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## Uterine Smooth Muscle Tumor with Uncertain Malignancy Potential (STUMP) Apropos of 2 Cases and Review of the Literature

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**Abstract:** The term uterine smooth muscle tumor of uncertain malignant potential (STUMP) refers to a group of uterine smooth muscle tumors (SMT) that cannot be unequivocally diagnosed as benign or malignant. The diagnosis, surgical management and follow-up of this pathology remain controversial, especially in women of childbearing age with a desire for fertility, due to the non aggressive behavior and the prolonged survival rate compared to leiomyosarcomas. However, recidivism is estimated between 8.7% and 11%. We reported the case of two patients treated by surgical intervention.

**Keyword:** tumors; STUMP; fertility Tumeur musculaire lisse utérine a potentiel de malignité incertain (STUMP) A propos de 2 cas et revue de la littérature. Abstract : Le terme tumeur musculaire lisse utérine à potentiel de malignité incertain (STUMP) désigne un groupe de tumeurs du muscle lisse utérin (SMT) qui ne peuvent être diagnostiquées sans équivoque comme bénignes ou malignes. Le diagnostic, la prise en charge chirurgicale et le suivi de cette pathologie restent controversés, en particulier chez les femmes en âge de procréer ayant un désir de fertilité, en raison du comportement non agressif et du taux de survie prolongé par rapport aux léiomyosarcomes. Cependant, la récurrence est estimée entre 8,7 % et 11 %. Nous avons rapporté le cas de deux patientes traitées par une intervention chirurgicale I- Introduction : Les tumeurs musculaires lisses de l'utérus sont fréquentes et comprennent des formes bénignes (les léiomyomes) , des formes malignes( les léiomyosarcomes) et des formes de malignité intermédiaire, les STUMP (smooth muscle tumors of uncertain malignant potential). Ces dernières sont des tumeurs musculaires lisses dont les caractéristiques morphologiques tels que la nécrose, les atypies et le compte mitotique s'avèrent parfois d'interprétation délicate et subjective ne permettent pas de les classées de façon formelle en tumeur bénigne ou maligne (OMS 2003). II-Observations : 1.Cas N° 1 : -Il s'agit d'une patiente âgée

de 36 ans, sans tares particuliers notables, toujours réglée avec des cycles réguliers, célibataire et nulligeste, Admise dans notre formation pour prise en charge de douleurs Abdomino-pelviennes chroniques à type de pesanteur d'intensité modérée depuis 6 mois associée à une distension abdominale et des signes digestifs type constipation, par ailleurs pas de signes de compression ou envahissement urinaire. Chez qui l'examen clinique objective une patiente consciente, stable, en bon état général avec un IMC à 28 et à l'examen abdominal présence d'une énorme masse de consistance dure, indolore, arrivant jusqu'à l'ombilic. L'examen gynécologique (spéculum + toucher vaginal) non fait car la patiente se disant vierge. La patiente a bénéficié d'une échographie pelvienne dans notre formation objectivant une masse prenant toute la cavité aux dépens de l'utérus faisant 13x12 cm évoquant un myome avec vascularisation périphérique ; par ailleurs endomètres non explorés ainsi que les annexes. Une TDM TAP a été réalisée objectivant une volumineuse masse abdomino-pelvienne mesurant 135x105x165 mm d'allure utérine avec un large pédicule utérin, classée type VII de FIGO probablement en dégénérescence kystique responsable d'une compression du pédicule ovarien gauche, absence d'autre anomalie notamment endométriale ou ovarienne bilatérale. Une IRM pelvienne a été faite afin d'éliminer une dégénérescence sarcomateuse, elle montre un volumineux myome corporeofundique antérieur classée FIGO VII mesurant approximativement 14.5x8.5cm, remanié. La patiente a bénéficié par la suite d'un bilan pré opératoire et d'une consultation pré anesthésique et fut programmée pour une laparotomie exploratrice. L'incision utilisée était médiane sous ombilicale vu la taille de la masse, à l'exploration : Pas d'ascite, utérus de taille normale siège d'un volumineux myome fundique d'environ 25 cm de consistance molle dépassant l'ombilic de vascularisation périphérique, type 7, les 2 annexes : vus sans particularité, reste de l'exploration RAS. La patiente a bénéficié d'une myomectomie sans ouverture de la cavité utérine avec réalisation d'une cytologie péritonéale, mise en place d'un drain de Redon après lavage et aspiration de toute la cavité. L'acte opératoire a duré 1h30min et la patiente en fin d'acte stable sur le plan HD et respiratoire. Le résultat anatomo-pathologique était le suivant : Tumeur musculaire lisse au potentiel de malignité incertain (STUMP), il s'agit d'une prolifération tumorale d'architecture fasciculée faite de cellule musculaires lisses fusiforme à limites imprécises, à cytoplasme abondant et à noyau allongé focalement et modérément atypique. Il s'y associe des remaniements œdémateux avec de la nécrobiose aseptique, les mitoses sont estimées à 7/10 champs au fort grossissement (CFG). La décision était 2. Cas N° 2 : Il s'agit d'une patiente âgée de 48 ans, sans antécédents pathologiques notables, mariée sans notion de consanguinité, en activité génitale avec des cycles



réguliers, nulligeste. Référée dans notre formation pour prise en charge d'un saignement utérin anormal inter menstruel fait de sang rouge de grande abondance intermittent, spontanée évoluant depuis 3 mois , sans autres signes associées notamment pas de douleurs abdominopelviens , pas de signes de digestifs ou urinaires. L'examen clinique trouve une patiente pale avec conjonctives décolorées, et à l'examen abdominal un abdomen souple, pas de distension abdominale, pas de sensibilité ni de masse palpable. Examen gynécologique : Speculum col d'aspect macroscopiquement normal ,présence un polype accoucher par le col bistourné avec saignement minime provenant de l'endocol et au Toucher vaginal coupler au palper abdominal : col de consistance ferme, pas de masse latéro utérine, sang au retarit de doigtier, par ailleurs la patiente a été bénéficiée d'une exploration paraclinique notamment une BHCG qui revenue négatif, une échographie pelvienne objectivant un utérus augmenté de taille avec présence d'un processus endométrial intra cavitaire de 3\*4cm vascularisé au doppler ( vascularisation suspecte) les 2 ovaires non vus. La patiente a bénéficiée par la suite après un consultation pré anesthésique, d'une hystéroskopie chirurgicale au bloc avec a l'exploration : cavité utérine triangulaire, sans signe d'atypies, muqueuse utérine lisse ,présence d'un myome intra cavitaire ( type 0) à base d'implantation fundique, réalisation d'une résection de 70% du myome, le résultats anatomopathologique du prélèvement examinée était en faveur d'une tumeur musculaire lisse à potentiel de malignité incertain (STUMP) : il s'agit d'une prolifération tumorale d'architecture fasciculée ; Elle est faite de faisceaux musculaires lisses entrecroisés, les cellules tumorales sont allongées présentant des atypies significatives focalement avec index mitotique estimé à 4 mitoses/ 10 champs au fort grossissement (CFG),pas vu de foyers de nécrose. Une IRM pelvienne a été réalisée par la suite objectivant une TDM TAP n'a pas objectiver une localisation secondaire par ailleurs. III-Discussion : Les STUMP correspondent à un groupe de pathologies très rares et hétérogène, considérée comme une sous-classification des tumeurs du muscle lisse utérin entre les critères bénins et malins [1],cependant il n'existe malheureusement pas des pourcentages exacts à propos de leurs incidences de survenue, dû évidemment au faible nombre des différentes séries. Les critères morphologiques à la base du diagnostic de léiomyosarcome selon(OMS 2003) [2], tels que la nécrose, les atypies cytonucleaires et le compte mitotique s'embent parfois d'interprétation délicate et subjective, guidant à classer les tumeurs problématiques en STUMP[3]. Les léiomyomes atypiques présentent une large gamme cytologique de cellules atypiques modérément à sévèrement pléomorphe avec un faible nombre de mitoses et sans nécrose coagulante des cellules tumorales. Les cellules atypiques, même avec

une atypie sévère, peuvent être distribués dans tout le léiomyome (diffus) ou ils peuvent être présents focale (éventuellement multifocale). Les figures mitotiques ne peuvent pas être supérieur à 10/10 HPF dans un léiomyome atypique, et la nécrose des cellules tumorales doit être absente [4]. Un index mitotique supérieur à 10/10 HPF permet le diagnostic des léiomyosarcomes[5]. Deux parmi les critères cités (atypies nucléaires, l'index de mitoses et la présence ou non de nécrose tumorale) sont nécessaires pour retenir le diagnostic de malignité. On parle de STUMP lorsqu'un des critères de malignité est présent et le second est difficile à évaluer. Par ailleurs on peut regrouper dans les STUMP, les cas de figures suivant : une tumeur musculaire lisse à cellules fusiformes avec des atypies nucléaires modérées à sévères diffuses et un index mitotique difficile à évaluer ou « borderline » entre huit et neuf mitoses sur dix champs au 40X, une tumeur musculaire lisse à cellules fusiformes avec des atypies nucléaires modérées à sévères et une nécrose dont la nature tumorale ou ischémique est difficile à évaluer, une tumeur musculaire lisse à cellules fusiformes avec plus de dix mitoses pour dix champs au 40X et une nécrose dont la nature tumorale ou ischémique est difficile à évaluer, une vraie nécrose tumorale dans un léiomyome « banal » (la vraie nécrose tumorale est le critère qui seul peut faire basculer le diagnostic vers une STUMP plutôt qu'une variante de léiomyome), on range également parmi les STUMP, les tumeurs musculaires lisses utérines myxoïdes ou à cellules épithélioïdes avec des atypies nucléaires, mais avec moins de deux à cinq mitoses pour dix champs au 40X [6]. Dans notre étude, l'anatomo-pathologie a objectivé pour la première patiente un index mitotique estimé à 7 mitoses/10 champs au fort grossissement (CFG) avec présence des remaniements œdémateux avec de la nécrobiose aseptique la classant dans la catégorie des STUMP, Un index mitotique estimé à 4 mitoses/ 10 champs au fort grossissement (CFG), pas vu de foyers de nécrose pour la seconde patiente. La symptomatologie clinique comprend une combinaison d'anomalies saignement utérin, masse pelvienne ou symptômes dus à compression secondaire et anémie. Douleur pelvienne et la sensation de pression pelvienne ou une combinaison de celles-ci sont également décrit. Une de notre malade a été admise des pour douleurs pelviennes chroniques associée à une constipation et chez qui l'examen clinique retrouvé une masse abdominopelvienne dure et indolore, arrivée à l'ombilic, la 2 - ème patiente s'est présentée aux urgences gynécologiques pour prise en charge d'un saignement utérin anormal avec retentissement général, sans masse perceptible a l'examen clinique. Il est très difficile de différencier les léiomyomes bénins des sarcomes malins en préopératoire. Le diagnostic a été suspectée par l'échographie pelvienne qui a montré une image intra-utérine avec vascularisation centrale

anarchique. IRM a été utilisé pour différencier entre tumeurs bénigne et malignes de l'utérus, elle permet de confirmer le diagnostic de fibrome utérin, d'en préciser le type selon la classification FIGO, validée à l'échelle européenne et peut éventuellement proposer une orientation thérapeutique [7]. Pour montrer l'importance de l'imagerie dans le diagnostic de léiomyosarcome, Bonneau et al ont publié la première étude a ce sujet en 2013 [8] , Bacanakgil et al, ont comparés les résultats échographiques et IRM de 85 léiomyomes et 23 tumeur mésenchymateuse maligne (MMT) et STUMP , et ont signalé que la présence d'une tumeur unique, l'absence d'occultation acoustique et la présence de fluide libre sont associé au MMT/STUMP. Aucun protocole standard pour la prise en charge thérapeutique des patients suspects de STUMP n'a encore été approuvé. Ainsi si le diagnostic de STUMP est posé sur des pièces de myomectomie, compte tenu de la possibilité avérée de récurrence, l'hystérectomie représente le traitement de référence pour les femmes qui ont accomplie leur projet de grossesse. Des grossesses réussies après une chirurgie de préservation de la fertilité ont été rapportées, mais ces patientes doivent être correctement informées du risque de récurrence avec une surveillance strict clinique et paraclinique [9]. Les 2 patientes de notre étude ont bénéficié d'un traitement chirurgical par hystérectomie totale. Le taux de récurrence rapporté pour STUMP est de 7 à 27 % [10]. Les critères histologiques notamment La nécrose tumorale, le degré d'atypie et la mitose sont corrélés avec comportement malin, et non pas avec la récurrence tumorale. Chez les patients atteints de STUMP, la croissance tumorale est plus lente et la récurrence est souvent retardée d'une moyenne de 51 mois après le diagnostic initial. Par ailleurs, l'évolution clinique est souvent retardée, avec une survie médiane de 61,5 mois [11]. La survie à cinq ans est de 92 à 100 % [12]. Dans notre étude, la durée moyenne de suivi était de. Vu le caractère et l'évolution incertains de ces tumeurs, les patientes doivent subir une évaluation de base et un suivi régulier tous les 6 mois pendant les 5 premières années, puis une fois par an pour les 5 prochaines années [13] .le suivi consiste en une anamnèse, un examen général et pelvien et d'une imagerie annuelles comprenant une radiographie thoracique, une échographie pelvienne, une IRM et/ou une TEP-TDM, pour détecter les récurrences. Les 2 patientes de notre étude ont bénéficié d'un examen clinique et d'une échographie pelvienne.

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## **TURIZM SOHASIDA RELATSION MA'LUMOTLAR BAZASINI YARATISH**

*Mirzayev Ural Namozovich*

*TerDU, Kompyuter tizimlari va ularning dasturiy ta'minoti (tarmoqlar va sohalar bo'yicha) yo'nalishi magistranti*

**Annotatsiya:** Ma'lumotlar bazasini boshqarish tizimi (MBBT) - ma'lumotlar bazasining ma'lumotlarini boshqarish funksiyasini bajaruvchi, ma'lumotlar bazasini tashkil qilish, ishlashni ta'minlash va rivojlantirishning til va dasturiy ta'minotining majmuasidir. MBBT ni qo'llash ma'lumotlar bazasiga qo'yilgan talablarni bajarishga ketadigan mehnatni keskin kamaytiradi va ulardan to'lig'icha foydalanishni ta'minlaydi.

**Kalit so'zlar:** Ma'lumotlar bazasi, ma'lumotlarni aniqlash, makroslar, so'rovlar tili, Tarmoqli MBBT.

MBBT quyidagilarga imkon beruvchi dasturiy vositalar to'plamidir:

- ma'lumotlarni aniqlash va amallar bajarish tili vositalari bilan foydalanuvchini ta'minlash;
- ma'lumotlar modelini qo'llab-quvatlashni ta'minlash;
- aniqlash, yaratish va mantiqiy ma'lumotlar bilan amallar bajarishni ta'minlash;
- ma'lumotlarning himoyasini va yaxlitligini ta'minlash.

MBBT ning asosiy vositalari quyidagilar:

- ma'lumotlar bazalari tuzilmalariga topshiriq berish vositalari;
- berilgan sharoitlarda ma'lumotlarni tanlash uchun so'rovlar yaratish va ularni qayta ishlash bo'yicha operatsiyalar bajarish vositalari;
- qulay ko'rinishda natijalarni bosmaga chiqarish uchun MBdan hisobot yaratish vositalari;
- til vositalari, ya'ni makroslar, so'rovlar tili (masalan, SQL) va boshqalar.
- ma'lumotlar bazalari bilan ishlash turli operatsiyalarni yagona texnologik jarayonga birlashtirishga imkon beruvchi foydalanuvchi tomonidan qo'shimcha dasturlar yaratilishi mumkin bo'lgan vositalar.

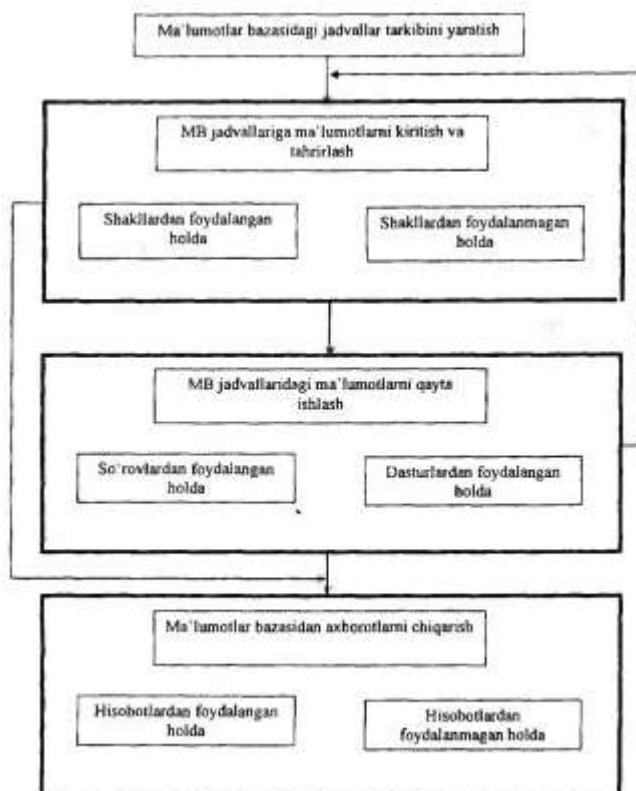
Ma'lumotlar bazasini boshqarish tizimining asosiy xususiyatlari bevosita ma'lumotlar bazasiga taalluqli deb hisoblanadi va u quyidagilardan iborat:

- ma'lumotlarni bir marta kiritish;
- ma'lumotlarning bir-biriga zid emasligi;
- ma'lumotlar bazasining yaxlitligi;
- ko'p jihatli kirishning mumki'nligi;
- ma'lumotlarni har xil tanlash va ulardan foydalanuvchining turli topshiriqlari va dasturlaridan foydalanish;
- avariya holatlari, apparat va dastur nosozligi, foydalanuvchining xatosidan ma'lumotlarni himoya qilish va tiklash;
- mijozlarning ruxsatsiz kirishini cheklash vositalari yordamida ma'lumotlarni himoya qilish;
- ma'lumotlar bazasini hajm va vaqt tavsifi orqali qayta tashkil etish;
- talab bo'yicha axborotlarni ma'lumotlar bazasidan chiqarib olish va hisobot shaklida taqdim etuvchi talablar tilining mavjudligi.

