni tartibga soluvchi asosiy hujjatdir.

Erkinlik va adolat garovi sifatida ham Konstitutsiyaning muhim vazifalaridan biri – erkinlikni himoya qilishdir. Biroq, erkinlik deganda, har bir insonning xohishiga ko'ra harakat qilish imkoniyati emas, balki boshqalar huquq va erkinliklarini hurmat qilish, adolatli va mas'uliyatli yashashdir. Konstitutsiya bu muvozanatni ta'minlaydi. U fuqarolarni ijtimoiy, siyosiy va iqtisodiy erkinliklar bilan ta'minlaydi, shu bilan birga, davlatni bu erkinliklarni himoya qilishga majbur qiladi. Erkinlik va adolat bir-birini to'ldiradigan tushunchalardir. Konstitutsiya, aslida, erkinlikni, bu erkinlikdan har bir inson teng va adolatli foydalanish huquqini kafolatlaydi.

Shu o'rinda konstitutsiyaviy huquqlar hamda erkinliklar o'rtasidagi bog'liqlikni ajratish qiyin. Konstitutsiya erkinlikka, uning chegaralariga aniqlik kiritadi va fuqaro uchun aniq yo'riqnomalar beradi. Bu esa insonlar o'rtasida tartibni va o'zaro hurmatni ta'minlaydi. Agar konstitutsiya bu erkinliklarni o'z vaqtida va to'g'ri tartibga solmasa, jamiyatda beqarorlik va nizolar yuzaga kelishi mumkin.

O'zbekiston Respublikasi Konstitutsiyasining har bir moddasining tub zamirida inson manfaatlari aks ettirilgan. Fuqorolar erkinligi, burch va majburiyatlariga esa alohida e'tibor qaratilgan. Bu albatta davlatimizda fuqorolarning emin-erkin yashashligini ta'minlaydi.

O'zbekiston Respublikasining 19-moddasi, inson huquqlari va erkinliklari, kafolatlari va tengligi tamoyillarini taqdim etadi: O'zbekiston Respublikasida insonning huquq va erkinliklari xalqaro huquqning umume'tirof etilgan normalariga binoan hamda ushbu Konstitutsiyaga muvofiq e'tirof etiladi va kafolatlanadi. Inson huquq va erkinliklari har kimga tug'ilganidan boshlab tegishli bo'ladi.

Xalqaro huquqning umume'tirof etilgan normalari deganimizda, O'zbekiston xalqaro huquqga, jumladan BMTning Inson huquqlari bo'yicha hujjatlariga (masalan, Inson huquqlari umumjahon deklaratsiyasi) ham rioya qilishini anglatadi. Shu bilan birga, Konstitutsiya hamda milliy qonunlar o'rtasida hamohanglik mavjud. Ushbu moddada, inson huquqlarining O'zbekiston Konstitutsiyasida ham tasdiqlanganligini ta'kidlaydi, bu esa har bir fuqaroning huquq va erkinliklarini himoya qilishni kafolatlaydi.

Inson huquqlari tug'ilganidan boshlab, biror kishi tomonidan orttirib bo'lmaydigan huquqlar ekanligi aytiladi. Insonlarning asosiy huquqlari, masalan, hayotga, erkinlikka va xavfsizlikka bo'lgan huquq, har bir kishiga teng beriladi. Teng huquqlilik O'zbekiston fuqarolari, qanday millat, irq, jinsi yoki diniy e'tiqodi borligidan qat'i nazar, qonun oldida teng huquqlidir. Bu prinsip, diskriminatsiyaga qarshi kurashish va barcha fuqarolarni teng hisoblashni ta'minlaydi. Jinsi, irqi, millati, tili, dini va ijtimoiy

kelib chiqishi, insonning o'ziga xos xususiyatlariga (jins, irq, din va hokazo) qarab unga huquqiy farq qo'yilmasligini anglatadi.

Fuqarolarga faqat qonun asosida, ya'ni parlament tomonidan qabul qilingan qonunlar doirasida imtiyozlar berilishi mumkin. Bu, istalgan ijtimoiy guruhga yoki odamga bevosita nohaqlik yoki ayirboshlashni taqiqlaydi.

Imtiyozlar faqat qonunga muvofiq belgilanadi va ijtimoiy adolat prinsiplariga mos bo'lishi shart.

Bugungi kunda mamlakatimizda olib borilayotgan islohotlar samarasi avvalambor yuksak ma'naviyatli, mustaqil fikrlaydigan, Vatanimiz taqdiri va istiqboli uchun mas'uliyatni o'z zimmasiga olishga qodir yosh kadrlar safini kengaytirishga bevosita bog'liq.

Imtiyozlar keng qamrovli ravishda taqdim etilmoqda. Aynan qadriyatlarga, ilm olishga alohida imtiyozlar mavjud. Xususan, Samarqandda Imom Buxoriy nomidagi Xalqaro ilmiy-tadqiqot markazini, Toshkent shahrida esa Islom sivilizatsiyasi markazini barpo etilishi ham biz yoshlar uchun eng katta imtiyozlardan biridir. Bu ishlarni kimgadir ko'z-ko'z qilish uchun amalga oshirayotgani yo'q. Maqsad – islom dinining haqiqiy insonparvarlik mohiyatini, ma'rifiy islomni yoshlar ongiga singdirish. Shu yo'lda bizning buyuk ajdodlarimiz qanday ulug' ishlarni amalga oshirganlari haqida ular ana shunday maskanlarga kelib o'zlari uchun kerakli bo'lgan eng muhim bo'lgan bilim va tasavvurlarga ega bo'lishligi. Eng asosiysi, bizning qalbimizda boy tariximiz, madaniy merosimiz bilan faxrlanish tuyg'usi kamol topadi.

Konstitutsiyaning bosh maqsadi deganimizda faqat iqtisodiy holatning yaxshilanishigina tushunish kerak emas. Farovonlikni kengroq anglashimiz lozim. Bu ijtimoiy tenglik, ta'lim, sog'liqni saqlash, ekologik xavfsizlik va nihoyat, madaniy erkinliklar kabi bir qator omillarni o'z ichiga oladi. Farovon hayot sharoitlarini yaratishda konstitutsiya o'zining muhim vazifalarini bajaradi.

Konstitutsiya fuqarolarga ta'lim olish, kasb-hunar egallash, adolatli ish bilan band bo'lish kabi imkoniyatlar yaratishni ta'minlaydi. Shu bilan birga, u davlatning iqtisodiy siyosatini va resurslar taqsimotini to'g'ri tashkil qilishga qaratilgan tamoyillarni belgilaydi. Masalan, mehnat huquqlari, ijtimoiy ta'minot, sog'liqni saqlash tizimining yaxshilanishi konstitutsiyaviy kafolatga ega bo'ladi.

Farovonlikning yana bir asosiy omili – ijtimoiy xavfsizlikdir. Konstitutsiya davlatni fuqaro xavfsizligini ta'minlash, ijtimoiy adolatni o'rnatishda, huquqni muhofaza qilish organlarini samara bilan ishlashga undaydi. Tinchlik, xavfsizlik, farovonlik bir-biriga bog'liqdir. Agar fuqarolar o'zini xavfsiz his qilmasa, ular erkinlikni ham to'la qadrlay olmaydi.

Konstitutsiya, ayniqsa, zamon o'zgargan sari, yangi ijtimoiy, siyosiy va iqtisodiy sharoitlarga moslashish zaruriyatini ham o'zida aks ettiradi. konstitutsiya, tarixiy tajriba, madaniyat va umumbashariy qadriyatlarni inobatga olgan holda, jamiyatning yangi ehtiyojlariga javob beradi. Masalan, inson huquqlari bo'yicha xalqaro standartlar va zamonaviy demokratik qadriyatlar davlatning konstitutsiyasiga muvofiq bo'lishi kerak. Faqat shu yo'l bilan jamiyatda erkinlik va farovonlikni ta'minlash mumkin. Yangi texnologiyalar, ijtimoiy tarmoqlar, global iqtisodiyotning o'zgarishi konstitutsiya orqali ifodalangan qadriyatlarni yangilashni va ularni joriy etishni talab qiladi.

Shunday qilib, konstitutsiya nafaqat jamiyatning bugungi holatini aks ettiradi, balki uning kelajakdagi muvaffaqiyatli va farovon rivojlanishining kafolatidir. Konstitutsiya – erkin va farovon hayotning garovi sifatida millatning oldinga siljishining asosiy va muhim omili ekanligiga yaqqol guvohmiz. Erkinlik va farovonlikning birgalikda mavjud bo'lishi, jamiyatning barqarorligini ta'minlaydi. Konstitutsiya nafaqat huquqiy asos yaratadi, balki jamiyatning barcha qatlamlarini erkin va adolatli hayotga yetaklaydi. Yangi sharoitlarda yashash va rivojlanayotgan jamiyatni yanada farovon, erkin va adolatli qilish yo'lida yuksak maqsadlarga erishishga xizmat qiladi. Barchamiz uchun nafaqat huquqlarini kafolatlaydigan hujjat, balki jamiyatda o'z o'rnimizni topish, davlat rivojiga hissa qo'shish va kelajakda barqaror, adolatli va xavfsiz jamiyat qurish imkoniyatlarini taqdim etmoqda.

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YOSHLAR TARBIYASIDA AXLOQ VA FAROSAT TUSHUNCHALARINING O'RNI

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Annotatsiya

Ushbu maqolada yoshlar tarbiyasida axloq va farosat tushunchalarining o'zaro bog'liqligi, ularning inson shaxsiyati shakllanishi hamda jamiyat taraqqiyotidagi o'rni ilmiy tahlil qilinadi. Muallifning fikricha, bugungi globallashuv va axborot asrida yoshlar tarbiyasida faqat nazariy bilim emas, balki axloqiy poydevor va farosatli fikirlashni shakllantirish eng muhim omil hisoblanadi. Chunki axloqsiz bilim yoki farosatsiz aql insonni to'liq kamolotga yetkaza olmaydi. Maqolada shuningdek, oilaviy, ta'limiy va ijtimoiy muhitda yoshlarni ma'naviy barkamol etish yo'llari haqida muallifning shaxsiy kuzatuvlari va tahliliy xulosalari keltirilgan.

Kalit so'zlar: axloq, farosat, yoshlar tarbiyasi, ma'naviyat, tafakkur, qadriyat, mas'uliyat, insonparvarlik, oila, jamiyat.

Kirish. Inson kamolotining eng muhim bosqichi - bu tarbiya jarayonidir. Har bir jamiyatning ertangi kuni yoshlar tarbiyasiga bog'liq. Tarbiya insonni nafaqat bilimli, balki axloqiy, ma'naviy, farosatli va mas'uliyatli shaxs sifatida voyaga yetkazishni maqsad qiladi. Bugungi kunda texnologiyalar, internet, ijtimoiy tarmoqlar yoshlarning dunyoqarashi, xulqi va qadriyatlariga kuchli ta'sir ko'rsatmoqda. Shu bois axloq va farosat tushunchalarining mohiyatini chuqur o'rganish ularni yoshlar tarbiyasida asosiy tayanch sifatida qo'llash zarur.

Axloq — insonni yuksak fazilatlar sari yetaklovchi ichki mezon, farosat esa to'g'ri fikrlash va oqibatni oldindan ko'ra bilish san'atidir. Shu ikki fazilat uyg'unlashgan taqdirdagina shaxs to'laqonli kamol topadi, jamiyat esa barqaror rivojlanadi.

Asosiy qism. Axloq tushunchasi va uning tarbiyadagi o'rni. Axloq — bu insonning odob-axloqi, xulqi, vijdoni, muomala madaniyati, ichki dunyosining ko'zgusidir. Axloqiy qadriyatlar jamiyat taraqqiyotining asosi bo'lib, ular insonni yaxshilik, adolat, halollik, mehr-oqibat kabi fazilatlarga undaydi. Buyuk alloma Abu Nasr Forobiy

“Fozil shahar ahli” asarida: “Axloqli inson jamiyatning tayanchi, axloqsiz inson esa uning zaif nuqtasidir”, — deya ta’kidlaydi. Bu fikr bugungi kun uchun ham dolzarb. Chunki har qanday taraqqiyot, islohot va innovatsiya, avvalo, axloqiy poydevorga tayanadi. Axloqiy tarbiya oilada boshlanadi. Bola ota-onaning harakatiga gap so’ziga xulq-atvoriga taqlida qiladi. Shu bois ota-onaning shaxsiy namunasi farzand axloqiy shakilanishining eng muhim omilidir. Ta’lim tizimida esa axloqiy tarbiya nafaqat dars jarayonlarida, balki tashkiliy va ijtimoiy faoliyatlar orqali ham amalga oshiriladi. Adabiyot, tarix, ma’naviyat darslari orqali o’quvchilar ezgulik, sabr, halollik kabi insoniy qadriyatlarga o’rgatiladi.

Farosat tushunchasi va uning inson kamolotidagi o’rni. Farosat - bu insonning idrok tafakkur, kuzatuvchanlik va oqilona qaror qabul qilish qobiliyatidir. Farosatli inson hayotdagi murakkab vaziyatlarda to’g’ri yo’lni tanlay oladi har bir ishning oqibatni oldindan ko’ra biladi. Xalqimizda “Farosatli bo’lgan kishi yo’ldan adashmaydi” degan hikmat bor. Farosat insonni nafaqat bilimli, balki mas’uliyatli, mulohazali va to’g’ri qarorli qiladi. Farosat — bu aqlning poklik bilan uyg’unlashgan shakli. U insonni o’z xatti-harakatini anglashga, boshqalarga e’tiborli bo’lishga, shoshqaloqlikdan saqlanishga o’rgatadi. Shuning uchun yoshlar orasida farosatli tafakkurni shakllantirish — ularni hayotga tayyorlashning eng muhim bosqichidir.

Axloq va farosatning o’zaro bog’liqligi. Axloq va farosat --- bir-birini to’ldiruvchi ikki muhim insoniy fazilatdir. Axloq insonni to’g’ri yo’lga boshlasa, farosat bu yo’lda oqibatni ko’ra olishni ta’minlaydi. Farosatsiz axloq ko’r-ko’rona e’tiqodga, axloqsiz farosat esa sovuq hisob-kitobchilikka olib keladi. Shu sababli haqiqiy kamolotga faqat axloqiy va farosatli tafakkur uyg’unlashganda erishiladi. Tarixda buyuk allomalar va davlat arboblari — Alisher Navoiy, Amir Temur, Ibn Sino, Imom Buxoriy — ana shu ikki sifatni o’zlarida mujassam etganlar. Ularning hayoti axloqiy poklik va farosatli aql uyg’unligining eng yuksak namunasi bo’lib xizmat qiladi.

Yoshlar tarbiyasida axloq va farosatni shakllantirish yo’llari. Oilaviy tarbiya; Farosat va axloq urug’i oilada qad ko’taradi. Ota-onaning mehr-muhabbati, odobi, halolligi farzandga bevosita o’tadi. Ta’lim tizimida: Maktab va oliy o’quv yurtlarida ma’naviy-ma’rifiy darslar, milliy qadriyatlar asosida tarbiya berish yoshlarni axloqan yetuk qiladi. Ommaviy axborot vositalari orqali: Televideniye, internet, ijtimoiy tarmoqlarda axloqiy g’oyalarni targ’ib etuvchi ijobiy kontentlar yaratish zarur. Mahalla va jamoatchilik ishtiroki: Mahalla yoshlar bilan ishlashda axloqiy va farosatli qadriyatlarni mustahkamlovchi muhit yaratishi lozim. Ustoz va yetakchilar namunasi; Yoshlar ustozlarning rahbarlarning shaxsiy namunasi orqali to’g’ri xulq va fikrlashni o’rganadilar. Globallashuv sharoitida axloq va farosatni asrash zarurati. Hozirgi davrda internet, sun’iy intellekt, ommaviy madaniyat yoshlarning dunyoqarashiga kuchli ta’sir

ko'rsatmoqda. Ko'plab xorijiy madaniy oqimlar axloqiy qadriyatlarimizni so'ndiruvchi omilga aylanmoqda. Shunday paytda farosatli fikrlash va mustahkam axloqiy e'tiqot yoshlarni yomon g'oyalardan himoya qiladi. Farosatsiz yosh osonlikcha ta'sirga tushadi, axloqsiz yosh esa milliy ildizdanuzuladi. Shu bois bu ikki tushuncha yosh avlodning ma'naviy immunitetini mustahkamlaydi.

Muhokama. Bugungi kunda yoshlar orasida axloqiy qadriyatlarda befarqlik, tarmoq hayotiga haddan ortiq bog'lanish chet madaniyatiga ko'r-ko'rona taqlid qilish hilatlarini uchramoqda. Bu esa farosat yetishmasligi va axloqiy immunitetning zaiflashuvidan dalolat beradi. Muallif fikricha, yoshlarni faqat bilimli emas, balki "fikrli" qilib tarbiyalash lozim. Har bir yosh inson hayotda uchraydigan har xil g'oyalarni farosat bilan baholay olishi, yomonni yaxshidan, soxtani haqiqiydan ajrata bilishi kerak. Buning uchun esa oilada, maktabda, OAVda, umuman, butun jamiyatda ma'naviy-tarbiyaviy muhit mustahkam bo'lishi zarur. Yoshlar tarbiyalashda "axloqiy nazorat" yoki "taqiqlar" emas balki ularning ongida ichki mas'uliyat hissini uyg'otish samaraliroq. Chunki axloq majburiyat bilan emas tushuncha va orqali shakllanadi. Shuningdek, farosatli tafakkur yoshlarni mustaqil fikrlashga, hayotiy tanlovlarni oqilona qilishga, o'z xatti-harakatining oqibatini jtimoiy faollikni ta'minlaydi. Shuningdek farosatli tafakkur yoshlarni mustaqil fikrlashga hayotiy tanlovlarni oqilona qilishga, o'z xatti harakatining oqibatini oldindan o'ylab ko'rishga o'rgatadi. Shu jihatdan, axloq va farosat uyg'unligi yoshlar ongida ichki muvozanat ruhiy barqarorlik, ijtimoiy faollikni ta'minlaydi. Muallifning tahliliga ko'ra, yoshlar tarbiyasida axloq va farosatning o'zaro uyg'unligi shaxsning barkamolligini ta'minlaydigan asosiy omillardandir. Axloqiy qadriyatlar insonni to'g'ri yo'lga boshlasa, farosat unga hayotda oqilona qaror qabul qilish imkonini beradi.

Biz yoshlar tarbiyasida axloq va farosatni rivojlantirish uchun ularni tayor qoidalarga emas hayotiy fikrlashga o'rnatish kerak deb o'ylaymiz. Yoshlar faqat "nima yaxshi, nima yomon"ni emas "nega" yaxshi yoki yomonligini anglab yetishlari lozim. Farosatli fikrlash - bu insonni o'z hayotining mas'ul sub'yektiga aylantiradi. Axloq esa bu mas'uliyatni to'g'ri yo'nalishda boshqaradi. Har ikki sifat uyg'unlashgan yosh avlod - har qanday sinovga bardoshli, irodali va vijdonli bo'ladi. Shu sababli, yoshlar bilan ishlovchi pedagog, ota-ona, jamiyat faollari o'zlari ham axloqiy va farosatli bo'lishlari zarur. Chunki tarbiya - bu so'z bilan emas, shaxsiy namunalar bilan singadi. Muallifning shaxsiy kuzatuvlariga ko'ra, farosatli yoshlar ko'proq ijtimoiy faol, mas'uliyatli va boshqalarga hurmat bilan munosabatda bo'lib. Ular o'z hayot yo'lini ongli ravishda tanlaydi va jamiyatdagi ijobiy o'zgarishlarga hissa qo'shadi. Shu sababli nualif yoshlar tarbiyasida quydagi omillarni alohida muhim deb hisoblaydi;

- Ta'lim muassasalarida axloqiy tafakkur asoslarini chuqur o'qitish.
- Yoshlarni milliy qadriyatlarga tayanib, zamonaviy fikirlashga o'rgatish.
- Axborot madaniyatini oshirish orqali axloqsizlik va befarosatlikka qarshi kurashish.

Fikrimizcha yoshlar tarbiyasida axloq va farosat uyg'unligi shaxsiy va ajtimoiy barqarorlikni ta'minlaydigan eng muhim ma'naviy asosdir.

Xulosa. Axloq va farosat yoshlarning ruhiy kamoloti tafakkur shakllanish va ijtimoiy faolligining tayanchidir. Bu ikki fazilat uyg'un bo'lgan joydan ma'naviy poklik tinchlik va taraqqiyot mavjud bo'ladi. Bugungi yoshlar uchun eng zarur narsa - bu axloqiy poklik va farosatli fikr. Har biro ta-ona, ustoz jamiyat vakili yoshlarning qalbiga mana shu qadriyatlarni sindira olsa millatning ertangi kuni porqo bo'ladi. Yoshlar ongida axloq va farosat uyg'unligi shakllansa jamiyatda ham o'zaro ishonch, hurmat, totuvlik va barqarorlik mustahkamlanadi. Demak bu ikki tushuncha - nafaqat shaxsiy kamolot, balki umummilliy ma'naviy taraqqiyotning asosiy omilidir. Yoshlar tarbiyasida axloq va farosatning o'rni beqiyosdir. Inson shaxsining komillikka erishishi uchun faqat bilim olishning o'zi yetarli emas, balki bu bilimni to'g'ri yo'nalishida qo'llay olish, to'g'ri va noto'g'rini ajrata bilish ham zarur. Aynan shu jarayonda farosat insonni yo'l-yo'riqqa boshlaydi, axloq esa unga ma'naviy tayanch beradi.

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ПАТОГЕНЕТИЧЕСКИЕ ИЗМЕНЕНИЯ В СИСТЕМЕ ЦИТОКИНОВ У ПАЦИЕНТОВ С ЯЗВЕННОЙ БОЛЕЗНЬЮ ЖЕЛУДКА И ИХ КЛИНИЧЕСКАЯ ОЦЕНКА

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Актуальность. Язвенная болезнь желудка по-прежнему занимает одно из ведущих мест в структуре хронических заболеваний желудочно-кишечного тракта и представляет серьёзную медицинскую и социально-экономическую проблему. Несмотря на внедрение современных методов диагностики, эрадикационной терапии *Helicobacter pylori* и эффективных антисекреторных препаратов, заболевание нередко характеризуется затяжным течением, частыми рецидивами и развитием осложнений, существенно снижающих качество жизни пациентов. Центральное место в регуляции воспалительного ответа занимают цитокины, которые определяют характер, выраженность и продолжительность воспаления слизистой оболочки желудка. Нарушение баланса между провоспалительными и противовоспалительными цитокинами способствует поддержанию хронического воспаления, угнетению процессов регенерации и замедлению заживления язвенного дефекта, что обуславливает актуальность углублённого изучения цитокиновой системы при язвенной болезни желудка.

Цель. Изучить патогенетические изменения цитокиновой системы у пациентов с язвенной болезнью желудка и определить их клинико-диагностическое значение в зависимости от активности воспалительного процесса и тяжести клинического течения заболевания.

Материалы и методы. Исследование было проведено в 2025 году на базе Хорезмского многопрофильного медицинского центра. В исследование включены пациенты в возрасте от 18 до 65 лет с эндоскопически подтверждённой язвенной болезнью желудка. Контрольную группу составили практически здоровые лица без заболеваний органов пищеварения. Всем обследуемым проводился клинический осмотр с оценкой выраженности болевого синдрома, диспепсических проявлений и длительности заболевания. Эндоскопически оценивались локализация и размеры язвенного дефекта. У всех участников исследования производился забор венозной крови, в сыворотке которой методом иммуноферментного анализа определяли концентрации

провоспалительных цитокинов TNF- α , IL-1 β , IL-6 и противовоспалительного цитокина IL-10.

Результаты. У пациентов с язвенной болезнью желудка выявлены выраженные изменения цитокинового профиля по сравнению с группой контроля. Отмечалось достоверное повышение уровней TNF- α , IL-1 β и IL-6, что свидетельствует о высокой активности воспалительного процесса в слизистой оболочке желудка. Одновременно наблюдалось значительное снижение концентрации IL-10, отражающее ослабление противовоспалительных и защитных механизмов. Наиболее выраженный дисбаланс цитокинов регистрировался у пациентов с крупными язвенными дефектами и тяжёлым клиническим течением заболевания, сопровождающимся интенсивным болевым синдромом и выраженными диспепсическими расстройствами. Установлена прямая зависимость между уровнем провоспалительных цитокинов и степенью клинической тяжести язвенной болезни желудка.

Выводы. Полученные данные подтверждают ключевую роль цитокин-опосредованных воспалительных механизмов в патогенезе язвенной болезни желудка. Дисбаланс между повышенной продукцией провоспалительных цитокинов и снижением уровня противовоспалительных факторов способствует хронизации воспаления, прогрессированию заболевания и замедлению процессов заживления язвенного дефекта. Определение цитокинового профиля может рассматриваться как перспективный дополнительный клинико-диагностический критерий для оценки активности заболевания, прогнозирования его течения и контроля эффективности проводимой терапии у пациентов с язвенной болезнью желудка.

JAMOATCHILIKDA ZO‘RAVONLIKKA NISBATAN MUNOSABATNI O‘ZGARTIRISHDA PSIXOLOGIK TARG‘IBOTNING AHAMIYATI

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Annotatsiya: Ushbu matnda psixologik targ‘ibotning zo‘ravonlikka qarshi kurashdagi o‘rni, uning asosiy vazifalari va psixologik mexanizmlari ilmiy nuqtai nazardan yoritiladi. Zo‘ravonlikni normalizatsiya qiluvchi stereotiplarni rad etish, sog‘lom ijtimoiy me’yorlarni shakllantirish hamda jamoatchilik ongiga ta’sir etuvchi kommunikativ strategiyalar muhim yo‘nalish sifatida ko‘rsatiladi. Shuningdek, kognitiv qayta qurish, ijtimoiy ta’sir, modeling, empatiya uyg‘otish, kognitiv dissonans va EPPM kabi mexanizmlar orqali zo‘ravonlikni inkor etuvchi qarashlarni mustahkamlash jarayoni izohlanadi.

Kalit so‘zlar: Psixologik targ‘ibot, zo‘ravonlik, ijtimoiy ong, stereotiplar, kognitiv qayta qurish, ijtimoiy ta’sir, modeling, empatiya, kognitiv dissonans, EPPM modeli.