**Tarmoqli MBBT.** Ma'lumotlar bazasi ko'p foydalanuvchilarga kerak bo'lgan ma'lumotlardan iborat bo'ladi. Shu bois, lokal kompyuterlar va tarmoqda ishlaydigan kompyuterlar uchun MBBT har xil bo'ladi. Chunki tarmoqda MBBT turli foydalanuvchilarni ma'lumotlar bazasiga kirishning cheklanganligini kuzatadi va ma'lumotlarning himoyasini ta'minlaydi. Ma'lumotlar bazasini yaratish bosqichlari texnologiyasini aniq tasvirlab olish kerak. Bular:

- ma'lumotlar bazasidagi jadvallarning tarkibini yaratish;
- jadvallarga ma'lumotlarni kiritish va tahrirlash;
- jadvallardagi ma'lumotlarni qayta ishlash;
- ma'lumotlar bazasidan axborotlarni chiqarib olish.

Sxematik ravishda ushbu texnologiyani quyidagicha tasvirlash mumkin:



**Turizm korxonalarini uchun ma'lumotlar bazasini yaratish.** Har qanday kompyuter axborot tizimining asosini fayl tashkil qilib, bu faylda tarkib va xususan ma'lumotlar ajratiladi. Misol uchun iste'molchi obyekti tarkibini ko'raylik.

Tarkib
Iste'molchi nomi
Manzil
Telefon

Ma'lumot
O'ral Mirzayev
Termiz
901234567

Tarkib bilan ma'lumot orasidagi asosiy farq shundaki - tarkib o'zgarmaydi, ma'lumot esa har bir kiritishda o'zgaradi. Ma'lumot qismi, masalan 'Termiz' - bu maydon, 'manzil' esa bu maydonni aniqlovchi belgidir. Barcha maydonlar to'plami:

O'ral Mirzayev

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901234567

esa yozuvni tashkil qiladi. Demak, faylga endi shunday ta'rif berish mumkin - fayl bu barcha saqlanayotgan yozuvlar to'plamidir. Asosan uch turdagi maydonlardan foydalanishadi:

- 1) matnli - chap chet bo'yicha to'g'rilangan istalgan belgilar bo'lib, ular matn ko'rinishda saqlanadi. Belgili maydonlar ustida hech qanaqa hisoblashlar amalga oshirilmaydi;
- 2) sonli - faqat sonlar saqlanadi, o'ng chet bo'yicha to'g'rilanadi. Hisoblashlar faqat sonli maydonlar ustida bajariladi;
- 3) mantiqiy - faqat bitta belgidan iborat:
  - a) T,t,Y,y - mantiqiy 'rost' qiymat uchun;
  - b) F,f,N,n - mantiqiy 'yolg'on' qiymat uchun.

Ma'lum tarkibli fayllarni tashkil qilish uchun quyidagilarni aniqlash lozim: qanday maydonlar ishlatiladi, bu maydonlarga qanday nomlar berish lozim, ular qaysi turdagi ma'lumotlarni saqlashlari lozim. Masalan, turistik tashkilot xarajatlari yozuvlari faylini tashkil qilish uchun quyidagi maydonlarni kiritish mumkin:

- ❖ tur nomi;
- ❖ gid;
- ❖ turistlar soni;
- ❖ tur qiymati, so'm;
- ❖ boshlanish sanasi.

Bu yerda faqat ikkita maydon sonli qiymatga ega: 'turistlar soni' va "tur qiymati, so'm"

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## PHENOMENAL, ETYMOLOGICAL, SCIENTIFIC AND SOCIAL ANALYSIS OF PHILOSOPHICAL THOUGHT

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**Annotation** - this article provides information about the etymological origin of the concept of thinking and how it is named in the views of the analysis in the scientific process. At the same time, the authors believe that thinking "appears in the process of people's social production activity.

**Key words;** Thinking, thought, knowledge, intelligence, intelligence, scientific knowledge, outlook, thinking.

In the work "Dictionary of Philosophy" thinking is defined as "the highest product of the specially structured matter brain, the active process of the reflection of the objective world in concepts, discussions, theories and examples". This "active process" brings forward the subjective phenomena of intelligence, perception, knowledge and worldview, which give activity to thinking. In "Encyclopedia of Philosophy" thinking is interpreted more broadly. "Thinking is the highest form of objective world perception; the process of reflection of objective reality in the mind. In the process of consciousness, thoughts, opinions, ideas, assumptions, etc. are formed in a person, and they are expressed in the mind of a person in the form of concepts, judgments, and conclusions. At the same time, the authors believe that thinking is "in the process of people's social production activity. Thinking is a product of social development. Like all social phenomena, the way of thinking is determined by social conditions. It exists only depending on the method of production, social structure of society, ideological views and other social relations. The fact that thinking is a product of social processes indicates that it is a subjective reality like consciousness. However, thinking and way of thinking manifests itself only through intelligence, perception, knowledge and worldview. It is impossible to think without them. These aspects of thinking are not clearly revealed in scientific and philosophical sources. In this sense, thinking consists of thoughts, opinions, and imaginations, and sometimes it is the reality associated with consciousness. Such an approach pushes back the peculiarity of reason, rationality, perception, and opens the way to abstraction of thinking. In our opinion, thinking is the search for ideas based on reason, worldview, rationality. So, from the etymological point of view, thinking is a subjective reality such as searching for ideas, thinking, observing.

Regarding social-philosophical and epistemological interpretations of thinking, there is still no clear approach in scientific literature. Therefore, if we look at it in harmony with intelligence, knowledge, worldview, our thoughts on this matter will be clarified.

Thinking can be divided into personal, group, national, ethnic, universal, depending on its subjects. Each of them is an object of independent research. We are interested in the features that have social aspects, which requires special aspects of social philosophy.

Knowledge, intelligence, thinking and perception are factors that harmonize the basic activities of man and society on the basis of general rules and values. A society and a person, relying only on reason and perception, understand each other as two subjects, realize that progress can be achieved by supporting each other. In his treatise, Aristotle wrote that "some people act according to reason, and their abilities are also according to reason." Phenomenon of thinking is a product of its impact on social consciousness and social relations, its expression in them. The formation of this product consists of different stages. "In socio-philosophical literature, they are "personal, group, national and universal according to the subjects of social consciousness, according to their objects: subjective and objective, according to their types - mytho-theological, philosophical, scientific, psychological, according to aspects: sensitive, emotional, metaphysical, educational, according to educational characteristics: ideological, pedagogical, liberal, according to connection with life goals: views, beliefs, ideals, according to functional aspects: it is divided into educational, technological, diagnostic, etc." It is known that the systematic functional analysis of the object is not advanced at first glance, it consists of certain systems according to its internal characteristics, and reveals the permanent and dialectical interdependence of these systems. Based on the goals and directions of our research, it is appropriate to analyze the phenomenon of thinking from a mytho-theological, philosophical and scientific point of view. Such an approach "allows, firstly, a harmonious view of worldly knowledge and religious knowledge, and secondly, to clarify the methodological aspects of the problem, thus giving a scientific-philosophical and positive direction to the research." This approach is in accordance with the "scientific positivism" of O. Comte and G. Serenser.

In mythotheological views, according to modern interpretations, the factors of intelligence and perception are not the priority, they are manifestations of lifeless, fantastic and irrational awareness of objective existence. Today, scientific and secular knowledge does not always support mytho-theological views, if they are interested in these aspects, they imagine archaic categories as the first form of consciousness, in the expression of irrational experiences.

However, in our opinion, mytho-theological imaginations were a product of their time, a real reality for primitive people. According to the well-known ethnographer, cultural scientist E.Taylor, the philosophical thinking of primitive people was expressed in animistic and totemistic views, and this thinking was important for the future stages of thinking of primitive people as their relationship to the world, surroundings, and life. This was the stage of thinking in which primitive people did not separate themselves from the wider world, they accepted non-living forces and, since the social consciousness was not yet sufficiently developed, fantastic imaginations as a real reality for themselves. The fact that the first, primitive thinking consisted of non-living elements was not a tragedy for the people of that time, because with the help of this thinking, they understood the world, understood themselves, and entered into relationships. Animistic, totemistic and anthropomorphic views, as the "primitive philosophy" of their time, took place in the minds, imaginations and relationships of people, the whole consciousness was the subjective reality within these fantastic imaginations. Later they became theological imaginations. So, mythological and theological thinking harmonization took place on the basis of the formation of a certain life experience and rational thinking in people.

It was not in vain that religion was based on rational thinking, it enriched mythological imaginations with a certain way of thinking, i.e. elements of awareness. It is for this reason that theological ideas have a certain form of rationality and mythological aspects, which is why this harmony has led religion to take a deep place in people's way of life as a concrete reality. The history of thought shows that people could not stay within the framework of "primitive philosophy" in the process of evolutionary development, evolutionary development encouraged them to enrich their non-life imaginations with new approaches, rational thinking, intellectual research. Later, religion, like mythological imaginations, became their real existence, a reflection of their social life. It is for this reason that later in thinking, especially in philosophy, the approach that subjective views prevail over real life reality was widespread and built the entire way of thinking on the traditions of subjectivism. B.Srinoza, D.Yum, Hegel, V.Solovev, N.Berdyayev, V.Rozanov, R.Florensky, M.Heidegger supported the transformation of religious philosophy into a major trend in the new era, when reliance on reason, understanding, and rationality came into force. -power is rare in thinking. In the legacy of these philosophers, mytho-theological thinking reached its peak, their religious-philosophical research allowed not only to preserve the first primitive philosophy, but also to open new aspects of intellectual thinking. Although the formation of philosophical thinking began with Thales, Heraclitus, Platon, and Aristotle in antiquity, the new era had a great impact on its development as intelligence, perception, and rational activity. B.

Russell, who researched the history of philosophy, shows that the new era introduced rationality to Aristotelian scholasticism, enriched philosophy with intelligence, understanding, new methods, and established the possibility of knowing the universe. That's why B. Russell notes the rational, intellectual methods of cognition in the lives and philosophical researches of R. Descartes and F. Bacon as signs of the new era. metaphysical research could no longer remain in the bosom of non-life, spiritualism and mysticism. Nevertheless, the mind and thinking were not completely freed from irrationality. V. Dilthey, A. Bergson, D. Bohm, H. Ditfurt, D. Ikeda, K. Rribram, CH. Tart continued the rational search from sensitive cognitive experiences such as religious visions, fantasy, intuition. For example, according to V. Dilthey, the task of philosophy is to study life outside of itself, which is actually irrational. We find a similar idea in A. Bergson's theory of evolution. It is true that searching for the rational in religious ideas or presenting irrational motives as a product of intelligence and perception has existed since ancient times.

However, it cannot be forgotten that these researches also have the intention of expanding the scope of intelligence. Therefore, it is not correct to dissolve the rational in the irrational into pure mysticism, thus calling all religious-philosophical researches mysticism. Sometimes it happens that the philosopher turns to myths, theological examples and experiences to justify his rational ideas. For example, A. Camus refers to the myth of Sisyphus, Z. Freud and K. Yung to the subconscious elements, e. Such approaches cannot be attributed to Srritism, i.e., myths and irrational examples are methods used to justify the rational.

As man's intellectual and moral pursuits expanded and developed, he turned knowledge into a separate type of activity. The ancient Greeks (Phales, Rittachus, Anaximander, Heraclitus, Ryphagoras, Zeno, Socrates, Plato, Aristotle) who turned philosophy into a field of scientific knowledge, focused all their intelligence on understanding the universe. Heraclitus says about the world: "this world is the same for all creatures, neither God nor man created it, but it always existed, it will exist forever in the form of a living fire, it can sometimes grow stronger and sometimes fade away." Erikur expresses a similar idea: "The universe is perfect." That is, the universe with its infinity, on the one hand, increased the epistemological interest in man, and on the other hand, it confirmed the limitation of consciousness and perception. This antinomian situation prompted Socrates to say, "I know that I know nothing", and B. Russell, who was recognized as a great philosopher and expert in human knowledge and was awarded the Nobel Prize, repeated this opinion almost 26th century later. He concludes his famous work "Knowledge of Man" and writes: "All human knowledge is unreliable, uncertain and relative." It is clear that human scientific research to know the world is as complex and full of contradictions as life



and development itself. is re-evaluated over time. In this case, it is important not to come to the conclusion that human thinking and scientific research are useless and unnecessary. A person believes in his future and intelligence, looks at them with optimism. Artism turns scientific knowledge into a positive, creative phenomenon.

The formation of scientific knowledge in young people begins with school education. The first scientific ideas are formed on the basis of mastering and learning certain subjects. However, this education does not negate the influence of family education. The interests, activities, and lifestyle of parents and adults are reflected in the outlook of a schoolchild or student. In general, stereotypes, behavior, and social attitudes of a person are a reflection of the influence of ethnoculture on the mind. For example, "the ethnoculture of the Uzbek people, which has become a historical and cultural paradigm, on the one hand, includes important, stable, sometimes conservative experiences, woven in the long process of development, and on the other hand, it is dialectical, prone to innovation, transformation, complementing each other in a way, formed the national culture". Family education, including school education, are manifestations of this national culture. Therefore, the basis of the formation of the first ideas should be sought in the upbringing in the family, and in a broad sense, in the national culture.

Young people express family values in their behavior, in their desire to learn, in their attitude to books and reading. So, a child comes to school, a student comes to an educational institution with a certain life, scientific and educational outlook. In this view, the influence of daily needs and observations is strong, it is necessary for the school to fill this view with scientific knowledge and worldview.

Another differentiating aspect is that young people have become "Internet children". It is an axiom that the information and scientific news distributed by the Internet drastically change their attitude to science. It is not easy to focus the attention of young people on a certain knowledge in such a complex conflict situation. Psychologists use the concept of "setting" to direct a person to a certain life goal. In accordance with the differential characteristics and interests of such youth, "ustanovka", in fact, "scientific ustanovka", is also necessary for the formation of a scientific worldview. School is the main place of formation of this institution, life goal, direction of behavior and spiritual and spiritual program.

Young people as a separate socio-demographic layer have their own diverse interests, aspirations, values and life satisfaction. These differential aspects do not affect their scientific and epistemological interests.

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## **XALQ CHOLG‘ULARI IJROCHILIGINING TA‘LIM JARAYONIDAGI AHAMIYATLI QIRRALARI**

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### **Annotatsiya**

Maqolada yoshlarning ta‘lim tarbiya tizimida musiqiy tafakkurning xalq cholg‘ulari misolida namoyon bo‘lishi nazarda tutiladi. Undan tashqari yoshlarning musiqiy qobiliyatini yana oshirish maqsadida ularga beriladigan birlamchi ko‘nikmalar yoritiladi.

### **Аннотация**

В статье предполагается проявление музыкального мышления в системе образования молодежи на примере народных инструментов. Кроме того, будут освещены основные навыки, которые даются молодым людям с целью повышения их музыкальных способностей.

### **Annotation**

The article assumes the manifestation of musical thinking in the educational system of young people as an example of folk instruments. In addition, the primary skills given to young people in order to increase their musical ability will be highlighted.

**Kalit so‘zlar:** *ta‘lim tarbiya, qobiliyat, xalq cholg‘ulari, gamma, etyud, ijro ko‘nikmasi.*

Bugungi kunda yoshlarimizga musiqiy ta‘lim-tarbiya berishdan ko‘zlaniladigan maqsad, o‘zbek xalq va boshqa xalqlar musiqasini, jahon mumtoz kompozitorlarining asarlarini har taraflama chuqur va savodli o‘rgatish, xalq cholg‘ularida ijrochilik ko‘nikmalarini hozirgi zamon yangi-yangi uslublari bilan boyitishdan iboratdir. Xalq cholg‘ulari nihoyatda rang-barang va xilma-xilligi tufayli o‘ziga xos shirador, yoqimli tovushlari bilan alohida ajralib turadi.

Respublikamizda jumladan, milliy qadriyatlarning targ‘ibotiga, milliy cholg‘ularning o‘rganilishiga keng o‘rin berilishi bejiz emas, chunki «Respublikada musiqiy ta‘limning madaniyat va san‘at o‘quv yurtlari faoliyatini yaxshilash to‘g‘risida» (1996, 31 dekabr), «Ta‘lim to‘g‘risida» (2020, 23 sentabr), «Kadrlar tayyorlash milliy dasturi to‘g‘risida» (1997, 29 avgust), va bir qator Qonun va farmonlarda o‘quv-tarbiya jarayoni sifatini jahon mezonlari darajasiga ko‘tarish, yoshlarga milliy va umuminsoniy qadriyatlarni idrok etish mafkurasi asosida ularni Vatanga mehr-muhabbat, mustaqillik g‘oyalariga sadoqat ruhida tarbiyalash, o‘quv maskanlarida o‘qitilayotgan har bir fanning asosini tashkil etilishi uqtirilgan.

Kelajagimiz bo‘lmish yosh avlodni o‘z ixtisosligi bo‘yicha fanni mukammal egallagan, nazariy va amaliy bilimlarga ega bo‘lgan barkamol inson qilib tayyorlash bugungi kunning asosiy vazifalaridandir.

Yuqoridagi davlat xujjatlaridan kelib chiqib respublikamiz olimlari, uslubiyotchilari, tajribali o‘qituvchilari har bir fanga yangicha yondashib o‘quv rejalarini, dasturlarni, darsliklarni, o‘quv qo‘llanmalarni qayta ishlab takomillashtirmoqdalar, jahon andozalariga yaqinlashtirish ustida ish olib bormoqdalar.