Kirish

Zo‘ravonlikning ijtimoiy va ruhiy oqibatlarini chuqur va ko‘p qirrali bo‘lib, u shaxsning salomatligiga jiddiy zarar yetkazadi, travmalarni kuchaytiradi, jamiyatda ishonchsizlik, xavotir va ijtimoiy barqarorlikning izdan chiqishiga olib keladi. Mavjud ilmiy tadqiqotlar zo‘ravonlikning ayniqsa o‘sib borayotgan guruhlar, xususan, o‘smirlar orasida ijtimoiy ta’sirlar, noto‘g‘ri tasavvurlar va media stereotiplar ta’siri ostida shakllanishini ko‘rsatadi; ijtimoiy tarmoqlardagi zo‘ravonlikni targ‘ib qiluvchi yoki uni “me’yor” sifatida aks ettiruvchi kontent yoshlarning munosabati va xulq-atvoriga salbiy yo‘nalishda ta’sir etishi aniqlangan. Shuningdek, ilmiy manbalarda psixologik madadning yetishmasligi jabrlangan shaxslarning o‘z muammosini tan olish va yordam so‘rash jarayonini qiyinlashtirishi qayd etilgan. Xususan, ayollar va bolalar uchun psixologik xizmatlar tarmog‘ining yetarli darajada taraqqiy etmaganligi ularning zo‘ravonlikdan keyingi ruhiy tiklanish, himoya tizimiga murojaat qilish va ijtimoiy qo‘llab-quvvatlashga ega bo‘lish imkoniyatini cheklab qo‘yadi. Shu sababli, zo‘ravonlikka qarshi samarali psixologik targ‘ibot, profilaktik xizmatlar va psixologik yordam tizimini kuchaytirish bugungi kunda nafaqat ijtimoiy, balki ilmiy jihatdan ham muhim masala sifatida ko‘rilmoqda.

Psixologik targ‘ibotning mohiyati va psixologik mexanizmlari

Psixologik targ'ibot jamiyat a'zolarining zo'ravonlikka oid qarashlari, hissiy munosabati va xulq-atvorini ongli ravishda o'zgartirishga qaratilgan psixologik va kommunikativ ta'sirlar yig'indisi sifatida talqin etiladi. Uning asosiy vazifasi zo'ravonlikni ijtimoiy norma emas, balki zararli va qabul qilib bo'lmaydigan hodisa sifatida qayta sharhlash hamda aholining kognitiv, hissiy va xulq-atvoriy reaksiyalarini sog'lom yo'nalishga o'tkazishdir. Bunda OAV, ijtimoiy tarmoqlar, vizual kampaniyalar, psixoprofilaktika dasturlari va ma'rifiy treninglar asosiy vosita sifatida xizmat qiladi.

Psixologik targ'ibotning samaradorligi zo'ravonlikni normalizatsiya qiluvchi stereotiplarni rad etish va ularning o'rniga huquqiy, axloqiy hamda psixologik me'yorlarga mos tasavvurlarni shakllantirish bilan bog'liq. Targ'ibotning asosiy psixologik mexanizmlari quyidagilar bilan izohlanadi: kognitiv qayta qurish zo'ravonlik haqidagi noto'g'ri e'tiqodlarni ilmiy dalillar bilan yangilash; ijtimoiy norma va ijtimoiy ta'sir jamiyatda zo'ravonlikni inkor etuvchi norma ustuvorligini kuchaytirish; modeling zo'ravonliksiz muloqot namoyishlarini ko'rsatib, kuzatish orqali o'rganishni rag'batlantirish; empatiya uyg'otish, qurbonlar tajribasini yoritish orqali hissiy sezgirlikni oshirish; kognitiv dissonans eski va yangi qarashlar o'rtasidagi farqni kamaytirish orqali yangicha fikrlarni qabul qilishga undash; EPPM mexanizmi xavfni tan olish va uni bartaraf etish choralari ko'rsatib, zo'ravonlikni jiddiy ijtimoiy muammo sifatida idrok etishni kuchaytirish. Shuningdek, ijtimoiy identifikatsiya jarayoni odamlarni o'z guruhining qadriyatlariga mos ravishda zo'ravonlikni rad etuvchi shaxsni shakllantirishga undaydi. Umuman, psixologik targ'ibot empatiyani kuchaytirish, zo'ravonlik oqibatlarini haqida xabardorlikni oshirish, qurbonlarni ayblashni kamaytirish va sog'lom munosabatlar modelini targ'ib qilish orqali ijtimoiy ongni o'zgartiruvchi muhim psixoprofilaktik vositadir.

Kutilayotgan natijalar

Psixologik targ'ibot jamoatchilikda zo'ravonlikka nisbatan munosabatni o'zgartirishda bir qator ijobiy natijalarni olib kelishi kutiladi. Birinchi navbatda, normativ ta'sir orqali "zo'ravonlik rad etiladigan norma" shakllanishi ya'ni odamlar orasida zo'ravonlikni ijtimoiy jihatdan maqbul bo'lmagan xatti-harakat sifatida qabul qilish madaniyati mustahkamlanadi. Ikkinchi natija sifatida empatiya va hissiy aloqalar kuchayishi mumkin, chunki psixologik targ'ibot jabrlanganlarning tajribalarini yoritish, boshqa odamlarning azoblarini ko'rsatish orqali hissiy rezonansni oshiradi (empathy induction) bu esa ijtimoiy qo'llab-quvvatlash va jamiyatda zo'ravonlikdan xabardorlikni oshirishga olib keladi. Uchinchi natija xulq-atvordagi o'zgarish: odamlar zo'ravonlikka kamroq murojaat qilishga, mojarolarni tinch yo'l bilan hal qilishga va salbiy xatti-harakatlardan voz kechishga moyil bo'lishadi. To'rtinchi kutilayotgan

natija sifatida psixologik va huquqiy yordam izlashga tayyorlik oshishi mumkin; masalan, jabrlanganlar va mojaroga guvoh bo'lganlar psixologik maslahat, mediatsiya yoki huquqiy qo'llab-quvvatlash uchun murojaat qilish ehtimoli ortadi. Beshinchi natija sifatida zo'ravonlik holatlarida amaliy ko'rsatkichlarning kamayishi kutiladi bu "Cure Violence" kabi jamoaviy intervensiya usullari tajribasi bilan mos keladi (masalan, NY shahrida otishmalar soni 14 % ga kamaygani qayd etilgan). Umuman olganda, psixologik targ'ibot natijasida jamiyatda zo'ravonlikni inkor etuvchi ijtimoiy norma, empatiya, yordam so'rash madaniyati va salbiy xulq-atvordan voz kechish yo'lidagi xatti-harakatlar barqaror va ijobiy tarzda shakllanishi kutiladi.

Xulosa

Psixologik targ'ibotning ilmiy tahlili shuni ko'rsatadiki, jamoatchilik ongida zo'ravonlikni rad etuvchi norma individual kognitiv, hissiy va xulq-atvor darajalariga muntazam psixologik ta'sir orqali shakllanadi. Shu ilmiy asoslardan kelib chiqib, zo'ravonlikka qarshi psixologik targ'ibotni kuchaytirish uchun bir qator amaliy choralar tavsiya etiladi. Birinchidan, maktab, oliy ta'lim va mahallalarda maqsadli psixologik trening va seminarlarni yo'lga qo'yish lozim. Ikkinchidan, ijtimoiy reklama va media-kontent orqali zo'ravonlikning real zararlarini ko'rsatish va stereotiplarni rad etish zarur. Uchinchi muhim yo'nalish ijobiy modelingni kuchaytirish, ya'ni OAVda sog'lom oilaviy munosabatlar va konstruktiv muloqot namunalari berib borish. To'rtinchidan, psixologik yordam xizmatlari, jumladan ishonch telefonlari va onlayn maslahat tizimlaridan foydalanishni ommalashtirish muhim. Beshinchidan, mahalla darajasida zo'ravonlik haqida xabar berishni yengillashtiruvchi anonim va xavfsiz mexanizmlarni joriy etish samarali natija beradi. Shuningdek, ta'lim tizimiga emotsional intellekt, empatiya va mojarolarni tinch hal etishga oid psixoprofilaktik mashg'ulotlarni kiritish o'quvchilar xulq-atvorida ijobiy o'zgarishlar yaratishi isbotlangan

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ISHTIROKCHI ANKETASI

Muallif(lar) familiyasi, ismi-sharifi	Irmatova Shakhnozakhon Bakhtiyorovna
Yo'nalish/sho'ba nomi	
Tezisning nomi	JAMOATCHILIKDA ZO‘RAVONLIKKA NISBATAN MUNOSABATNI O‘ZGARTIRISHDA PSIXOLOGIK TARG‘IBOTNING AHAMIYATI
Ilmiy darajasi, ilmiy unvoni	Magistr
Ish joyi	Toshkent shahar hokimligining “Ma’rifiy targ‘ibot markazi” davlat muassasasi
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THE VALOYAT OF THE CHAHORIYORS IN THE EPISTLE OF ALISHER NAVOI “LISONU-T-TAYR”

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Annotation. This article expresses the views of our Prophet Muhammad (s.a.v) and the four holy chahariyors in the epic poem “Lisonu-t-tayr” by Alisher Navoi on the guardianship of Allah, their beautiful qualities characteristic of guardians and their revelations and revelations. The qualities that indicate their guardianship are explained in the stories in the epic.

Keywords: Lisonu-t-tayr, Risolat (s.a.v), chahariyors, guardianship, saint, prophec

Alisher Navoi’s mystical and philosophical work, the epic poem "Lisonu-t-tayr", was written in the Turkic language under the pseudonym "Foniy" in 1498-1499. Alisher Navoi wrote this work in response to F. Attor's epic poem "Mantiqu-t-tayr". The idea of this work captivated Navoi when he was four or five years old. This philosophy became the program of the wise poet throughout his life. Navoi had been thinking about writing a work in response to "Mantiqu-t-tayr" since he was young. However, he considered himself worthy of writing this work in the last years of his life. Information about this is also provided in the epic. So, why was the epic written in the last years of his life and precisely under the pseudonym Foniy? We will find the answer to this question through the following considerations and conclusion. The poem begins with praise to Allah. It explains how man stands in honor before the Truth.

The poem “Lisonu-t-tayr” includes a prologue, a main part and a conclusion. The prologue consists of 13 chapters. The first chapter of the poem is a praise of Allah Almighty, the second chapter is a supplication, the third chapter contains a na’t - praise of the Prophet Muhammad. The fourth chapter is devoted to the description of the night of Miraj. The fifth chapter is devoted to the praise of Hazrat Abu Bakr Siddiq, the first of the four caliphs. The sixth chapter is a story about Hazrat Abu Bakr Siddiq, the seventh chapter of the poem is devoted to the praise of Hazrat Umar Farooq. The eighth chapter is a story about Hazrat Umar Farooq. The ninth chapter is about Hazrat Usman (r.a.). The tenth chapter contains a story about Hazrat Usman. The eleventh chapter is devoted to the praise of Hazrat Ali (r.a.), the Commander of the Faithful. The twelfth chapter contains a story dedicated to Hazrat Ali. The thirteenth chapter is dedicated to the praise of the great Persian poet Farid al-Din Attar. In the remaining chapters, the

main part of the work is devoted to the discussion of figurative birds, and in fact to mystical observations. In the first chapter of the work, praise to Allah is expressed as follows:

As the soul bird is satisfied with its logic,
Let the praise of God be with one mouth.
He is the creator of the great creation,
He is eternal and immortal.

That is, when every person's soul and spirit strives to tell the secrets, it is certainly good to start by praising God. God is the creator of all creation. All creations except God are transient. Immortality is unique to God alone.

The last one drew because the artificial pen,
The number made the history of creation.

The One who makes every creature beautiful, the owner of art, the artist, created the entire existence-universe with his pen to the extent that it amazes humans and all creatures.

When the circle is full of nine heavens,
The seven senses of perception are weak.

Allah, who created the nine heavens in the shape of a circle, made human perception and perception imperfect in order to understand this situation. With this, Alisher Navoi expresses the greatness of Allah.

He called the morning breeze Jesus,
He called the garden of life.

He likened the morning breeze to the resurrection of Jesus, and with the morning breeze. He gave life to the dead.

See, there are four opposites,
Being united in the creation of man.

Man is greedy, Having surrounded him,
he is without a voice among the people.

Allah created the four opposites of water and fire, air and earth, and embodied them in the creation of man. The purpose of creating the entire universe was to create man and make him unique among other creatures in existence.

The heart made its essence of knowledge,
By hiding itself within its tongue.

The secret treasure of the deceased is this kind of body,
I wish to preserve it in the form of a sun.

The reason is that by giving man a heart, He treasured knowledge in this heart and made the heart like a talisman. He hid himself in this talisman. That is, He gave man

the ability to know Allah in his heart. With his knowledge and enlightenment of Allah, he was different from other creatures.

The following verses of the hymn speak of the existence and unity of Allah, that man is the most beloved of His creations, and that by creating him He aimed to reveal the secret of “Kuntu Kanza” and urged all creatures to obey him. It is said that the only devil who did not want to bow to man will remain an enemy that will harm humanity until the Day of Judgment. Navoi thus emphasizes how great Allah is and that He chose man from among all creations to reveal His treasure as a supreme blessing. In the second chapter, Navoi appeals to Allah on behalf of all humanity, using himself as an example. He repents, saying that he was deceived by the false desires of the mortal world, did not refrain from sins, and regrets the end of his life. He is not satisfied with repentance, but wants to become a perfect person and be unique.

The third chapter is about praising Muhammad (peace be upon him), who is considered the best of the prophets, and praising him with the quality of intercession. In this chapter, it is mentioned that our prophet is the leader of the prophets, the guide, that he existed before Adam in the form of light, that he is the owner of the Prophet and the secrets, that is, he is in the status of both prophethood and guardianship. It is expressed in the sense that he witnessed the creation of the entire universe in the state of light. It is said that this light passed from Adam (peace be upon him) through the descendants of Shis (peace be upon him) and the prophets after him and reached Abdullah, the father of Muhammad (peace be upon him).

Which light, how great, has found a hundred degrees of honor and tenderness,
He came and the beloved, the creator, has broken his love.

This light has found a hundred degrees of honor and tenderness, that is, it has been honored, as if this reliable light is likened to a beloved, and the creator is likened to a lover. That is, Allah chooses Muhammad (pbuh) from among the servants, from among the prophets, as a lover and a close friend. It is said that the religion of Islam emerged with the merits of Muhammad (pbuh), and that disbelief disappeared because of him. So, the friendship between Allah and His servant began with Muhammad (pbuh). The fourth chapter of the epic talks about the blessed night of Ascension that Allah Almighty gave to our Prophet. On this night, secrets that are not known to any servant are revealed to that person. The fact that he possessed these secrets also shows that he was a beloved of Allah. The next chapter is dedicated to the description of Abu Bakr Siddiq, describing the great companion who was the first to follow the path shown by our Prophet, Abu Bakr Siddiq (the truthful), the first to accept Islam.

The great sultan is the companion of the Messenger,

The last is the companion of the Prophet.

He is honored as the companion of the Sultan of Prophets, the Messenger of Allah (peace be upon him) and his friend in the cave.

The true and honest companion of the Prophet,

His companion in good and bad times.

That is, he was a loyal and honest friend of the Prophet, and he was his companion in good and bad times.

He was the guide of the people of the world,

He came because he was a friend.

Abu Bakr Siddiq, who led the world after the Prophet, became the leader of the leaders in the eyes of Allah, praising his qualities of humility, truthfulness, patience and loyalty, meaning that he was a person close not only to our Prophet, but also to Allah, and a guardian. The next chapter gives a description of Umar, may Allah be pleased with him:

He sympathized with the great Prophet.

He was undoubtedly a great Farooq.

Someone distinguished the truth from falsehood,

The just together made the west and the east clear.

This person sympathized with the Prophet, and this person was a great Farooq. He distinguished the truth from falsehood, made the west and the east clear with his justice. It describes his efforts to glorify religion, as just, generous, and wise, and the conquest of foreign lands during his reign.

The next chapter in the work tells a story that describes the qualities of Umar Farouk, which are characteristic of the saints. It is said that during the conquest of the city of Madain, a treasure was found that had not been collected during the reign of several hundred years of sultans. After the victory, when the wealth brought from this conquest was shown to Umar Farouk, he did not even look back. He transferred all the wealth to the state. It was announced that this treasure would be given to those who participated in the expedition. Navoi emphasized that such a noble deed was characteristic only of a person as wise and ascetic as Umar Farouk, and praised the qualities of Umar, may God be pleased with him, such as not wanting worldly wealth and being a judge, which are characteristic of the saints. The miracles of Umar, may God be pleased with him, are also cited in many sources of belief. The caliph's ability to sense danger in advance

and to be able to inform his relatives in another place while standing in one place was also known among the people.

The next chapter is devoted to the glory of Amirul-mu'minin Uthman, the light of the eye.

He was the light of the eye,

I think he was the light of the eye.

Caliph Usman was the light of the eye, as if like the light of the eye. He describes it as like the light of the two eyes of the Messenger of Allah (peace be upon him). This refers to the addition of the word "light of the eye" to the name of Usman, the light of the eye. That is, Usman, the light of the eye, is given this attribute because he married two daughters of the Messenger of Allah (peace be upon him). The light of the two eyes refers to his two daughters (Ruqayya and Umm Kulthum).

The source of truthfulness and kindness,

The source of wisdom and wisdom.

He was a mine of truth, a treasure of kindness, a sea of patience and forbearance - the owner of youth. That is, Navoi glorifies the qualities characteristic of saints given in "Nasayimu-l-muhabbat" as a person who possesses such qualities as modesty, honesty, patience, and kindness. It can be said that the perfect manifestation of these qualities in Usman, may God be pleased with him, and the fact that he was a son-in-law and a trusted companion of Muhammad (peace be upon him), the beloved of the Lord of the worlds, also indicates that he is one of the special servants of God.

The work tells a story about the extent to which our Prophet respected Usman bin Affan and his beautiful modesty. According to this story, when our Prophet was sitting with his legs spread out for a while to rest, he would sit comfortably even when his close companions entered, but when Usman bin Affan entered, he suddenly folded his legs. This is because he knew Usman's modesty so as not to embarrass him. It can be said that these respects of our Prophet were due to the virtues of his saintly qualities. The next chapter is about the statement of Amirul-Mu'minin Ali (may Allah be pleased with him).

The river of knowledge is the jewel of the province,

A wonderful example for the people of the world.

He is the son of the prophets,

He is the most shameless person in the world.

Alisher Navoi says that Ali (may Allah be pleased with him) is a wonderful treasure in the world because of his vast knowledge like a river and his guardianship. He became the son-in-law of the leader of the prophets and praised his uniqueness among people. Ali (may Allah be pleased with him) is also mentioned as a pious person, which shows

that Ali (may Allah be pleased with him) carried out the laws of the Sharia with steadfast faith even when he was sick and in difficult situations as a guardian of Allah. The guardianships of this person are also mentioned in “Mahbubu-l-Qulub”.

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РОЛЬ СЕЛЕКТИНОВ В ФОРМИРОВАНИИ И РАЗВИТИИ НЕАЛКОГОЛЬНОЙ ЖИРОВОЙ БОЛЕЗНИ ПЕЧЕНИ

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Актуальность. Неалкогольная жировая болезнь печени (НАЖБП) является одной из ведущих причин хронических заболеваний печени во всём мире и тесно связана с метаболическим синдромом, ожирением, инсулинорезистентностью и системным воспалением. Несмотря на высокий уровень изученности патогенеза НАЖБП, точные механизмы прогрессирования заболевания и перехода от стеатоза к стеатогепатиту остаются недостаточно выясненными. Одним из ключевых факторов, способствующих воспалительной активации и повреждению печёночной ткани, являются эндотелиальные молекулы адгезии, включая селектины. Е-, Р- и L-селектины участвуют в процессах эндотелиальной активации, рекрутирования лейкоцитов и тромбоцитарной активации, что делает их перспективными биомаркёрами и потенциальными терапевтическими мишенями при НАЖБП. Изучение роли селектинов позволяет глубже понять связь между метаболическими нарушениями, системным воспалением и прогрессированием жировой болезни печени.

Цель исследования. Выявить особенности экспрессии растворимых форм селектинов (Е-, Р- и L-селектин) у пациентов с НАЖБП и оценить их корреляцию с клиническими и биохимическими показателями заболевания, включая степень стеатоза, активность ферментов печени и показатели метаболического статуса.

Материалы и методы. Проведено кросс-секционное наблюдательное исследование в Хорезмском многопрофильном медицинском центре. В исследование включено 120 пациентов в возрасте 18–65 лет с подтверждённой НАЖБП, выявленной в период 2023–2024 гг. Диагноз устанавливался на основании комплексной оценки клинических данных, биохимических маркёров (ALT, AST, липидный профиль, глюкоза, инсулин) и ультразвукового исследования печени. Исключались лица с алкогольной болезнью печени (ежедневное потребление алкоголя >20 г для женщин и >30 г для мужчин), вирусными гепатитами (HBV, HCV), аутоиммунными и наследственными заболеваниями печени, злокачественными новообразованиями, а также принимающие гепатотоксичные препараты. Для сравнительного анализа

использована контрольная группа из 40 здоровых добровольцев, сопоставимых по возрасту и полу, без признаков метаболических или печёночных нарушений. Все участники прошли комплексное клиническое обследование, антропометрические измерения (масса тела, индекс массы тела, окружность талии) и лабораторное тестирование. Уровни растворимых селектинов (Е-, Р- и L-селектин) определялись методом иммуноферментного анализа (ELISA) с использованием сертифицированных коммерческих наборов согласно инструкции производителя. Статистический анализ проводился с использованием стандартного программного обеспечения, количественные показатели выражались как среднее значение $\pm$ стандартное отклонение. Для оценки корреляций между уровнями селектинов и клинико-биохимическими параметрами использовался коэффициент корреляции Пирсона. Статистическая значимость считалась при $p < 0,05$.

Результаты. Пациенты с НАЖБП демонстрировали значительное повышение уровней растворимых Е- и Р-селектинов по сравнению с контрольной группой ($p < 0,05$). Уровни Е-селектина наиболее выражено увеличивались у пациентов с умеренной и тяжёлой степенью стеатоза, что свидетельствует о значительной эндотелиальной активации при прогрессировании заболевания. Е-селектин показал положительную корреляцию с активностью АЛТ ($r = 0,43$, $p < 0,01$), уровнем триглицеридов и индексом массы тела. Повышение Р-селектина было связано с маркерами инсулинорезистентности и системного воспаления, что указывает на участие тромбоцитов и микрососудистых нарушений в патогенезе НАЖБП. В то же время L-селектин снижался у пациентов с выраженными метаболическими нарушениями и тяжёлым стеатозом, что может отражать хроническую иммунную активацию, истощение иммунного ответа и нарушение миграции лейкоцитов при прогрессирующем заболевании.

Выводы. Результаты исследования подтверждают ключевую роль селектинов в патогенезе НАЖБП через механизмы эндотелиальной активации, тромбоцитарной активности и иммунной дисрегуляции. Повышенные уровни Е- и Р-селектинов коррелируют с тяжестью заболевания, степенью стеатоза и биохимическими маркерами повреждения печени, тогда как снижение L-селектина может служить маркером хронической воспалительной дисфункции. Эти данные подчёркивают потенциал селектинов как биомаркёров активности заболевания и перспективных терапевтических мишеней для разработки инновационных подходов к лечению НАЖБП.

AYOLLAR HUQUQLARI VA IMKONIYATLLARNI KENGAYTIRISH: O‘ZBEKISTONDA AMALIY YO‘NALISHLAR

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ANNATATSIYA: Ushbu maqola O‘zbekistonda ayollar huquqlari va imkoniyatlarini mustahkamlash, ularni jamiyat hayotida faol qatnashishga jalb etish borasidagi so‘nggi yutuqlar, davlat tashabbuslari va qonunchilik choralari haqida. Maqolada ayollarga nisbatan mavjud bo‘lgan muammolar, jumladan, iqtisodiy cheklanishlar, ijtimoiy stereotiplar va zo‘ravonlik holatlari tahlil qilinadi. Shavkat Mirziyoyev rahbarligida qabul qilingan qonunlar, Prezident qarorlari va Saida Mirziyoyeva tomonidan ilgari surilgan loyihalar, ayollarga ajratilgan imtiyozlar va moliyaviy ko‘maklar batafsil bayon etiladi.

Shuningdek, ayollarning huquq va erkinliklarini himoya qilishning jamiyat rivojiga ta’siri, mavjud muammolar va kelgusidagi istiqbollar tahlil qilinadi. Annotatsiya maqola asosida ayollarning jamiyatdagi roli, iqtisodiy va ijtimoiy faolligi, shuningdek inson qadriyatini hurmat qilishning muhimligi haqida umumiy tasavvur beradi.

Kalit so‘zlar: Ayollar huquqlari, inson qadri, gender tenglik, tadbirkorlik, zo‘ravonlik, qonunchilik, imtiyozlar, jamiyat rivoji, moliyaviy ko‘mak, davlat tashabbuslari.

Kirish. Ayollar huquqlari — jamiyatdagi inson qadr-qimmati va adolat tamoyilining ajralmas qismi hisoblanadi. Ayol va qizlar nafaqat oilaning, balki butun jamiyatning asosiy tarkibiy qismi bo‘lib, ularning erkinligi, ta’lim olish imkoniyati, sog‘lig‘ini himoya qilish va iqtisodiy faollikka jalb qilinishi jamiyatning barqarorligi, ijtimoiy adolati hamda taraqqiyotining muhim ko‘rsatkichlaridir.

So‘nggi yillarda O‘zbekistonda ayollarning huquqlarini himoya qilish, ularni siyosiy, iqtisodiy va ijtimoiy hayotga faol jalb etish borasida sezilarli o‘zgarishlar yuz berdi. Shavkat Mirziyoyev rahbarligida qabul qilingan qonunlar, Prezident qarorlari va davlat dasturlari ayollarning jamiyatdagi o‘rnini mustahkamlashga qaratilgan. Shu jumladan,

oilaviy zo‘ravonlikka qarshi qonunlar kuchaytirildi, ayollar tadbirkorligini qo‘llab-quvvatlash bo‘yicha moliyaviy yordamlar ajratildi, hamda ularning ishga joylashishi va ta‘lim olish imkoniyatlari kengaytirildi.

Ayollar huquqlarini ta‘minlash — nafaqat ularning shaxsiy farovonligi va xavfsizligini kafolatlash, balki butun jamiyatning rivojlanish va barqarorligini ta‘minlashga xizmat qiladi. Bu jarayon inson qadriyatini hurmat qilish bilan chambarchas bog‘liq bo‘lib, davlat siyosatida ayollarni har tomonlama qo‘llab-quvvatlash asosiy ustuvor yo‘nalishlardan biriga aylangan. Shu nuqtai nazardan, ayollarning huquq va imkoniyatlarini kengaytirish, ularning jamiyatdagi roli va faolligini oshirish O‘zbekistonda amalda inson qadrini hurmat qilish tamoyilini mustahkamlashning muhim vositasidir.

Bugungi kunda amalga oshirilayotgan islohotlar, tashabbuslar va loyihalar ayollarni himoya qilish bilan bir qatorda, ularning iqtisodiy mustaqilligi, tadbirkorlikka jalb qilinishi, ijtimoiy faolligi va jamiyatdagi qadr-qimmatini oshirishga qaratilgan. Shu bilan birga, ayollar huquqlari, ularni rivojlantirish va himoya qilish masalalari nafaqat qonuniy jihatdan, balki jamiyat ongida ham yetarlicha o‘rin egallashi kerak. Bu esa, kelajak avlod uchun barqaror va adolatli ijtimoiy muhit yaratishga xizmat qiladi.

Jamiyatdagi Holat va Amalga Oshirilgan Natijalar

Bu tashabbuslar jamiyatda sezilarli o‘zgarishlarni boshlab beradi:

Ayollarning iqtisodiy faolligi oshib bormoqda — tadbirkorlikka jalb etilgan ayollar soni ortmoqda. Misol uchun, Prezident ta‘kidlashicha, 2025 yilda ayollar uchun masalan, 17 trillion so‘mlik kreditlar ajratildi va eksportda ayollar rahbarligidagi bizneslar hissasi o‘smoqda [1]

Ushbu natijalar mamlakatda ayollarning iqtisodiy mustaqilligi va ijtimoiy mavqeining mustahkamlanayotganini ko‘rsatadi. Ayollar nafaqat ichki bozorda, balki xalqaro miqyosda ham o‘z faoliyatini kengaytirmoqda. Bu esa jamiyatda gender tengligini ta‘minlash, oilaviy farovonlikni oshirish va yangi ish o‘rinlarini yaratishda muhim omil bo‘lib xizmat qilmoqda.

O‘zbekistonda 2024 yilda ayollar tadbirkorligi sezilarli darajada oshdi — masalan, 2024 yilda 2.1 millionga yaqin ayol tadbirkor faoliyat yuritmoqda bu 2020-yilga nisbatan yetti baravar ko‘pdir [2]

O‘zbekistonda 2024 yilda ayollar tadbirkorligi sezilarli darajada oshgani mamlakatda gender tengligini mustahkamlash va iqtisodiy imkoniyatlarni kengaytirish yo‘lida muhim yutuq bo‘ldi. Rasmiy ma‘lumotlarga ko‘ra, 2024 yilda 2,1 millionga yaqin ayol tadbirkorlik bilan shug‘ullanmoqda. Bu raqam davlat tomonidan ayollarni qo‘llab-quvvatlash siyosati, imtiyozli kreditlar va ta‘lim dasturlarining amaliy samarasini ko‘rsatadi.

2025 yil 1-yanvar holatiga ko‘ra, ayollar rahbarligidagi kichik va mikrofirmalar soni 43 860 taga yetdi.[3]

Bu raqam — 43 860 ta ayol rahbarligidagi kichik va mikrofirmalar mavjudligi — O‘zbekistonda ayollar tadbirkorligi qanday sur‘atda o‘sayotganini yaqqol ko‘rsatadi. Bu nafaqat iqtisodiy ko‘rsatkich, balki ayollarning yetakchilik salohiyati, tashabbuskorligi va mustaqil qaror qabul qilish imkoniyatlari kengayayotganidan dalolat beradi.

Bunday natija davlat siyosatida ayollarga yaratilayotgan qulay shart-sharoitlar, moliyaviy qo‘llab-quvvatlash, biznes uchun imtiyozlar va o‘quv dasturlari samaradorligini tasdiqlaydi. Ayniqsa, ayollar rahbarligidagi korxonalar ko‘paygani shuni bildiradiki, ular endi iqtisodiyotda faol o‘rin egallab, jamiyat taraqqiyotiga bevosita hissa qo‘shmoqda.

Bu holat shuningdek, jamiyatda ayollarning roli faqat ijtimoiy sohada emas, balki boshqaruv va iqtisodiy qarorlar qabul qilish bosqichlarida ham ortib borayotganini ko‘rsatadi. Shu sababli, 43 860 ta firma — bu faqat statistika emas, balki ayollarning imkoniyatlarini kengaytirish, ularning ijtimoiy faolligi va iqtisodiy mustaqilligini ifodalovchi muhim yutuqdir.

O‘zbekiston Ichki ishlar vazirligi va BMT hisobotlariga ko‘ra, 2024-yilda 40 mingdan ortiq ayollarga nisbatan zo‘ravonlik holatlari qayd etilgan.

Ulardan taxminan 80–85 % i oilaviy muhitda sodir bo‘lgan.

2024-yil davomida 200 dan ortiq reabilitatsiya markazlari faoliyat yuritgan, ular orqali minglab ayollar huquqiy, psixologik va ijtimoiy yordam olgan.

2024-yil aprel oyida “Maishiy zo‘ravonlik uchun jinoiy javobgarlik” ni belgilovchi qonuniy o‘zgartishlar kuchga kirdi.[4]

Bu ma’lumotlar shuni ko‘rsatadiki, 2024-yilda O‘zbekistonda ayollarga nisbatan zo‘ravonlikka qarshi kurash masalasi davlat siyosatining eng muhim yo‘nalishlaridan biriga aylandi. 40 mingdan ortiq holat qayd etilgani, muammoning jiddiyligidan dalolat beradi, biroq shu bilan birga, bu raqam ayollar endi jim qolmayotgani, o‘z huquqlarini himoya qilishga jur‘at topayotganini ham bildiradi.

Reabilitatsiya markazlarining ko‘payishi, psixologik va huquqiy yordam tizimining kengayishi esa jamiyatda ayollarga nisbatan e’tibor va ishonch ortib borayotganini anglatadi. Ayniqsa, 2024-yil aprelida maishiy zo‘ravonlik uchun **jinoiy javobgarlik** belgilanganligi — bu sohada katta burilish yasadi. Endilikda har qanday tazyiq yoki zo‘ravonlik holati “oilaviy masala” sifatida emas, balki **inson huquqlariga tajovuz** sifatida baholanmoqda. Umuman olganda, bu o‘zgarishlar nafaqat qonunchilik darajasida, balki ijtimoiy ongda ham yangi davrni boshlab berdi — ayollarning qadri, sha’ni va xavfsizligi jamiyat taraqqiyotining ajralmas qismi sifatida e’tirof etilmoqda.

2025-yil (1-yanvar holatiga ko‘ra):

Rasmiy ma’lumotlarga ko‘ra, zo‘ravonlikka uchragan ayollarga 42mingdan ortiq murojaat kelib tushgan.

Ularning 60 % dan ortig‘iga huquqiy yoki psixologik yordam ko‘rsatilgan.

2025-yilda ayollar xavfsizligini ta’minlash bo‘yicha yangi tizim — “Xavfsiz oila” dasturi joriy etilmoqda, bu orqali har bir tuman va shaharda tezkor reaksiya guruhlarini tashkil etilmoqda.[5]

Bu ma’lumotlar shuni ko‘rsatadiki, 2025-yilda O‘zbekistonda ayollarga nisbatan zo‘ravonlikka qarshi kurash yanada tizimli va samarali yo‘lga qo‘yilgan. 42 mingdan ortiq murojaat kelib tushgani, bu muammoning hanuz mavjudligini bildirsa-da, 60 % dan ortig‘iga huquqiy va psixologik yordam ko‘rsatilgani, tizimning faol ishlashini va jabrlanuvchilarning himoya qilinayotganini ko‘rsatadi.

Yangi joriy etilgan **“Xavfsiz oila”** dasturi esa ayniqsa muhim: har bir tuman va shaharda tezkor reaksiya guruhlarining tashkil etilishi, zo‘ravonlik holatlariga darhol javob berish imkoniyatini yaratadi. Bu nafaqat jabrlanuvchilarning xavfsizligini oshiradi, balki jamiyatda ayollarga nisbatan hurmat va adolat tamoyillarini mustahkamlashga xizmat qiladi.

Umuman olganda, 2025-yildagi bu tizimli yondashuv O‘zbekistonda ayollarga nisbatan zo‘ravonlikni kamaytirish va ularning huquqiy hamda ijtimoiy himoyasini ta’minlash borasidagi muhim qadam sifatida baholanishi mumkin.

So‘nggi yillarda O‘zbekistonda ayollarga nisbatan zo‘ravonlikka qarshi kurash bilan bir qatorda, ularning iqtisodiy faolligi va tadbirkorlik imkoniyatlarini kengaytirish bo‘yicha ham sezilarli yutuqlar kuzatilmoqda. 2024-yilda 2,1 millionga yaqin ayol tadbirkorlik bilan shug‘ullangan bo‘lsa, 2025-yil 1-yanvar holatiga ko‘ra, ayollar rahbarligidagi kichik va mikrofirmalar soni 43 860 taga yetdi. Bu raqamlar ayollarning iqtisodiy mustaqilligini oshirib, jamiyatdagi mavqeini mustahkamlashga xizmat qilmoqda.

Shu bilan birga, davlat tomonidan ajratilgan imtiyozli kreditlar, biznes grantlar va ta’lim dasturlari ayollarni o‘z biznesini rivojlantirishga, yangi ish o‘rinlarini yaratishga va oilaviy daromadni oshirishga rag‘batlantirmoqda. Iqtisodiy faollik ortgani, ularning ijtimoiy va siyosiy hayotdagi rolini ham kuchaytiradi, bu esa gender tengligini mustahkamlashga yordam beradi.

Umuman olganda, O‘zbekistonda ayollarga nisbatan zo‘ravonlikni kamaytirish choralarining kuchayishi va tadbirkor ayollarni qo‘llab-quvvatlash dasturlari birgalikda ayollarning huquqiy, ijtimoiy va iqtisodiy mustaqilligini oshirib, jamiyat barqarorligi va taraqqiyotiga sezilarli hissa qo‘shmoqda.

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COMPLICATIONS AFTER PLASTIC SURGERY OF THE UPPER AND LOWER JAWS

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Annotation

Plastic surgery of the upper (maxillary) and lower (mandibular) jaws is aimed at improving facial aesthetics and restoring essential functions such as chewing, speech, and breathing. Despite a high success rate (90–95%), postoperative complications may occur, including aesthetic, functional, surgical-technical, infectious, neurological, vascular, and psychological issues. This thesis summarizes the main complications and their impact on patient quality of life and dental rehabilitation.

Keywords

Plastic surgery, maxilla, mandible, postoperative complications, dentistry, oral and maxillofacial surgery

Introduction

Plastic surgery of the maxillary and mandibular regions is complex and performed to improve aesthetics and restore oral functions. Common procedures include orthognathic surgery, mandibular fracture repair, reconstructive surgery, and dental implantation. Despite advances in surgical techniques, complications remain a challenge, affecting aesthetic outcomes, occlusion, rehabilitation, and psychological well-being.

Main Complications

1. Aesthetic and Functional

- Maxilla: Facial asymmetry, unnatural upper lip/nose, smile deformity, altered facial proportions.

- Mandible: Chin projection changes, lip–chin relationship disturbance, soft tissue contour irregularities.
- Functional issues: Malocclusion, impaired chewing, speech disorders, trismus, TMJ dysfunction.

2. Surgical-Technical and Bone Issues

- Improper bone positioning, displacement/fracture of plates and screws, malunion/nonunion, bone necrosis.
- Nerve injuries: infraorbital (maxilla), inferior alveolar/lingual (mandible); 10–20% may be permanent.
- Vascular injuries: bleeding, hematoma formation.

3. Infectious and Sinus Complications

- Wound infections, osteomyelitis, delayed healing, implant-associated infection.
- Maxillary sinus issues: sinus mucosa damage, sinusitis, nasal congestion.

4. Psychological Consequences

- Prolonged swelling, pain, poor scar healing, failure to meet expected outcomes.
- Leads to dissatisfaction, anxiety, depressive states.
- Multidisciplinary care (surgeon, orthodontist, prosthodontist, psychologist) is crucial.

Conclusion

Postoperative complications of jaw plastic surgery can significantly affect aesthetics, function, rehabilitation, and patient quality of life. Careful preoperative assessment, precise surgical execution, and coordinated multidisciplinary postoperative management are essential to minimize complications.

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MORPHOBIOLOGICAL CHARACTERISTICS OF THE GENUS *BLAPS* (COLEOPTERA: TENEBRIONIDAE) IN THE CENTRAL KYZYLKUM DESERT

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Keywords (English):

Blaps, Tenebrionidae, Central Kyzylkum Desert, morphobiological characteristics, xerophilous species, desert ecosystems, zoogeographical distribution

The Central Kyzylkum Desert is one of the largest desert regions, characterized by a sharply continental climate, high temperatures, and extreme moisture deficiency. Such harsh environmental conditions are clearly reflected in the morphological and biological adaptations of insect fauna, particularly in species belonging to the family Tenebrionidae (darkling beetles). Representatives of the genus *Blaps* Fabricius, 1775 constitute an important taxonomic group within the typical xerophilous entomofauna of the Kyzylkum Desert.

Species of the genus *Blaps* are generally medium to large-sized beetles with an elongated body and strong sclerotization; their body coloration is usually dark. The head is relatively large, with small to medium-sized eyes. The antennae are typically filiform or slightly thickened and serve as important sensory organs. The thick cuticle covering the thoracic and abdominal segments plays a significant role in reducing water loss.

From a biological perspective, representatives of the genus *Blaps* are predominantly nocturnal. During daytime, when air temperatures rise sharply in desert conditions, they seek shelter in soil cracks, under stones, or among plant debris. They are characterized by detritophagous and saprophagous feeding habits, consuming decaying plant remains, seeds, and substrates rich in organic matter. Their life cycle involves complete metamorphosis, with larvae developing in the soil and exhibiting high resistance to arid conditions.

The systematic position of the genus *Blaps* is as follows:

Order: Coleoptera Linnaeus, 1758

Family: Tenebrionidae Latreille, 1802

Subfamily: Tenebrioninae Latreille, 1802

Tribe: Blaptini Leach, 1815

Genus: *Blaps* Fabricius, 1775

During field studies conducted across various regions of the Central Kyzylkum Desert between 2023 and 2025, several species of the genus *Blaps* were recorded. Among them, *Blaps deplanata* Ménétriés, 1832 and *Blaps holconata* Fischer von Waldheim, 1844 were the most widely distributed species.

Blaps deplanata has been repeatedly recorded in Azerbaijan (Europe) and in Asian regions including Iran, Kazakhstan, Turkmenistan, and Uzbekistan. This species is primarily distributed in desert and semi-desert areas and is characteristic of the Ancient Mediterranean Province of the Palearctic zoogeographical region.

From an ecological standpoint, *Blaps deplanata* represents a xerophilous zoogeographical complex adapted to sandy and loamy soils, saline areas, and open landscapes with sparse vegetation. The species is most frequently encountered in natural desert habitats with minimal anthropogenic disturbance, indicating its strong association with native desert fauna. The Central Kyzylkum region itself is largely composed of sandy and semi-desert landscapes; nevertheless, it also includes numerous human settlements.

As a result of its habitat conditions, *B. deplanata* has developed a number of morphological and biological adaptations. Its body is distinctly dorsoventrally flattened, facilitating concealment within soil fissures and dense loamy or saline layers, as well as protection from extreme daytime temperatures. The wide and weakly convex elytra significantly reduce water loss and ensure energetic efficiency by abandoning flight. The non-glossy, strongly sclerotized body surface minimizes solar reflection and increases resistance to mechanical stress.

The eyes are small, while the filiform antennae are well adapted to nocturnal activity, allowing effective perception of chemical and mechanical signals under low-light conditions. The legs are robust, with particularly well-developed fore and middle legs, enabling efficient movement on dense soil surfaces and penetration into narrow crevices. Adults are mainly active at night, spending the hottest part of the day underground, which helps them avoid sharp fluctuations in temperature and humidity.

Blaps deplanata exhibits detritophagous feeding habits. The species is well adapted to efficient utilization of limited resources in desert environments, and the development of larvae within soil layers ensures high tolerance to arid conditions. This complex of morphobiological adaptations is one of the key factors enabling *Blaps deplanata* to form stable populations and maintain a wide distribution across desert and semi-desert regions.

Blaps holconata occurs in several Asian countries, including Afghanistan, Kazakhstan, Turkmenistan, and Uzbekistan. *Blaps holconata* (Coleoptera: Tenebrionidae) belongs to the Palearctic zoogeographical region, with its distribution mainly associated with Central Asia and adjacent territories. This species is a representative of xerophilous entomofauna formed within the Turanian zoogeographical province, characterized by desert and semi-desert landscapes.

An examination of the morphobiological characteristics of *B. holconata* indicates clear adaptation to arid, open, and partially rocky desert and semi-desert environments. The elytra are thick and strongly sclerotized, providing resistance to mechanical damage and reflecting the species' association with stone-covered and hard-substrate microhabitats. Such elytral structure limits moisture loss and helps maintain water balance under arid climatic conditions.

The legs are relatively short but very strong, adapted for stable movement across uneven, hard, and rocky surfaces. This trait explains the predominance of the species in compact substrates rather than in loose sandy habitats. The relatively small eyes and well-developed sensory antennae indicate adaptation to a predominantly nocturnal lifestyle. During daytime heat, *B. holconata* remains under stones or in deeper shelters and becomes active at night, allowing it to avoid extreme temperatures.

Within desert ecosystems, representatives of the genus *Blaps* play an active role in the decomposition of organic matter by fragmenting decaying plant remains, thereby increasing soil biological activity. Their movement through soil cracks and burrows promotes mechanical mixing of the soil, improves aeration, and facilitates moisture penetration into deeper layers. The nocturnal activity and detritophagous feeding behavior of *Blaps* species ensure the recycling of limited food resources under desert conditions and stimulate microbial activity. Moreover, they represent an important link in desert food chains, serving as prey for reptiles and insectivorous vertebrates.

Under the conditions of the Central Kyzylkum Desert, the morphobiological traits of *Blaps* species demonstrate deep adaptation to extreme desert environments. The body structure, protective integument, activity patterns, and feeding strategies observed in *Blaps deplanata* and *Blaps holconata* ensure survival under high temperatures, severe moisture deficiency, and limited food availability. These species are not only xerophilous organisms adapted to desert habitats but also important ecological components involved in organic matter cycling and soil processes. Therefore, the study of *Blaps* representatives is of significant scientific importance for understanding the formation of entomofauna in the Central Kyzylkum Desert, assessing ecosystem stability, and conserving biological diversity.

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ANATOMIK TERMINOLOGIYADA LOTIN TILINING XALQARO AHAMIYATI VA ZAMONAVIY TIBBIYOTDAGI ROLI: GLOBAL YONDASHUV

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Annotatsiya: Ushbu maqolada anatomik terminologiyada lotin tilining xalqaro ahamiyati va zamonaviy tibbiyotdagi o'rni global yondashuv asosida tahlil qilinadi. Lotin tilining tarixiy shakllanishi, uning anatomiya fanida standart til sifatida qabul qilinishi hamda **Terminologia Anatomica** orqali xalqaro birlikni ta'minlashdagi roli yoritib beriladi. Shuningdek, zamonaviy tibbiy ta'lim, ilmiy tadqiqotlar va xalqaro tibbiy hamkorlik jarayonlarida lotin tilining ahamiyati ko'rsatib o'tiladi. Maqolada lotin tilining global tibbiyotda professional muloqotni soddalashtiruvchi va ilmiy aniqlikni ta'minlovchi universal vosita sifatidagi o'rni asoslab beriladi.

Kalit so'zlar: lotin tili, anatomik terminologiya, xalqaro standartlar, Terminologia Anatomica, zamonaviy tibbiyot, tibbiy ta'lim, global yondashuv, ilmiy muloqot

THE INTERNATIONAL SIGNIFICANCE OF THE LATIN LANGUAGE IN ANATOMICAL TERMINOLOGY AND ITS ROLE IN MODERN MEDICINE: A GLOBAL APPROACH

Abstract : This article analyzes the international significance of the Latin language in anatomical terminology and its role in modern medicine from a global perspective. The historical development of Latin as the foundational language of anatomy and its function in ensuring standardization through *Terminologia Anatomica* are discussed. The study highlights the importance of Latin in providing accuracy, consistency, and clarity in anatomical nomenclature, thereby facilitating effective international scientific communication. Furthermore, the role of Latin in modern medical education, clinical practice, and global medical cooperation is examined. The article emphasizes

that Latin remains a universal professional language that supports integration, knowledge exchange, and standardization in contemporary global medicine.

Key words: Latin language, anatomical terminology, Terminologia Anatomica, international standards, modern medicine, medical education, global approach, scientific communication

МЕЖДУНАРОДНОЕ ЗНАЧЕНИЕ ЛАТИНСКОГО ЯЗЫКА В АНАТОМИЧЕСКОЙ ТЕРМИНОЛОГИИ И ЕГО РОЛЬ В СОВРЕМЕННОЙ МЕДИЦИНЕ: ГЛОБАЛЬНЫЙ ПОДХОД

Аннотация: В данной статье анализируется международное значение латинского языка в анатомической терминологии и его роль в современной медицине с позиций глобального подхода. Освещаются исторические предпосылки формирования латинского языка, его принятие в качестве стандартного языка анатомии, а также роль *Terminologia Anatomica* в обеспечении международного единства. Кроме того, рассматривается значение латинского языка в современном медицинском образовании, научных исследованиях и процессах международного медицинского сотрудничества. В статье обосновывается роль латинского языка как универсального средства, упрощающего профессиональное общение и обеспечивающего научную точность в глобальной медицине.

Ключевые слова: латинский язык, анатомическая терминология, международные стандарты, *Terminologia Anatomica*, современная медицина, медицинское образование, глобальный подход, научная коммуникация

KIRISH

Globallashuv jarayoni tibbiyot fanida ilmiy axborot almashuvini tezlashtirdi va yagona terminologik tizimga bo'lgan ehtiyojni kuchaytirdi. Anatomik terminologiya tibbiyotning barcha yo'nalishlari uchun asos bo'lib, tibbiy ta'lim, klinik amaliyot va ilmiy tadqiqotlarning ajralmas qismidir. Turli tillarda bir xil anatomik tuzilmaning turlicha nomlanishi klinik amaliyotda tushunmovchilik va xatoliklarga olib kelishi mumkin, bu esa tashxis va davolash sifatini pasaytiradi. Shu sababli lotin tili xalqaro anatomik terminologiyaning asosi sifatida tan olingan. Lotin tilining ustunligi uning semantik barqarorligi, grammatik qat'iyligi va vaqt o'tishi bilan deyarli o'zgarmasligida namoyon bo'ladi. Bundan tashqari, lotin tilidagi anatomik atamalar qisqa va mantiqan izchil bo'lib, murakkab tuzilmalarni tushuntirishda osonlik yaratadi. Ushbu maqolaning maqsadi — lotin tilining anatomik terminologiyadagi xalqaro ahamiyatini, zamonaviy tibbiyotdagi rolini va global ilmiy hamkorlikdagi o'rnini tizimli tahlil qilishdir. Maqolada shuningdek, lotin tilining tibbiy ta'lim va ilmiy

tadqiqotdagi oʻrni, klinik amaliyotda qoʻllanilishi va kelajakdagi istiqbollari ham koʻrib chiqiladi.

Tadqiqot usullari

Tadqiqotda **sifat tahlili, tarixiy-tahliliy va taqqoslash usullari** qoʻllanildi. Tarixiy-tahliliy usul yordamida anatomik terminologiyaning shakllanish bosqichlari oʻrganildi va lotin tilining tibbiyotga kirib kelishi, uning oʻrni va rivojlanishi aniqlashtirildi.

Taqqoslash usuli orqali turli mamlakatlarda qoʻllaniladigan anatomik atamalar va ularning lotincha ekvivalentlari tahlil qilindi, shuningdek, milliy terminologiyalarning xalqaro standart bilan mosligi baholandi. **Terminologia Anatomica**, Jahon sogʻliqni saqlash tashkiloti (WHO) tavsiyalari, xalqaro tibbiy taʼlim dasturlari va zamonaviy tibbiy darsliklar tadqiqotning asosiy manbalari sifatida ishlatildi. Shu bilan birga, klinik protokollar va ilmiy maqolalardagi terminologik qoʻllanilish tahlil qilindi. Natijalarni umumlashtirish orqali lotin tilining tibbiyotdagi universal roli, global hamkorlikdagi ahamiyati va tibbiy taʼlimdagi integratsiyasi haqida xulosalar chiqarildi.

Natijalar

Oʻtkazilgan tahlillar shuni koʻrsatdiki, lotin tili anatomik terminologiyada **universal til** sifatida faol qoʻllanilmoqda. **Terminologia Anatomica** orqali anatomik tuzilmalar yagona nom ostida standartlashtirilgan boʻlib, bu ilmiy va klinik muloqotda aniqlikni oshiradi.

Lotincha atamalar qisqa, aniq va mantiqan izchil boʻlib, murakkab tuzilmalarni tushuntirishni osonlashtiradi. Masalan, *cor* (yurak), *pulmo* (oʻpka), *hepar* (jigar) kabi atamalar barcha davlatlarda bir xil tushuniladi, bu esa xalqaro konferensiyalar va qoʻshma tadqiqotlarda terminologik uygʻunlikni taʼminlaydi. Tibbiy taʼlim jarayonida lotin tilini oʻrganish talabalar uchun anatomik tafakkur, diagnostik aniqlik va professional muloqot qobiliyatini oshiradi. Tadqiqot shuni koʻrsatdiki, lotin tilini chuqur bilgan talabalar anatomik fanlarni tezroq oʻzlashtiradi va xalqaro tibbiy adabiyotlar bilan samaraliroq ishlay oladi. Shu bilan birga, xalqaro klinik protokollar va ilmiy tadqiqotlarda lotin terminologiyasi **asosiy lingvistik platforma** sifatida xizmat qilmoqda.

Muhokama

Olingan natijalar lotin tilining zamonaviy tibbiyotda ahamiyati saqlanib qolayotganini va uning **global tibbiy hamkorlikdagi** rolini tasdiqlaydi. Raqamli tibbiyot, sunʼiy intellekt asosidagi diagnostika tizimlari va telemeditsina platformalarida standart terminologiya muhim ahamiyat kasb etadi. Lotin tiliga asoslangan anatomik terminlar ushbu tizimlarda universal kod sifatida ishlatiladi.

Lotin tili tibbiy taʼlim va klinik amaliyotda **professional muloqotni soddalashtiruvchi vosita** boʻlib, xatoliklarni kamaytiradi va ilmiy aniqlikni oshiradi.

Shu nuqtayi nazardan, lotin tilini o'qitish zamonaviy pedagogik metodlar bilan uyg'unlashtirilgan holda davom ettirilishi dolzarbdir.