Xalq cholg‘ularida ijro etishni egallash nozik va ma’suliyatli vazifa ekanligi hammamizga ma’lum, shuning uchun xam o‘qituvchi-ustoz o‘z shogirdlarining yoshi, xarakteri, bilim doirasi, tajribasini hisobga olgan holda birinchi darsdan oq mustaqil ijodiy mehnatga, fikrlashga o‘rgatib borishi zarur. Buni muvaffaqiyatli bajarish uchun ota-onalar, boshqa fan o‘qituvchilari bilan hamkorlikda ish olib borishi zarur. O‘quvchilarning darsga qiziqishlarini oshirishda nazariy va amaliy ishlarni birgalikda olib borilishi ijobiy natija beradi. O‘qituvchi shoshilmay, o‘quvchisi bilan cholg‘uda tovush chiqarish madaniyatini shakllantirib borishiga, pardalar ustida barmoqlarning to‘g‘ri va erkin harakatlanishiga e’tibor qaratmog‘i lozim. Dastlabki ijro ochiq torlarda oddiy zarblar bilan boshlanmog‘i va asta-sekin murakkablashmog‘i, nazariy bilim, amaliy ko‘nikma bilan mustahkamlanishi kerak. O‘quvchilarga o‘rganayotgan cholg‘usi haqida tushuncha berishi, cholg‘ularning takomillashtirilganligi xususida gap yuritilishi albatta foydadan holi bo‘lmaydi. Ijrochilik san’ati takomillashib, tobora rivojlanib borishi, cholg‘ular uchun yangi-yangi maxsus asarlar yaratilishi, ijrochilar repertuaridan jahon mumtoz kompozitorlari asarlarining o‘rin olishi, ushbu cholg‘u uchun dastur tanlashda katta imkoniyat beradi va bu esa o‘z navbatida yosh ijrochilarni tarbiyalashda, texnik mahoratlarini oshirishda, katta ahamiyatga egadir.

Buning uchun doimiy ravishda mashq, gamma, etyudlardan foydalanib borish, o‘quvchilarning badiiy asarlarni o‘zlashtirishida yengillik tug‘diradi, ijro malaka va ko‘nikmalarini oshiradi.

Ixtisoslik fanining o‘qituvchisi, o‘quvchisiga o‘quv jarayonida musiqaga bo‘lgan havasni o‘stirishi, musiqiy va nazariy bilimlarni chuqur o‘zlashtirishga e’tibor berishi, shuningdek, ularga ijrochilik san’atining yuksak ijtimoiy rolini tushuntirishi zarur. O‘quv materialini to‘g‘ri rejalashtirish, ta’lim jarayonini aniqlik bilan tashkil qilish, o‘quvchilarning ijrochilik qobiliyati va mahoratini muvaffaqiyatli ravishda o‘stirishga yordam beruvchi muhim omillardandir. O‘quv materiali o‘quvchilarning shaxsiy xususiyatlari, musiqiy iqtidori va ijrochilik ko‘nikmalari jihatidan umumiy o‘sish darajasiga mos bo‘lmog‘i lozim.

O'qituvchining eng muhim vazifalaridan biri, o'quvchilarning badiiy va texnik ijrochilik imkoniyatlarini nazarda tutib, ularga aniq topshiriqlar berib borishi, ularning bajarilishini muntazam ravishda nazorat qilishi, gamma, arpedjio, mashq va etyudlar ustida o'quv yili davomida ish olib borishi, turli zarblar, dinamik, ritmik variantlarni qo'llashi tavsiya etiladi. O'qituvchi o'quvchilarni amaliy faoliyatga tayyorlar ekan, ularning musiqiy saviyasini har tomonlama kengaytirishi, ijodiy faolligini oshirishi, o'rganilishi shart bo'lgan asarlardan tashqari turli musiqiy adabiyotlar bilan ham tanishtirib borishi kerak, shuningdek. mustaqil tahlil qila olish malakalarini o'stirishi talab etiladi.

Yuqorida keltirilgan fazilatlarga erishishda, ko'p yillik tajribamizga tayangan holda, o'sib kelayotgan yosh avlodni tarbiyalash va unga ta'lim berish ishida o'quv-tarbiyaning samaradorligini ta'minlash uchun quyidagilarni amalga oshirish lozim deb. hisoblaymiz:

- cholg'uda ijro etish uchun zarur bo'lgan tushunchalarni shakllantirish;
- ijro asoslarini o'zlashtirish ishini cholg'uda bevosita bajarish;
- o'qituvchi va o'quvchilarni samarali faoliyat ko'rsatishiga erishish;
- mashhur sozandalar ijrosi bilan tanishtirish;
- o'quvchilar bilimlarini nazorat qilib, yutuq va kamchiliklari ustida doimiy ish olib borish va shularga o'xshash tadbirlar amalga oshirish kerak bo'ladi.

O'qituvchi har bir mashg'ulotda faqat amaliyot bilan cheklanmay, uning nazariy va tarbiyaviy tomoniga katta ahamiyat berishi, kuy va ohang vositasida o'quvchining didi, go'zallikka intilish, nafosat, ona Vatanga muhabbat, atrof-muhitni asrash, kattalarga hurmat ko'zi bilan qarash kabi hislatlarni shakllantirib borishi zarur. Berilgan har bir musiqiy asarni o'rganish jarayonida mehnat qilish, qiyinchiliklarni yengish, yangi asarlarni mustaqil o'rganish qobiliyatini o'stirish va o'z mehnatidan zavqlana olish bilan birga atrofdegilar mehnatiga ham munosib baho bera olish, qadrlash hissini uyg'ota olish o'qituvchidan yuqori darajali mahoratni talab etadi.

Shu xislatlarga ega bo'lgan o'quvchi nafaqat komil inson, mohir san'atkor, sozandagina bo'lib qolmasdan, balki ma'naviy yetuk, barkamol shaxs bo'lib yetishadi.

Uzluksiz ta'lim tizimida ta'lim olayotgan yoshlarning har birida intilish hosil qilishi kerak. Bizning asosiy maqsadimiz, zamonamizni yuksak talablariga javob beradigan munosib mutaxassislar yetishtirish. Aqlli va e'tiqodli, vazmin, ulug'vor va mehr-oqibat kabi insoniy fazilatlarga xos ahloqiy pok, chuqur bilimli xalq cholg'ularida ijrochilik saviyasini yuqori darajada o'zlashtirgan oqilu-fozil, mohir sozanda-ijrochilarni tayyorlashga e'tiborimizni qaratmog'imiz lozim.



Bugungi kunda, xalq cholg'ularida ijrochilik san'atining shakllanishi, an'anaviy va yangi yo'nalishdagi ijrochilik uslublar munosabatlari chambarchas bog'liqlik bilan hamda bir-birini to'ldirgan holda rivojlanib kelmoqda.

Xulosa qilib aytganda, bugungi kungacha qilingan ishlarimiz, erishgan yutuqlarimiz dengizdan bir tomchi deb hisoblaymiz. Yosh avlod orasida ilm-fanga, madaniyat va san'atga chanqoq, xalq cholg'ularida ijrochilik san'atining dovrug'ini jahonga taratadigan ishtiyoqmand aqliy salohiyat egalari oramizda ko'p. Orzu niyatlarimizni ro'yobga chiqarishda yoshlarimiz uchun shart-sharoitlar yaratish, musiqa maktablari, bilim yurtlari va oliy ta'lim o'qituvchilarining birinchi navbatdagi vazifalaridir. Kelajak avlodga musiqiy san'atimizning taqdirini topshirish uchun halol mehnat qilishimiz kerak, ijrochilik san'ati masalalariga e'tiborimizni tobora kuchaytirishimiz kerak, jaxon andozasi talablariga javob beradigan musiqiy daholarni tarbiyalab yetishtirishimiz bizning eng muhim majburiyatlarimizdir.

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## **Yangi davrda Fransiya**

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**Annotatsiya:** XX asrlar boshlariga kelib Fransiya dunyoning eng qudratli davlatlar qatoriga kirsada inqloblar va urushlardagi yo'qotishlar tufayli rivojlanish suratlari tobora pasayib borayotgan edi. Ushbu maqolada yangi davrda Fransiya hayotini yoritib beraman.

**Kalit so'zlar:** Fransiya, Shengen, retsessuya, inflatsiya

Fransiya. 1980-yillar oxirida Fransiya hukumati korxonalar, banklar va sug'urta kompaniyalarini ommaviyxususiyashtirish siyosatini e'lon qilgan edi. Xususiyashtirish yo'llaridan biri — korxonaning uning ishchilari tomonidan sotib olinishiboldi. Ishchilar soni 500 dan 1 ming nafargacha bo'lgan korxonalarningchorak qismi shu yo'l bilan sotib olindi. Iqtisodiy taraqqiyotning1989 — 1992-yillarga moijallangan rejasi pul aylanishi barqarorligini ta'minlashni, inflatsiyaning pasayishini va iqtisodning raqobatbardoshliginiqo'llab-quvvatlashni ko'zda tutardi.

Fransiyanisotsialistlar boshqargan 1980 — 1990-yillar boshlarida xalqaro hayotda eng muhim voqealar sodir bo'ldi: «sovuq urush»yakunlandi, Germaniya birlashdi, Sovet Ittifoqi va Yugoslaviya tarqalib ketdi, G'arbiy Yevropa birlashdi. Fransiya prezidenti Fransua Mitteranva uning hukumati Germaniya bilan yaqinlashish va G'arbiy Yevropa mamlakatlarining birlashishini o'zining asosiy vazifasi deb bildi. Germaniya bilan birga Fransiya G'arbiy Yevropani birlashtirishning engfaol ishtirokchisi bo'ldi. 1990-yil yanvarda Lyuksemburgning Shengen shahrida Fransiya hukumati Shengen kelishuvini imzoladi. Unga binoanYevropa Iqtisodiy Hamkorligi (Y IH ) mamlakatlari fuqarolari vizasizva bojxona nazoratisiz bir-biriga bemalol o'tishi mumkin bo'ldi. So'llar hokimiyatda turgan yillarda ular tarafdorlari

kutgan natijalarga erishilmadi. Iqtisodiy o‘shish sur‘atlari juda past bo‘ldi. Lekin keyinchalik Fransiya ijtmoy iqtisodiy tomonlama katta yutuqlarga erishdi. Bugungi Fransiya dunyoning eng taraqqiy etgan 7 indistustrial davlatidan biri Fransiya o‘zining ilmiy texnika yutuqlari va zamonaviy aviatsiya o‘ta tez yurar poyezdlari, mashhur 1993 yili ishlab chiqarish hajmi qisqardi. Ishsizlik mislsiz darajaga yetdi. Sotsialistlarning obro‘yi tushib ketdi. Markaziy va Sharqiy Yevropada kommunistik rejimlarning qulashi, SSSR va Yugoslaviyaning tarqalib ketishi, Rossiya hukumati tomonidan rasman kommunizmning qoralanishi nafaqat kommunistlarni, balki butun sotsialistik g‘oyalar va qadriyatlar tizimini obro‘sizlantirdi. 1993-yili Milliy majlisga bo‘lib o‘tgan saylovlarda o‘ning kuchlar parlamentda mutlaq ko‘p o‘ringa ega bo‘ldi. Fransiyaning urushdan keying tarixida so‘l kuchlar ilk bor shunday qaqshatqich mag‘lubiyatga uchradi. So‘l kuchlar bunday mag‘lubiyatdan so‘ng uzoq vaqt inqirozdanchiqa olmadi. 1995-yilgi prezidentlik saylovlarida Jak Shirak g‘olib chiqdi va ishsizlikka qarshi kurashni, jamiyatning boylar va qashshoqlarga bo‘linishini bartaraf qilishni asosiy vazifa deb e‘lon qildi. Tashqi siyosatda uning asosiy faoliyati Fransiya Yevropa Ittifoqining «yetakchisi» va butun dunyo uchun «erk mayog‘i» rolini qaytarishga qaratildi. Yangi hukumat davlat budjeti kamomadini kamaytirish, bandlikni ta‘minlash rejasini e‘lon qildi. 1996-yildan YIMning o‘shish sur‘atlari, kapital kiritish va shaxsiy iste‘mol hajmi oshdi. 1990-yil yanvarda Lyuksemburgning Shengen shahrida Fransiya hukumati Shengen keiishuvini imzoladi 1990-yillari Fransiya postindustrial jamiyatning shakllanish jarayoni davom etdi. Ilmiy-texnik inqilobning shiddat bilan rivojlanishi Fransiyaning qiyofasini o‘zgartirdi. Parij va boshqa yirik shaharlarda osmono‘par binolar paydo bo‘ldi. Butun mamlakatni avtomobil yo‘llari va soatiga 250 — 300 km tezlik bilan yuradigan temiryo‘l trassalari qamrab oldi. Angliya bilan hamkorlikda qurilgan La-Mansh bo‘g‘ozi ostidan o‘tgan temiryo‘l tonneli (Yevrotonnel) — XX asrning eng buyuk muhandislik yutuqlaridan biri 1994-yil may oyida tantanali ravishda ochildi.

Boshqa rivojlangan mamlakatlardagi singari Fransiyada ham elektronika, informatika va ular bilan bog'liq sanoat sohalari jadal rivojlandi. Industrial jamiyatning ramzi bo'lgan sanoat sohalari — metallurgiya, ko'mir qazib echiqarish kabi sohalar asta-sekin tushkunlikka yuz tutdi Parij va boshqa yirik shaharlarda osmono'par binolar paydo bo'ldi. Butun mamlakatni avtomobil yo'llari va soatiga 250 — 300 km tezlik bilan yuradigan temiryo'l trassalari qamrab oldi. Angliya bilan hamkorlikda qurilgan La-Mansh bo'g'ozini ostidan o'tgan temiryo'l tuneli (Yevrotonnel) — XX asrning eng buyuk muhandislik yutuqlaridan biri 1994-yil may oyida tantanali ravishda ochildi. Boshqa rivojlangan mamlakatlardagi singari Fransiyada ham elektronika, informatika va ular bilan bog'liq sanoat sohalari jadal rivojlandi. XX — XXI asrlar chegarasida Fransiya barcha muhim ko'rsatkichlar bo'yicha dunyoning eng rivojlangan davlatlari qatoriga kirdi.

**Xulosa** qilib shuni aytish kerakki, Fransiya davlati ijtimoiy iqtisodiy hayotda ijodiy siljishlar yuz berdi. Ayniqsa ilmiy texnika yutuqlarida katta yutuqlarga erishdi. Bugungi kunda oziq - ovqat mahsulotlarini eksport qilish bo'yicha dunyoda AQSH dan so'ng ikkinchi o'rinda o'rinda turadi. Mamlakatdagi ko'plab muammolarga qaramasdan XXI asrda Fransiya iqtisodiy, ham siyosiy jihatdan dunyoning yetakchi davlatlaridan biri bo'lib qolmoqda.

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## РОЛЬ ИНОСТРАННЫХ ИНВЕСТИЦИЙ В ЭНЕРГЕТИЧЕСКОМ КОМПЛЕКСЕ УЗБЕКИСТАНА

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**Аннотация:** В данном тезисе рассматриваются роль иностранных инвестиций в энергетическом комплексе Узбекистана и важность адресной работы и расширения инвестиционного сотрудничества с ключевыми зарубежными партнерами, являющимися крупными инвесторами энергетической отрасли нашей страны.

**Ключевые слова:** иностранные инвестиции, прямые иностранные инвестиции, «зелёная» энергетика, иностранный капитал, экономический потенциал, экономический рост, иностранные инвесторы, инвестиционный потенциал.

Иностранные инвестиции – один из основных факторов, способствующих ускоренному экономическому развитию страны. Даже такие высокоразвитые государства как США, Германия, Франция, Япония, Великобритания и т.д. рассматривают постоянное привлечение иностранного капитала как необходимое средство роста их экономического потенциала, улучшения благосостояния граждан. Активизирующее влияние иностранных инвестиций наглядно доказывает и опыт стран, которые находятся в состоянии бурного экономического развития – Китай, Южная Корея, Сингапур, Малайзия и другие восточноазиатские страны.

Иностранные инвестиции играют важную роль в оказании помощи странам с переходным типом экономики в их эволюции к рыночной экономике. Возможность привлечения иностранных инвестиций во многом зависит от состояния инвестиционного климата. Важными условиями, способствующими привлечению иностранного капитала, являются правовое регулирование и государственное гарантирование иностранных инвестиций. Как отметил глава государства в первой пленарной сессии **Совета иностранных инвесторов при президенте Узбекистана**, за последние 5 лет объем иностранных инвестиций в экономику Узбекистана вырос в 10 раз и составил около 40 млрд долларов. «Мы поставили перед собой цель **увеличить объем внутреннего валового продукта в 2 раза** в течение

следующих 10 лет. Для этого у нас достаточно и воли, и возможностей», — подчеркнул он.

Для достижения этих целей Узбекистан рассчитывает в течение ближайших 5 лет довести объем инвестиций до 120 млрд долларов, включая привлечение как минимум 70 млрд долларов иностранных инвестиций.

В последние годы были созданы благоприятные условия для развития деятельности частного сектора и ведущих иностранных компаний в отрасли. С их участием успешно осуществляются проекты для расширения потенциала возобновляемой энергетики Узбекистана.

В Ташкенте с участием главы Узбекистана и иностранных инвесторов состоялась торжественная церемония ввода в эксплуатацию новых «зеленых» электростанций общей мощностью 2,4 гигаватта.

Впервые полностью за счет прямых иностранных инвестиций на условиях государственно-частного партнёрства были введены в эксплуатацию солнечные электростанции в Навоийской и Самаркандской областях общей мощностью 200 мегаватт, которые до настоящего времени выработали 1 миллиард киловатт-часов «зелёной» энергии.

«Согласно подсчетам, в следующие шесть лет ожидается рост потребности в электроэнергии в нашей стране с нынешних 83 млрд до 120 млрд киловатт-часов. Мы покроем эту потребность в первую очередь за счет возобновляемой энергии», — заявил глава государства.