Kelajakda lotin tilining elektron tibbiy resurslar, virtual laboratoriyalar va xalqaro ilmiy ma'lumotlar bazalarida qo'llanilishi ortishi kutilmoqda. Bu esa global tibbiyot sohasida yagona terminologik standartni mustahkamlashga xizmat qiladi.

Xulosa

Lotin tili anatomik terminologiyada xalqaro birlikni ta'minlovchi, ilmiy aniqlikni kafolatlovchi va professional muloqotni soddalashtiruvchi muhim vositadir. Zamonaviy tibbiyotning global rivojlanishi, yangi texnologiyalar va raqamli resurslarning keng qo'llanilishi sharoitida lotin tilining ahamiyati nafaqat saqlanib qolmoqda, balki yanada mustahkamlanmoqda. Anatomik terminologiyada lotin tilidan foydalanish tibbiyot fanining barqaror rivoji, xalqaro hamkorlikni kuchaytirish va klinik amaliyotda aniqlikni ta'minlash uchun zarur shart hisoblanadi. Shu bilan birga, lotin tilini chuqur bilish tibbiyot talabalariga global ilmiy maydonda ishlash, tadqiqotlar olib borish va xalqaro tajriba almashishda muvaffaqiyat qozonish imkonini beradi. Shu bois, tibbiy ta'lim va klinik amaliyotda lotin tilining o'rni kelajakda ham saqlanishi va rivojlantirilishi muhim ahamiyatga ega.

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ZAMONAVIY TIBBIYOTDA KASALLIK NOMLARINING LOTIN TILIDAGI TUZILISHI VA KLINIK DIAGNOSTIKADAGI AHAMIYAT

THE ROLE AND SIGNIFICANCE OF INNOVATIVE TEACHING METHODS IN PRESCHOOL EDUCATION

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ANNOTATION

In recent years, the modernization of preschool education has become a key priority in improving the quality of early childhood learning. Innovative teaching methods play a crucial role in organizing educational activities that correspond to the developmental needs, interests, and individual characteristics of preschool children. This article explores the role and significance of innovative teaching methods in preschool education, emphasizing their impact on children's cognitive, social, emotional, and creative development. Particular attention is paid to interactive, play-based, learner-centered, and technology-enhanced teaching approaches that promote active participation and motivation among young learners. The study highlights how innovative methods contribute to the formation of basic competencies, independent thinking skills, and early learning habits in preschool children. Furthermore, the article discusses the pedagogical conditions necessary for the effective implementation of innovative teaching methods, including teacher professional competence, the use of modern educational resources, and a supportive learning environment. The findings demonstrate that the integration of innovative teaching methods in preschool education significantly enhances educational effectiveness and ensures holistic child development.

Keywords: preschool education, innovative teaching methods, early childhood development, interactive learning, play-based learning, learner-centered approach, educational innovation, pedagogical technologies, child-centered education, learning motivation

Introduction. In today's context, modernizing the education system and improving its quality are considered among the key factors of societal development. In particular, preschool education represents the foundation of personal development, during which children's intellectual, physical, social, and emotional growth is formed. Therefore, organizing the preschool education process in accordance with modern requirements

and applying innovative approaches and methods has become one of the most pressing tasks.

Traditional teaching methods often fail to fully ensure children's interest and active participation in the learning process, which has led to a growing demand for innovative teaching methods. Innovative approaches transform the child into an active participant in the educational process and contribute to the development of independent thinking, creativity, and problem-solving skills. Game-based technologies, interactive methods, information and communication technologies, the STEAM approach, and other modern teaching methods correspond to the natural interests and psychological characteristics of preschool-aged children.

The application of innovative teaching methods in preschool education not only enhances the quality of education but also facilitates the formation of basic competencies, supports social adaptation, and fosters a positive attitude toward learning among children. From this perspective, a scientific analysis of the role and significance of innovative teaching methods, as well as an examination of their impact on the educational process, is of great scientific and practical importance.

Literature Review. The issue of applying innovative teaching methods in preschool education has been widely discussed in pedagogical research, both in international and national contexts. Many scholars emphasize that early childhood education requires flexible, child-centered, and developmentally appropriate teaching approaches that support holistic development. According to modern educational theories, preschool education should not only focus on knowledge acquisition but also promote cognitive activity, creativity, social interaction, and emotional well-being.

Researchers such as Piaget and Vygotsky highlight the importance of active learning and social interaction in early childhood development. Vygotsky's sociocultural theory, in particular, underlines the role of guided interaction and collaborative learning, which serve as a theoretical foundation for many innovative teaching methods used in preschool education. These ideas support the use of interactive, play-based, and problem-oriented learning strategies that encourage children's active participation.

Recent studies indicate that innovative teaching methods, including game-based learning, project-based activities, and STEAM-oriented approaches, positively influence preschool children's motivation and learning outcomes. Scholars argue that play-based learning is one of the most effective methods at the preschool level, as it aligns with children's natural learning tendencies and supports the development of imagination, communication skills, and critical thinking. In addition, the integration of information and communication technologies (ICT) in preschool education has been

shown to enhance visual perception, attention, and engagement when used appropriately.

Several authors also emphasize the role of teachers' professional competence in the successful implementation of innovative teaching methods. Research findings suggest that educators' readiness to apply innovative pedagogical technologies, their methodological knowledge, and their ability to create a supportive learning environment are crucial factors affecting the effectiveness of innovative instruction. Moreover, the availability of modern educational resources and institutional support significantly contributes to the sustainability of innovation in preschool settings.

Overall, the analysis of existing literature demonstrates that innovative teaching methods play a vital role in improving the quality of preschool education. However, scholars note that systematic methodological support and continuous professional development for educators are essential to fully realize the potential of these methods. This highlights the need for further research focused on practical implementation strategies and evaluation of innovative teaching methods in preschool education.

Innovative teaching methods in preschool education are implemented through a structured and purposeful educational process that takes into account the age-related, psychological, and individual characteristics of children. These methods aim to create an active learning environment in which children can explore, experiment, communicate, and express themselves freely. The effectiveness of innovative instruction largely depends on the appropriate selection of methods, their systematic application, and alignment with educational goals.

One of the key directions in innovative preschool teaching is the use of interactive and activity-based methods. These methods encourage children to participate actively in learning activities through discussions, role-playing, collaborative tasks, and hands-on experiences. Such approaches help develop communication skills, teamwork abilities, and social responsibility, while also enhancing children's confidence and independence.

Another important component of innovative teaching is the integration of game-based learning strategies. Educational games are designed to combine learning objectives with play elements, making the learning process engaging and meaningful. Through games, children develop logical thinking, memory, attention, and problem-solving skills. Game-based activities also allow educators to assess children's progress in a natural and stress-free environment.

The application of STEAM-oriented activities in preschool education has gained increasing attention in recent years. STEAM methods introduce children to basic concepts of science, technology, engineering, arts, and mathematics through simple

experiments, construction tasks, creative projects, and exploratory activities. These methods foster curiosity, creativity, and early analytical thinking, while encouraging children to make connections between different areas of knowledge.

Innovative teaching methods also include the purposeful use of digital and multimedia resources. Visual materials, interactive applications, and age-appropriate digital tools support children's understanding of complex concepts and enhance their motivation to learn. When used in moderation and under pedagogical guidance, such tools contribute to the development of digital literacy and visual thinking skills in preschool children. The successful implementation of innovative teaching methods requires a supportive educational environment and effective pedagogical planning. Educators play a central role in organizing learning activities, guiding children's exploration, and creating conditions for positive interaction. Continuous reflection, adaptation of methods to learners' needs, and collaboration with parents further enhance the effectiveness of innovative practices.

In summary, the main focus of innovative teaching in preschool education lies in creating a child-centered, engaging, and flexible learning process. By combining interactive methods, play-based strategies, STEAM activities, and modern educational tools, preschool education can achieve higher learning outcomes and support the comprehensive development of children.

Results. The implementation of innovative teaching methods in preschool education shows positive outcomes in children's overall development. Observations of educational practice indicate that children become more engaged and motivated during learning activities when innovative approaches are applied. They demonstrate increased curiosity, improved communication skills, and greater willingness to participate in group tasks.

The use of innovative methods also contributes to the development of early learning competencies, such as problem-solving, creativity, and basic analytical thinking. Children show better attention span and memory retention, especially during interactive and activity-based sessions. In addition, innovative teaching practices support emotional development by creating a positive and supportive learning atmosphere.

Educators report that innovative methods help them better understand individual differences among children and adapt learning activities accordingly. As a result, the educational process becomes more flexible and responsive to children's needs, leading to improved learning effectiveness.

Discussion. The results obtained confirm that innovative teaching methods have a significant impact on the quality of preschool education. Compared to traditional

approaches, innovative methods create more opportunities for active learning and meaningful interaction. This supports the idea that early childhood education should focus not only on content delivery but also on the learning process itself. However, the successful application of innovative methods depends on several factors. These include teachers' professional readiness, availability of appropriate resources, and proper organization of the learning environment. In some cases, limited technical equipment or insufficient methodological support may reduce the effectiveness of innovative practices.

The discussion also highlights the importance of continuous professional development for preschool educators. Regular training and experience-sharing can help teachers confidently apply innovative methods and overcome existing challenges. Cooperation between educators, administrators, and parents further strengthens the impact of innovation in preschool education.

Conclusion. In conclusion, innovative teaching methods play an important role in improving the effectiveness of preschool education. Their use supports children's cognitive, social, emotional, and creative development while fostering a positive attitude toward learning. Innovative approaches make the educational process more engaging, flexible, and child-centered.

The findings of the study suggest that the systematic and purposeful application of innovative teaching methods can significantly enhance educational outcomes in preschool settings. Therefore, expanding the use of innovation in preschool education and providing necessary pedagogical support should be considered a priority for the development of modern education systems.

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SURGICAL METHODS FOR THE RECONSTRUCTION OF MAXILLOFACIAL DEFORMITIES CAUSED BY TRAUMATIC INJURIES.

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Annotation: Traumatic injuries to the maxillofacial region often result in severe functional and aesthetic deformities, requiring advanced surgical intervention for proper reconstruction. This article explores modern surgical techniques used in the reconstruction of maxillofacial deformities caused by trauma, focusing on methods such as bone grafting, distraction osteogenesis, alloplastic implants, and 3D printing technology. Advances in microsurgery, virtual surgical planning (VSP), and computer-aided design and manufacturing (CAD/CAM) have improved precision and patient outcomes. Additionally, the article discusses challenges in post-surgical recovery, complications such as infection and graft failure, and the future prospects of regenerative medicine in maxillofacial reconstruction.

Keywords : Maxillofacial trauma, facial deformities, reconstructive surgery, bone grafting, distraction osteogenesis, alloplastic implants.

INTRODUCTION

Traumatic injuries affecting the maxillofacial region can lead to significant deformities that impact both function and aesthetics. Causes include traffic accidents, sports injuries, industrial accidents, and violence, all of which can result in fractures, soft tissue damage, and loss of bone structure. Surgical intervention is often necessary to restore normal anatomy, improve facial symmetry, and ensure proper jaw function. Traditional reconstructive methods, such as autologous bone grafting and metal fixation, have evolved significantly with the introduction of advanced surgical techniques. Innovations such as distraction osteogenesis, alloplastic implants, and 3D-printed patient-specific prosthetics have improved treatment precision and patient outcomes. Moreover, the use of microsurgical tissue transfers, virtual surgical planning (VSP), and computer-assisted navigation has enhanced the accuracy of surgical procedures, minimizing complications and improving functional recovery. This article

aims to analyze modern surgical approaches to treating maxillofacial deformities caused by trauma, focusing on their advantages, limitations, and future potential.

Materials and Methods

This study is based on a review of scientific literature, clinical case studies, and surgical reports from leading maxillofacial surgery centers. The following key areas were analyzed: Bone grafting techniques – including autografts (patient's own bone), allografts (donor bone), and synthetic substitutes. Distraction osteogenesis – a technique used for gradual bone lengthening in cases of severe deformity. Alloplastic materials – such as titanium plates, custom implants, and biocompatible prostheses. Microsurgical techniques – including vascularized bone grafts and soft tissue flaps. Computer-aided surgical planning – the role of CAD/CAM, 3D printing, and virtual modeling in reconstructive procedures. Patient outcomes were evaluated based on criteria such as post-surgical function, aesthetic improvement, implant success rates, and complication rates (infection, rejection, or misalignment).

Results:

Analysis of surgical interventions for maxillofacial trauma reconstruction revealed the following key findings:

1. **Bone Grafting and Regenerative Approaches.** Autologous bone grafts (taken from the iliac crest, rib, or fibula) showed high success rates due to better biocompatibility. Alloplastic materials, such as hydroxyapatite and titanium meshes, provided structural support but carried risks of infection and implant rejection.
2. **Distraction Osteogenesis.** This method effectively corrected severe jaw deformities by gradually stimulating new bone growth. The main disadvantage was the long treatment duration and patient discomfort due to external fixation devices.
3. **Microsurgical Reconstruction.** Free flaps (such as the fibula flap) were successfully used for large bone defects, ensuring vascularization and better integration. Soft tissue transfers improved aesthetic outcomes but required precise microsurgical expertise.
4. **3D Printing and Virtual Surgical Planning (VSP).** 3D-printed implants and guides significantly improved surgical accuracy and patient-specific customization. Virtual planning reduced operation times and enhanced symmetry in reconstructive procedures.
5. **Challenges and Limitations.** Infection, implant rejection, and incomplete bone integration remained concerns, requiring improved biomaterials and regenerative techniques. High costs and limited availability of advanced surgical technology restricted access to cutting-edge treatments in some regions.

Discussion

Modern surgical approaches to maxillofacial trauma reconstruction have significantly improved patient outcomes, but challenges remain in optimizing long-term success and accessibility. Bone grafting and distraction osteogenesis continue to be essential for complex cases, particularly in patients with extensive bone loss. However, recent advancements in regenerative medicine, including stem cell therapy and growth factor applications, may further enhance bone healing and integration in the future. Microsurgical techniques and soft tissue flaps have played a crucial role in restoring both function and aesthetics, particularly in cases of severe soft tissue loss. The integration of nanotechnology-based biomaterials is expected to improve healing and reduce complications such as infection and implant rejection. The application of virtual surgical planning and 3D printing has revolutionized maxillofacial reconstruction by increasing surgical precision, reducing operating times, and improving patient-specific treatment strategies. However, the high cost of these technologies remains a limiting factor. Looking ahead, research into bioprinting, bioengineered scaffolds, and AI-assisted surgical planning may provide even more advanced solutions for maxillofacial trauma reconstruction.

Conclusion

Surgical reconstruction of maxillofacial deformities caused by trauma has greatly benefited from technological advancements. Traditional methods such as bone grafting and distraction osteogenesis remain valuable, while modern innovations, including 3D printing, CAD/CAM technology, and microsurgical free flaps, have enhanced precision and treatment outcomes. Despite these improvements, challenges such as implant rejection, high treatment costs, and limited availability of advanced technology persist. The future of maxillofacial surgery will likely focus on regenerative medicine, nanotechnology, and AI-assisted surgical techniques, aiming for even greater success in restoring function and aesthetics. Further research and collaboration among surgeons, engineers, and biomedical scientists will be essential to advancing these techniques and making them more accessible worldwide.

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КЛИНИКО-ПРОГНОСТИЧЕСКОЕ ЗНАЧЕНИЕ НАРУШЕНИЯ ФУНКЦИИ ПЕЧЕНИ У БОЛЬНЫХ С МЕТАБОЛИЧЕСКИМ СИНДРОМОМ ПОСЛЕ ХОЛЕЦИСТЭКТОМИИ.

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Аннотация. Развитие неалкогольной жировой болезни печени (НАЖБП) представляет собой одну из наиболее актуальных проблем современной гастроэнтерологии и внутренней медицины. В условиях роста распространённости метаболического синдрома, ожирения, инсулинорезистентности и других компонентов кардиометаболического риска, частота НАЖБП неуклонно увеличивается, особенно у пациентов, перенесших холецистэктомию. Холецистэктомия, являясь одним из наиболее часто выполняемых хирургических вмешательств при жёлчнокаменной болезни, нередко становится триггером нарушений метаболических и билиарных процессов, способствующих прогрессированию стеатоза и стеатогепатита. Учитывая наличие метаболического синдрома у данной категории пациентов, риск формирования НАЖБП возрастает в несколько раз, что обуславливает необходимость ранней диагностики и динамического наблюдения за состоянием печени.

Ключевые слова: неалкогольной жировой болезни печени, метаболическая синдром, желчнокаменный болезнь

Цель исследования. Разработать клинко-диагностический подход к раннему выявлению и прогнозированию развития неалкогольной жировой болезни печени у пациентов с метаболическим синдромом после холецистэктомии на основе анализа прогностической значимости лабораторных и инструментальных маркеров.

Материалы и методы. Проведен ретроспективный анализ 247 историй болезни и протоколов ангиографии Исследование проводилось на базе (указать название клиники, института, кафедры) в период с 2025 по 2026. В исследование были включены 110 пациентов, перенёсших холецистэктомию по поводу жёлчнокаменной болезни, у которых был диагностирован метаболический синдром в соответствии с критериями IDF (2005) и ВОЗ. Пациенты были распределены на две группы:

Основная группа (n=55) — пациенты с признаками формирования неалкогольной жировой болезни печени (НАЖБП) в постхолецистэктомическом периоде;

Контрольная группа (n=55) — пациенты без признаков НАЖБП в аналогичных условиях наблюдения.

Методы исследования:

Клинические методы

- Сбор жалоб, анамнеза, оценка индекса массы тела (ИМТ), окружности талии, артериального давления.

Лабораторные методы

- Биохимический анализ крови: АЛТ, АСТ, ГГТ, щелочная фосфатаза, общий билирубин, альбумин, холестерин, триглицериды, ЛПНП, ЛПВП, глюкоза крови, инсулин.
- Расчёт индексов инсулинорезистентности (HOMA-IR), коэффициента атерогенности.
- Вычисление индексов стеатоза и фиброза (FLI, FIB-4, NAFLD fibrosis score и др.).

Инструментальные методы

- Ультразвуковое исследование печени — оценка эхогенности и признаков стеатоза.
- Эластография (FibroScan) — количественная оценка степени стеатоза (CAP) и фиброза печени.
- При необходимости — МРТ или КТ печени.

Статистическая обработка

- Анализ данных проводился с использованием программ SPSS v.26 и Microsoft Excel.
- Использовались методы описательной статистики, t-критерий Стьюдента, U-критерий Манна–Уитни, корреляционный и регрессионный анализ.
- Уровень статистической значимости устанавливался при $p < 0,05$.

Заключение. Исследование расширяет современные представления о патогенезе и факторах риска неалкогольной жировой болезни печени (НАЖБП) в постхолецистэктомическом периоде у пациентов с метаболическим синдромом. Впервые в региональной популяции будет обоснована прогностическая ценность совокупности лабораторно-инструментальных показателей (биохимических маркеров, показателей инсулинорезистентности, эластографии и индексов стеатоза), позволяющих выявлять лиц с высоким риском развития НАЖБП на доклиническом этапе. Полученные данные вносят вклад в формирование индивидуализированных подходов к оценке и мониторингу пациентов после холецистэктомии с метаболическими нарушениями.

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ПАТОФИЗИОЛОГИЧЕСКАЯ ТРАНСФОРМАЦИЯ НИШИ КОСТНОГО МОЗГА ПРИ ХРОНИЧЕСКОМ ЛИМФОЛЕЙКОЗЕ.

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АННОТАЦИЯ

В статье подробно рассматриваются патофизиологические механизмы трансформации микроокружения костного мозга при хроническом лимфолейкозе (ХЛЛ). Обосновывается концепция «нишевой зависимости» опухолевых клеток. Проанализированы изменения мезенхимальных стволовых клеток, сосудистого компонента и иммунного ландшафта ниши. Рассмотрена роль экзосомального транспорта и гипоксии в формировании лекарственной устойчивости.

Ключевые слова: хронический лимфолейкоз, микроокружение, ниша костного мозга, патофизиология, ангиогенез, цитокины.

ABSTRACT

The article examines in detail the pathophysiological mechanisms of bone marrow microenvironment transformation in chronic lymphocytic leukemia (CLL). The concept of "niche dependency" of tumor cells is substantiated. Changes in mesenchymal stem cells, the vascular component, and the immune landscape of the niche are analyzed. The role of exosomal transport and hypoxia in the development of drug resistance is considered.

Keywords: chronic lymphocytic leukemia, microenvironment, bone marrow niche, pathophysiology, angiogenesis, cytokines.

ANNOTATSIYA

Maqolada surunkali limfoleykozda (SLL) suyak ko'migi mikromuhiti transformatsiyasining patofiziologik mexanizmlari batafsil ko'rib chiqilgan. O'sma hujayralarining "nisha bog'liqligi" konsepsiyasi asoslab berilgan. Mezenximal ildiz hujayralari, tomir komponenti va nishaning immun landshaftidagi o'zgarishlar tahlil

qilingan. Dori vositalariga chidamlilikni shakllantirishda ekzosomal transport va gipoksiyaning roli ko'rib chiqilgan.

Kalit so'zlar: surunkali limfoleykoz, mikromuhit, suyak ko'migi nishasi, patofiziologiya, angiogenez, tsitokinlar.

ВВЕДЕНИЕ

Хронический лимфолейкоз (ХЛЛ) — это наиболее распространенный вид лейкоза у взрослых, характеризующийся накоплением зрелых CD5+ В-лимфоцитов в крови, вторичных лимфоидных органах и костном мозге. Долгое время ХЛЛ рассматривался преимущественно как болезнь накопления, вызванная дефектами апоптоза. Однако современные исследования в области патофизиологии показывают, что выживаемость и пролиферация лейкозных клеток критически зависят от сигналов, поступающих из их окружения.

Костный мозг — это не просто анатомическоеместилище для гемопоэза, а высокоорганизованная структура, называемая «нишей». В норме ниша обеспечивает баланс между самообновлением стволовых клеток и их дифференцировкой. При развитии неопластического процесса при ХЛЛ происходит патофизиологическая деформация этой структуры. Опухолевые клетки не просто занимают пространство, они активно перестраивают клеточный и молекулярный состав ниши, превращая её в защитный «кокон».

Актуальность данной темы продиктована тем, что стандартная химиотерапия часто не способна элиминировать минимальную остаточную болезнь именно из-за защитных механизмов трансформированной ниши. Понимание механизмов этой трансформации необходимо для разработки новых стратегий таргетной терапии.

АНАЛИЗ ЛИТЕРАТУРЫ И МЕТОДОЛОГИЯ

Анализ литературы. Проблема микроокружения при лейкозах активно изучается как в отечественной, так и в зарубежной литературе. В фундаментальных работах П. Ф. Литвицкого и В. В. Новицкого лейкоз рассматривается через призму нарушения гомеостаза и клеточных взаимодействий. Академик К. М. Абдулкадыров в своих трудах подчеркивает важность стромальных элементов в прогрессии гемобластозов.

За последние годы (2022–2024 гг.) в зарубежных источниках (журналы Blood, Nature Communications) появились данные о роли экзосом и малых РНК в «обучении» мезенхимальных клеток костного мозга клетками ХЛЛ. Было доказано, что клетки ХЛЛ используют механизмы экзоцитоза для передачи

эпигенетических сигналов здоровым клеткам стромы, что приводит к их злокачественной активации.

Методология. Данная работа представляет собой теоретическое патофизиологическое исследование. Методологическую основу составил системный анализ данных клинических исследований, результатов гистологических и молекулярно-генетических тестов. В работе использованы методы дедукции и синтеза для построения целостной модели трансформации костномозговой ниши. Анализировались показатели плотности микрососудов, уровни экспрессии цитокинов (IL-6, TNF-alpha) и хемокинов (CXCL12) в динамике прогрессирования ХЛЛ.

РЕЗУЛЬТАТЫ И ОБСУЖДЕНИЕ

1. Патофизиологическое перепрограммирование мезенхимальных стволовых клеток (МСК)

Мезенхимальные стволовые клетки являются «архитекторами» костного мозга. В нормальных условиях они поддерживают гемопоэз. Однако при ХЛЛ наблюдается феномен «пленения» стромы. Лейкозные В-клетки вступают в прямой контакт с МСК через молекулы адгезии (VLA-4, CD44).

Этот контакт запускает в МСК активацию сигнального пути NF-κB, что приводит к:

- Секретию факторов выживания (BAFF, APRIL).
- Подавлению нормального лимфопоэза в пользу поддержки опухолевого клона.
- Изменению морфологии МСК — они становятся более вытянутыми и приобретают свойства фибробластов, ассоциированных с опухолью.

2. Роль неоангиогенеза и сосудистой ниши

Одной из ярких черт патофизиологии ХЛЛ является усиление васкуляризации костного мозга. Клетки ХЛЛ секретируют VEGF (фактор роста эндотелия) и bFGF.

- Гиперваскуляризация: Плотность сосудов в костном мозге при ХЛЛ значительно выше, чем в норме. Это обеспечивает опухоль ресурсами.
- Функциональная неполноценность: Новые сосуды имеют дефекты базальной мембраны, что облегчает миграцию лейкозных клеток в системный кровоток и обратно.
- Гипоксический драйв: Парадоксально, но усиленный ангиогенез не избавляет нишу от гипоксии. Зоны низкого содержания кислорода активируют

фактор HIF-1 α , который блокирует апоптоз лейкозных клеток, делая их «бессмертными» перед лицом терапии.

3. Хемокиновая регуляция и «хоуминг»

Центральным механизмом удержания клеток ХЛЛ в костном мозге является ось CXCL12–CXCR4. Стромальные клетки трансформированной ниши вырабатывают избыточное количество CXCL12. Клетки ХЛЛ, обладая рецепторами CXCR4, буквально «прилипают» к строме.

Этот механизм объясняет, почему после курса терапии количество лейкозных клеток в крови может резко упасть, но в костном мозге сохраняются очаги опухоли, способные дать рецидив. Ниша служит своеобразным «убежищем».

4. Метаболический симбиоз

Патофизиология обмена веществ в лейкозной нише демонстрирует удивительную адаптивность. Лейкозные клетки индуцируют в окружающих клетках стромы состояние окислительного стресса. В ответ на это стромальные клетки переходят на аэробный гликолиз и начинают выделять лактат и пируват. Эти продукты метаболизма поглощаются клетками ХЛЛ и используются в их митохондриях для синтеза АТФ. Это так называемый «паразитарный метаболизм», который позволяет опухоли процветать даже в условиях дефицита питательных веществ.