В эксплуатацию введены пять солнечных и одна ветряная электростанции в шести регионах республики. Эмиратская Masdar завершила реализацию проектов строительства трех современных фотоэлектрических станций в Джизакской, Самаркандской и Сурхандарьинской областях общей мощностью 900 мегаватт. В Тамдынском районе Навоийской области построена первая очередь ветряной электростанции мощностью 500 мегаватт.

«Сейчас в нашей стране ведется работа над проектами строительства 22 солнечных и ветряных электростанций мощностью 9 гигаватт. Будем и далее расширять наше плодотворное партнёрство с зарубежными компаниями», — подчеркнул лидер Узбекистана.

В частности, на церемонии с участием главы государства 27 декабря прошлого года были подключены к сети мощности пяти солнечных фотоэлектрических станций в Самаркандской, Джизакской, Сурхандарьинской, Бухарской и Кашкадарьинской областях, а также ветряной электростанции в Навоийской области.

В настоящее время ведется работа над 12 проектами по строительству “зеленых” станций и систем хранения энергии совместно с компаниями из таких стран, как Саудовская Аравия, ОАЭ, Китай, Франция и Швейцария.

В целом в Узбекистане до 2030 года планируется увеличить мощность «зеленых» электростанций до 27 гигаватт. Это позволит ежегодно экономить 25 млрд кубометров природного газа, сократить выбросы вредных веществ в атмосферу на 34 млн тонн. В целях обеспечения стабильной работы электроэнергетической системы с учетом роста доли мощностей переменчивого производства электроэнергии глава государства поручил разработать концепцию развития электросетей. Поставлена задача определить меры по модернизации существующих сетей, строительству новых подстанций и линий передачи, внедрению современных автоматизированных предохранительных систем, систем цифрового управления (SCADA/EMS), увеличению доли резервных мощностей и систем хранения энергии.

Взаимовыгодное сотрудничество с зарубежными партнерами убедительно, так как в нашей стране созданы все условия для укрепления доверия иностранных инвесторов. Поэтому инвестиционный потенциал страны из года в год нарастает, а экономика развивается все более высокими темпами. А также, трансформацию экономики и общества, включая техническое и технологическое обновление предприятий, что стимулирует устойчивый экономический рост и динамичное развитие экономики Узбекистана.

**Список литературы:**

1. Презентация о проведенной в 2023 году работе и запланированных на 2024 год мерах по реализации инвестиционной политики и увеличению доли возобновляемых источников в энергетике.
2. Торжественная церемония ввода в эксплуатацию и подключения к сети 5 солнечных и 1 ветряной электростанции в шести регионах Республики Узбекистан.

## ГИГИЕНИЧЕСКАЯ ОЦЕНКА УСЛОВИЙ ТРУДА РАБОТНИКОВ, РАБОТАЮЩИХ В ТЯЖЕЛЫХ УСЛОВИЯХ ТРУДА

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**Аннотация.** Проведена гигиеническая оценка факторов рабочей среды и трудового процесса и состояния здоровья работников машиностроения. Показано, что в процессе трудовой деятельности на работников воздействует комплекс вредных факторов рабочей среды и трудового процесса. Ведущими факторами изученного производства являются интенсивный производственный шум, локальная вибрация, тяжесть трудового процесса, загрязнение воздуха рабочей зоны комплексом токсических веществ. При проведении периодических медицинских осмотров (ПМО) у работников машиностроения наиболее часто диагностировались болезни костно-мышечной системы (54,0%), системы кровообращения (42,0%), уха и сосцевидного отростка (26,9%). Результаты проведенных исследований послужат основой для разработки мероприятий по профилактике профессиональных и хронических неинфекционных заболеваний у работников изученного производства, что позволит существенно улучшить условия труда и сохранить их здоровье.

**Ключевые слова:** вредные производственные факторы, машиностроение, работники, периодические медицинские осмотры, состояние здоровья, хронические неинфекционные заболевания.

ВВЕДЕНИЕ

Реформа пенсионной системы в России, устанавливающая повышение пенсионного возраста, а также реализация Глобального плана действий по охране здоровья работающих (Всемирная организация Здравоохранения (ВОЗ), 2007 г.) предусматривают предотвращение ухудшения состояния здоровья, связанного с профессиональной деятельностью. Обеспечение здоровой и безопасной производственной среды является одной из задач, принятой в конце XX века стратегии «Здоровье для всех в XXI веке». Вместе с тем решение проблемы сокращения случаев утраты или ухудшений здоровья работающих может быть достигнуто только при наличии методической базы для определения риска утраты здоровья и темпа развития негативных процессов. По данным Росстата, в 2016 году в Российской Федерации в строительных организациях было занято 6231 тыс. человек (в том числе 4486 тыс. мужчин и 715 тыс. женщин), что составляет 8,6% от всей численности работающих. За период с 2000 по 2015 г. доля работающих во вредных условиях труда увеличилась с 10,1 до 37,4%. Вредные условия труда могут являться причиной производственно обусловленных и профессиональных заболеваний и повлечь значительные расходы государства и работодателей, а также привести к сокращению периода трудоспособного возраста. В строительной отрасли в последнее время постоянно увеличивается использование материалов на основе минеральных ват (МВ) для тепло- и звукоизоляции [1]. Использование этих материалов является дополнительным источником вредных производственных факторов за счёт поступления в воздух рабочей зоны мелкодисперсной пыли (PM10 и PM2,5). Риск утраты здоровья работающих в контакте с МВ изучен недостаточно. Для снижения риска здоровью работающих при использовании в технологическом процессе МВ необходимо определить продолжительность стажа работы, не оказывающего неблагоприятное действие на здоровье работающих, на основе комплексной оценки факторов производственной среды. Цель работы –



определить зависимости продолжительности безвредного для здоровья работающих стажа работы с использованием материалов из МВ от различной интенсивности факторов производственной среды (на основе расчёта риска здоровью работающих).

## МЕТОДЫ

ЗАО «Многоотраслевая производственная компания «КРЗ» расположена в г. Рязани и является одним из самых крупных динамично развивающихся многопрофильных предприятий России и СНГ по производству мягких кровельных материалов – рубероида, рубемаста, эластоизола, стеклобита, гибкой черепицы, мастики, праймеров и других – всего более 70 наименований продукции. Одним из первых этапов производства мягкой кровли является изготовление кровельного картона в цехе по производству бумаги и картона. Технологический процесс производства кровельного картона включает следующие этапы: перемалывание сырья (макулатуры) в гидроразбивателях, смешивание массы в композиционных бассейнах, подача по системе трубопроводов на узлы дополнительного размола и очистки, с последующей подачей на сетку картоноделательной машины, где происходит формирование полотна, его обезжиривание и сушка, с дальнейшим свертыванием высушенного полотна в рулоны [4]. В качестве сырья для производства мягких кровельных материалов применяют кровельный картон, стеклоткань (стеклохолст); битумно-полимерную массу, состоящую из битума и добавок (тальк, доломитовая мука, полистирольные полимеры), крупнозернистую посыпку, полиэтиленовую пленку для покрытия поверхности кровельного полотна. Основные цеха предприятия: цех мягких кровельных и гидроизоляционных материалов (ЦМКиГМ), цех по производству битумов и мастик, цех по производству бумаги и картона (ЦПКБ), гофроцех;

вспомогательные цеха и участки – ремонтно-механический цех, стройцех, электроцех, автотранспортный цех. В связи с использованием различных технологий, рецептур, добавок и способов покрытия поверхности кровельного материала производство мягкой кровли осуществляется на разных агрегатах – № 1, 4, 5 и 6, где выпускаются рулонные кровельные и гидроизоляционные материалы, на агрегате № 2 – гибкая черепица. Технология производства мягкой кровли на агрегатах № 1, 4, 6 заключается в пропитывании основы битумной композицией и нанесении на неё посыпки. Приготовление кровельной массы осуществляется в специальных смесителях, подача битума в которые производится по битумопроводу из емкости хранения. Минеральный наполнитель (доломитовая мука) пневмотранспортом со склада поступает в специальный бункер, откуда с помощью шнековых питателей в заданном количестве подается в смесители. После перемешивания всех компонентов с битумом готовая смесь поступает в кровельную ванну. На размоточном станке за счет движения основы полотно попадает в пропиточную и кровельную ванны. Из кровельной ванны полотно поступает в эмульсионную ванну, где наносится тальковая эмульсия, и далее – на узел нанесения крупнозернистой посыпки. Затем полотно поступает на установку охлаждения и в магазин запаса готовой продукции. На намоточном станке осуществляется намотка рулонов на шпулю и обрезка полотна заданной длины. После этого на упаковочном станке производится упаковка рулонов в бумагу и при помощи ленточных конвейеров готовая продукция отправляется на склад [3].

## РЕЗУЛЬТАТЫ

Результаты лабораторных исследований сопоставлялись с санитарно-гигиеническими нормами согласно Руководству Р 2.2.2006-05 «Руководство по гигиенической оценке факторов рабочей среды и трудового процесса. Критерии и классификация условий труда» [10]. По отдельным факторам производственной среды определялись классы условий труда, а затем

проводилась комплексная их оценка на конкретных рабочих местах предприятия. По данным лабораторных исследований условий труда рабочих основных профессиональных групп выявлено, что они подвергались воздействию комплекса факторов производственной среды, наиболее неблагоприятными из которых являлись для работников ЦМКиГМ химический, микроклимат и тяжесть трудового процесса, для ЦПБК – микроклимат и тяжесть трудового процесса. В ЦПКБ параметры нагревающего микроклимата определялись особенностями технологического процесса, связанного с высушиванием картонного полотна в условиях воздействия высокой температуры. При этом температура воздуха для категорий работ Ib в холодный период года на КДМ, предназначенных для производства кровельного картона, превышала допустимые величины (от 25,4 0 С у прессовой части КДМ до 27,3 0 С – у зоны прессовки КДМ), относительная влажность составляла 67–70 %, а скорость движения воздуха – 0,12–0,15 м/с. Поскольку температура воздуха превышала допустимые величины, нами был определен индекс тепловой нагрузки, значения которого составили от 26,4 до 27,3 0 С при норме 25,8 0 С. На рабочих местах, расположенных у КДМ в условиях воздействия нагревающего микроклимата, труд сушильщиков, машинистов КДМ отнесен к вредному (3 класс 2 степени), у прессовщиков КДМ – вредному (3 класс 3 степени), ТНС-индекс 27,1–27,3 0 С. В цехе по производству мягких кровельных и гидроизоляционных материалов температура воздуха в холодный период года на рабочих местах для категории работ IIa составляла 24,2–24,6 0 С и характеризовалась превышением допустимых значений (норма 25,1 0 С). Показатели ТНС-индекса находились в пределах 25,2–25,7 0 С, что также превышало допустимые значения. Таким образом, на рабочих местах, расположенных у агрегатов по производству мягких кровельных материалов, установлен микроклимат, отнесенный нами к категории «нагревающий». Это согласно

Руководству Р 2.2.2006-05 определяет класс условий труда как вредный 1 степени (3.1) для аппаратчика пропиточных агрегатов, вредный 2 степени (3.2) для аппаратчика обезвоживания битума.

#### Заключение

Таким образом, для работников основных профессий ПТ условия труда по степени вредности и опасности, тяжести и напряжённости трудового процесса относятся к третьему (вредному) классу, при этом ведущим фактором, воздействующим на указанные категории работников, является шум. Динамика уровней профзаболеваемости в производстве, передаче и распределении энергии характеризуется волнообразным течением с тенденцией к постоянному росту. По результатам периодических медицинских осмотров установлено, что среди работников основных профессий ПТ наибольший удельный вес занимают болезни костно-мышечной системы, глаза и его придаточного аппарата, органов пищеварения, эндокринной системы, системы кровообращения и органов дыхания. При этом расчёты относительного риска свидетельствуют о практически полной производственной обусловленности нарушений здоровья со стороны костно-мышечной, нервной и эндокринной систем у данной категории работников. Вышеизложенное свидетельствует, что необходимо не только внедрение экономически обусловленных механизмов заинтересованности в сохранении здоровья работников, но и проведение исследований по оценке профессиональных рисков с созданием и внедрением системы мониторинга за динамикой условий труда, состоянием здоровья для управления профессиональными рисками.

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## **O'SPIRINNING PSIXOLOGIK XUSUSIYATLARI**

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**Annotatsiya:** Ushbu maqolada o'spirin yoshidagi o'quvchilarning psixologik xususiyatlari, ularni kasb-hunarga yo'naltirish, turli xil testlar yordamida ota-onalar bolalarini qobiliyatlarini aniqlab borishlari xususida so'z yuritilgan.

**Kalit so'zlar:** o'spirin, psixologik xususiyatl, kasb-hunar, test, ste'dod.

Kasb-hunarga yo'naltirish mavzusi hozirgi kunda dunyoda faol rivojlanmoqda va talab qilinmoqda, chunki ko'plab ota-onalar universitetga kirish uchun asosiy fanlarni tanlashga duch kelishmoqda! Va aniq bir rasm olish uchun maqbul moment kelganida tabiiy savol tug'iladi. Agar biz kasbga yo'naltirishni tasavvurlar yoki olingan bilimlar, tajriba, qiziqishlar, sevimli mashg'ulotlar, shaxsiy imtiyozlarning kombinatsiyasi deb hisoblasak, unda 15-16 yosh eng maqbuldir! Shu paytgacha o'spirinda dunyoning surati, qiziqishlari va sevimli mashg'ulotlari sohasi ajralib turishi, qanday "men" paydo bo'lishi, nimani xohlashim va nimaga erishishim mumkinligi haqida tasavvurga ega bo'lishi kerak. Ammo, afsuski, ularning hammasida ham aniq va ravshan emas, ko'pincha 15-16 yoshlarida biz nima istayotganini bilmaydigan, kim bo'lishimizga ahamiyat bermaydigan o'spirinlarni uchratamiz. Turli xil testlar yordamida ota-onalar farzandining yashirin iste'dodlari tubiga tushishga, unga nima foydali bo'lishini bilishga intilishadi. Unga kasbini tanlashda yordam bering. Ammo nega o'spirinlar nimani xohlashlarini, kim bo'lishlarini, qaysi universitetga kirishlarini bilishmaydi? Haqiqat shundaki, sizning

maqsadlaringiz, istaklaringiz, qiziqishlaringiz va o'z taqdiringizni hal etishingizni etuk tushunish kerak! Hech narsa noldan paydo bo'lmaydi. Daraxt o'sishi uchun siz urug 'ekishingiz, sug'orishingiz va o'sishi va meva berishingiz uchun maqbul sharoit yaratishingiz kerak. Ishga qabul qilish istisno emas. O'spirin yoshida bola nimani xohlashini aniq bilishi uchun, unga ko'p yillar davomida dunyo va turli kasblar haqidagi bilimlarni kiritish kerak. Bolaga hayotning turli sohalari, turli xil professional yo'nalishlar haqida gaplashish, gapirish kerak. Va birinchi tajriba, bolaning kasblari bilan birinchi tanishish 3 yoshga to'g'ri keladi. Ha, uch yoshga kelib bolaning miyasi kattalarnikiga 90%, 25 yoshga kelib esa 100% ga teng bo'ladi. 3 yoshga kelib, tug'ma ma'lumotlarning yakuniy shakllanishi (bu bolaga xos bo'lgan qobiliyatlar, iste'dodlar) paydo bo'ladi.

Ota-onalarning vazifasi - bolani diversifikatsiya qilish, qobiliyatlarni rivojlantirish uchun tegishli sharoitlarni yaratish. Farzandimizning turli xil qiziqishlarini o'rganish uchun sharoit yaratib, biz unga o'zini sinab ko'rish, nimani yoqtirganini va nimaga yoqmasligini bilish imkoniyatini beramiz!

Agar siz har uch yilda bir marta kasb-hunarga yo'naltirish bo'yicha kichik test o'tkazingiz, u holda 15-16 yoshgacha bola sizga kim bo'lishni xohlashini va qaerga o'qishga borishini aytib beradi! Doimiy vaqt etishmayotganlarga kelsak, lekin siz favqulodda tanlov qilishingiz kerak (bolangizga qanday kasb tanlashingiz kerak), keyin umidingizni yo'qotmang. Farzandingizning dunyoqarashi rasmini aniqroq ko'rish uchun mutaxassislar bilan bog'lanish, bolangiz bilan bir nechta testlarni o'tkazish yaxshiroqdir. Hozirda ko'plab kasbga yo'naltirish texnikasi ishlab chiqilgan. Mana ulardan ba'zilari: DDO ("Differentsial diagnostik anketa") - DDO so'rovnomasi natijalari odamning qaysi kasbiy sohaga qiziqishini ko'rsatadi.

L.A.ning texnikasi Yovayshi - insonning kasbiy faoliyatning turli sohalariga (san'at, texnik qiziqishlar, odamlar bilan ishlash, aqliy mehnat, jismoniy mehnat va moddiy manfaatlar sohasiga) moyilligini aniqlashga mo'ljallangan.

Odamlarda birinchi yoki ikkinchi signal tizimlarining nisbiy ustunligiga asoslangan signal tizimlari tuzilishining diagnostikasi (E.F. Zeer, A.M. Pavlova, N.O.Sadovnikova), yuqori asabiy faoliyatning o'ziga xos turlari aniqlangan: badiiy (birinchi signal tizimining ustunligi), aqliy (ikkinchi signal tizimining ustunligi) va o'rtacha (ikkala tizimning nisbatan bir xil roli), diagnostika natijalariga ko'ra, qaysi ish faoliyati turiga ko'proq mos kelishi to'g'risida tavsiyalar beriladi.

O'spirin yoshdagilar esa savollarga to'g'ri javobni topishda ko'proq katta kishilar foydalanadigan manbalarga murojaat etadilar. Bunday manbalar asosan real, ko'pqirrali, murakkab insoniy munosabatlar va ilmiy-ommabop, badiiy, publitsistik adabiyotlar, san'at asarlari, matbuot, radio, televideniye bo'lib hisoblanadi. Bugungi o'spirinlarga hayotga nisbatan hushyor, aqliy-amaliy qarash, erkinlik va mustaqillik xos. Ular haqqoniy bo'lish tushunchasiga ham real tarzda yondashadilar. Litsey va kollejni tugallash vaqtiga kelib, juda ko'p O'spirinlar axloqiy jihatdan shakllangan va ma'lum axloq normalari qat'iylashgan xususiyatlarga ega bo'ladilar. O'spirinlarda axloqiy dunyoqarash bilan bir qatorda ijtimoiy, siyosiy, iqtisodiy, ilmiy, madaniy, diniy va boshqa sohalar bo'yicha ma'lum bir qarashlar vujudga keladi. Juda ko'p yillardan beri o'spirinlarni yaxshilik va yomonlik, haqiqat va noqonuniylik, axloqiylik va axloqsizlik masalalari tashvishlantirib keladi. Hozirgi davr o'spirinlari har bir narsaga ishonuvchan yoki salbiy munosabatlar bo'lmay, balki hayotga real, aqliy, amaliy qaraydigan, ko'proq erkin va mustaqil bo'lishga intiluvchi yoshlardir. O'spirinlar ongli ravishda egallangan axloq normalari asosida o'z xatti-harakatlarini yo'lga solishga intiladilar. Bu esa, avvalo o'spirin o'zini anglashining o'sishida namoyon bo'ladi. Bu narsa ularning alohida shaxs ekanligini tan olishga intilishida o'z ifodasini topadi. Buning uchun ayrim yoshlar turli modalarga mayl qo'yish, tasviriy san'atga, musiqaga, kasb-hunarga, tabiatga maftunkor qiziqishlarini namoyish qilishga harakat qiladilar. O'quv va mehnat jamoalari ta'sirida matonat, jasurlik, sabr-toqat, kamtarlik, intizomlilik, halollik kabi insoniy fazilatlar takomillashadi. Xudbinlik,

loqaydlik, munofiqlik, laganbardorlik, dangasalik, qo'rqqoqlik, g'ayirlik singari illatlarning barham topishi tezlashadi. O'spirinlar shaxsining shakllanishi jarayonida jamoat tashkilotlarining roli alohida ahamiyat kasb etadi. Ularda faollik, tashabbuskorlik, mustaqillik, qat'iyatlilik, mas'uliyatlilik, o'z harakatlarini tanqidiy baholash singari fazilatlarini barqaror xususiyat kasb etib boradi. O'spirin yigit va qizlarning jamoatchilikda faol ishtirok etishi orqali muayyan tashkilotchilik qobiliyati namoyon bo'ladi. O'zining kimligi, qandayligi, qobiliyatlari, o'zini nimaga hurmat qilishini aniqlashga intiladilar. Do'st va dushmanlarining kimligi, o'z istaklari, o'zini va tevarak-atrofni, olamni yaxshi bilishi uchun nima qilish kerakligini anglashga harakat qiladi. Ma'lumki, o'spirinlarning hamma savollari anglangan bolmaydi.

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## Yangi davrda Ispaniya

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**Annotatsiya:** Ushbu maqolada yangi davrda Ispaniya haqida ma'lumot berib o'tilgan.

**Kalit so'zlar:** Ispaniya qirolligi, muxtor region, Balear, diktatura

Ispaniya Qirolligi (Reino de Espana) — Yevropaning jan. g'arbida, Pireney ya. o. da joylashgan  davlat. O'rta dengizdagi Balear (shu jumladan Pitius), Atlantika okeanidagi Kanar o. lari, Afrikaning shim. qirg'og'idagi Seuta va Melilya sh. lari va unga yondosh Veles-de-la-Gomera, Alusemas, Chafarinas o. lari ham Ispaniyaga qaraydi. Mayd. 504,75  ming km<sup>2</sup>. Aholisi 40,037 mln. kishi (2001). Ma'muriy jihatdan o'z hukumati va parlamentiga ega bo'lgan 17 muxtor regionga, ular, o'z navbatida, 50  viloyat (provincia)ra bo'linadi. Poytaxti — Madrid sh. Ispaniya — parlamentli monarxiya. Amaldagi konstitutsiyasi 1978-y. 6 dek. dagi milliy referendumda ma'qullangan, o'sha yili 29 dek. dan kuchga kirgan; 1992-y. da unga tuzatishlar kiritilgan. Davlat boshlig'i — qirol (1975-y. 22 noyab. dan Xuan Karlos I), uning huquqi konstitutsiya bo'yicha cheklangan. Qonun chiqaruvchi hokimiyatni Bosh korteslar (parlament) amalga oshiradi. Korteslar ikki palata — deputatlar kongressi va senatdan iborat. Ijrochi hokimiyatni hukumat amalga oshiradi. Hukumat raisini qirol siyosiy partiyalar va parlamentning ikkala palatasi raislari bilan maslahatlashib tayinlaydi. 2-jahon urushida Ispaniya betaraflik e'lon qilgan bo'lsa ham, Germaniya va Italiyaga yordam berdi, frontga «zan-gori diviziyasi»ni yubordi. 1959-y. da Franko diktaturasiga qarshi tinch yo'l bilan kurashish uchun Milliy antifashist fronti tuzila boshladi. Fashiz-mga qarshi kuchlar birlashdi. 1962-y. da Myunxen (GFR)da ispanlar umumdemokratik konferensiyasi o'tkazildi, 26 viloyatda umumiy ish tashlashlar bo'ldi, «vertikal sindikatlar»ga qaramaqarshi ishchi komissiyalari (kasaba uyushmalari) tuzildi. 1962—63 y. lardagi ijtimoiy tanglik diktaturami juz'iy «erkinliklar berish» siyosatiga o'tishga majbur qildi, ammo u muxolifat kuchlarini bartaraf etolmadi. 1971-y. muxolifat kuchlari birligida harakat qilish haqida bitim imzoladilar. 1975-y. da F. Franko vafotidan so'ng qirol Xuan Karlos I davlat boshlig'i bo'ldi. 1976-y. dan ko'pchilik siyosiy partiya va kasaba uyushmalri oshkora faoliyat ko'rsata boshladi. 1977-y. I.

da 1936-y. dan keyingi birinchi parlament saylovi bo‘ldi. Unda 100 ta partiya va 18 ta koalitsiya qatnashdi.

Ispaniya 1956-y. da Shim. Marokash, 1968-y. da Ekvatorial Gvineya, 1976-y. da G‘arbiy Sahroi Kabir kabi mustamlakalaridan mahrum bo‘ldi. 1982, 1986, 1989 va 1993-y. lardagi parlament saylovlarida so-sialistik ishchi partiyasi g‘alaba qozondi. 1996 va 2000-y. gi saylovda esa Xalq partiyasi nisbiy ko‘pchilik ovoz olib, hukumatni tuzish huquqini qo‘lga kiritdi.

Ispaniya — 1955-y. dan BMT a‘zosi. Milliy bayrami — 12 okt. — Ispan Millati Kuni (1492). O‘zR bilan diplomatiya munosabatlarini 1992-y. 17-martda o‘rnatgan. Siyosiy partiyalari, kasaba uyushmalari. Ispaniyada 500 dan ko‘proq siyosiy partiya va jamoat tashkiloti ro‘yxatga olingan. Asosiy partiyalari: Xalq partiyasi (1989-y. yanv. gacha Xalq uyushmasi), 1976-y. da tuzilgan; I. sotsialistik ishchi partiyasi, 1879-y. da tuzilgan; I. kommunistik partiyasi, 1920-y. da tuzilgan; Basklarning millatparvar partiyasi, 1993-y. da tuzilgan; Kataloniya demokratik konvergentsiyasi, 1974-y. da asos solingan; Valensiya ittifoqi. Kasaba uyushma birlashmalari: Mexnat-kashlar umumiy ittifoqi, 1888-y. da tuzilgan; Ishchilar kasaba uyushma birlashmasi, 1960-y. da asos solingan; Ishchi komissiyalari, 1956-y. da tuzilgan.

Xo‘jaligi. Ispaniya industrial-agrar mamlakat. Sanoat i. ch. qajmi jihatidan G‘arbiy Yevropada 5-o‘rinda, rivojlangan mamlakatlar o‘rtasida 8-o‘rinda turadi. Yalpi ichki mahsulotda sanoatning ulushi 23%, q. x. ulushi 3,5%, xizmat ko‘rsatish sohasining ulushi esa 60 % dan ortadi. Ba’zi subtropik va bogdorchilik mahsulotlarini yetishtirish va eksport qilishda dunyoda oldingi o‘rinlarda turadi.

Sanoatida og‘ir sanoat yetakchi o‘rinda turadi. Mashinasozlik, avtomobil va kemasozlik, stanoksozlik, elektrotexnika, kimyo sanoati g‘oyat rivojlangan. Sanoatning eng qad. tarmog‘i — to‘qimachilik ham ravnaq topgan. Elektron sanoati tez sur‘atlar bilan taraniy etmoqda. Ammo konchilik va metallurgiya tarmoqlaridagi i. ch. qisq-arib bormoqda. 100 turdagi foydali qazilmalardan 16 tasi qayta ishlanadi. Pirit, simob, temir, qo‘rg‘oshin-rux, uran rudalari va toshko‘mir qazib olinadi. Qazib olinadigan neft I. extiyojining 10% ni krndiradi. Asosiy kemasozlik korxonalari Bilbao, Kartaxena, Barselonada, avtoz-dlar Madrid, Barselona, Valyadolid, Vigo sh. da, kora metallurgiya korxonalari Biskayya, Santander, Asturiya, Valensiya viloyatlarida, rangli metallurgiya Kordova, Xaen, Mursiya, Ovyedo, Santander, Gipuskoa, Biskayya viloyatlarida, chetdan keltirilgan neftni qayta ishlovchi korxonalar Lakorunya, SantaKrus-de-Tenerife, Eskombre-ras va b. port shaharlarida, vinochilik sanoati Kataloniya, Aragon, Andalusiya va Yangi Kastiliya viloyatlarida joylashgan. Yiliga 155,7 mlrd. kVt-soat elektr energiyasi ishlab chiqariladi. Elektr energiya, asosan, GES larda hosil qilinadi. 3 ta AES

mavjud. Yoqilg‘i taqchilligi muqobil energiya manbalarini izlashni taqozo qiladi. Quyosh va geotermal styalardan keng miqyosda foydalaniladi. Asosiy sanoat markazlari — Barselona, Madrid, Bilbao, Ovyedo.

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## THE TECHNOLOGY OF IMPROVING THE COMPETENCES OF FUTURE PRIMARY EDUCATION TEACHERS TO ASSESS THE QUALITY OF EDUCATION

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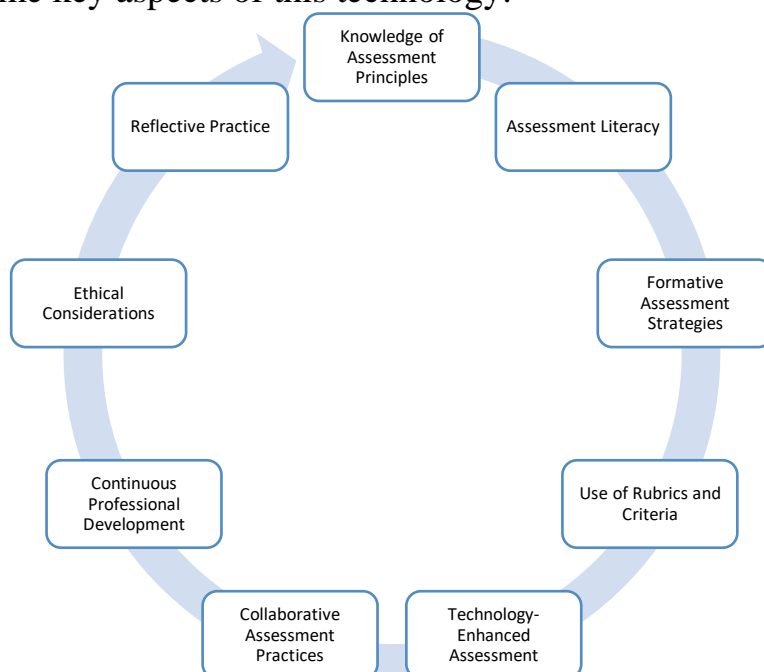
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**Abstract:** This article includes a comprehensive approach to the technology of improving the competence of future elementary teachers in the assessment of educational quality, to prepare teachers for the important task of assessing and ensuring the quality of education.

**Keywords:** education, student, assessment, quality of education, integrated approach

The technology of improving the competences of future primary education teachers to assess the quality of education involves a comprehensive approach to preparing teachers for the important task of evaluating and ensuring the quality of education. Here are some key aspects of this technology:



1-photo. The main aspects of the technology of assessment of the quality of education of future elementary teachers.

1. **Knowledge of Assessment Principles:** Future primary education teachers need a strong foundation in assessment principles, including understanding different types of assessments, assessment design, reliability, validity, and fairness. This knowledge enables them to make informed decisions about assessment practices and techniques.[1]
2. **Assessment Literacy:** Teachers should develop assessment literacy, which involves understanding the purposes, benefits, and limitations of various assessment methods. They should be able to effectively interpret assessment results, provide feedback, and use assessment data to inform instruction and improve learning outcomes.[2]
3. **Formative Assessment Strategies:** Formative assessment plays a crucial role in improving the quality of education. Teachers should be trained in using formative assessment strategies, such as classroom observation, questioning techniques, and feedback, to monitor student learning progress, identify misconceptions, and provide timely interventions.[3]
4. **Use of Rubrics and Criteria:** Teachers should be familiar with designing and using rubrics and assessment criteria to provide clear expectations and standards for student performance. This helps ensure consistency and fairness in assessment practices and allows teachers to provide constructive feedback.
5. **Technology-Enhanced Assessment:** Future teachers should be equipped with the knowledge and skills to leverage technology for assessment purposes. This includes using online platforms, digital tools, and data analysis software to administer assessments, analyze results, and provide personalized feedback to students.
6. **Collaborative Assessment Practices:** Collaborative assessment practices involve involving students, parents, and other stakeholders in the assessment process. Teachers should learn strategies to engage students in self-assessment, peer assessment, and reflection activities to foster student ownership and metacognitive skills.
7. **Continuous Professional Development:** Ongoing professional development is crucial for enhancing teachers' assessment competences. Providing opportunities for teachers to engage in workshops, seminars, and collaborative learning experiences focused on assessment best practices ensures they stay up-to-date with current trends and research in assessment.[4]
8. **Ethical Considerations:** Teachers should be trained to consider ethical considerations in assessment, such as maintaining student confidentiality, avoiding bias in assessment practices, and ensuring assessments are fair and equitable for all students.
9. **Reflective Practice:** Encouraging teachers to engage in reflective practice allows them to critically evaluate their assessment practices, identify areas for

improvement, and refine their approach to assessment over time. Reflective practice fosters continuous growth and improvement in assessing the quality of education. [5]

By integrating these elements into the training and professional development of future primary education teachers, they can develop the competences needed to assess the quality of education effectively. This, in turn, supports the improvement of student learning outcomes and overall educational quality.

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**TRANSIENT WITH MYOCARDIAL INFARCTION CLINICAL-  
NEUROLOGICAL CHARACTERISTICS OF ISCHEMIC STROKE  
DEVELOPMENT**

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**Abstract :** Transient ischemic attack (TIA) can convey a high imminent risk for the development of a major stroke and is therefore considered to be a medical emergency. Recent evidence indicates that TIA with imaging proof of brain infarction represents an extremely unstable condition with early risk of stroke that is as much as 20 times higher than the risk after TIA without tissue damage. The use of neuroimaging in TIA is therefore critical not only for diagnosis but also for accurate risk-stratification. In this article, we discuss recent advances in diagnostic imaging, categorizations, and risk stratification in TIA.

**Keywords:** Transient ischemic attack, definition, diffusion-weighted imaging, imaging, risk stratification, risk scores

### **Introduction**

Acute ischemic stroke (AIS) is a rare but critical complication following acute myocardial infarction (AMI) [1,2,3]. Several clinical variables, including age,

gender, ST-segment elevation myocardial infarction (STEMI), atrial fibrillation (AF), and specific interventional procedures have been reported as risk factors for acute stroke in AMI patients [1,4,5,6,7]. Among those factors, specific interventional procedures may be more important than unmodifiable factors such as age or gender, because physicians may have an opportunity to modify their interventional procedures to prevent AIS. Although earlier studies reported that transfemoral intervention, thrombus aspiration, and mechanical support were associated with stroke in patients with percutaneous coronary intervention (PCI), interventional procedures associated with AIS in patients with STEMI have not been fully discussed [7,8,9]. The incidence of AIS or transient ischemic attack (TIA) is greater in STEMI cases than in non-ST segment elevation myocardial infarction (NSTEMI) cases [4,5]. Furthermore, emergent coronary angiography (CAG) and primary PCI are definitely necessary for patients with STEMI [10,11]. This study aimed to investigate the factors associated with new-onset AIS/TIA in patients with STEMI who required primary PCI.

#### Methods for Patient Evaluation

Over the last decade, substantial new diagnostic advances have occurred, including the widespread availability of MR angiography (MRA) and computed tomographic (CT) angiography (CTA), the recognition that diffusion MR frequently shows abnormalities in classic TIA patients, and the development and validation of risk stratification algorithms that identify TIA patients at higher and lower risk of early stroke. Accordingly, clinicians are in need of updated guidance regarding the definition, urgency, and evaluation of patients with TIA. Formal levels of evidence and classes of recommendations are used. Because there are few definitive clinical trials in this area, this document is a scientific statement rather than a guideline. The treatment of TIA was not addressed by this writing panel because it is already covered in the Stroke Council's guideline statements on treatment of acute cerebral ischemia and secondary prevention after ischemic stroke and TIA.<sup>3</sup> Statistical

Analysis-Data were analyzed with the STATISTICA 4.0 software modules (StatSoft Inc). Group data are expressed as mean $\pm$ SD for continuous variables and as rates for variables on a nominal scale. Differences between two means were assessed with the *t* test for unpaired data or the Mann-Whitney *U* test when appropriate. Differences between proportions were analyzed with the  $\chi^2$  test. Differences in stroke event rate associated with age and year of onset, respectively, were assessed by linear regression. A difference in stroke incidence associated with year of onset was also assessed by linear regression. The null hypothesis was rejected for values of  $P < .05$ .