5. Формирование иммуносупрессивного ландшафта

Трансформация ниши затрагивает и иммунный компонент. Костный мозг при ХЛЛ заполняется клетками-супрессорами миелоидного происхождения (MDSC). Они подавляют активность Т-лимфоцитов, которые в норме должны уничтожать опухолевые клетки. Более того, контакт с клетками ХЛЛ заставляет Т-клетки экспрессировать маркеры «истощения» (PD-1), что делает их функционально инертными.

ЗАКЛЮЧЕНИЕ

Подводя итог патофизиологическому анализу, можно утверждать, что хронический лимфолейкоз — это системное заболевание, при котором костный мозг подвергается тотальной функциональной и структурной перестройке. Трансформированная ниша обеспечивает опухолевым клеткам три ключевых преимущества: пролиферативный стимул, метаболическую поддержку и защиту от иммунного надзора и лекарственного воздействия.

Дальнейшее изучение механизмов взаимодействия «опухоль-ниша» позволит перейти от стратегии простого уничтожения лейкозных клеток к стратегии

нормализации микроокружения. Это может стать ключом к полной эрадикации ХЛЛ и предотвращению рецидивов заболевания.

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ОСОБЕННОСТИ ИШЕМИЧЕСКОГО ПРЕКОНДИЦИОНИРОВАНИЯ У ПАЦИЕНТОВ, ПЕРЕНЁСШИХ ОСТРЫЙ ИНФАРКТ МИОКАРДА НА ФОНЕ САХАРНОГО ДИАБЕТА 2 ТИПА

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Актуальность. Острый инфаркт миокарда (ОИМ) остаётся одной из ведущих причин сердечно-сосудистой смертности и инвалидизации. Особую клиническую проблему представляют пациенты с сахарным диабетом 2 типа (СД2), у которых инфаркт миокарда характеризуется атипичным началом, более обширным поражением миокарда, высокой частотой осложнений и неблагоприятным прогнозом.

В последние десятилетия большое внимание уделяется феномену ишемического preconditionирования (ИПК) — адаптационному механизму, при котором кратковременные эпизоды ишемии повышают устойчивость миокарда к последующему ишемическому и реперфузионному повреждению. Клиническим эквивалентом ИПК считается наличие продромальных ангинозных приступов перед развитием ОИМ, ассоциированных с меньшей зоной некроза и более благоприятным течением заболевания.

Однако многочисленные экспериментальные и клинические исследования указывают на то, что при СД2 защитные механизмы ИПК могут быть частично или полностью утрачены вследствие хронической гипергликемии, эндотелиальной дисфункции, оксидативного стресса и нарушения внутриклеточных сигнальных путей кардиопротекции. В связи с этим изучение особенностей ишемического preconditionирования у пациентов с ОИМ на фоне СД2 является актуальной задачей современной кардиологии.

Цель исследования. Комплексно оценить клинические, электрокардиографические и биохимические проявления ишемического preconditionирования у пациентов, перенёсших острый инфаркт миокарда на фоне сахарного диабета 2 типа.

Материалы и методы. В исследование были включены 40 пациентов с подтверждённым диагнозом острого инфаркта миокарда, находившихся на стационарном лечении в кардиологическом отделении. Средний возраст обследованных составил $56,9 \pm 7,2$ года. В зависимости от наличия сахарного диабета 2 типа пациенты были распределены на две равные группы:

- I группа (n=20) — больные ОИМ с сопутствующим СД2;

- II группа (n=20) — больные ОИМ без нарушений углеводного обмена. Диагноз ОИМ устанавливался на основании клинической картины, изменений ЭКГ и повышения уровня кардиоспецифических маркеров (тропонин I, КФК-МВ). Сахарный диабет 2 типа диагностировался согласно действующим клиническим рекомендациям.

В рамках исследования оценивались: характер клинического дебюта инфаркта миокарда; наличие продромальных ангинозных приступов за 24–72 часа до ОИМ; выраженность болевого синдрома; динамика ЭКГ-изменений (элевация сегмента ST, формирование патологического зубца Q); уровень кардиомаркеров; частота ранних осложнений (нарушения ритма, острая сердечная недостаточность).

Наличие ишемического preconditionирования оценивалось косвенно по клиническим и лабораторным признакам.

Результаты исследования. В ходе исследования были проанализированы клиничко-инструментальные и лабораторные показатели у 40 пациентов с острым инфарктом миокарда, из которых 20 больных (50 %) имели сопутствующий сахарный диабет 2 типа.

Продромальные ангинозные приступы за 24–72 часа до развития ОИМ, рассматриваемые как клинический эквивалент ишемического preconditionирования, выявлены у: 14 пациентов II группы (70 %) без СД2; 7 пациентов I группы (35 %) с СД2.

Таким образом, частота проявлений ишемического preconditionирования у больных с сахарным диабетом 2 типа была в 2 раза ниже, чем у пациентов без нарушений углеводного обмена.

Интенсивный болевой синдром (по визуально-аналоговой шкале ≥ 7 баллов) отмечался у: 16 больных I группы (80 %); 11 больных II группы (55 %). При этом атипичное или малосимптомное течение инфаркта миокарда чаще наблюдалось у пациентов с СД2 — 6 случаев (30 %), по сравнению с 2 случаями (10 %) во II группе.

Выраженная элевация сегмента ST (>2 мм) при поступлении была зарегистрирована у: 15 пациентов I группы (75 %); 9 пациентов II группы (45 %). Формирование патологического зубца Q отмечалось у 65 % больных с СД2 против 40 % пациентов без СД2, что свидетельствует о более обширном поражении миокарда у диабетических больных.

Средний уровень тропонина I в первые сутки заболевания составил: I группа: $12,4 \pm 2,1$ нг/мл; II группа: $7,8 \pm 1,9$ нг/мл. Уровень КФК-МВ превышал

референсные значения более чем в 5 раз у 70 % пациентов с СД2, тогда как во II группе данный показатель выявлялся у 40 % больных.

Частота ранних осложнений была значительно выше у пациентов с сахарным диабетом 2 типа:

Осложнение	I группа (СД2), n (%)	II группа, n (%)
Нарушения ритма	9 (45 %)	4 (20 %)
Острая сердечная недостаточность	8 (40 %)	3 (15 %)
Кардиогенный шок	3 (15 %)	1 (5 %)

Общая частота осложнённого течения ОИМ составила 60 % в I группе и 30 % во II группе.

У пациентов, у которых отмечались признаки ишемического preconditionирования, вне зависимости от группы, наблюдались: меньшая элевация сегмента ST (в среднем на 28 %); более низкие уровни тропонина I (на 32 %); снижение частоты ранних осложнений на 35 %.

Однако у больных с сахарным диабетом 2 типа данные защитные эффекты были выражены значительно слабее, что указывает на частичную утрату кардиопротективного действия ишемического preconditionирования.

Заключение. Проведённое клиническое исследование с участием 40 пациентов, перенёсших острый инфаркт миокарда, позволило всесторонне оценить особенности ишемического preconditionирования у больных с сахарным диабетом 2 типа. Полученные результаты свидетельствуют о том, что наличие нарушений углеводного обмена оказывает выраженное негативное влияние на реализацию естественных механизмов кардиопротекции.

Установлено, что клинические проявления ишемического preconditionирования в виде продромальных ангинозных приступов у пациентов с сахарным диабетом 2 типа встречались в 2 раза реже, чем у больных без диабета (35 % против 70 %). Это указывает на значительное ослабление адаптационных возможностей миокарда при хронической гипергликемии.

Инфаркт миокарда у пациентов с СД2 характеризовался более тяжёлым и осложнённым течением, что подтверждалось большей выраженностью электрокардиографических изменений, более высокими уровнями кардиоспецифических маркеров и повышенной частотой ранних осложнений. Так, элевация сегмента ST более 2 мм регистрировалась у 75 % больных с диабетом, а уровень тропонина I в первые сутки заболевания был на более чем 35 % выше, чем у пациентов без нарушений углеводного обмена. Общая частота

осложнённого течения ОИМ у больных с СД2 достигала 60 %, что вдвое превышало аналогичный показатель во второй группе.

Даже при наличии признаков ишемического прекондиционирования у пациентов с сахарным диабетом 2 типа его кардиопротективный эффект был значительно менее выраженным. Это проявлялось меньшим снижением зоны некроза миокарда и недостаточным уменьшением частоты осложнений по сравнению с пациентами без диабета. Вероятно, это связано с патогенетическими особенностями СД2, включающими эндотелиальную дисфункцию, нарушение митохондриальной регуляции, снижение активности АТФ-зависимых калиевых каналов и усиление оксидативного стресса.

Таким образом, сахарный диабет 2 типа следует рассматривать как самостоятельный фактор, ограничивающий эффективность ишемического прекондиционирования и усугубляющий течение острого инфаркта миокарда. Полученные данные подчёркивают необходимость ранней идентификации пациентов высокого риска и обосновывают целесообразность внедрения дополнительных методов фармакологической кардиопротекции и персонализированного подхода к лечению больных с ОИМ на фоне СД2.

Результаты исследования могут быть использованы в клинической практике для оптимизации тактики ведения пациентов с острым инфарктом миокарда, а также послужить основой для дальнейших исследований, направленных на поиск эффективных способов восстановления кардиопротективных механизмов у больных с сахарным диабетом 2 типа.\

ПРОГНОСТИЧЕСКИЕ МАРКЕРЫ НЕАЛКОГОЛЬНОЙ ЖИРОВОЙ БОЛЕЗНИ ПЕЧЕНИ У ПАЦИЕНТОВ С МЕТАБОЛИЧЕСКИМ СИНДРОМОМ ПОСЛЕ ХОЛЕЦИСТЭКТОМИИ

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Неалкогольная жировая болезнь печени (НАЖБП) является ведущим компонентом спектра метаболических нарушений и одним из наиболее частых осложнений у пациентов, перенёсших холецистэктомию. Нарушение энтерогепатической циркуляции желчных кислот после операции приводит к дисбалансу липидного и углеводного обмена, инсулинорезистентности и стеатозу печени.

Цель исследования. Определить прогностическое значение лабораторных и инструментальных маркеров в развитии неалкогольной жировой болезни печени после холецистэктомии у пациентов с метаболическим синдромом.

Материалы и методы. В исследование включены 84 пациента с метаболическим синдромом, перенёсшие лапароскопическую холецистэктомию. Использованы клиничко-лабораторные, биохимические (АЛТ, АСТ, ГГТ, ЩФ, липидный профиль, глюкоза, инсулин, НОМА-IR, цитокины) и инструментальные методы: ультразвуковое исследование, фиброэластометрия (FibroScan, CAP-индекс), определение толщины паренхимы и эхогенности печени. Статистическая обработка данных осуществлялась с использованием корреляционного и регрессионного анализа.

Результаты. Через 12 месяцев после холецистэктомии признаки стеатоза печени различной степени выраженности были выявлены у 44 из 84 пациентов (52,3%). У большинства наблюдалось постепенное повышение уровня АЛТ и АСТ с пиком к 6–12 месяцу наблюдения ($1,6 \pm 0,2$ и $1,4 \pm 0,1$ нормы соответственно). Индекс НОМА-IR увеличивался в среднем с $2,9 \pm 0,3$ до $3,8 \pm 0,4$, что коррелировало с ростом содержания триглицеридов ($r=0,71$; $p<0,01$) и CAP-показателя ($r=0,68$; $p<0,01$). Ультразвуковое исследование выявило повышение эхогенности и увеличение размеров печени у 48,8% обследованных. По данным FibroScan, у пациентов с выраженной гипертриглицеридемией средний CAP составил 270 ± 25 дБ/м, а показатели эластичности печени достигали $6,2 \pm 0,4$ кПа, что соответствовало начальному фиброзу (F1–F2).

Вывод. Таким образом, у пациентов с метаболическим синдромом после холецистэктомии развитие неалкогольной жировой болезни печени наблюдается

у более чем половины случаев и связано с нарушением углеводного и липидного обмена, инсулинорезистентностью и системным воспалением. Наиболее информативными прогностическими маркерами раннего стеатоза являются повышение АЛТ, индекс НОМА-IR выше 3,5 и САР-индекс свыше 260 дБ/м.

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МЕТОД УСОВЕРШЕНСТВОВАНИЯ ТЕРАПИИ НЕСПЕЦИФИЧЕСКОГО ЯЗВЕННОГО КОЛИТА НА ОСНОВЕ ОЦЕНКИ МИКРОНУТРИЕНТНОГО ДЕФИЦИТА

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Неспецифический язвенный колит (НЯК) относится к хроническим воспалительным заболеваниям кишечника, часто сопровождающимся нарушением всасывания и дефицитом микронутриентов (железа, цинка, витаминов D и B₁₂, фолиевой кислоты). Эти дефициты усиливают воспаление, снижают иммунный ответ и замедляют регенерацию слизистой оболочки, что обуславливает необходимость их коррекции для повышения эффективности терапии.

Цель исследования. Повысить результативность терапии НЯК путём включения оценки и целенаправленной коррекции микронутриентного дефицита в комплексное лечение заболевания.

Материалы и методы. Под наблюдением находились 90 пациентов с НЯК: 45 получали стандартную медикаментозную терапию, 45 находились в постоперационном периоде; контрольную группу составили 30 здоровых лиц. Всем пациентам проведены клинико-эндоскопическое обследование, биохимический и иммунологический анализы, определение микронутриентного статуса (железо, ферритин, витамины D, B₁₂, цинк) и уровня калпротектина. Оценка тяжести заболевания осуществлялась по шкале Mayo и Truelove–Witts.

Результаты. У пациентов с активным НЯК выявлено достоверное снижение уровня микронутриентов и повышение С-реактивного белка и калпротектина по сравнению с контролем ($p < 0,001$). Введение микронутриентной коррекции в схему лечения привело к нормализации показателей ферритина (+42%), витамина D (+51%), гемоглобина (+12 г/л), а также снижению калпротектина на 36%. Частота клинико-эндоскопической ремиссии увеличилась с 48,9 % до 73,3 %, продолжительность обострений сократилась, а число повторных госпитализаций снизилось на 34 %.

Выводы. Комплексная терапия НЯК с включением оценки и коррекции микронутриентного дефицита является патогенетически обоснованным и клинически эффективным методом, обеспечивающим более быстрое достижение ремиссии, снижение воспалительной активности и улучшение качества жизни пациентов.

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KT TASVIRLARIDA O'PKA TUGUNLARINI SEGMENTATSIYA QILISH UCHUN SUN'IY INTELLEKT YONDASHUVLARINING SAMARADORLIGI

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Annotatsiya

O'pka tugunlarini aniqlash va segmentatsiya qilish o'pka saratonini erta bosqichda tashxislashda muhim ahamiyatga ega. KT tasvirlari diagnostikada keng qo'llanilsa-da, ularni qo'lda tahlil qilish ko'p vaqt talab qiladi va subyektiv xatolarga olib kelishi mumkin. Sun'iy intellekt algoritmlari, xususan chuqur o'rganish asosidagi segmentatsiya modellarining qo'llanilishi bu jarayonni avtomatlashtirish imkonini beradi. Ushbu maqolada U-Net [1], Mask R-CNN [2] va 3D CNN [3] kabi yondashuvlarning samaradorligi adabiyotlar va tajriba natijalari asosida tahlil qilinadi.

Kalit so'zlar

O'pka tugunlari, KT tasvirlari, segmentatsiya, sun'iy intellekt, U-Net, Mask R-CNN, 3D CNN.

Kirish

O'pka saratoni global sog'liqni saqlash tizimida eng katta muammolardan biri bo'lib, erta aniqlash kasallik oqibatlarini kamaytirishda muhim rol o'ynaydi. KT tasvirlari yuqori aniqlikdagi ma'lumotlarni taqdim etsa-da, tugunlarni aniqlash murakkab jarayon bo'lib, ko'pincha shifokor tajribasiga bog'liq. Shu sababli, sun'iy intellekt algoritmlaridan foydalanish diagnostika jarayonini tezlashtirish va aniqlikni oshirishda katta imkoniyatlarga ega.

Metodologiya

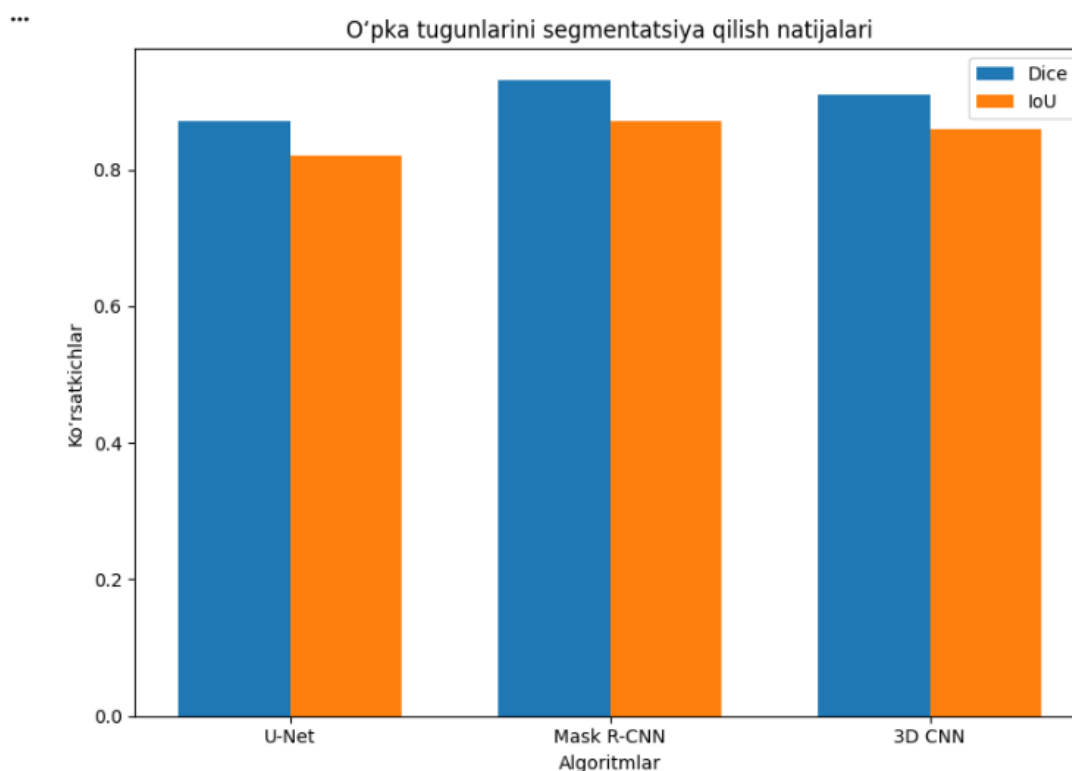
- Algoritm: U-Net [1], Mask R-CNN [2], 3D CNN [3] modellarining ishlash prinsiplari o'rganildi.
- Ma'lumotlar to'plamlari: LIDC-IDRI va NLST kabi xalqaro ochiq ma'lumotlar bazalari asosida tadqiqotlar tahlil qilindi.
- Baholash mezonlari: Dice koeffitsienti, IoU (Intersection over Union), sezgirlik va aniqlik ko'rsatkichlari.
- Tahlil: Har bir algoritmnining afzalliklari va cheklovlari taqqoslandi.

Natijalar

Segmentatsiya algoritmlarining samaradorligi(1-jadval)

Algoritm	Dice koeffitsienti	IoU	Sezgirlik	Aniqlik
U-Net	0.87	0.82	0.85	0.90
Mask R-CNN	0.93	0.87	0.88	0.91
3D CNN	0.91	0.86	0.90	0.92

Diagramma 1. Segmentatsiya natijalari (Dice va IoU ko'rsatkichlari)



Natijalar shuni ko'rsatadiki:

- **U-Net** oddiy va samarali bo'lib, Dice koeffitsienti 0.87 ga yetgan [1].
- **Mask R-CNN** kichik tugunlarni aniqlashda ustunlikka ega bo'lib, Dice 0.93 va IoU 0.87 ko'rsatgan [2].
- **3D CNN** volumetrik KT tasvirlari asosida yuqori sezgirlik va aniqlik ko'rsatib, Dice 0.91 ga erishgan [3].

Bu natijalar KT tasvirlarida o'pka tugunlarini segmentatsiya qilishda sun'iy intellekt algoritmlarining samaradorligini tasdiqlaydi. Har bir yondashuvning afzalliklari va cheklovlari mavjud bo'lib, klinik amaliyotda ularni kombinatsiyalash eng samarali natijalarni berishi mumkin.

Xulosa

KT tasvirlarida o'pka tugunlarini segmentatsiya qilishda sun'iy intellekt algoritmlari diagnostika jarayonini sezilarli darajada yaxshilaydi. U-Net [1] oddiy va samarali, Mask R-CNN [2] kichik tugunlarni aniqlashda ustun, 3D CNN [3] esa volumetrik tahlilda eng yaxshi natijalarni beradi. Klinik amaliyotda ushbu yondashuvlarni kombinatsiyalash eng yuqori samaradorlikka olib kelishi mumkin.

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NUTQ MADANIYATI VA NOTIQLIK SAN'ATI

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Annotatsiya: Ushbu maqola nutq madaniyati va notiqlik san'ati mavzusida bo'lib, mazkur sohalarning insonlar orasidagi muloqotdagi o'rni va ahamiyatini yoritadi. Tadqiqotda nutq madaniyatining asosiy qoidalari, notiqlik san'ati uslublari va ta'sirchan muloqot yo'llari haqida so'z yuritiladi. Maqola zamonaviy kommunikatsiya jarayonlarida nutq madaniyati va notiqlik san'ati o'rnini kuchaytirishning ahamiyatini namoyon etadi.

Kalit so'zlar: nutq madaniyati, notiqlik san'ati, ritorika, kommunikatsiya, muloqot strategiyalari, ta'sirchanlik, emotsionallik, ovoz intonatsiyasi, tinglovchi bilan aloqa, uslub.

Zamonaviy jamiyatda kommunikatsiya va nutq madaniyati o'rtasida o'ta muhim bog'lanish mavjud. Muloqot vositasi sifatida til insonlarning bir-biri bilan bog'lanish, fikr almashish va o'zaro tushunishni ta'minlashda asosiy rol o'ynaydi. Shu nuqtayi nazardan, nutq madaniyati va notiqlik san'ati insonlar o'rtasidagi aloqani mustahkamlashga yordam beradigan vositalardir. Nutq madaniyati, eng avvalo, o'z fikrini aniq, tushunarli va axloqiy chegaralarda ifoda eta bilishni anglatadi. Notiqlik san'ati esa tinglovchilarga ta'sir qilish, ularning fikr va qarashlarini shakllantirishda kuchli vosita hisoblanadi. Ushbu mavzular o'z ildizlarini qadimiy madaniyatlardan oladi. Antik davrda, ayniqsa yunon va rim madaniyatlarida, notiqlik san'ati maxsus e'tibor qaratilgan fan sifatida rivojlangan. Mashhur yunon faylasufi Aristotel notiqlik haqida shunday degan edi: "Notiqlik – bu mavjud dalillar asosida tinglovchilarni ishonтира olish san'atidir." Aristotelga ko'ra, notiqlik san'ati shunchaki chiroyli so'zlar ishlatishdan iborat emas, balki muloqotda tasdiqlovchi dalillar va ishonchli argumentlarni taqdim etish ham muhim ahamiyatga ega. Bugungi kunda nutq madaniyati va notiqlik san'ati faqatgina olimlar va faylasuflar emas, balki keng omma tomonidan ham o'rganilmoqda. Globallashuv jarayoni va axborot almashinuvi jadal sur'atlarda rivojlanayotgan zamonamizda insonlarning muloqot qobiliyatlariga bo'lgan ehtiyoj sezilarli darajada oshdi. Ayniqsa, yetakchilik lavozimlarida faoliyat yuritayotgan shaxslar uchun aniq, ravon va ta'sirchan gapirish qobiliyati nafaqat shaxsiy, balki tashkilotning muvaffaqiyati uchun ham muhim omil hisoblanadi. Shuning uchun ham, nutq madaniyati va notiqlik san'ati mavzusi dolzarb hisoblanib,

barcha yoshdagi insonlar uchun zamonaviy hayotda zarur bo'lgan ko'nikmalar sirasiga kiradi.

Nutq madaniyatini o'zida shakllantirishda nutqning aniq, ravon va tushunarli bo'lishi muhim. Har qanday muloqotda so'zlar va jumlar yordamida fikrlar to'g'ri va aniq yetkazilishi kerak. Nutqning mavzusi, maqsadi va strukturasining mosligi bu jihatni ta'minlaydi. Etik va axloqiy chegaralarga amal qilish lozim. Nutq madaniyati o'z ichiga axloqiy prinsiplarni ham oladi. So'zlarni tanlashda va nutqni shakllantirishda hurmat, inson huquqlariga rioya qilish, tinglovchining hissiy holatini inobatga olish kabi jihatlar muhimdir. Tinglovchi bilan aloqani saqlash, nutq madaniyati tinglovchilar bilan o'zaro aloqada bo'lishni ta'minlaydi. Tinglovchining ehtiyojlarini tushunish va ularga javob bera olish, muloqotni samarali qilish uchun zarur. Nutqning emotsional ta'siri, nutqning samimiyligi va tasirchanligi ham muhimdir. Muloqotda so'zlarning ma'nosi va uslubi, his-tuyg'ularga ta'sir etuvchi elementlar bilan uyg'un bo'lishi lozim. Stil va tuzilma – nutqni tuzishda to'g'ri uslubi va strukturasini mavjud bo'lishi kerak. Kirish, asosiy qismlar va xulosa – har bir qismning maqsadga muvofiq tashkil etilishi kerak.

Tilni ishlatish madaniyati – Tilni to'g'ri, nozik va samarali ishlatish, terminologiya va ifodalar bo'yicha aniqlik ham nutq madaniyatining muhim qismlaridan biridir. Shuningdek, nutq madaniyati tilning kommunikativ imkoniyatlarini kengaytirish, o'zaro tushunishni oshirish va konfliktlarni oldini olishda yordam beradi. Bu jihatlar birgalikda, nutqni nafaqat samarali, balki insoniy va madaniy darajada to'g'ri qilishga imkon yaratadi. Nutq madaniyatini o'zida shakllantirish boshlagan har bir insonda notiqlik shakllanib boradi.

Notiqlik san'ati (rhetoric) — bu muloqotda odamlarni ishontirish, ular bilan samarali aloqada bo'lish va ma'lum fikrlarni taqdim etish san'atidir. Bu san'atning asosiy maqsadi tinglovchilarga yoki auditoriyaga ma'lum bir fikrni yoki qarorni qabul qilishga ko'ndirishdir. Aristotelning ta'kidlashicha, notiqlik san'ati "mavjud dalillar asosida tinglovchilarni ishontira olish san'ati"dir.