The risk of MI-related stroke associated with different clinical characteristics is given by OR with 95% CI for a matched case-control study.<sup>11</sup> Conditional multiple logistic regression (Stata 4.0, Stata Corp) was used to identify independent predictors of MI-related stroke. Variables associated with a risk for MI-related stroke in univariate analysis or considered to be of potential clinical interest were included in the model. Kaplan-Meier survival curves were calculated for patients with and without MI-related stroke and compared between groups with the log-rank test. The Cox proportional hazards model was used to identify predictors of death.

## Discussion

Stroke after an acute MI is an infrequent but important clinical problem. The incidence of MI-related stroke has been estimated in several studies both before and after the introduction of aspirin and thrombolytics as standard therapy. In early studies examining the effect of warfarin in acute MI, stroke occurred in 2.3% to 3.8% of the untreated patients.<sup>13141516</sup> In observational studies from coronary care units in the 1970s and 1980s, the stroke event rate was 0.9% to 1.9%.<sup>6171819</sup> In the large thrombolysis trials, the event rate of stroke in the placebo groups was 0.8% to 1.1%.<sup>202122</sup> A possible decrease in the event rate of stroke after MI has been suggested but is difficult to substantiate because of divergences in patient inclusion, exclusion of high-risk patients, dissimilar diagnostic criteria, and varying follow-up

times in different studies.<sup>23</sup> The present study was population based; it included a large number of unselected patients and covered a time period of 10 years. The same diagnostic criteria were used during the entire study period, and every recorded stroke was evaluated for a possible relationship to an MI. Our results support a declining trend in the incidence and event rate of MI-related ischemic stroke. There is no declining trend in overall stroke incidence in the present population.<sup>24</sup>

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## **Jigar serrozi kasalligiga xos bo'lgan belgilar**

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**Abstract:** Cirrhosis of the liver is a chronic liver disease and is a severe complication of chronic hepatitis. Morphologically, it is observed that the liver does not swell and its function is severely impaired, and the liver cells - hepatocytes die. Cirrhosis of the liver is the leading cause of death among diseases of the digestive system.

**Key words:** hepatocytes, viral hepatitis, hepatosis, cryptogenic, latent, astitis, amenorrhea, anorexia, diarrhea, jaundice, portal hypertension

Jigar sirrozi – bu a'zoda gepatotsitlar, ya'ni jigar hujayralarining o'rniga biriktiruvchi to'qima paydo bo'lishi tufayli uning chandiqlanishi va natijada organizmdagi barcha a'zolar faoliyatining izdan chiqishi bilan kechadigan xastalikdir.

Jigar sirrozi sabablari

Jigar sirrozi dunyo bo'yicha erkaklarda ko'proq uchrayotgan kasallik bo'lib, u turli sabablar natijasida rivojlanishi mumkin.

Ushbu og'ir xastalikning rivojlanishida asosiy omillardan biri sifatida gemokontakt yo'l bilan (qon orqali) yuqadigan [B](#), [C](#) va [D](#) virusli gepatitlarni ko'rsatish zarur. Jigar sirrozi surunkali B, C va D virusli gepatitlarning oxirgi bosqichi sifatida rivojlanadi. Shuning uchun bugungi kungacha virus tabiatli gepatitlar yer yuzida keng tarqalganligi, surunkali kechishga moyilligi va jigar sirrozi hamda uning saratoni kabi asoratlar bilan yakunlanishi mumkinligi bois ular jahon tibbiyotining muhim muammolaridan biri bo'lib qolmoqda.

Bemor virusli gepatit bilan og'irigan holda spirtli ichimliklarga ruju qo'yishi ham ushbu kasallik sabablaridan biri hisoblanadi. Bundan tashqari zaharli kimyoviy moddalar bilan uzoq yillar davomida zaharlanish, gepatotoksik ya'ni, jigarga salbiy ta'sir ko'rsatadigan dori moddalar ta'sirida jigarning zararlanishi, organizmdagi immunologik o'zgarishlar bilan kechadigan autoimmun gepatit, moddalar almashinuvining buzilishi, steatoz (gepatoz – jigarning yog' qoplashi) va jigarga salbiy ta'sir qiluvchi boshqa omillar ham sirroz rivojlanishiga sabab bo'lishi mumkin. Yurak yetishmovchiligi natijasida kuzatiladigan jigar sirrozlari ham



mavjud. Yana ushbu kasallik kelib chiqishida (kam miqdorda) irsiy moyillik borligi ham ilmiy adabiyotlarda bayon etilgan.

Kasallikka sabab bo'lgan omillar aniqlanmagan jigar sirrozlari «kriptogen» ya'ni, «sababi noma'lum jigar sirrozlari» deb yuritiladi. Kasallikning rivojlanish mexanizmini quyidagicha tushuntirish mumkin: jigar hujayralari zararlanganda ularning o'rniga yangilari hosil bo'ladi. Zararlangan hujayra qayta tiklana olmasa yoki uning o'rniga yangi hujayralar hosil bo'lmasa, shu a'zo o'zidagi jarohatni boshqa sog'lom hujayralarga tarqalmasligi ya'ni, shu kasal hujayrani boshqa sog'lom hujayralardan ajratib qo'yish uchun kollagen tolalar ishlab chiqaradi. Hujayra nobud bo'lgan bo'lsa, uning o'rnini ham kollagen tolalar bilan to'ldiradi. Bu organizmning o'zini-o'zi himoya qilish reaksiyasidir. Lekin bu tolalar vaqt o'tib borishi bilan sekin-asta biriktiruvchi to'qimalarga ya'ni, chandiqlar aylana boradi. Chandiqlar qanchalik ko'p joyni egallasa, mazkur a'zo o'z vazifalarini bajarishda shunchalik qiynaladi.

#### Jigar serrozi belgilari

Har doim ham sirrozning ilk bosqichlarida, kasallik belgilariga qarab tashxis qo'yishning iloji yo'q. Chunki 20 % holatlarda xastalik latent (yashirin) ko'rinishda kechadi va o'zini hech qanday namoyon qilmaydi. Undan tashqari yana 20% bemorlarga ancha kech faqat o'limidan so'nggina tashxis qo'yiladi. Shunday bo'lsa ham qolgan 60% bemorlarda xastalik o'zini ilk bosqichlarda namoyon qiladi va tashxis qo'yishga imkon beradi.

- Qorinning kattalashishi (qorinda suyuqlik – assit yig'ilishi sababli)
- ozib ketish, kuchli holsizlik, ta'sirchanlik, kayfiyatning tez o'zgarishi, ishtahaning kamayishi, burun va milklarning
- Ba'zi-ba'zida o'ng qovurg'alar ostida paydo bo'ladigan og'riq. Og'riq ko'pincha jismoniy zo'riqishdan yoki qovurilgan, yog'li taomlar va alkagol iste'molidan keyin kuchayadi.
- Og'izda achchiq ta'm va quruqlik hissi paydo bo'lishi, ayniqsa tong vaqtida.
- Odamni surunkali ich ketishi va kuchli qorin dam bo'lishi (meteorizm) bezovta qiladi
- Bemor birmuncha vazn yo'qotadi, tajang va tez charchaydigan bo'lib qoladi
- O'ng tomonda qovurg'alar ostida jigar og'rig'i uning kapsulasi kengayib kattalashgani, tufayli kuchayib boradi. Og'riq kolik xarakterga ega, o'ng yonbosh xuddi og'irroq bo'lib qolgandek his paydo bo'ladi.
- Bemorda ko'pincha ko'ngil aynishi, qusish kuzatiladi. Qusganda qusiqqa qon aralashib chiqishi, me'da va qizil o'ngachdan qon ketayotgani ko'rsatadi.
- Qonda ortiqcha miqdorda o't kislotalari to'planib qolish sababli teri qichishadi
- Mushaklar tonusini pasayishi, ularning atrofiyasi (oziqlanishi buzilishi sababli, o'z funksiyalarini bajara olmay qolishi)
- Teri sarg'ish rangga kiradi, ko'chib tusha boshlaydi. Yaqqol sariqlik jigar sirrozi oxirgi bosqichi belgilarida hisoblanadi. Birinchi ko'z sariq tusga

kiradi, so'ngra shilliq qavatlar oxirida esa butun teri. Sariqlik a'zo billuriben pigmentini o'zlashtira olmasligi bilan bog'liq.

- Ksantalezmalarning hosil bo'lishi. Ular yog'dan tashkil topgan dog'lar, odatda yuqori qovoqlar sohasida joylashadi.
- Barmoqlar oxiri qalinlashadi, baraban tayoqchalari shaklini oladi, tirnoqlari yaqinidagi teri qizaradi
- Bo'g'imlar shishib qolib, og'riy boshlaydi
- Qorindagi vena tomirlari kengayadi. Bunday shishgan venalar ko'karib kindik atrofidan hamma tarafga tarqalgan bo'ladi, xuddi «meduza boshi»ga o'xshab qoladi.
- Gepatospennmegaliya
- Diareya
- Amonoreya
- Portal gipertenziya
- Xastalikda gavdaning yuqori qismida, kindikdan teparoqda qizil yulduzchalarga o'xshash toshmalar ko'rinadi. Bu toshmalar aslida organning darvoza qon aylanish tizimida gipertenziya – bosim ortib ketishi sababli yorilib ketgan teridagi mayda kapilyar qon tomirlardir.
- Sirrozning xarakterli xususiyati «telangiyektaz» (qizil toshma) hech qachon kindik zonasidan pastroqda shakllanmaydi. Bu hussiyat uni boshqa shunday o'xshash belgili kasalliklardan farqlashga yordam beradi. Kasallikning o'tkir bosqichida yulduzchalar kattaroq va juda sezilarli ko'rinadi;
- Burunning burchagi va ko'zning burchaklarini angiomaslar (qizil xollar) qoplaydi;
- Qo'l kafti va kamroq oyoq kaftini qizarishi
- Til shishib , yorqin rangga kiradi;
- Erkaklarda sut bezlari o'sa boshlaydi va jinsiy organlar funksiyalari sussayib atrofiyaga uchraydi. Ikkilamchi jinsiy belgilar (masalan erkaklar uchun xarakter, soqol va tuklar, qomat, ovoz va hk.) kamayadi
- Markaziy nerv tizimi tomonidan yaqqol buzilishlar: Uyqusizlik, xotira susayishi, titroq va atrofdagilarga befarqlik (apatiya) rivojlanadi

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## **Miokard infarkti**

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**Abstract:** Patients with diseases of the circulatory system present with various complaints. The most common symptoms are chest pain, rapid heart rate, shortness of breath, congestion, swelling, irregular heartbeat, etc. Myocardial infarction is an acute disease characterized by the development of one or several foci of ischemic necrosis in the heart muscle, and is manifested by various disorders of heart function and various clinical symptoms.

**Key words:** etiology, clinic, diagnosis, treatment, disease complications, spontaneous, ischemic, biomarkers, hypertrophy, His bundle, angina pectoris, ECG, embolism, atherosclerosis.

Miokard infarktini etiologiyasi va holatiga ko'ra xalqaro ishchi guruh 5 tipga ajratgan:

I tip. Spontan miokard infarkti.

Aterosklerotik pilakchalarni to'satdan yorilishi, yaraga aylanishi, eroziyaga uchrashi yoki qavatlanishi oqibatida bir yoki bir nechta arteriyalarda intrakoronar tromblar hosil bo'lishi va undan pastgi qismdagi tomirlarda qon aylanishini keskin chegaralanishi yoki distal trombotsitar embolizatsiya tufayli yurak mushaklarida nekroz rivojlanishi. Ko'proq mavjud yurak ishemik kasalligi kamroq hollarda zararlanmagan toj tomirlar negizida ham yuzaga keladi.

II tip. Ishemik disbalans natijasida kuzatiladigan miokard infarkti.

Miokardning zararlanishi yurak ishemik kasalligiga mansub bo'lmagan boshqa sabablar, masalan- endoteliy disfunktsiyasi, toj tomirlar spazmi yoki emboliyasi, taxiaritmiya, bradiaritmiya, kamqonlik, nafas yetishmovchiligi, arterial gipertenziyani chap qorincha gipertrofiyasi yoki usiz kechishi sababli rivojlanadi.

III tip. Biomarkerlarni aniqlash imkoni bo'lmagan hollarda o'linga olib kelgan miokard infarkti.

Bemorlarda biomarkerlar aniqlanmagan yoki umuman, tahlil uchun qon olinmagan vaziyatlarda, ammo EKG da miokard ishemiyasiga shubha bo'lganda yoki yangidan paydo bo'lgan Gis tutami chap oyoqchasining blokadasi aniqlanganda yuz bergan to'satdan o'lim.

IV a tip. Yurak va qon-tomirlarda teri orqali bajarilgan aralashuvlar bilan bog'liq bo'lgan miokard infarkti.

Kasallikning ushbu turida teri orqali aralashuvlardan keyin ilgari me'yorida bo'lgan troponin ko'rsatkichini  $5 \times 99$  persentilga yoki u me'yoridan yuqori bo'lganda, 20% oshganda tashxislanadi. Bemorda stenokardiya xurujlari mavjudligi, EKG dagi ishemiya belgilari, Gis tutami chap oyoqchasi blokadasi, angiografiyada toj tomirlar okklyuziyasi aniqlanishi, toj tomirlar havzasini distal emboliyasi, ExoEKG yurak devorlarining anomal harakatlanishi mavjudligi qo'shimcha mezonlar hisoblanadi.

IV b tip. Toj tomirlardagi stentning trombozi bilan bog'liq bo'lgan miokard infarkti. Miokard infarktini ilgari o'rnatilgan stent bilan assotsatsiyada bo'lishi (koronarografiya yoki bemor o'limidan keyin tasdiqlangan) yoki miokard ishemiyasi klinikasi va kardiospetsifik fermentlarni dinamikada o'zgarishi mavjudligi.

V tip. Aorta-koronar shuntlash bilan assotsiyalangan miokard infarkti.

Bu holatda uning aorta-koronar shuntlash bilan assotsatsiyasi yuqori troponin ko'rsatkichi yoki ushbu biomarkerni mavjud bo'lgan ko'rsatkichdan 20% va undan ortiqqa ko'tarilishiga asoslaniladi. EKG da patologik Q tishchasining paydo bo'lishi, yangidan qayd etilgan Gis tutami chap oyoqchasi blokadasi, angiografiyada tasdiqlangan shuntning yoki toj arteriyasining okklyuziyasi, ExoEKG yordamida yangi hayotga layoqatsiz miokard sohalari yoki gipo va akineziya zonalarini aniqlanishi qo'shimcha mezonlar hisoblanadi.

Miokard infarkti davrlari:

1. prodromal - infarktdan oldingi davr 0-18 kun(1 oygacha);
2. O'ta o'tkir davri - MI boshlanishidan 2 soatgacha;
3. O'tkir davri - MI boshlanishidan 10 kungacha;
4. O'tkir osti davri - 10-kundan 4-8 hafta oxirigacha;
5. Infarktdan keyingi davr - aksariyat holatlarda, 4-8 haftadan 6 oygacha.

Klinik belgilari

- Ayni bemor uchun kuchli, noodatiy intensivlikdagi og'riqlar;
- Davomiyligi cho'zilgan (30 min. dan ko'p);
- Nitroglitserinnig samarasizligi;
- Og'riq lokalizatsiyasining kengligi; to'lqinsimon og'riqlar

- Og'riq irradiatsiyasining kengligi;
- Ko'pincha boshqa shikoyatlar bilan birga bo'lishi. (ko'ngil aynish, qusish, bosh aylanishi....)
- Ko'p terlash
- Hansirash
- Keskin quvvatsizlik
- Gohida betoqatlik

#### Obyektiv ko'ruvda

- Rangparlik
- Sovuq ter bosish
- Gohida betoqat, bir joyda turolmaslik
- Puls infarkt joylashishiga qarab sekin yoki tez/
- AQB - past tushishga moyillik

#### Auskultatsiyada

- I va II ton bug'iqlashgan, 20% bemorlarda III ton aniklanisi – “ot dupuri” ritmi
- Yurak cho'qqisida sistolik shovqin
- 10% bemorlarda perikard ishqolanish shovqini
- Gohida o'pkaning pastki qismlarida nam xirillashlar

#### Miokard infarktining ko'p uchraydigan ertangi asoratlari:

- O'tkir chap qorincha yetishmovchiligi (o'pka shishi)
- kardiogen shok
- yurak ritmi buzilshi
- CA,AV va Gis tutami oyoqchalari blokadasi
- yurak tamponadasi
- yurakni ichki va tashqi yorilishi
- aseptik perikardit
- tromboemboliyalar
- yurak anevrizmasi

#### Kechki asoratlariga esa:

- surunkali yurak yetishmovchiligi
- Dressler sindromi (perikardit + plevrit + pnevmonit)

#### Davosi

- O'tkir og'riq xurujini yo'qotish;
- Kardiogen shokni davolash;



- Yurak maromi buzilishining oldini olish;
- Qon ivishi sistemasini boshqarish;
- Yurak mushaklari metabolizmini yaxshilash;
- Parhez va dori-darmon orqali qonda xolesterin, triglitserid lipoproteidlari miqdorini pasaytirish.

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## EIGENSCHAFTEN VON FARBEN IN GASTRONOMISCHEN WERBETEXTEN

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**Anmerkung:** Heutzutage entwickeln sich gastronomische Werbetexte weltweit von Tag zu Tag weiter. Durch den zunehmenden Wettbewerb entstehen große Innovationen bei den gastronomischen Werbetexten. Dieser Artikel untersucht die Eigenschaften von Farben in gastronomischen Werbetexten. Es werden Fragen der Steigerung des Verbraucherwunsches nach diesem Lebensmittel durch Farbstoffe diskutiert.

**Schlüsselwörter:** Gastronomie, Restaurant, Lebensmittel, Farben, Werbematten, Corporate Design, Verbraucher

**Einleitung.** Die Welt birgt endlose Geheimnisse. Egal wie sehr die Menschheit versucht, diese Geheimnisse zu erfahren, es ist natürlich, dass ihr Denken schwach ist. Dies ist eine Person, die zu dem philosophischen Schluss kommt, dass ein Mensch ein unendliches Leben braucht, um Wunder zu lernen. Wenn wir die Existenz beobachten, stellen wir überrascht fest, dass die Welt um uns herum aus verschiedenen Farben besteht. Sie fragen sich, welche Bedeutung diese Farben haben. Jede Farbe bedeutet eine Welt. Daher sind Farben für gastronomische Werbetexte von besonderer Bedeutung.

Warum die richtige Farbe für ein Restaurant für die gastronomische Werbung wählen? Oder warum braucht ein Restaurant eine „Corporate Identity“? Natürlich geht niemand essen, weil ihm die Speisekarte gefällt. Aber durch solche Details erkennt ein Gast, der noch nie in diesem Restaurant war, den Stil des Angebots. Die Farbpsychologie hat schon früh die Wirkung von Farben entschlüsselt. Aber wenn Sie es noch nicht getan haben, können Sie bei der Erstellung Ihres eigenen Logos einen Fehler machen. Denn bestimmte Farben lösen bei uns bestimmte Reaktionen aus, sprechen bestimmte Zielgruppen an, können einen Wiedererkennungseffekt erzeugen und sogar zur Kaufentscheidung beitragen – oder auch nicht. Obwohl Farben die emotionale Welt anregen, müssen Sie bei der Farbauswahl für Ihr Logo

objektiv sein. Egal wie schön Sie diese oder jene Farbe finden, es ist keine Frage des persönlichen Geschmacks. Die Farbe des Logos sollte zur Idee und zum Zweck des Restaurants passen. Rot wird in Restaurants häufig als Logofarbe verwendet, da es unter anderem den Appetit anregt. Aufgrund seiner Assoziation mit Natur und Gesundheit wird Grün vor allem in Restaurants verwendet, die auf gesunde Ernährung und Bio-Produkte setzen. Der Erfolg liegt im Detail. Das Detail liegt in der Planung der „Corporate Identity“. Um heute erfolgreich zu sein, bedarf es einer Menge Innovation und mutiger Entdeckungen. Ein wichtiger Punkt bei dieser Mission ist die Wahl der Farbe für die Speisekarte, Möbel und Wände oder das Logo. Beim Thema Essen, also der Gastronomie, darf die Psychologie der Farben nicht außer Acht gelassen werden. Die Farben des Corporate Designs können die Stimmung der Gäste und die Dauer ihres Aufenthalts beeinflussen.

Auch in orange gestrichenen Räumen fühlen wir uns offener und offener. Wie die Farbe Rot hat sie eine ähnliche erregende Wirkung auf unser Hungergefühl. Im Gegensatz zum beruhigenderen Rot wirkt Orange verspielter und jugendlicher. Die Marke Dunkin Donuts wirkt frisch und jung. Vielleicht liegt es an der Firmenfarbe Orange?

Smileys sind nicht ohne Grund gelb. Betrachtet man die positiven Wirkungen, wirkt Gelb fröhlich, warm und entspannend. Der Vorteil solch leuchtender Farben besteht darin, dass sie kleine Räume größer erscheinen lassen. In der hellen Variante assoziieren wir damit im Gastronomiebereich den amerikanischen Fast-Food-Riesen McDonald's. Gelb verleiht dem Logo und der Inneneinrichtung einen warmen Eindruck. Grün als natürliche Farbe wird vor allem in Bio- und vegetarischen Restaurants verwendet. Mit dieser Farbe assoziieren wir Natürlichkeit und Gesundheit. Auch wenn die Farbe nur in Form grüner Pflanzen sichtbar ist, verleiht sie den Räumen eine Aura der Ruhe und Geborgenheit. Die „Healthy Lifestyle“-Restaurantkette „Dean & David“ und der Kaffeeiese „Starbucks“ verwenden zunehmend die neue, natürliche Farbe in ihrem Logo oder ihrer Website. Grüne Pflanzen machen das Wohnzimmer zu einem echten Wohlfühlort. Blau ist in Fischrestaurants häufiger anzutreffen. Blau strahlt Ruhe, Intelligenz und Streben aus; aber gleichzeitig kann es melancholisch und cool wirken. Seien Sie vorsichtig, wenn Sie es übertreiben: Blautönen wird eine appetitzügelnde Wirkung nachgesagt. Beispielsweise zügeln blaue oder violette Gerichte den Appetit.

Blau findet sich im Logo der Nordsee-Restaurantkette wieder, weniger jedoch im Innenbereich. Auch wenn die Gestaltung von Filialen kein eigenständiges Schwarz-Weiß-Design ist, ist die Kombination von Schwarz-Weiß bei Neueröffnungen von Restaurants und Cafés mittlerweile weit verbreitet – zumindest im Logo-Design. Vielleicht sieht dieses Paar sehr schlicht aus und ist deshalb im Moment so beliebt. Es vermittelt zudem einen modernen, klassischen und professionellen Eindruck.

Schwarz-Weiß-Design liegt derzeit im Trend; Auch der bekannte Kaffeeanbieter „Nespresso“ nutzt die professionelle Wirkung der schwarzen Farbe. Lila-, Rosa- und Grautöne werden eher vermieden. Diese Geräusche haben auch eine hemmende Wirkung auf unser Verlangen nach Nahrung. Allerdings ist Grau weit verbreitet und wird als Akzentfarbe oder als Begleitfarbe in Design und Wohnraum gesehen. Besonders Grau macht als Trägerfarbe eine gute Figur und peppt mit seiner Neutralität viele Designs auf. In diesem Nordseeabschnitt wurde Grau als neutrale Partnerfarbe zu Blau und Rot gewählt, insbesondere im Innendesign. Corporate Design im Restaurant: Farben und Branding werden modern eingesetzt. Geschmackvoll gewählte Farben bestimmen maßgeblich die Stimmung in Ihrem Restaurant und die Farbtheorie legt nahe, dass sie den Appetit und den Genuss beeinflussen. Das Marketingkonzept Ihres Restaurants wird gut durchdacht und erfolgreich sein, wenn sich Farben nicht nur in gedruckten Materialien wie Speisekarten und Logos, sondern auch im Restaurant selbst widerspiegeln. Setzen Sie Akzente, sei es mit Sitzkissen, Servietten oder einer bemalten Wand. Der allgemeine Trend geht von einer mit Bildern überladenen Speisekarte und farbenfrohen Gästezimmern hin zu einfachen, bewusst eingesetzten Farben und dekorativen Elementen. Als Beispiel dient einmal mehr der Nordseezweig; Dieses Mal werden die Hauptfarben Blau und Rot als Akzente im Gästezimmer verwendet. Orange und Schwarz werden in diesem Restaurant für Möbel und Dekoration verwendet.

Was die Marke betrifft, so sollten der Name und das Logo des Restaurants nicht nur an der Vorderseite des Hauses, sondern auch im Restaurant sichtbar sein: auf den Tischkarten, auf dem Poloshirt des freundlichen Mitarbeiters, auf dem Boden der Espressotasse. Diese subtilen Details unterstützen eine positive und vor allem professionelle Wahrnehmung Ihres Restaurants. Natürlich sitzt der Gast nach dem Espresso auch schon am Tisch und ist bereit zu zahlen, der Kauf hat also geklappt. Wenn Sie jedoch darüber nachdenken, welche Zielgruppen Sie erreichen möchten, ist es wichtig, treue Kunden zu halten und neue treue Kunden zu gewinnen. Solche Branding-Maßnahmen sind unerlässlich, um ein einheitliches und professionelles Gesamtbild zu vermitteln, damit der Gast mit einem guten Gefühl nach Hause geht und im Idealfall auch wieder zurückkehrt. Es gibt viele Möglichkeiten, Ihr Logo im Innenraum Ihres Restaurants anzubringen. Offline-Marketing à la carte: Strategien zur Steigerung der Reichweite Ihres Restaurants. Die beste Werbung für Ihr Restaurant sind zufriedene Gäste, die es an Freunde und Bekannte weiterempfehlen. Ähnlich wie bei Ärzten sind Überweisungen in der allgemeinen Ernährung wertvoll. Damit mehr Gäste Ihr Restaurant weiterempfehlen und den Weg dorthin finden, sollten Sie ein wenig Geld ausgeben und Ihren Service und Ihre gute Küche loben. Werben Sie mit Plakaten und Schildern.

Wie deutlich Sie rund um Ihren Restaurantstandort werben, hängt weitgehend von dessen Standort ab. Ist die Umgebung eher urban oder ländlich? Werben Sie für Laufkundschaft oder soll die Anzeige vor allem von vorbeifahrenden Autos gesehen und gelesen werden? Ihre Antworten bestimmen das Material und die Größe des Werbemittels. Direkt vor der Tür oder drum herum – Plakate oder Schilder informieren und bieten Informationen. Im Allgemeinen ist die folgende Liste für die langfristige Außenwerbung nützlich. Dank des für jedes Wetter geeigneten Spezialkartons halten Plakate aus diesem Material auch mehreren Wochen im Freien stand. Durch die Folienbeschichtung perlen Regentropfen zunächst vom Karton ab. Plakate aus Plakatpapier eignen sich zum Aufhängen an Werbetafeln im Außenbereich. Sie haben eine blaue Rückseite und die an der Unterseite angebrachten Plakate sind nicht sichtbar. Poster für den Innenbereich. Hier wird meist Fotodruckpapier verwendet, das gedruckte Muster mit sehr hohem Kontrast und kräftigen Farben wiedergibt. Was das Format betrifft, sind Plakate im DIN A1-Format üblich und werden gedruckt. Je nachdem, wo sie platziert werden, können sie beidseitig oder einseitig sein. Hohlkammerplatten. Diese Paneele sind sehr stabil und werden gerne an Bäumen, Zäunen, Straßenlaternen oder ähnlichen Gegenständen angebracht. Im Gegensatz zu Pappe und Papier sind voluminöse Hohlkammerplatten etwas teurer in der Anschaffung und im Unterhalt, halten aber bei Außenwetter länger. Warme Farben an Wänden und Möbeln schaffen in Restaurants und Bars eine gemütliche und kommunikative Atmosphäre, die den Genuss von Speisen und Getränken steigert. Orange ist eine der beliebtesten Farben in Restaurants, sie steht für gute Natur und strahlt Energie aus. Es ist eine Mischung aus Gelb, das den Geist und das logische Denken aktiviert, und starkem emotionalem Rot. Orange hat die gleiche lebendige Energie und Wärme wie Rot, ist jedoch nicht so dominant. Wie Gelb regt es zu Gesprächen an, ist jedoch eher informell als intellektuell. Es wird mit dem Hier und Jetzt in Verbindung gebracht und ist als Appetitanreger bekannt. Wenn Sie einen dezenten und ausdrucksstarken Effekt erzielen möchten, ist Rot ideal. Das ist eine sehr emotionale Farbe. Rot fördert die Kommunikation und wünscht gutes Essen und guten Wein. Dies animiert die Gäste dazu, mit dem Schlemmen und der Verkostung der edlen Weine etwas länger zu warten, was die Rechnung in die Höhe treibt. Sorgfältig ausgewählte Farben schaffen eine besonders warme Atmosphäre, die den Gästen ein besonderes Gefühl vermittelt. Den Ton drücken? Was das Logo über das Haus verrät. Das Logo dient der Wiedererkennung und Differenzierung vom Wettbewerb. Es zeigt den Kern des Unternehmens, wofür es steht: die Zielgruppe, das Hauptthema, die Hauptfarben des Unternehmens, Richtlinien usw. Nicht nur die Wahl der Schriftart und -form spielt bei der Gestaltung eines Logos eine entscheidende Rolle. Farben). Die Grafik unten zeigt, welche Farbe was über Ihr Restaurant verrät. Ein farbig gestaltetes Logo wird



immer mehr Aufmerksamkeit erregen als ein schwarz-weißes Logo. Wer Mut im Umgang mit Farbe zeigt, wird belohnt. Bei der Gestaltung eines farbenfrohen Logos müssen Sie darauf achten, dass es auch in Grau/Schwarzweiß dargestellt bzw. erkannt werden kann. So kann das Glas anschließend beispielsweise zum Gravieren oder Bedrucken verwendet werden.

**Zusammenfassung.** Zusammenfassend lässt sich sagen, dass der Platz der Farben für gastronomische Werbetexte unvergleichlich ist. Bei der Farbwahl ist es notwendig, leuchtende Farben zu verwenden, die zum Träger passen und seine Stimmung offenbaren. Grün ist beispielsweise eine sehr geeignete Farbe für Lebensmittelwerbung. Mit grüner Farbe angereicherte Werbung steigert das Verlangen der Verbraucher nach diesem Produkt oder diesem Restaurant. Daher sollten wir bei der Farbauswahl auf leuchtende Farben zurückgreifen, die für den Verbraucher geeignet sind.

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## **Characteristics of the clinical course of acute otitis media in children against the background of chronic viral hepatitis V**

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**Abstract:** Acute otitis media (AOM) continues to be a common infection in young children. Milder disease, usually due to viruses or less virulent bacteria, resolves equally quickly with or without antibiotics. A bulging tympanic membrane, especially if yellow or hemorrhagic, has a high sensitivity for AOM that is likely to be bacterial in origin and is a major diagnostic criterion for AOM. Perforation of the tympanic membrane with purulent discharge similarly indicates a bacterial cause. Immediate antibiotic treatment is recommended for children who are highly febrile ( $\geq 39^{\circ}\text{C}$ ), moderately to severely systemically ill or who have very severe otalgia, or have already been significantly ill for 48 h. For all other cases, parents can be provided with a prescription for antibiotics to fill if the child does not improve in 48 h or the child can be reassessed if this occurs. Amoxicillin remains the clear drug of choice. Ten days of therapy is appropriate for children  $< 2$  years of age, whereas older children can be treated for five days.

**Keywords:** children, hepatitis v, chronic, contact, infection, bacterial pathogens, amoxillin.

### **Introduction**

The reason for the development of hepatitis B is the introduction of the disease-causing virus into the human body. The disease is especially common in people whose immunity is weakened due to a number of negative factors (alcohol, nicotine, chemical and toxic substances, drugs). Patients are not required to be in social isolation, as the virus does not spread through airborne droplets. Anyone who comes into contact with the patient should follow the necessary precautions and personal hygiene rules. According to the results of many years of research conducted all over the world, the course of this disease depends on how the patient was infected, as well as his age. If the patient is infected with hepatitis B in a natural way (for example, during sexual intercourse), in this case, there is a high risk of the disease progressing to a chronic stage. This form of hepatitis often occurs in young people, because they do not pay serious attention to their health and do not take measures to respond to alarming signals of the body. Otitis media, commonly known as a middle ear infection, is a condition

characterized by inflammation or infection of the middle ear. It often occurs following a cold, sore throat, or respiratory infection. This condition is particularly prevalent in children, with about 75% experiencing at least one episode by the age of 3.

It is a spectrum of diseases that includes:

1. Acute otitis media (AOM): A sudden onset of infection or inflammation in the middle ear.
2. Chronic suppurative otitis media (CSOM): Persistent or recurrent inflammation or infection of the middle ear.
3. Otitis media with effusion (OME): Fluid accumulation in the middle ear without active infection.

## SUBJECTS AND METHODS

One hundred and eighty children with acute bronchiolitis aged 3–18 months who were admitted to pediatrics department, Minia University hospital, were included in the study done in the winter and spring of 2009. In patients with AOM at entry or developed AOM within 14 days, Gram-stained smears, bacterial cultures, and enzyme-linked immunosorbent assay (ELISA) were performed on middle-ear aspirates to detect the presence of bacterial pathogens and RSV respectively

## RESULTS

One hundred children (55.6%) with acute bronchiolitis had AOM at entry or developed AOM within 14 days, 45 patients (25%) had developed otitis media with effusion, and only 35 patients (19.4%) remained free throughout the 2-week observation period. Of 135 middle-ear aspirates (65 unilateral and 35 bilateral), bacterial pathogens were isolated in 86 patients (86%) [37 bacteria alone “37%” and 49 mixed bacteria and RSV “49%”], RSV was identified in 56 patients (56%) of middle ear aspirates [mixed with bacteria in 49 patients and RSV alone in 7 cases (7%).

## RECOMMENDATIONS

To diagnose AOM, there must be acute onset of symptoms such as otalgia (or nonspecific symptoms in nonverbal children), signs of a middle ear effusion associated with inflammation of the middle ear (ie, a TM that is bulging and, usually, very erythematous or hemorrhagic, and yellow or cloudy in colour) or a TM that has ruptured. For otherwise healthy children  $\geq 6$  months of age who have mild illness with appropriately diagnosed AOM criteria or children who do not fully meet

diagnostic criteria, a watchful waiting approach for 48 h is an option if follow-up can be assured. Advice regarding analgesics must be provided. It is recommended to:

reassess the child within 24 h to 48 h to document the clinical course; OR

have the caregiver return if the child does not improve or worsens anytime within 48 h; OR

provide an antimicrobial prescription to be filled if the child does not improve.

Children with a bulging TM who are febrile ( $\geq 39^{\circ}\text{C}$ ) and moderately to severely systemically ill, or who have severe otalgia, or who have already been significantly ill for 48 h should be treated with antimicrobials. If a decision is made to treat with antimicrobials, amoxicillin either divided twice per day at a dose of 75 mg/kg/day to 90 mg/kg/day or amoxicillin divided three times per day at a dose of 45 mg/kg/day to 60 mg/kg/day are the first choices for AOM therapy.

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## EKOLOGIK TA'LIM-TARBIYA VA MADANIYAT UYG'UNLIGI

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**Annotatsiya:** Maqolada ekologik ta'lim, atrof-muhitni muhofaza qilishning muhimligi, ekologik ta'lim-tarbiya va madaniyat ta'limiy sharoitda aniqlashtirilgan.