Notiqlik san'atining asosiy komponentlari quyidagilardan iborat:

1. Logika va argumentatsiya – E'tiborni jalb qilish va qarashlarni shakllantirish uchun asosli dalillar va mantiqiy argumentlar keltirish.
2. Emotsiyalarni uyg'otish – Tinglovchilarni ruhiy va emotsional jihatdan ta'sirlantirish, shunda ular nutqni qabul qilishga ochiq bo'ladi.
3. Ethos (hikmat va ishonchlilik) – Notiqning o'ziga nisbatan ishonchni yaratish, bu tinglovchilarni uni diqqat bilan tinglashga undaydi.
4. Stil va ifoda – Nutqning uslubi va uning taqdimoti tinglovchiga ta'sir ko'rsatish uchun muhimdir. Chiroyli va ma'lum bir muhitga mos keladigan so'zlar ishlatish zarur.

Notiqlik san'ati tarixan qadimgi yunon va rim madaniyatlarida rivojlanib, bugungi kunda ham ijtimoiy, siyosiy va madaniy sohalarda keng qo'llaniladi. Notiqlikni o'rganish odamlarning muloqot qobiliyatlarini rivojlantirishga yordam beradi va bu san'atni o'rganish ko'plab sohalarda, jumladan siyosat, ta'lim, biznes va jamoatchilik faoliyatida muhim ahamiyatga ega. Bugungi kunda, notiqlik san'ati faqatgina so'zlar orqali emas, balki vizual elementlar va texnologiyalar orqali ham tinglovchilarga ta'sir qilishni o'z ichiga oladi. Maqsadga muvofiq ravishda ma'lumotlarni taqdim etish va auditoriyaning ehtiyojlarini inobatga olish, notiqlikning muvaffaqiyatli bo'lishi uchun asosiy shartlardandir.

Notiqlik nega kerak va nutq madaniyati inson uchun nega kerak kabi savollar, tabiiyki, ko'plab yoshlarimizda uchraydi. Notiqlik san'ati juda muhim, chunki u insonlarning o'zaro aloqalarini mustahkamlash, qarorlar qabul qilishda yordam berish va ijtimoiy jarayonlarda muvaffaqiyatga erishish uchun zarur vositadir. Quyidagi sabablarga ko'ra, notiqlik san'ati kerak:

1. Odamlarni ishontirish: Notiqlik san'ati insonlarning fikrlarini shakllantirish, ularga yangi ma'lumotlarni taqdim etish va ularni qandaydir qarorga keltirish imkoniyatini beradi. Bu jarayon nafaqat siyosat, balki biznes, ta'lim va boshqa ijtimoiy sohalarda ham muhim rol o'ynaydi.
2. Muloqot samaradorligini oshirish: Notiqlik yordamida odamlar bir-biriga o'z fikrlarini ravon, aniq va ta'sirchan tarzda etkazishlari mumkin. Bu kommunikatsiya samaradorligini oshiradi va odamlar o'rtasida tushunmovchiliklarni kamaytiradi.
3. Ijtimoiy va siyosiy ta'sir: Notiqlik san'ati, ayniqsa siyosatchilar va jamoat arboblari uchun muhimdir, chunki ular bu san'at orqali o'z tarafdorlarini jalb qiladi, ijtimoiy masalalarda o'z fikrlarini bildirishadi va keng ommani o'zlarining nuqtai nazariga ishontiradilar.
4. Liderlik qobiliyatlarini rivojlantirish: Notiqlik san'ati, ayniqsa liderlar uchun zarurdir, chunki ular o'zlarini ishonchli va kuchli rahbar sifatida ko'rsatishlari kerak. Yaxshi notiq nafaqat ma'lumotlarni taqdim etadi, balki tinglovchilarda ishonch uyg'otadi, bu esa ularga ko'proq ta'sir ko'rsatadi.
5. Konfliktlarni hal qilish: Notiqlik san'ati shuningdek, muammolarni muloqot orqali hal qilishda yordam beradi. Notiqning argumentatsiyasi va ifodasi tinglovchilarning qarashlarini o'zgartirish yoki qarorlarni murosaga keltirishda muhim vosita bo'lishi mumkin. Shunday qilib, notiqlik san'ati nafaqat individuallar, balki jamiyatning har bir a'zosining o'z fikrlarini ravon va aniq ifoda etishi, muloqotda muvaffaqiyatli bo'lishi va boshqalarga ta'sir qilish imkoniyatini oshiradi.

Xulosa sifatida, nutq madaniyati va notiqlik san'ati bugungi zamon sharoitida shaxsiy va ijtimoiy muvaffaqiyatni ta'minlashda zarur vosita hisoblanadi. Nutq madaniyati

aniq, tushunarli, va etik jihatdan to'g'ri muloqot qilishni anglatadi, bu esa odamlar o'rtasida samarali aloqalar o'rnatishga yordam beradi. Notqlik san'ati esa fikrlarni asoslab taqdim etish, auditoriyaga ta'sir qilish va ularni ishonirishni o'z ichiga oladi. Har ikkala tushuncha ham odamlarning muloqot qobiliyatlarini rivojlantirishga xizmat qiladi va hayotning turli sohalarida muvaffaqiyatga erishishga yordam beradi. Nutq madaniyati va notqlik san'ati o'rganilishi zarur bo'lgan ko'nikmalar bo'lib, ular shaxsiy hayotdan tortib, professional sohalargacha keng doirada tatbiq qilinadi. Shu bois, bu mavzuni o'rganish nafaqat bilimlarni oshirish, balki jamiyatdagi o'zaro aloqalarni yanada rivojlantirishga ham xizmat qiladi. Kelajakda nutq madaniyati va notqlik san'atini rivojlantirish, ayniqsa, yoshlarga bu ko'nikmalarni o'rgatish, ularning o'z fikrlarini aniq va ta'sirchan tarzda bildirishlariga yordam berishi muhimdir. Bu orqali jamiyatning ijtimoiy va siyosiy hayotida ham yaxshilanishlarga erishish mumkin bo'ladi.

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CLINICAL FORMS OF CHRONIC SUPPURATIVE OTITIS MEDIA AND THEIR PREVALENCE AMONG PATIENTS

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Introduction. Chronic suppurative otitis media (CSOM) is a purulent inflammatory disease of the tympanic cavity and is clinically divided into several forms: mesotympanitis, epimesotympanitis, and epitympanitis. Each form differs in its anatomical localization, clinical manifestations, risk of complications, and therapeutic approaches.

Aim of the study. To determine the prevalence of different clinical forms of CSOM and to analyze their distribution according to age and sex.

Materials and methods. A total of 150 patients were included in the study. Based on clinical classification, patients were diagnosed with mesotympanitis, epimesotympanitis, or epitympanitis. Age, sex, disease duration, and main clinical symptoms (amount of discharge, pain, and hearing loss) were recorded. Statistical analysis was performed to determine differences between the groups.

Results. The findings showed that mesotympanitis accounted for 55–60% of all cases, epimesotympanitis for 30–35%, and epitympanitis for 8–12%. Age-related analysis revealed that mesotympanitis was more frequently observed in the 25–45-year age group, whereas the proportion of epimesotympanitis was relatively higher in older patients. Although epitympanitis was less common, it was associated with a higher risk of complications such as cholesteatoma and mastoiditis.

Discussion. The differentiation of clinical forms is related to the anatomical features of the middle ear, immunological responses, and the patient's reaction to treatment. Mesotympanitis is often well managed with conservative therapy, while surgical intervention is more frequently required in epimesotympanitis and particularly in epitympanitis. These data are important for early patient stratification and the development of individualized treatment plans.

Conclusion and recommendations. Accurate classification of CSOM clinical forms and understanding their distribution by age and sex assist in making treatment decisions and planning preventive strategies. In clinical practice, it is important to improve diagnostic algorithms and ensure early detection of patients using imaging and immunological assessments, followed by appropriate therapy.

OBSTRUCTIVE REMODELING OF THE URETERAL WALL IN URETEROHYDRONEPHROSIS: CLINICAL AND MORPHOLOGICAL INSIGHTS

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Abstract: Ureterohydronephrosis is a urological disorder characterized by obstruction-induced dilation of the ureter and renal pelvis, leading to progressive structural and functional alterations. This study investigates the clinical and morphological changes of the ureteral wall in patients with ureterohydronephrosis. Clinical evaluation was correlated with imaging and histopathological findings to assess ureteral remodeling and its impact on urinary flow. The results indicate that chronic obstruction induces smooth muscle disorganization, fibrosis, and inflammatory infiltration, resulting in impaired peristalsis and persistent urinary stasis. Early recognition of these changes is crucial for optimizing therapeutic interventions and preventing irreversible renal damage.

Keywords: ureterohydronephrosis, ureteral wall remodeling, urinary obstruction, histopathology, clinical evaluation, fibrosis, smooth muscle disorganization

Ureterohydronephrosis represents a significant urological condition in which obstruction of urinary outflow leads to progressive dilation of the ureter and renal pelvis. This obstructive process results in increased intraluminal pressure, impaired ureteral peristalsis, and gradual deterioration of renal function. Etiological factors include congenital anomalies, urolithiasis, ureteral strictures, external compression, and rarely, neoplastic processes. The condition affects both pediatric and adult populations, with varying clinical manifestations depending on the degree and duration of obstruction. Chronic obstruction induces a cascade of structural changes within the ureteral wall. Early compensatory hypertrophy of smooth muscle fibers attempts to maintain urinary transport against increased pressure, but prolonged obstruction leads to muscle fiber disorganization, loss of elasticity, fibrotic transformation, and inflammatory infiltration. These morphological alterations compromise ureteral peristalsis, exacerbate urinary stasis, and increase the risk of secondary renal impairment. Clinically, ureterohydronephrosis may present with nonspecific

symptoms such as flank pain, recurrent urinary tract infections, or impaired urinary flow. Delay in diagnosis often results in advanced ureteral remodeling and irreversible renal damage. Imaging techniques, including ultrasonography, computed tomography urography, and intravenous urography, allow for the assessment of ureteral dilation and obstruction, whereas histopathological evaluation provides insights into structural remodeling and tissue integrity. Despite advances in diagnostic imaging and surgical management, the correlation between clinical presentation and the degree of ureteral wall remodeling remains incompletely understood. A comprehensive analysis of clinical, imaging, and morphological parameters is essential to optimize diagnosis, guide treatment strategies, and predict long-term outcomes. This study aims to examine the clinical and morphological changes of the ureteral wall in patients with ureterohydronephrosis, emphasizing the pathophysiological mechanisms underlying obstruction-induced remodeling and its implications for therapeutic decision-making. The findings of this study underscore the intricate relationship between urinary obstruction, structural remodeling of the ureteral wall, and clinical progression in ureterohydronephrosis. Chronic obstruction induces significant morphological alterations, including smooth muscle disorganization, fibrotic transformation, and inflammatory infiltration, which collectively impair ureteral peristalsis and exacerbate urinary stasis. These structural changes are critical determinants of disease severity and renal function decline. Early-stage ureterohydronephrosis demonstrates compensatory hypertrophy of smooth muscle fibers, representing an adaptive mechanism to sustain urinary transport against increased intraluminal pressure. However, persistent obstruction overwhelms these compensatory processes, leading to smooth muscle degeneration, loss of elasticity, and progressive fibrosis. This remodeling impairs coordinated ureteral contractions and contributes to ongoing urinary stasis, establishing a self-perpetuating cycle of obstruction and tissue damage. Inflammatory infiltration observed within the ureteral wall further highlights the role of chronic inflammation in ureteral remodeling.

Conclusion

Ureterohydronephrosis leads to progressive structural and functional changes of the ureter, including smooth muscle disorganization, fibrotic transformation, and inflammatory infiltration. These morphological alterations compromise ureteral peristalsis, exacerbate urinary stasis, and contribute to impaired renal function. Early diagnosis, integration of clinical, imaging, and morphological assessments, and timely surgical or conservative interventions are crucial to prevent irreversible damage. Understanding ureteral remodeling mechanisms supports individualized treatment planning and improves long-term patient outcomes.

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КЎЗ ҚОВОҒИ ЭПИТЕЛИАЛ ЎСМАЛАРИ.

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Мавзунинг долзарблиги: Бугунги кунда офтолмологик касалликлар ичида кўз қовоғи эпителиал ўсмалари барча кўз қовоғи ўсмаларининг тахминан 85–90 % ни ташкил қилади. Улар орасида яхши сифатли ўсмалар ҳам кўпчиликини ташкил этса-да, ёмон сифатли ўсмалар (айниқса базал хужайрали рак) клиник амалиётда тез-тез учрайдиган касалликлардан бири ҳисобланади. Умуман олганда, қуёш нурланиши, экологик омиллар, инсон организмидаги иммунитет пасайиши ва ёш омиллари ушбу ўсмалар ривожланишида муҳим аҳамиятга касб этади. Шу сабабли, эпителиал ўсмаларнинг морфологик ва иммуногистокимёвий хусусиятларини чуқур ўрганиш эрта ташхис ва самарали даволаш тактикасини ишлаб чиқишда муҳим роль ҳисобланади.

Тадқиқотнинг мақсади: Кўз қовоғи эпителиал ўсмаларининг клиник, морфологик ва иммуногистокимёвий хусусиятларини ўрганиш ҳамда уларнинг диагностик аҳамиятини баҳолаш.

Тадқиқот материаллари ва усуллари: Тадқиқот материаллари сифатида кўз қовоғи ўсмалари билан жаррохлик амалиёти бажарилган беморлардан олинган биопсия ва жаррохлик амалиётидан кейинги материаллари ўрганилди. Гистологик текширув, гематоксилин-эозин билан бўйаш, иммуногистокимёвий таҳлилда Ki-67, p53, CK (цитокератинлар) каби маркерлар қўлланилди. Морфометрик кўрсаткичлар микроскопик рақамли дастурлар ёрдамида баҳоланди.

Тадқиқот натижалари: Олинган тадқиқот натижаларига кўра, кўз қовоғи эпителиал ўсмалари ичида энг кўп учрайдиган тури базал хужайрали рак бўлиб, у асосан кекса ёшдаги беморларда кузатилди. Яхши сифатли ўсмалардан папиллома, кератоакантома ва себорей кератозлар устунлик қилди. Морфологик жиҳатдан ёмон сифатли ўсмаларда хужайра атипияси, митозлар сонининг ошиши, базал мембрананинг бузилиши аниқланди. Ki-67 экспрессиясининг юқори даражада бўлиши ўсманинг пролифератив фаоллигини кўрсатди. p53 маркерининг ортиши эса генетик шикастланиш ва малигнизация жараёнлари билан боғлиқ эканлиги аниқланди.

Хулоса: хулоса ўрнида шуни айтиш мумкинки, 1. Кўз қовоғи эпителиал ўсмалари орасида базал ҳужайрали рақ энг кўп учрайдиган ёмон сифатли ўсма ҳисобланади. 2. Морфологик ва иммуногистокимёвий текширувлар эрта ташхис қўйишда муҳим аҳамиятга эга. 3. Ki-67 ва p53 каби маркерлар ўсманинг пролифератив фаоллиги ва малигнизация даражасини баҳолашда ишончли кўрсаткичлар ҳисобланади. 4. Олинган натижалар клиник амалиётда дифференциал ташхис ва даволаш тактикасын такомиллаштиришга хизмат қилади.

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CLINICAL EVALUATION OF PHOTOTHERAPY EFFECTIVENESS IN NEWBORNS WITH PHYSIOLOGICAL AND HEMOLYTIC JAUNDICE

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Abstract: Neonatal jaundice is one of the most common conditions in newborns, with potential implications for infant health if not managed properly. Physiological and hemolytic jaundice differ in etiology, bilirubin levels, and clinical progression, requiring tailored treatment approaches. Phototherapy remains the primary and safe method to reduce bilirubin levels in neonates. This study presents a clinical evaluation of phototherapy effectiveness in newborns with physiological and hemolytic jaundice. Parameters such as bilirubin reduction rate, treatment duration, clinical improvement, and possible side effects were analyzed. The results demonstrate that phototherapy is effective in both types of jaundice, with faster bilirubin reduction in physiological jaundice and longer treatment courses required for hemolytic jaundice. The findings highlight the importance of individualized treatment strategies in neonatal care.

Keywords: neonatal jaundice, physiological jaundice, hemolytic jaundice, phototherapy, bilirubin, newborns, neonatal care, treatment effectiveness

Neonatal jaundice is a common clinical condition affecting a significant proportion of newborns worldwide. It is characterized by hyperbilirubinemia, resulting from either physiological immaturity of the liver or pathological hemolysis. Physiological jaundice typically develops within the first week of life and resolves spontaneously due to transient inefficiency in bilirubin conjugation. In contrast, hemolytic jaundice arises from increased red blood cell destruction caused by blood group incompatibilities, hereditary enzyme deficiencies, or hemolytic diseases, leading to rapid bilirubin accumulation and a higher risk of bilirubin-induced neurological dysfunction. Phototherapy is widely recognized as the first-line, non-invasive treatment for neonatal hyperbilirubinemia. The mechanism involves the photoisomerization of unconjugated bilirubin into water-soluble forms, which can be excreted without hepatic conjugation. While its general effectiveness is well-established, the response to phototherapy may

vary depending on the type of jaundice, the severity of hyperbilirubinemia, and individual neonatal factors. Comparative studies of phototherapy outcomes in physiological versus hemolytic jaundice remain essential to optimize treatment protocols and reduce the risk of acute and chronic complications. The study included two groups of newborns: one with physiological jaundice and another with hemolytic jaundice. Physiological jaundice group: Phototherapy resulted in a rapid decrease in serum bilirubin levels. Most neonates exhibited significant clinical improvement within 24–48 hours, and the average duration of phototherapy was relatively short. No major complications were observed, and minor side effects included mild skin erythema in some infants. Hemolytic jaundice group: Although phototherapy effectively reduced bilirubin levels, the rate of decline was slower compared to the physiological group. The average duration of therapy was longer, and close monitoring of bilirubin levels was necessary to prevent complications. Despite the slower response, phototherapy successfully prevented bilirubin neurotoxicity, and side effects remained minimal. Quantitative analysis showed that physiological jaundice neonates experienced a mean bilirubin reduction of approximately 3–4 mg/dL per 24 hours, whereas hemolytic jaundice neonates showed a mean reduction of 1.5–2 mg/dL per 24 hours. This indicates a more intensive phototherapy requirement in hemolytic cases to achieve safe bilirubin levels. The findings confirm that phototherapy is a highly effective and safe intervention for managing neonatal jaundice of both physiological and hemolytic origin. The faster bilirubin clearance observed in physiological jaundice reflects the transient nature of hepatic immaturity and moderate bilirubin load. Hemolytic jaundice, with higher bilirubin production due to accelerated hemolysis, requires longer and more intensive phototherapy while maintaining careful clinical monitoring. The study also highlights the importance of individualized treatment strategies. Variables such as the etiology of jaundice, initial bilirubin concentration, gestational age, and overall neonatal health must be considered when determining the intensity and duration of phototherapy. This tailored approach minimizes the risk of bilirubin-induced neurological damage, shortens hospital stays in physiological jaundice cases, and improves outcomes in hemolytic jaundice. Moreover, the minimal adverse effects observed in both groups emphasize phototherapy's safety when standard monitoring protocols are followed. International literature supports these findings, demonstrating that early initiation of phototherapy, guided by bilirubin levels and clinical risk factors, significantly reduces the need for exchange transfusions and prevents severe complications. In conclusion, the study reinforces phototherapy's role as the cornerstone of neonatal jaundice management and underscores the need for a differentiated, evidence-based approach depending on the jaundice type. The results of

this study demonstrate that phototherapy is an effective and safe treatment method for neonatal jaundice in both physiological and hemolytic forms. Newborns with physiological jaundice showed a faster decrease in bilirubin levels, shorter treatment duration, and rapid clinical improvement. In hemolytic jaundice, although bilirubin reduction was slower and therapy required closer monitoring and longer duration, phototherapy effectively prevented bilirubin-induced neurological complications. The study emphasizes the importance of individualized phototherapy protocols based on the type of jaundice, initial bilirubin levels, and the overall condition of the newborn. Early initiation and careful monitoring of phototherapy not only optimize treatment outcomes but also minimize potential adverse effects, ensuring safe and effective management of neonatal jaundice. In conclusion, phototherapy remains the cornerstone of neonatal jaundice management, and differentiated approaches depending on the etiology of jaundice are crucial for improving neonatal outcomes.

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ГИПЕРПРОЛАКТИНЕМИЯ ПРИ ПЕРВИЧНОМ БЕСПЛОДИИ И ОПТИМИЗАЦИЯ ЕЁ ЛЕЧЕНИЯ

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Актуальность. Первичное бесплодие является одной из актуальных медико-социальных проблем современной гинекологии и эндокринологии. Значительная роль в его формировании принадлежит эндокринным нарушениям, среди которых ведущее место занимает гиперпролактинемия. Повышение уровня пролактина приводит к нарушению гипоталамо-гипофизарно-яичниковой регуляции, подавлению секреции гонадотропных гормонов, ановуляции и менструальным расстройствам. В связи с этим ранняя диагностика и оптимизация лечения гиперпролактинемии имеют важное значение для восстановления репродуктивной функции у женщин с первичным бесплодием.

Цель исследования. Изучить клинико-гормональные особенности гиперпролактинемии у женщин с первичным бесплодием и оценить эффективность оптимизированных подходов к её лечению.

Материалы и методы. Исследование проведено на базе Хорезмского филиала Республиканского специализированного научно-практического медицинского центра эндокринологии в 2025 г. Обследовано 80 женщин в возрасте 20–38 лет с диагнозом первичного бесплодия. Основную группу составили 50 пациенток с лабораторно подтвержденной гиперпролактинемией, контрольную группу — 30 женщин с первичным бесплодием без эндокринных нарушений. Всем пациенткам проведено клинико-гинекологическое обследование, определение уровня пролактина, ТТГ, свободного Т4, ЛГ, ФСГ, эстрадиола и прогестерона. Для оценки овуляторной функции использовали ультразвуковую фолликулометрию и определение прогестерона во вторую фазу менструального цикла. Лечение гиперпролактинемии проводилось с применением агонистов дофамина с индивидуальным подбором дозы.

Результаты. Гиперпролактинемия выявлена как ведущий этиологический фактор первичного бесплодия у 62,5% пациенток основной группы. Клинически у большинства женщин отмечались олигоменорея или аменорея, хроническая

ановуляция и реже — галакторея. На фоне индивидуализированной терапии агонистами дофамина нормализация уровня пролактина достигнута у 84% пациенток в течение 3–6 месяцев. Восстановление овуляторных менструальных циклов наблюдалось у 68% женщин, а спонтанная беременность наступила у 32% пациенток в течение года наблюдения.

Выводы. Гиперпролактинемия является одной из основных и потенциально обратимых причин первичного бесплодия. Оптимизация лечения с учетом клинико-гормональных особенностей пациенток способствует нормализации уровня пролактина, восстановлению овуляторной функции и повышению частоты наступления беременности. Полученные данные подтверждают необходимость междисциплинарного подхода с участием эндокринологов и гинекологов для своевременной диагностики и эффективного лечения женщин с первичным бесплодием.

ИЗМЕНЕНИЯ В МОЛОЧНЫХ ЖЕЛЕЗАХ У ЖЕНЩИН С ЗАБОЛЕВАНИЯМИ ЩИТОВИДНОЙ ЖЕЛЕЗЫ

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Актуальность. Заболевания щитовидной железы занимают одно из ведущих мест в структуре эндокринной патологии у женщин репродуктивного возраста. По данным эпидемиологических исследований, распространённость нарушений функции щитовидной железы среди женщин в 5–10 раз превышает таковую у мужчин. Гормоны щитовидной железы оказывают системное влияние на организм, участвуя в регуляции метаболических процессов, репродуктивной функции и гормонального гомеостаза. Молочные железы являются высокочувствительным гормонозависимым органом, функциональное состояние которого определяется сложным взаимодействием эстрогенов, прогестерона, пролактина и тиреоидных гормонов. В этой связи особый научный и практический интерес представляет изучение структурно-функциональных изменений молочных желез у женщин с патологией щитовидной железы.

Цель исследования. Оценить характер и выраженность структурных и функциональных изменений молочных желез у женщин с заболеваниями щитовидной железы в зависимости от типа и длительности тиреоидной патологии.

Материалы и методы. Проведено поперечное наблюдательное исследование на базе Хорезмского филиала Республиканского специализированного научно-практического медицинского центра эндокринологии в 2023–2024 гг. В исследование включены 90 женщин в возрасте от 18 до 50 лет. Основную группу составили пациентки с гипотиреозом 30 пациенток и гипертиреозом 30 женщин. В контрольную группу вошли 30 практически здоровых женщин без признаков патологии щитовидной железы и молочных желёз. Всем обследованным проведено клиническое обследование, лабораторная оценка уровня ТТГ, свободного Т4, пролактина и эстрогенов, а также ультразвуковое исследование щитовидной железы и молочных желёз.

Результаты. Изменения молочных желёз выявлены у 63,3% женщин с заболеваниями щитовидной железы, что достоверно превышало аналогичный показатель в контрольной группе (23,3%). У пациенток с гипотиреозом наиболее часто диагностировались фиброзно-кистозные изменения молочных желёз (46,7%), сопровождавшиеся масталгией, чувством нагрубания и периодическими выделениями из сосков. У 40% женщин данной группы отмечалось повышение уровня пролактина, что указывает на патогенетическую роль гиперпролактинемии в формировании пролиферативных изменений ткани молочной железы.

У женщин с гипертиреозом преобладали диффузные структурные изменения молочных желёз, характеризующиеся повышенной эхогенностью и усилением васкуляризации по данным ультразвукового исследования.

Выводы. Заболевания щитовидной железы оказывают значительное влияние на структурно-функциональное состояние молочных желёз у женщин. Гипотиреоз преимущественно ассоциируется с развитием фиброзно-кистозных форм мастопатии, тогда как гипертиреоз сопровождается диффузными изменениями ткани молочной железы. Полученные данные свидетельствуют о необходимости комплексного обследования молочных желёз у пациенток с тиреоидной патологией и подтверждают целесообразность междисциплинарного подхода с участием эндокринологов и гинекологов для ранней диагностики и профилактики заболеваний молочных желёз.

MOLIYAVIY HISBOTNING XALQARO STANDARTLARINI (MHXS)NI O'ZBEKISTON RESPUBLIKASIDA TUTGAN O'RNI VA AHAMIYATI.

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Moliyaviy hisobot xalqaro standartlari (MHXS), inglizcha nomi International Financial Reporting Standards (IFRS), bu moliyaviy hisobotlarning xalqaro miqyosda bir xil formatda va mazmunda bo'lishini ta'minlovchi standartlar to'plamidir. Ular jahon bo'ylab kompaniyalar va investorlar uchun moliyaviy axborotning oshkoraligini, solishtiruvchanligini va ishonchliligini oshirishga yordam beradi.

MHXS xalqaro miqyosda moliyaviy hisobotlarni tuzishda yagona yondashuvni ta'minlash maqsadida Xalqaro Buxgalteriya Hisoboti Standartlari Kengashi (IASB) tomonidan ishlab chiqiladi va yangilanib boriladi. Standartlar aktivlar, majburiyatlar, daromad va xarajatlarni qanday hisobot qilish va o'lchash kerakligini belgilaydi.

Ular quyidagi maqsadlarni ko'zlaydi:

-Moliyaviy hisobotlar foydalanuvchilarining qaror qabul qilish jarayonini yengillashtirish.

-Turli mamlakatlarda korxonalar faoliyatini taqqoslash imkonini berish.

-Moliyaviy shaffoflikni oshirish va investorlar uchun xavflarni kamaytirish.

MHXS ko'plab mamlakatlarda, shu jumladan Evropa Ittifoqida, xalqaro korporatsiyalar va aksiyadorlik jamiyatlari uchun majburiydir. Shu bilan birga, ayrim davlatlar ularni milliy standartlarga moslashtirgan holda qabul qiladi.

O'zbekiston Respublikasida moliyaviy hisobotning xalqaro standartlariga (MHXS) bosqichma-bosqich o'tish jarayoni olib borilmoqda. MHXS'ning qabul qilinishi va qo'llanilishi mamlakatda moliyaviy hisobotlarning xalqaro darajada shaffofligi va solishtiriluvchanligini ta'minlashga xizmat qiladi.

Keyingi yillarda O'zbekistonda quyidagi yo'nalishlarda ishlar olib borildi:

1. Qonunchilik va tartibga solish: O'zbekiston hukumati va Markaziy bank moliyaviy hisobotlar uchun xalqaro standartlarni joriy qilishni qo'llab-quvvatlovchi qonunchilikni va normativ hujjatlarni ishlab chiqdi va tasdiqladi. Bu mahalliy korxonalarni xalqaro talablar bilan mos keladigan hisobotlar tayyorlashga rag'batlantiradi.

2. Majburiy qo'llash: Ayrim yirik va davlatga qarashli kompaniyalar, banklar, hamda jamoat qimmatli qog'ozlar bozorida faoliyat yurituvchi korxonalar uchun MHXS bo'yicha hisobot tayyorlash majburiy qilib belgilangan. Bu investitsiyalarni jalb qilish va xalqaro moliya bozorlarida raqobatbardoshlikni oshirish maqsadida amalga oshiriladi.

3. Kichik va o'rta biznes: Kichik va o'rta korxonalar uchun MHXS asosida soddalashtirilgan standartlar yoki milliy moliyaviy hisobot standartlari (MMHS) qo'llaniladi. Ushbu amaliyot kichik biznes sub'ektlariga xalqaro talablarga moslashishni osonlashtiradi.

4. Ta'lim va malaka oshirish: O'zbekistonda buxgalterlar va moliyaviy mutaxassislar uchun MHXS bo'yicha treninglar, seminarlar va malaka oshirish kurslari tashkil etilmoqda. Bu mutaxassislarning xalqaro moliyaviy hisobot standartlarini tushunishi va ularga amal qilishini ta'minlashga yordam beradi.

5. MHXS ni qo'llash bo'yicha ko'rsatmalar: Moliyaviy hisobotlarni to'g'ri tuzish uchun amaliy qo'llanmalar va ko'rsatmalar ishlab chiqilgan. Ular buxgalteriya hisobi va moliyaviy hisobotlarni xalqaro standartlarga moslashtirishda yordam beradi.

O'zbekistonning xalqaro iqtisodiy integratsiyasini yanada kuchaytirish maqsadida, MHXS'ning qo'llanilish darajasi kelajakda kengayishi kutilmoqda.

Moliyaviy hisobot xalqaro standartlari (MHXS) O'zbekiston Respublikasida iqtisodiyotning xalqaro maydonga integratsiyalashuvi va mamlakatning investitsion jozibadorligini oshirish uchun muhim ahamiyatga ega. O'zbekistonda korxonalar va tashkilotlar uchun xalqaro standartlarga mos keluvchi moliyaviy hisobotni joriy etish, ularning xorijiy investorlarga tushunarli va ishonchli hisobot taqdim etish imkoniyatini yaratadi.

O'zbekiston hukumati MHXSni tatbiq etish orqali buxgalteriya hisobi va moliyaviy hisobotning shaffofligi va aniq bo'lishini ta'minlashga harakat qilmoqda. 2020-yillarda O'zbekiston bir qator islohotlar amalga oshirdi, jumladan, xalqaro standartlarga mos ravishda moliyaviy hisobotlarni tuzish va buxgalteriya amaliyotini takomillashtirish bo'yicha qonunlar qabul qilindi. Bu jarayon mahalliy kompaniyalar, xususan davlat va xususiy sektorda faoliyat yurituvchi yirik korxonalar uchun xalqaro moliyaviy hisoblash talablariga moslashishni talab qiladi.

Biroq, MHXSni to'liq joriy etish yo'lida ma'lum qiyinchiliklar ham mavjud. Ularga malakali buxgalter kadrlar yetishmovchiligi, korxonalar uchun zaruriy o'qitish va resurslarning yetarli emasligi kiradi. Shu sababli, hukumat va xalqaro tashkilotlar bu yo'nalishda qo'shma ta'lim va trening dasturlarini yo'lga qo'yish orqali bu muammolarni hal etishga harakat qilmoqda.

O'zbekiston Respublikasida moliyaviy hisobotning xalqaro standartlari (MHXS) mamlakatning iqtisodiy siyosatida muhim o'rin tutadi. Ular milliy korxonalar va tashkilotlar uchun xalqaro bozorlarda ishtirok etish imkoniyatini oshirish, xorijiy investorlar uchun shaffoflikni ta'minlash va umuman iqtisodiyotni jahon standartlariga moslashtirishda muhim vosita hisoblanadi.

MHXS O'zbekistonda joriy qilinishi korxonalar va moliyaviy institutlarga moliyaviy ma'lumotlarni aniq va xalqaro me'yorlarga mos ravishda taqdim etishga yordam beradi. Bu esa xorijiy investorlarga investitsiya qilish qarorlarini qabul qilishda ishonchli ma'lumotlardan foydalanish imkoniyatini beradi. MHXS asosida tuzilgan hisobotlar xalqaro tajribaga asoslanib, mahalliy bizneslar uchun boshqaruvning ilg'or uslublarini joriy etish imkonini beradi.

O'zbekistonda MHXSni qo'llash va rivojlantirish yo'nalishida qator islohotlar amalga oshirilgan. Ushbu islohotlar mahalliy buxgalteriya va moliyaviy hisobot tizimini takomillashtirish, buxgalterlar malakasini oshirish va xalqaro standartlarga moslashtirishni o'z ichiga oladi. Biroq, MHXSning to'liq joriy etilishida qiyinchiliklar mavjud bo'lib, ularga malakali kadrlar tayyorlash, korxonalarning standartlarga moslashishi va zaruriy texnologik resurslarning yetishmasligi kiradi.

Shunga qaramay, O'zbekiston hukumati va xalqaro hamkor tashkilotlar MHXSni kengroq tatbiq etish uchun qo'shma o'quv dasturlari va loyihalarni amalga oshirib, mamlakatda bu standartlarni mustahkamlashga harakat qilmoqda. Bu esa O'zbekiston iqtisodiyoti uchun yanada shaffoflik, ishonchlilik va xalqaro miqyosdagi raqobatbardoshlikni ta'minlashga xizmat qiladi.

MHXS dan foydalanish har bir mamlakat uchun birdek qabul qilinishi lozim bo'lgan hujjatlardan biri hisoblanadi. Chunki hozirgi globallashuv va raqamli iqtisodiyot rivojlangan davrdan imkon qadar iqtisodiyotimiz rivojlanishi uchun unumli foydalanishimiz zarur. Ya'ni, har bir mamlakat o'z milliy standartlaridan foydalanishi va buning natijasida xorijiy mamlakat investorlari uchun hisobotlarni tarjima qilishda yo'qotiladigan vaqt va sarf-xarajatlar mamlakat iqtisodiyoti rivojlanishi uchun muhim bir to'siq bo'lib hisoblanishi mumkin. Yuqoridagi ma'lumotlardan kelib chiqqan holda hamda mamlakatimizda MHXS dan foydalanishni yanada jadallashtirish maqsadida quyidagi takliflarni keltirishimiz mumkin:

-birinchi navbatda xalqaro MHXS va milliy standartlarimiz orasidagi tafovutlarni yo'qotishimiz zarur, ya'ni hisobot shakllarini tuzish tartibini takomillashtirish lozim. Har bitta investor milliy standartlar asosida hamda MHXS asosida tuzilgan moliyaviy hisobotlardan foydalanganda farq topmasligi kerak;

- bu sohada malakali kadrlar tayyorlash tizimini yanada jadallashtirish lozim, chunki aynan ushbu kadrlar iqtisodiyotimizga xorijiy investitsiyalarni jalb qilish imkonini yaratadi;

-MHXS ni mamlakatimizga transformatsiya qilar ekanmiz, har bir tashkilot foydalana olishi uchun yagona integratsiyaga ega bo'lgan dastur ishlab chiqish zarur. Chunki, ushbu dastur orqali biz hisobotlarda inson omilini kamaytirishga va vaqtdan samarali foydalanishga erishishimiz mumkun.

Xulosa qilib aytganda barcha uchun tushunarli bo'lgan hisobot standartlaridan foydalanish mamlakatimiz iqtisodiyotini rivojlanishi uchun asosiy omillardan biri hisoblanadi. Bu orqali biz xalqaro miqyosda o'z reytingimizni yanada yuqoriga ko'tarishimiz, hisobotdan foydalanuvchilar ko'lamini kengaytirishimiz hamda ushbu hisobotlar shaffofligini oshirishga erishishimiz, hamda xalqaro globallashuv sharoitida xorijiy investitsiyalarni jalb qilishimiz mumkun bo'ladi.

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ДИАГНОСТИКА И ЛЕЧЕНИЕ РЕПРОДУКТИВНЫХ НАРУШЕНИЙ ПРИ ГИПОТИРЕОЗЕ

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Актуальность. Гипотиреоз занимает одно из ведущих мест в структуре эндокринной патологии у женщин репродуктивного возраста и представляет собой значимую междисциплинарную проблему современной медицины, находящуюся на стыке эндокринологии, гинекологии и репродуктологии. Дефицит тиреоидных гормонов оказывает системное влияние на метаболические и нейроэндокринные процессы, включая регуляцию репродуктивной функции, что обуславливает высокую частоту менструальных и овуляторных нарушений, а также бесплодия у данной категории пациенток.

Тиреоидные гормоны играют ключевую роль в поддержании нормальной активности гипоталамо-гипофизарно-яичниковой оси, влияя на секрецию гонадотропин-рилизинг-гормона, фолликулостимулирующего и лютеинизирующего гормонов, а также на процессы фолликулогенеза, овуляции и формирования полноценной лютеиновой фазы. При гипотиреозе отмечается компенсаторное повышение уровня тиреотропного гормона и тиреотропин-рилизинг-гормона, что способствует развитию вторичной гиперпролактинемии, подавлению секреции гонадотропинов и нарушению овариального стероидогенеза. Указанные патофизиологические механизмы лежат в основе формирования ановуляции, недостаточности лютеиновой фазы и снижения фертильности.

Цель исследования. Целью настоящего исследования явилось комплексное изучение диагностических критериев и эффективности лечебных мероприятий, направленных на коррекцию репродуктивных нарушений у женщин с манифестным и субклиническим гипотиреозом.

Материалы и методы. Исследование проведено на базе Хорезмского филиала Республиканского специализированного научно-практического медицинского центра эндокринологии в период 2024–2025 гг. В исследование были включены

90 женщин в возрасте от 18 до 40 лет, которые были распределены на три клинические группы: первая группа — пациентки с манифестным гипотиреозом (40 пациенток), вторая группа — пациентки с субклиническим гипотиреозом (25 пациенток), контрольную группу составили эутиреоидные женщины без эндокринных и репродуктивных нарушений (25 пациенток).

Всем участницам исследования проводилось углублённое клинико-лабораторное обследование, включающее оценку тиреоидного статуса (тиреотропный гормон, свободный тироксин), уровня пролактина, гонадотропинов, половых стероидов, а также ультразвуковое исследование органов малого таза с оценкой структуры яичников и толщины эндометрия. Овуляторная функция оценивалась с использованием ультразвуковой фолликулометрии и определением концентрации прогестерона во второй фазе менструального цикла.

Результаты. Результаты исследования показали, что у женщин с гипотиреозом достоверно чаще регистрировались нарушения менструального цикла, хроническая ановуляция и гиперпролактинемия по сравнению с контрольной группой. Наиболее выраженные репродуктивные расстройства отмечались у пациенток с манифестным гипотиреозом. Назначение заместительной терапии левотироксином с индивидуальным подбором дозы позволило достичь эутиреоидного состояния у большинства пациенток, сопровождалось нормализацией уровня пролактина, восстановлением овуляторных циклов и улучшением морфофункционального состояния эндометрия. В течение 12 месяцев наблюдения у значительной части пациенток с бесплодием была зафиксирована самостоятельная беременность.

Выводы. Полученные данные свидетельствуют о том, что своевременная диагностика и адекватная коррекция тиреоидной недостаточности являются ключевыми факторами восстановления репродуктивной функции у женщин с гипотиреозом. Скрининг функции щитовидной железы должен рассматриваться как обязательный компонент обследования пациенток с нарушениями менструального цикла и бесплодием, а индивидуализированный междисциплинарный подход к лечению позволяет существенно улучшить репродуктивные исходы и качество жизни женщин репродуктивного возраста.

ЦИТОКИНОВЫЙ ПРОФИЛЬ КАК ПРЕДИКТОР ЭФФЕКТИВНОСТИ БАЗИСНОЙ ТЕРАПИИ ПРИ РЕВМАТОИДНОМ АРТРИТЕ

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Актуальность темы. Ревматоидный артрит (РА) характеризуется хроническим аутоиммунным воспалением с развитием эрозивного артрита и системных проявлений. В условиях индивидуализации подходов к терапии особое значение приобретает изучение цитокинового профиля как предиктора ответа на лечение. IL-6 считается ключевым провоспалительным цитокином, участвующим в активации иммунокомпетентных клеток и формировании системной воспалительной реакции. Выявление уровня IL-6 и анти-MCV может способствовать прогнозированию эффективности базисной терапии и своевременной коррекции лечебной стратегии.

Цель исследования. Оценить прогностическую роль цитокинового профиля (IL-6 и анти-MCV) у пациентов с РА на фоне базисной терапии, определить его связь с динамикой клинической активности заболевания.

Материалы и методы. В исследование включены пациенты с РА, которым проводилось определение уровней IL-6, анти-MCV и оценка активности по DAS28 в начале терапии и через 6–12 месяцев лечения метотрексатом и комбинированной терапией (метотрексат + биологические препараты). Статистическая обработка осуществлялась методами корреляционного анализа и множественной регрессии.

Результаты. У пациентов с исходно повышенными значениями IL-6 (>15 пг/мл) и анти-MCV отмечалась менее выраженная положительная динамика DAS28 ($r \approx -0,68$; $p < 0,01$), что свидетельствует о резистентности к стандартной базисной терапии. В группе с умеренным цитокиновым профилем наблюдалось более значительное снижение показателей активности заболевания. Высокая положительная корреляция IL-6 с DAS28 ($r \approx 0,72$; $p < 0,001$) подтверждает роль IL-6 как прогностического маркера.

Выводы. Цитокиновый профиль, включающий определение уровня IL-6 и

анти-MCV, обладает высокой прогностической ценностью при оценке эффективности базисной терапии РА. Его использование позволяет прогнозировать ответ на лечение и оптимизировать индивидуальные терапевтические стратегии.

O'ZBEKISTON ENERGETIKA TIZIMIDA QAYTA TIKLANUVCHI ENERGIYA ULUSHINI OSHIRISH STRATEGIYALARI

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Annotatsiya. Ushbu maqolada O'zbekiston energetika tizimining hozirgi holati, qayta tiklanuvchi energiya manbalarini rivojlantirish zarurati, mavjud potensial, amalga oshirilayotgan loyihalar va ulushni oshirish bo'yicha strategiyalar chuqur tahlil qilinadi. Mamlakatning quyosh, shamol, gidroenergetika va biomassa bo'yicha salohiyati ilmiy nuqtai nazardan baholanadi. Energetika tizimini modernizatsiya qilish, investitsiya muhitini yaxshilash, xususiy sektorni jalb etish, energiya samaradorligini oshirish hamda ilmiy-texnologik innovatsiyalarni joriy etishning nazariy-amaliy asoslari yoritilgan. Tadqiqot natijalari qayta tiklanuvchi energiya ulushini orttirish O'zbekistonning iqtisodiy xavfsizligi, ekologik barqarorligi va yashil iqtisodiyotga o'tish jarayoni uchun muhim omil ekanini ko'rsatadi.

Абстрактный. В данной статье подробно анализируются современное состояние энергетической системы Узбекистана, необходимость развития возобновляемых источников энергии, существующий потенциал, реализуемые проекты и стратегии увеличения доли. Потенциал страны в области солнечной, ветровой, гидроэнергетики и биомассы оценивается с научной точки зрения. Освещены теоретические и практические основы модернизации энергетической системы, улучшения инвестиционной среды, привлечения частного сектора, повышения энергоэффективности и внедрения научно-технических инноваций. Результаты исследования показывают, что увеличение доли возобновляемой энергетики является важным фактором экономической безопасности Узбекистана, экологической стабильности и перехода к зеленой экономике.

Abstract. In this article, the current state of the energy system of Uzbekistan, the need to develop renewable energy sources, existing potential, ongoing projects and strategies for increasing the share are analyzed in depth. The potential of the country in solar, wind, hydropower and biomass is evaluated from a scientific point of view.

The theoretical and practical bases of modernization of the energy system, improvement of the investment environment, attraction of the private sector, improvement of energy efficiency and introduction of scientific and technological innovations are covered. The results of the study show that increasing the share of renewable energy is an important factor for Uzbekistan's economic security, environmental stability and transition to a green economy.

Kalit soʻzlar: qayta tiklanuvchi energiya, yashil iqtisodiyot, energetika samaradorligi, quyosh energiyasi, shamol energiyasi, biomassa, GES, modernizatsiya, investitsiya, energetik xavfsizlik.

Ключевые слова: возобновляемая энергетика, зеленая экономика, энергоэффективность, солнечная энергетика, ветроэнергетика, биомасса, ГЭС, модернизация, инвестиции, энергетическая безопасность.

Key words: renewable energy, green economy, energy efficiency, solar energy, wind energy, biomass, HPP, modernization, investment, energy security.

XXI asrda dunyo boʻyicha elektr energiyasiga talab keskin oʻsib bormoqda. Energetika tizimining barqarorligi va samaradorligi mamlakatlarning iqtisodiy xavfsizligi, ekologik holati va ijtimoiy farovonligiga bevosita taʼsir qiladi. Oʻzbekistonda soʻnggi yillarda energiya isteʼmoli yildan-yilga ortib borayotgan boʻlib, bu tabiiy gazga bogʻliq ishlab chiqarish tizimiga yuklamani kuchaytirmoqda. Eskirgan tarmoqlar, yoʻqotishlarning yuqoriligi, hududiy farqlar energiya taʼminotining barqarorligiga salbiy taʼsir koʻrsatadi.

Shu bilan birga, Oʻzbekiston geografik-iqlimiy omillariga koʻra qayta tiklanuvchi energiya manbalarini keng rivojlantirish uchun ulkan imkoniyatlarga ega. Quyoshli kunlar sonining koʻpligi, shamol oqimlarining barqarorligi, suv resurslaridan foydalanish imkoniyatlari, biomassa salohiyati qayta tiklanuvchi energiya ulushini keskin oshirish imkonini yaratadi. Mazkur maqola ushbu salohiyatdan foydalanish strategiyalarini ilmiy yondashuv asosida tahlil qiladi.

Ushbu tadqiqotda quyidagi ilmiy-uslubiy yondashuvlar qoʻllanildi:

1. Analitik-uslubiy tahlil: energetika sohasidagi milliy va xalqaro hisobotlar, normativ-huquqiy hujjatlar, statistika maʼlumotlari oʻrganildi.
2. Qiyosiy tahlil: Oʻzbekistonning qayta tiklanuvchi energiya salohiyati boshqa davlatlar tajribasi bilan solishtirildi (BAA, Xitoy, Turkiya, Qozogʻiston, Germaniya).
3. Ilmiy-nazariy umumlashtirish: yashil iqtisodiyot, barqaror energetika modeli va energiya samaradorligi nazariyalari asosida xulosalar ishlab chiqildi.
4. Ekspert baholash usuli: energetika sohasi boʻyicha ekspertlarning ilmiy fikrlari va ekspert tizimlaridagi baholar oʻrganildi.

Ushbu tadqiqotdan kutilayotgan natijalar:

1. O‘zbekistonda qayta tiklanuvchi energiya salohiyatining ilmiy bahosi;

1.1. Quyosh energiyasi:

Yiliga 300–320 ta quyoshli kun;

Yillik radiatsiya: 1500–1700 kVt/kv.m.

HUDUDIIY POTENSIAL: Navoiy, Buxoro, Qashqadaryo, Surxondaryo eng qulay hududlar.

Shu bois quyosh elektr stansiyalarining iqtisodiy samaradorligi yuqori.

1.2. Shamol energiyasi:

Shamol tezligi: 6–8 m/s (tijorat darajasi).

Yirik salohiyatli hududlar: Qoraqalpog‘iston, Navoiy, Jizzax.

Zamonaviy turbinalar 5 m/s tezlikda ham samarali ishlay oladi.

1.3. Hidroenergiyaning innovatsion imkoniyatlari:

Kichik GESlar qishloq hududlarida energiya mustaqilligini ta’minlaydi.

Potensial: 200 dan ortiq manzil.

1.4. Biomassa:

Qishloq xo‘jaligi chiqindilari yordamida energiya olish bo‘yicha katta salohiyat mavjud.

O‘zbekistonda yillik 15 mln tonnagacha chiqindi energiyaga aylantirilishi mumkin.

2. O‘zbekistonda amalga oshirilayotgan loyihalar va davlat siyosati;

2.1. Normativ-huquqiy baza:

“Yashil iqtisodiyot strategiyasi – 2030”;

“Qayta tiklanuvchi energiya manbalarini rivojlantirish to‘g‘risida”gi qonun;

Energiya samaradorligi bo‘yicha davlat dasturlari.

2.2. Yirik xalqaro loyihalar (2020–2025 y.):

Navoiy — 100 MVt quyosh (Masdar);

Samarqand — 220 MVt quyosh (Total);

Buxoro — 500 MVt shamol (ACWA Power);

Qoraqalpog‘iston — 1000 MVt shamol.

Ushbu stansiyalar ishga tushishi bilan qayta tiklanuvchi energiya ulushi 3 barobar oshadi.

2.3. Uy xo‘jaliklarida quyosh panellari:

Imtiyozli kreditlar;

Subsidiyalar;

Tarmoqqa energiya sotish (Net metering).

Ilmiy tahlillarga ko‘ra, O‘zbekistonda elektr tarmoqlari yo‘qotishlari 15–20% ni tashkil qiladi.

Tarmoqlarni modernizatsiya qilish: barqaror ta'minot, qayta tiklanuvchi energiyani integratsiya qilish, energiya isrofi kamayishiga olib keladi.

1.2. Investitsiya va xususiy sektorni jalb qilish; PPP modeli orqali yirik loyihalar jadal rivojlanmoqda.

Xalqaro investorlarga berilgan kafolatlar stansiyalar qurilish muddatini 20–30% ga qisqartirdi.

1.3. Energiya samaradorligini oshirish:

Bu strategiya qayta tiklanuvchi energiya ishlab chiqarishni ikki baravar samaraliroq qiladi.

Har bir sanoat korxonasida energiya auditi joriy etilishi 10 yil ichida 25% tejamkorlik beradi.

1.4. Hududiy energiya mustaqilligi:

Mini-quyosh elektr stansiyalari qishloq hududlarida elektr uzilishlarini 70% ga kamaytiradi.

Tadqiqot natijalari shuni ko'rsatadiki, O'zbekiston qayta tiklanuvchi energiya sohasida ulkan salohiyatga ega va uning ulushini oshirish mamlakatning iqtisodiy xavfsizligi, ekologik barqarorligi va ijtimoiy rivojlanishi uchun hal qiluvchi omildir. Energetika tizimini modernizatsiya qilish, investitsiya jarayonlarini soddalashtirish, energiya samaradorligini oshirish va ilmiy innovatsiyalarni joriy etish qayta tiklanuvchi energiya ulushini keskin oshirishga xizmat qiladi.

2030-yilgacha O'zbekistonning qayta tiklanuvchi energiya ulushi Markaziy Osiyoda eng yuqori ko'rsatkichlardan biriga aylanishi mumkin.

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IRSIYATNING MOLEKULYAR ASOSLARI.

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Jamoat salomatligi texnikumi
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Annotatsiya

Mazkur maqolada irsiyat hodisasining molekulyar asoslari zamonaviy biologiya fanining yutuqlari asosida yoritilgan. Irsiy axborotning moddiy tashuvchilari bo'lgan dezoksiribonuklein kislota (DNK) va ribonuklein kislota (RNK) molekulalarining tuzilishi, xususiyatlari hamda funksional ahamiyati ilmiy jihatdan tahlil qilingan. Shuningdek, gen tushunchasi, genetik kod, replikatsiya, transkripsiya va translatsiya jarayonlarining molekulyar mexanizmlari batafsil bayon etilgan. Mutatsiyalarning kelib chiqish sabablari, ularning irsiy axborotga ta'siri hamda biologik va tibbiy ahamiyati ochib berilgan. Maqolada irsiyatning molekulyar asoslarini o'rganishning amaliy ahamiyati, xususan, genetik kasalliklarni aniqlash, biotexnologiya va tibbiyotdagi o'rni asoslab berilgan.

Kalit so'zlar: irsiyat, DNK, RNK, gen, genetik kod, replikatsiya, transkripsiya, translatsiya, mutatsiya, molekulyar genetika.

Аннотация

В данной статье рассмотрены молекулярные основы наследственности с позиций современной молекулярной биологии и генетики. Проанализированы структура и функции дезоксирибонуклеиновой и рибонуклеиновой кислот как основных носителей генетической информации. Освещены молекулярные механизмы реализации наследственной информации, включая процессы репликации, транскрипции и трансляции. Особое внимание уделено понятию гена, генетическому коду и мутациям, их роли в формировании наследственных признаков и развитии наследственных заболеваний. Показано практическое значение изучения молекулярных основ наследственности для медицины, биотехнологии и фундаментальной биологии.

Ключевые слова: наследственность, ДНК, РНК, ген, генетический код, репликация, транскрипция, трансляция, мутация, молекулярная генетика.

Abstract

This article examines the molecular foundations of heredity based on the achievements of modern molecular biology and genetics. The structure and functional roles of deoxyribonucleic acid (DNA) and ribonucleic acid (RNA) as the main carriers of

genetic information are analyzed. The molecular mechanisms of genetic information expression, including replication, transcription, and translation processes, are described in detail. Special attention is given to the concept of genes, the genetic code, and mutations, as well as their significance in the formation of hereditary traits and genetic disorders. The practical importance of studying the molecular basis of heredity for medicine, biotechnology, and biological sciences is substantiated.

Keywords: heredity, DNA, RNA, gene, genetic code, replication, transcription, translation, mutation, molecular genetics.

KIRISH

Zamonaviy biologiya va tibbiyot fanlarining jadal rivojlanishi irsiyat hodisasining molekulyar mexanizmlarini chuqur o'rganish bilan chambarchas bog'liqdir. Irsiyat tirik organizmlarning eng muhim xususiyatlaridan biri bo'lib, u avloddan-avlodga biologik axborotning uzatilishini ta'minlaydi. Aynan irsiyat tufayli tirik mavjudotlar o'ziga xos morfologik, fiziologik va biokimyoviy belgilarni saqlab qoladi hamda nasl davomiyligi ta'minlanadi.

XX asrning ikkinchi yarmidan boshlab molekulyar biologiyaning rivojlanishi irsiyatning moddiy asosi haqidagi tasavvurlarni tubdan o'zgartirdi. DNK molekulasi tuzilishi aniqlanishi, genetik kodning ochilishi, replikatsiya, transkripsiya va translatsiya jarayonlarining mexanizmlari o'rganilishi irsiyatning molekulyar asoslarini tushunishda muhim burilish yasadi. Bugungi kunda irsiy axborotning saqlanishi, uzatilishi va namoyon bo'lishi molekulyar darajada izohlanmoqda.

Irsiyatning molekulyar asoslarini o'rganish nafaqat fundamental biologiya uchun, balki tibbiyot, qishloq xo'jaligi, biotexnologiya va farmatsiya sohalari uchun ham katta ahamiyatga ega. Genetik kasalliklarning kelib chiqish mexanizmlarini aniqlash, irsiy patologiyalarni erta diagnostika qilish va gen terapiyasini rivojlantirish aynan molekulyar genetika yutuqlariga tayanadi.

Mazkur maqolaning maqsadi irsiyatning molekulyar asoslarini tizimli ravishda yoritish, genetik axborotning molekulyar tashuvchilari, ularning tuzilishi va funksional xususiyatlarini ilmiy jihatdan tahlil qilishdan iborat. Shuningdek, irsiy axborotning amalga oshirish mexanizmlari va ularning biologik ahamiyati ochib beriladi.

Asosiy qism

Irsiyat tushunchasi va uning molekulyar tabiati

Irsiyat — tirik organizmlarning o'z belgilarini nasldan-naslga o'tkazish qobiliyatidir. Ushbu jarayonning moddiy asosi hujayra yadrosida joylashgan genetik material bilan

bog‘liq. Molekulyar biologiya fanining rivojlanishi natijasida irsiy axborot tashuvchisi sifatida dezoksiribonuklein kislota (DNK) e‘tirof etildi.

DNK molekulasi barcha tirik organizmlarda irsiy axborotni saqlovchi universal biomolekula hisoblanadi. Ayrim viruslarda esa irsiy axborot ribonuklein kislota (RNK) orqali uzatiladi. DNK va RNK molekulalari nuklein kislotalar sinfiga mansub bo‘lib, ularning asosiy vazifasi genetik informatsiyani kodlash, saqlash va uzatishdan iboratdir.

Irsiyatning molekulyar tabiati DNK molekulasining tuzilishi va funksiyasi bilan bevosita bog‘liq bo‘lib, ushbu molekula genlar majmuasini tashkil etadi. Genlar esa irsiy belgilarni belgilovchi funksional birliklar hisoblanadi.

DNK molekulasining tuzilishi va xususiyatlari

DNK molekulasi ikki zanjirli spiral tuzilishga ega bo‘lib, har bir zanjir nukleotidlardan tashkil topgan. Nukleotidlar uch asosiy komponentdan iborat: dezoksiriboza qandi, fosfat qoldig‘i va azotli asos. Azotli asoslar adenin, timin, guanin va sitozindan iborat. Ikki zanjirli spiral tuzilish komplementarlik tamoyiliga asoslangan. Adenin timin bilan, guanin esa sitozin bilan vodorod bog‘lari orqali birikadi. Ushbu tuzilish DNK molekulasining barqarorligini ta‘minlaydi va irsiy axborotning aniq uzatilishiga xizmat qiladi.

DNK molekulasining nukleotidlar ketma-ketligi genetik axborotni ifodalaydi. Aynan ushbu ketma-ketlik organizmning barcha irsiy xususiyatlarini belgilaydi. DNK molekulasi hujayra bo‘linishi jarayonida o‘zini-o‘zi nusxalash (replikatsiya) qobiliyatiga ega bo‘lib, bu irsiy axborotning saqlanishini ta‘minlaydi.

Gen tushunchasi va uning molekulyar tuzilishi

Gen — DNK molekulasining muayyan bo‘lagi bo‘lib, u ma‘lum bir oqsil yoki RNK molekulasining sintezini nazorat qiladi. Har bir gen o‘ziga xos nukleotidlar ketma-ketligiga ega va shu orqali biologik axborotni kodlaydi.

Genlar strukturaviy va funksional qismlardan iborat bo‘lishi mumkin. Eukariot organizmlarda genlar ekzon va intronlardan tashkil topgan. Ekzonlar oqsil sintezida ishtirok etsa, intronlar transkripsiyadan so‘ng chiqarib tashlanadi. Bu jarayon splyasing deb ataladi.

Genlarning molekulyar tuzilishini o‘rganish irsiy kasalliklarning kelib chiqish sabablarini tushunishga imkon beradi. Gen mutatsiyalari oqibatida oqsil sintezi buziladi va turli patologiyalar yuzaga keladi.

Genetik kod va uning xususiyatlari

Genetik kod — DNK va RNK molekulalarida nukleotidlar ketma-ketligi orqali oqsillarning aminokislotalar ketma-ketligini belgilovchi tizimdir. Genetik kod uch nukleotiddan iborat kodonlar asosida ishlaydi.

Genetik kodning asosiy xususiyatlari quyidagilardan iborat: uchlik (triplet) xususiyati; universalligi; degenerativligi; aniq va uzluksizligi.

Genetik kodning universalligi deyarli barcha tirik organizmlarda bir xil kodonlar bir xil aminokislotalarni kodlashini anglatadi. Bu holat tirik tabiatning yagona kelib chiqishidan dalolat beradi. Replikatsiya — irsiy axborotning ko‘payishi

Replikatsiya DNK molekulasi o‘zini-o‘zi nusxalash jarayoni bo‘lib, hujayra bo‘linishidan oldin amalga oshadi. Ushbu jarayon yarimkonservativ xarakterga ega, ya’ni yangi DNK molekulasi har bir zanjiri eski va yangi zanjirdan iborat bo‘ladi. Replikatsiya jarayonida bir qator fermentlar ishtirok etadi. DNK-polimeraza asosiy ferment bo‘lib, u yangi zanjir sintezini amalga oshiradi. Gelikaza fermenti spiralni ochadi, ligaza esa DNK bo‘laklarini birlashtiradi.

Replikatsiya jarayonining aniqligi irsiy axborotning buzilmasdan uzatilishini ta’minlaydi. Biroq ba’zi hollarda xatoliklar yuz berib, mutatsiyalar paydo bo‘lishi mumkin. Transkripsiya va translatsiya jarayonlari

Transkripsiya — DNK molekulasidagi axborotning RNK molekulasiga ko‘chirilish jarayonidir. Ushbu jarayonda informatsion RNK (iRNK) sintezlanadi va u oqsil sintezi uchun asos bo‘lib xizmat qiladi.

Translatsiya esa ribosomalarda iRNK asosida oqsil sintezlanish jarayonidir. Bu jarayonda transport RNK (tRNK) aminokislotalarni ribosomaga olib keladi va oqsil zanjiri hosil bo‘ladi.

Transkripsiya va translatsiya jarayonlarining uyg‘unligi irsiy axborotning namoyon bo‘lishini ta’minlaydi. Ushbu jarayonlar buzilganda organizm faoliyatida jiddiy o‘zgarishlar yuzaga keladi.

Mutatsiyalar va ularning molekulyar mexanizmlari. Mutatsiyalar — DNK molekulasidagi nukleotidlar ketma-ketligining o‘zgarishidir. Ular spontan yoki tashqi omillar ta’sirida yuzaga kelishi mumkin. Mutatsiyalar gen, xromosoma va genom darajasida sodir bo‘ladi.

Gen mutatsiyalari nukleotid almashinuvi, qo‘shilishi yoki tushib qolishi bilan bog‘liq bo‘lishi mumkin. Bunday o‘zgarishlar oqsil tuzilishini buzib, irsiy kasalliklar kelib chiqishiga sabab bo‘ladi. Shu bilan birga, mutatsiyalar evolyutsiyaning muhim manbai hisoblanadi.

Xulosa

Irsiyatning molekulyar asoslarining amaliy ahamiyati. Irsiyatning molekulyar mexanizmlarini o‘rganish tibbiyotda genetik kasalliklarni aniqlash va davolashda muhim ahamiyatga ega. Genomika va proteomika sohalarining rivojlanishi shaxsiylashtirilgan tibbiyotga yo‘l ochmoqda.

Qishloq xo'jaligida molekulyar genetika yutuqlari yuqori hosilli va kasalliklarga chidamli navlarni yaratishda keng qo'llanilmoqda. Biotexnologiyada esa gen muhandisligi usullari orqali yangi biologik faol moddalar olinmoqda.

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TABLE OF CONTENTS

1	THE IMPORTANCE OF LINGUOCULTUROLOGICAL RESEARCHCho'liyev Ruhillo	3–8
2	ПРОБЛЕМА УВЕЛИЧЕНИЯ БИОЛОГИЧЕСКОГО ВОЗРАСТА У ТРУДОСПОСОБНОГО НАСЕЛЕНИЯЭркинова Башорат, Саидмуратова Шахризода, Баходиров Джавахир	9–10
3	NEYROGLIAL HUYAYRALARNING TURLARI VA ULARNING MARKAZIY ASAB TIZIMIDAGI ROLIDavlatova Laylo, Babamurodov Alisher	11–22
4	MORPHOLOGICAL FEATURES OF EPITHELIAL REMODELING IN POLYPOUS RHINOSINUSITISKenjayev Yodgor, Muhammadiyeva Sarvara	23–28
5	POLITICAL PROCESSES IN DASHTI-KIPCHOK IN THE 15TH-16TH CENTURIESTurdiyev Ilyos	29–32
6	MUSTAQILLIK YIILARIDA TURKMAN VA QORAQALPOQ XALQLARINING MADANIY ALOQALARIOpaev Baymurat	33–37
7	ИММУННАЯ ТРОМБОЦИТОПЕНИЧЕСКАЯ ПУРПУРАМамадиев Холмурот	38–41
8	MODERNE ANSÄTZE ZUR MODERNISIERUNG DER BERUFLICHEN AUSBILDUNG AN MEDIZINISCHEN FACHSCHULENBoboyev Lutfullo	42–47
9	ФИТОКОРРЕКЦИЯ ГИПОКСИЧЕСКИ-ИНДУЦИРОВАННЫХ ПОВРЕЖДЕНИЙ ПИЩЕВОДА ПРИ ХРОНИЧЕСКОМ ВОЗДЕЙСТВИИ УГАРНОГО ГАЗАБахронов Б.Б, Наврузов Р.Р	48–49
10	MODERN METHODS OF TREATMENT OF DANGEROUS INFECTIOUS DISEASESXolmurodov Inoyatullo, Jumayeva Dilrabo	50–58
11	OILANING TARBIYALOVCHI IMKONIYATLARINI TASHXISLOVCHI METODLARNormurodova Munisa	59–61
12	“MODERN AND IN-DEPTH TEACHING METHODOLOGIES OF THE ENGLISH LANGUAGE FOR SCHOOL STUDENTS AND THEIR RELEVANCE IN TODAY’S WORLD”Sobirova Munira, Yu.K. Xonto'rayeva	62–66
13	O'TA XAVFLI INFEKSION KASALLIKLAR LABARATOR DIAGNOSTIKASIDavlatova Laylo, Xolmurodov Inyatullo	67–76
14	SJÖGREN'S SYNDROMEYo'ldosheva Zilola, Ruziyeva Sitara	77–82
15	CREATIVE TASKS FOR CHILDRENSafarova Sevinch, Eshquvvatova Gulasal	83–86
16	KATTALARNING O'QISHGA MUNOSABATI VA O'QITISHDAGI MUAMMOLARRahmetova Hilola, Qahhorova Fazilat	87–92
17	ЁШЛАР ЎРТАСИФА СОДИР БЎЛАЙОТГАН ЖИНСИЙ ЗЎРАВОНЛИКЛАРДА ЖИНОЙАТЛАРНИ ОЧУВЧИ ТИББИЙ	93–95

	ЭКСПЕРТИЗА ТЕКШИРУВЛАРИК.И.Холматова, Ж.К.Курмашева, И.Н.Тошбоев	
18	EFFECT OF DOCTOR ALI 1 TEA INFUSION ON THE IMMUNE AND HEMATOPOIETIC SYSTEMS IN IRRADIATED ANIMALSBoreskaya A.S, Rasulov F.Kh	96–97
19	СРАВНИТЕЛЬНЫЙ АНАЛИЗ ПАТРОНАЖНЫХ СИСТЕМ ЗДРАВООХРАНЕНИЯ ГОРОДА ТАШКЕНТА И ТАШКЕНТСКОЙ ОБЛАСТИ: ОРГАНИЗАЦИОННЫЕ, КАДРОВЫЕ И РЕСУРСНЫЕ АСПЕКТЫРаджапов Т, Абдикаримов Б, Мусаев.У, Хайдарова.М, Махмудова.М	98–105
20	SURXONDARYO VILOYATIDA VIRUSLI GEPATIT A VA E EPIDEMIOLOGIK XUSUSIYATLARIchutboyev Bunyod, Qilichev Jasurbek	106–108
21	CREATION AND PERFORMANCE ON THE SATO INSTRUMENTAkhmedov Alisher	109–111
22	THE CONSTITUTION IS A GUARANTEE OF HUMAN RIGHTS AND FREEDOMS.Axmedova Muqaddasxon	112–115
23	СУПРУЖЕСКИЕ ОТНОШЕНИЯ КАК ФАКТОР ДИНАМИКИ ТЕРМИНАЛЬНЫХ И ИНСТРУМЕНТАЛЬНЫХ ЦЕННОСТЕЙМирсамукова Шахноза	116–118
24	DEVELOPMENT AND EVALUATION OF THE EFFECTIVENESS OF INDIVIDUAL ORAL HYGIENE MEASURES IN PATIENTS UNDERGOING ORTHODONTIC TREATMENTKhabibjonova Yoqutkxon	119–122
25	PREPARATION OF MEDICINAL BEVERAGES BASED ON HERBAL PLANTS AND ASSESSMENT OF THEIR SAFETY INDICATORS.Nurmatova Uljamol	123–125
26	INTEGRATING BLOOM'S TAXONOMY INTO THE ASSESSMENT OF PRODUCTIVE SKILLSKadirova Khabiba	126–129
27	THE ROLE OF LATIN TERMS IN CLINICAL DIAGNOSISSayfullayeva Lola, Musurmonov Jamoliddin, Olimjonov Abdumalik, Tilovov Olim, Bozorov Fozil	130–136
28	IMMUNITY AND INFECTIOUS DISEASES: THE EXPERIENCE OF COVID-19Kholiqberdiyeva Zebo	137–141
29	KOMPETENSIYAVIY YONDASHUV ORQALI BO'LAJAK O'QITUVCHILARDA TANQIDIY FIKRLASHNI RIVOJLANTIRISH TEXNOLOGIYASINI TAKOMILLASHTIRISHDavlatova Dildora	142–144
30	CARDIAC MAGNETIC RESONANCE IMAGING IN THE EARLY DIAGNOSIS OF ISCHEMIC HEART DISEASE: A QUANTITATIVE CLINICAL AND STATISTICAL ANALYSISTurdiyev Ulugbek	145–148

31	MODIFIKATSIYALANGAN POLIAKRILONITRILNING DIMETILFOROAMIDDA ERITILISHIXasanov Sirojiddin, Sherqo`ziyev Doniyor	149–152
32	РОЛЬ ОПУХОЛЕВОГО МИКРООКРУЖЕНИЯ В ЛЕЧЕНИИ И ПРОГНОЗЕ РАКА МОЛОЧНОЙ ЖЕЛЕЗЫРахимова Фарангиз	153–154
33	TARIXIY VOQEALAR VA IXTIROLARNING ZAMONAVIY NUTQ TERAPIYASIGA TA`SIRIFayzullayeva Nozima	155–160
34	O`ZBEKISTONDA TA`LIM SOHASIDAGI XALQARO HAMKORLIK: HOLATI, YO`NALISHLARI VA ISTIQBOLLARIJo`rayeva Dildora, Boboyeva Sitora	161–164
35	MILLIY MANFAATLARDAN KELIB CHIQQAN HOLDA UMBUMBASHARIY MUAMMOLARGA YONDASHISH: NAZARIY ASOSLAR VA AMALIY YO`NALISHLARXolmurodova Saboxat, Boboyeva Sitora	165–168
36	INFLUENCE OF CYTOMEGALOVIRUSES ON FETAL DEVELOPMENTBuriyev Muhammadali, Tangirova Shohsanam	169–175
37	ANALYSIS OF THE IMPACT OF CORPORATE GOVERNANCE ON THE INSURANCE MARKET SERVICESSaliyeva Zuhra	176–179
38	КЛИНИЧЕСКАЯ И ДИАГНОСТИЧЕСКАЯ ОСОБЕННОСТЬ ЭНДОТЕЛИАЛЬНОЙ ДИСФУНКЦИИ У ПАЦИЕНТОВ С ХРОНИЧЕСКОЙ БОЛЕЗНЬЮ ПОЧЕКДаулетбаева Нуржамал	180–181
39	“KONSTITUTSIYA – BARQAROR TARAQQIYOT GAROV”Abdullayeva Sevara, Raximbabayeva Nigora	182–185
40	YOSHLAR TARBIYASIDA AXLOQ VA FAROSAT TUSHUNCHALARINING O`RNINegmatova Marjona, Rasulov Rustambek	187–191
41	ПАТОГЕНЕТИЧЕСКИЕ ИЗМЕНЕНИЯ В СИСТЕМЕ ЦИТОКИНОВ У ПАЦИЕНТОВ С ЯЗВЕННОЙ БОЛЕЗНЬЮ ЖЕЛУДКА И ИХ КЛИНИЧЕСКАЯ ОЦЕНКАКомилова Наргиза	192–193
42	JAMOATCHILIKDA ZO`RAVONLIKKA NISBATAN MUNOSABATNI O`ZGARTIRISHDA PSIXOLOGIK TARG`IBOTNING AHAMIYATIIrmatova Shakhnozakhon	194–197
43	THE VALOYAT OF THE SHAHORIYORS IN THE EPISTLE OF ALISHER NAVOI “LISONU-T-TAYR”Ortikova Mavluda	198–202
44	РОЛЬ СЕЛЕКТИНОВ В ФОРМИРОВАНИИ И РАЗВИТИИ НЕАЛКОГОЛЬНОЙ ЖИРОВОЙ БОЛЕЗНИ ПЕЧЕНИРузимова Гулхаё	203–204
45	AYOLLAR HUQUQLARI VA IMKONIYATLLARNI KENGAYTIRISH: O`ZBEKISTONDA AMALIY YO`NALISHLARMaxmudjonova Mubina, Rasulov Rustambek	205–210

46	COMPLICATIONS AFTER PLASTIC SURGERY OF THE UPPER AND LOWER JAWSEgamberdiyev Hojiakbar, Diyora Soliyeva, Latifjonov Diyorbek	211–212
47	MORPHOBIOLOGICAL CHARACTERISTICS OF THE GENUS BLAPS (COLEOPTERA: TENEBRIONIDAE) IN THE CENTRAL KYZYLKUM DESERTMahliyo Kamolova	213–216
48	ANATOMIK TERMINOLOGIYADA LOTIN TILINING XALQARO AHAMIYATI VA ZAMONAVIY TIBBIYOTDAGI ROLI: GLOBAL YONDASHUVSayfullayeva Lola, Norova Sevara, Musurmonov Jamoliddin	217–221
49	THE ROLE AND SIGNIFICANCE OF INNOVATIVE TEACHING METHODS IN PRESCHOOL EDUCATIONKamilova Gulmira, Raxmatova Gulnoz	222–226
50	SURGICAL METHODS FOR THE RECONSTRUCTION OF MAXILLOFACIAL DEFORMITIES CAUSED BY TRAUMATIC INJURIES.Aminova Moxinur, Muhammadiyeva Mahliyo	227–230
51	КЛИНИКО-ПРОГНОСТИЧЕСКОЕ ЗНАЧЕНИЕ НАРУШЕНИЯ ФУНКЦИИ ПЕЧЕНИ У БОЛЬНЫХ С МЕТАБОЛИЧЕСКИМ СИНДРОМОМ ПОСЛЕ ХОЛЕЦИСТЭКТОМИИ.Хожиев Б.Б	231–234
52	ПАТОФИЗИОЛОГИЧЕСКАЯ ТРАНСФОРМАЦИЯ НИШИ КОСТНОГО МОЗГА ПРИ ХРОНИЧЕСКОМ ЛИМФОЛЕЙКОЗЕ.Абдурахмонова Маржона, Хонов Алавиддин	235–239
53	ОСОБЕННОСТИ ИШЕМИЧЕСКОГО ПРЕКОНДИЦИОНИРОВАНИЯ У ПАЦИЕНТОВ, ПЕРЕНЁСШИХ ОСТРЫЙ ИНФАРКТ МИОКАРДА НА ФОНЕ САХАРНОГО ДИАБЕТА 2 ТИПАФайзиева Кумушбиби	240–243
54	ПРОГНОСТИЧЕСКИЕ МАРКЕРЫ НЕАЛКОГОЛЬНОЙ ЖИРОВОЙ БОЛЕЗНИ ПЕЧЕНИ У ПАЦИЕНТОВ С МЕТАБОЛИЧЕСКИМ СИНДРОМОМ ПОСЛЕ ХОЛЕЦИСТЭКТОМИИХожиев Б.Б.	244–245
55	МЕТОД УСОВЕРШЕНСТВОВАНИЯ ТЕРАПИИ НЕСПЕЦИФИЧЕСКОГО ЯЗВЕННОГО КОЛИТА НА ОСНОВЕ ОЦЕНКИ МИКРОНУТРИЕНТНОГО ДЕФИЦИТАЭшниязова Г.Ш.	246–247
56	KT TASVIRLARIDA O'PKA TUGUNLARINI SEGMENTATSIYA QILISH UCHUN SUN'IY INTELLEKT YONDASHUVLARINING SAMARADORLIGINormo'minov Akbar	248–250
57	NUTQ MADANIYATI VA NOTIQLIK SAN'ATITursunboyeva Zebo	251–254
58	CLINICAL FORMS OF CHRONIC SUPPURATIVE OTITIS MEDIA AND THEIR PREVALENCE AMONG PATIENTSUKtamov Ibrat	255
59	OBSTRUCTIVE REMODELING OF THE URETERAL WALL IN URETEROHYDRONEPHROSIS: CLINICAL AND MORPHOLOGICAL INSIGHTSAshurov Sirojiddin Eshonqul o'g'li	256–258

60	КЎЗ ҚОВОҒИ ЭПИТЕЛИАЛ ЎСМАЛАРИ.Эсамуратов Ойбек, Раджапов Адилбек, Каримов Расулбек, Худайбергенов Гуломбой, Якубов Алибек	259–260
61	CLINICAL EVALUATION OF PHOTOTHERAPY EFFECTIVENESS IN NEWBORNS WITH PHYSIOLOGICAL AND HEMOLYTIC JAUNDICE Surabova Jasmin, Ikromova Shahnoza	261–263
62	ГИПЕРПРОЛАКТИНЕМΙΑ ПРИ ПЕРВИЧНОМ БЕСПЛОДИИ И ОПТИМИЗАЦИЯ ЕЁ ЛЕЧЕНИЯ Бабакулева Айна, Юлдашев Отабек	264–265
63	ИЗМЕНЕНИЯ В МОЛОЧНЫХ ЖЕЛЕЗАХ У ЖЕНЩИН С ЗАБОЛЕВАНИЯМИ ЩИТОВИДНОЙ ЖЕЛЕЗЫ Рустамова Саодат, Юлдашев Отабек	266–267
64	MOLIYAVIY HISBOTNING XALQARO STANDARTLARINI (MHXS)NI O'ZBEKISTON RESPUBLIKASIDA TUTGAN O'RNI VA ANAMIYATI. Do'smuxamedova Nozima, Abdusattorov Abduxalim	268–271
65	ДИАГНОСТИКА И ЛЕЧЕНИЕ РЕПРОДУКТИВНЫХ НАРУШЕНИЙ ПРИ ГИПОТИРЕОЗЕ Казакова Дилафруз, Хаитбаева Комила	272–273
66	ЦИТОКИНОВЫЙ ПРОФИЛЬ КАК ПРЕДИКТОР ЭФФЕКТИВНОСТИ БАЗИСНОЙ ТЕРАПИИ ПРИ РЕВМАТОИДНОМ АРТРИТЕ Анварходжаева Ш.Г, Эшмурзаева А.А.	274–275
67	O'ZBEKISTON ENERGETIKA TIZIMIDA QAYTA TIKLANUVCHI ENERGIYA ULUSHINI OSHIRISH STRATEGIYALARI Xolbutayev O'ktam, Farhodov Ulug'bekmirzo	276–280
68	IRSIYATNING MOLEKULYAR ASOSLARI.Arslonova Ozoda	281–285
	OUTLINE	286–290