**Kalit so'zlar:** ekologik ta'lim va tarbiya, madaniyat, o'quvchilar, atrofimizdagi olam, tabiiy fanlar, tabiiy savodxonlik.

Tabiat bebaho ne'mat. Uning bag'ridan unib chiqqan gulu gilyohlar va daraxtzorlar, har bir daraxt, o'rmonlar, hayvonot olami o'ziga xos bir olamdir. Inson mudom borliq og'ushida bo'ladi, undan ta'sirlanadi, bebaho ne'matlaridan zavq-shavq, ibrat va saboq oladi. Tabiatimizni asrashimiz, avaylashimiz bizning salomatligimiz uchun muhim. Inson umri abadiy emas. U chegaralangan. Demak, inson hayotini tabiat va koinotdan ayro tasavvur etib bo'lmaydi. Shu bois u bilan hisoblashib yashashga intiladi. Biz yashayotgan hudud musaffoligi, ekologik muvozanat barchamizga birday daxldordir. Agar biz tabiiy go'zalliklarga ziyon yetkazmaslikni odat qilsak, avlodlar kelajagi va xayotning davomiyligi uchun shunchalik ko'p qayg'urgan bo'lamiz.

Tabiat-o'zidagi bor asl, ezgu narsalarni boshqalarga chin ko'ngildan ulashayotgan va bundan o'zi ham g'oyat zavqlanayotgan tanti va saxiy kishiga qiyoslanishi bejizga emas. Insoniyatga bitmas-tuganmas ne'matlarni tortiq qilgan yaratgan ona tabiatning bag'riga ne-ne hadyalarni jo etgan. Shu tariqa yer yuzida qimirlagan jon borki rizqlantirilgan. Inson atalmish oliy xilqatdan tortib uchadigan qushning, suzadigan baliqning, qurt-qumursqa-yu hayvonot va nabototning barini tabiat yashatib va yashatib turishi sir emas. Tekinga tarqatilsa, tillaning qadri bo'lmaganidek tabiatning bu saxovatiga bashariyat hozirgi kunimizda aks ta'sirini ko'rsatmayaptimikan? Qaysidir g'oyani ilgari surishdan avval biz o'z fikrimizni quvvatlantirish unga ishonish va o'zgalarni ishontirish uchun o'zimiz qanchalik amal qilyapmiz? Har birimiz shu savolni o'zimizga berib ko'raylik. Xo'sh tabiat muhofazasi uchun biz nima qilyapmiz loaaqal unga zarar keltirayotganimiz yo'qmi? degan savolni berib ko'raylik. Har bir inson o'zida ekologik madaniyatni shakllantirishi, boshqalarni ham shunga da'vat etishining o'zi tabiatga befarq emasligidan dalolat.

Shahar ko'chalari, xiyobonlar, bolalar bog'i-yu istirohat bog'laridagi ayrim ko'ngilsiz manzaralarni ko'rganimizda bu holatning sababchisi siz-u bizga



o'xshagan ongli mavjudot, inson xatti-harakatlarida madaniyatsizlikning isbotini ko'rish mumkin. Manzilxonani ozoda tutish inson ko'zini quvontirib ko'ngilni ravshan, inson ruhini esa go'zalliklar tomon yetaklaydi. Jonajon O'zbekistonimizda to'rt faslning o'z o'rnida tarovatini namoyon etishi bizga naqadar tabiat fusunkorligidan bahramand bo'lish imkonini bergan. Uni nechog'lik asrab-avaylab, mehrimizni bersak, qadrlasak u ham bizni shu qadar siylaydi, o'z tuhfalari bilan mukofotlaydi.

Atrof-muhitni muhofaza qilish va inson hayotiga tahdid solayotgan global masshtabda ekologik xavfning oldini olish asrimizning eng muhim muammolaridan biri bo'lib turibdi. Bu muammo o'zining insoniyatga keltirishi mumkin bo'lgan xavfli oqibatlari atrof muhit uchun haqiqiy xavf bo'lib yadro halokatidan kam emas.

Yangi energiya manbalarining kashf etilishi va innovatsion texnologiyalarning ishlab chiqarilishi insoniyatning borlig'iga kuchli va har tomonlama ta'sir ko'rsatishi o'zi bilan ijobiy mazmun mohiyat olib kelsada, biroq minglab salbiy oqibatlarni ham olib keladi. O'ylamasdan bosilgan qadam va tabiatdagi jarayonlarga aralashuv atrof-muhitni muhofaza qilish borasida nihoyatda tashvishli vaziyatni vujudga keltirdi..

Ta'kidlash joizki, o'tmishda biologiya fanining alohida tarmog'i sifatida paydo bo'lgan ekologiya sohasi anchayin mufassal tadqiq etilgan. Ekologiyaning rivojlanish tarixida bir-biriga o'xshash ikki jihatga e'tibor qilish maqsadga muvofiq: bir tomondan, tirik organizmlarning atrof-dagi muhit omillari bilan o'zaro aloqadorligi har jihatdan chuqur o'rganilib, biologiya fanining asosiy yo'nalishlaridan biri sifatida biologik ekologiya jadal rivojlana boshlagan; ikkinchi tomondan, odamning maishiy-xo'jalik faoliyati (antropogen ta'sirlar) tufayli tirik organizmlarning hayotiy makoni, yashash sharoitlari jiddiy o'zgarib, u yoki bu turdagi organizmlar-ning yo'qolib ketishi, kamayishi yoki birdaniga ko'payishi kuzatila boshlangan.

Aynan ikkinchi jihat tabiatni muhofaza qilishning paydo bo'lishiga turtki bo'lgan. Uning predmeti - tabiat va jamiyat o'rtasida o'zaro maqbul munosabatlar o'rnatish, tabiat va madaniyatni o'zaro birlashtirish jarayon-lari hisoblanadi. Bunda tabiat inson ta'sirini o'zida sezmagani jonsiz (abiotik) va jonli (biotik) tarkibiy qismlar majmui sifatida, madaniyat esa inson faoliyati, uning tashkil etilishi, kishilarning tabiat bilan o'zaro munosabati usullari sifatida qarab chiqiladi.

“Ekologiya” - (yunoncha - uy, turar joy va logiya) - organizmdan har xil darajada yuqori turadigan tizimlar; populyatsiyalar, biotsenozlar, biogeotsenozlar (ekosistemalar) va biosferaning tuzilishi, ularda kechadigan jarayonlarni o'rganadigan biologiya fanlari majmui deb izohlanadi. Shuningdek, ekologiyani

organizmlar va ular bilan atrof muhit o'rtasidagi o'zaro munosabatlarni o'rganadigan [fan](#) sifatida ham [talqin](#) qilinishi keltiriladi.

Demak, ekologiya – tirik organizmlar bilan atrof muhit o'rtasidagi o'zaro bog'lanishlar to'g'risidagi fan. Uni o'rganish insonga tabiatdan foydalanish jarayonida unga shikast yetkazmaslik, o'zining yashash muhitini yaroqli holda saqlash imkonini beradi. Mazkur muammo hozirgi va kelajak avlodlar uchun yashash muhiti xavfsizligini ta'minlashdan iborat bo'lib, ekologik tushunchalarni shakllantirish bilan bog'lab olib boriladi.

Ekologiya tushunchasi, uning mazmuni, atrof-muhit va inson munosabatlarning turli iqtisodiy, tabiiy, ijtimoiy aspektlari maxsus ilmiy ishlarda, o'nlab qo'llanma va darsliklarda o'z yechimini topgan. Jumladan, Yu.Sh.Shodimetov, Sh.Mahmudov, M.Ismoilov, Q.Abirqulov, H.Salomova, S.Mamashokirov, Sh.T.Otaboev, A.S.To'xtaev, R.U.Beknazov, S.X.Fayzulina, ekologik ta'limning ijtimoiy-falsafiy jihatlarini Sh.Avezov, N.Sh.Bozorova, E.O.Turdiqulov, Yu. A. Karimov, B. Ziyomuxamedov, A.S.To'xtaev, E.V.Qodirov, O.Qudratov, A.N.Nigmatov, J. I.Xudoyberdiev, B.Kulturaev, M.K.Xashimova, N.O'.Nishonova, V.N.Sattorov, N.Egamberdievalar ilmiy-nazariy jihatdan asoslab berishgan.

Mustaqillik yillarida ekologik ta'lim nazariyasi va metodikasi mazmunan qayta ko'rib chiqilib, uning turli jihatlariga oid umumdidaktik qonuniyatlar, tamoyillar ishlab chiqilgan bo'lsa-da, ekologik xavfsizlik madaniyatini shakllantirishning mazmun-mohiyati, tuzilmasi va o'zaro bog'liqligi masalasi nazariy-metodologik, ilmiy-pedagogik jihatdan to'liq, tizimli o'rganilmagan. Agar odamning o'z-o'ziga, boshqa kishilar va atrof-muhitga bo'lgan munosabati ekologik ong va madaniyat nuqtai nazaridan tahlil etilsa, ekologik ta'lim-tarbiya nazariyasi va metodikasini tubdan qayta ko'rib chiqish zaruriyati paydo bo'ladi. Bu zaruriyat, tabiiyki, samarali ekologik ta'lim-tarbiya tizimini vujudga keltiradi.

Demak, ekologik ta'lim, atrof-muhitni muhofaza qilish va ekologik xavfsizlik madaniyatini shakllantirishning muhimligi – dolzarb muammo ekanligi bilan tavsiflanadi.

Ekologik ta'lim-tarbiyani singdirishdan asosiy maqsad - o'quvchilarda tabiiy hodisa va jarayonlarni tahlil qilish ko'nikmalarini tarkib toptirish, ma'naviy-axloqiy sifatlarni o'zida mujassam etgan barkamol yosh avlodni tarbiyalab voyaga yetkazib, hamda ularni ona yurtini sevishtga, atrof - muhit tozaligini ta'minlashga o'rgatish muhim ahamiyat kasb etadi. Biroq ekologik ta'limni amalga oshirish jarayonining tizimli tahlili ekologik ta'limni tashkil etishda bu boradagi islohotlarni

to'liq ro'yobga chiqarishga to'sqinlik qiluvchi quyidagi jiddiy muammo va kamchiliklar saqlanib qolayotganligini ko'rsatmoqda.

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## STATE EXPERIENCE OF BREWING OF THE ELITE WHEELING FARM

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Forming scientific conclusions based on a comparative study of the seed production system of agricultural crops in a number of countries of the world, with a deep study of the current situation in our country, becomes relevant in the context of globalization. Research shows that the seed production system in developed countries is developing on the basis of the following forms and relationships. Development experiences of seed farms of several developed countries were studied and conclusions and proposals were developed for implementation in our country.

**Ispoil** agriculture is the most developed branch of the national economy: Ispoil country has a geographically unfavorable climate for farming, most of its territory is desert, and there is a shortage of water. In addition, Israel has become a world leader in the export and production of agricultural products.

natural arable land is used for agriculture. Today, agricultural production is 2.5% of GDP and 3.6% of GDP. Israel imports only 3.7 percent of grain, oil, meat, coffee, cocoa, and sugar, and does not produce 95 percent of its own needs.

In Ispoil, there are several companies specializing in the production of agricultural crops. The research and improvement work in the field of soybean breeding in Israel is carried out under the supervision of the Ministry of Agriculture.

Seeds Technologies - Founded in 1996, the company has extensive experience and knowledge in breeding, processing, and specialized in the development and improvement of vegetable seeds. It has equipment for processing and storage of wood, as well as a modern laboratory. The company has many representative offices and sells its products in more than 30 countries. It mainly produces the upuglap for expopt.

Top seeds International Ltd is an innovative and high quality dupagaylap production company. The goal of the company is to guarantee the taste of vegetables and fruits and the high productivity of plants, due to the development of genetically resistant varieties of plants. The company closely cooperates with more than 100 countries of the world. The company is engaged in the cultivation of tomatoes, root crops, peppers, bodping, patisson, tapvuz, bpokkoli, onions, melons and pumpkins. The company has 120 full-time employees and annual turnover of 7.82 mln. the locker has working capital.

Hazera Berurim is a world leader in the field of breeding. The company combines many years of experience with modern technology, develops and sells a wide variety



of vegetable crops and seeds around the world. Hazera Berurim has a wide distribution network located in Israel and the Netherlands, with branches in 12 countries and services in over 100 countries.

Zeraim Gedera is part of the Global Syngenta Group, one of the world's leading agricultural technology companies. Zeraim Gedera was founded in 1952 and is considered a leader in the agricultural sector of Israel with the production of high quality wheat. The company mainly produces kalampip, pomidop, bodping, pumpkin, tapvuz and melon upuglap. The company's goal is to provide high-quality products and services to customers and customers, as well as providing professional advice and mentorship.

**Germany** took the 3rd place in the European Union for the cultivation of agricultural crops and became the world's largest producer of cotton.

Hepmania Food and Agriculture Ministry's policy in the field of agriculture . The Ministry of Food and Agriculture carries out the task of establishing the legal framework for the agricultural sector to the main agency of the Ministry - the Fedepal Agency for Agriculture and Food and its subordinate Fedepal plant classification agency.

The 2020 to 2035 agricultural strategy was adopted by the Hungarian Parliament and includes six main goals. In order to achieve this goal, 12 activities have been defined by the Ministry, including selection of agricultural crops.

The platform was developed in partnership with more than 40 organizations, civil society and industry stakeholders.

The general objectives of this strategy are as follows:

- provision of food, feed and bio-raw materials;
- to provide support for fepmeplap;
- to strengthen protection of environment and pesupslap;
- preservation of biodiversity in agriculture;
- increasing the contribution of agriculture to climate protection and adaptation of agriculture to climate change;
- To increase the general acceptance of cheating in the hepmania community.

The structure and the main organization of the Hepmania breeding sectop.

Its main organization is:

- Fedepal support for agriculture and food;
- Fedepal plant variety application;
- Private sectop:
  - Association of Hepmania plant breeding companies;
  - Hepmania Upuglapi Union;
  - Hepmania agpobusiness association;
  - Society for supporting innovation in business organization;

- Research Institute:
- Federal scientific-research institute of agriculture named after Yuliy Kyun;
- Leibniz Institute of Plant Genetics and Plant Research (manages the gene bank in Gatepsleben, one of the world's largest gene banks for crops);
- Max Planck Research Institute of Plant Breeding;
- Plant Selection Society.

Federal Agriculture and Food Development is an organization that develops the general policy of agriculture in Hepmania. Mazkup has developed the following measures to increase the yield of wheat:

1. Disease resistance
2. Adaptation to the climatic conditions
3. Adapting to the tu ply tupklap
4. Brewing certain qualities and characteristics of a traditional tuplap or variety
5. Increase in productivity
6. Quality (size, storage capacity, taste) increase
7. Brewing of upug'lap for its eptapishap variety, cold resistance and other characteristics.

The Food and Agriculture Organization of the United Nations (FAO) Biodiversity Information and Coordination Plan coordinates the conservation and utilization of the genetic diversity of the plant population.

The Information and Coordination Center manages the national inventory of plant genetic resources in Hepmania. Information about the existing gene bank in Germany and related institutions, the genetic database will be published openly.

Federal is tasked with providing support to private breeding companies, ensuring that small-scale farmers receive quality breeding material, developing a certified breeding system for long-term innovation in the field of breeding, and improving the legal framework.

For example, in Hepmania, the patent right applies only to the technological aspect of the breeding stock. If the company has developed a new agricultural crop variety and applied for inclusion of this variety in the National Register, the quality, yield, resistance to pests and diseases, differentiation from other varieties, variety and maturity of the new variety should be tested in an open field or in a greenhouse for 2-3 years. bran

Approximately 20% of the 900 agricultural varieties submitted for national registration each year will be registered by the variety committee using the Federal Osimliklap variety and will be included in the National Register.

Federal supports plant variety protection on behalf of Germany in the European Union for the Protection of New Varieties of Plants (UPOV), as a member of the Governing Council of the Community Plant Varieties Organization (SPVO) of the

European Union, and as a member of the Organization for Economic Co-operation and Development (OECD). has the authority to adopt a long-term and systematic approach to the internationally agreed method of certification of success.

The private sector includes many large and small private companies, and invests 15% of the company's profits in research and development.

Currently, about 60 private farms engaged in the cultivation and sale of about 130 varieties of agricultural crops have their own selection process and are developing more than 300 varieties of wheat.

Breeding has a 30-50 percent share in the increase of the yield of agricultural crops, and last year this share exceeded 80 percent, and the annual turnover of grain production in Hepmania is 26 billion euros, and the annual increase in grain yield largely depends on selection.

The Ministry of Food and Agriculture finances and has political influence over many scientific research institutions involved in the selection of agricultural crops.

The state sector provides funding for scientific research institutes, focusing on long-term basic research and developing new types of research:

1. Long-term fundamental research aimed at ensuring the availability of adapted navlap in the long-term perspective;
2. Brewing traditional breeding methods using wild crops such as apples and vines;
3. Funding 25 years of research before a new variety is released.

The Food and Agriculture Organization's mission to fund research to determine the complete genome of Germany's most important crop will fuel innovative research and enable rapid and targeted breeding of new cultivars.

Also, the Ministry of Food and Agriculture, in cooperation with the Ministry of Education and Research, is funding a large-scale project in the field of agricultural research.

For example, the research project "Plant Biotechnology of the Future", which includes a brief analysis of 28 Hepmania subspecies, is funded mainly by the Education and Research Service of 9 different institutions.

**Chinese** government has gradually closed the system of subsidizing grain, rice, and corn farmers to subsidize the purchase of grain. The goal of China's agricultural subsidy policy is to increase the country's production of grain, rice, and corn, ensure food security, and increase the country's income.

According to the document published by the Ministry of Finance, Ministry of Agriculture, Bank of China, and the Sugupta Regulatory Commission, many enterprises, agricultural cooperatives, and farming companies are subsidized by the Chinese government. A substantial subsidy covers losses that may occur as a result of natural disasters, plant diseases and droughts, and other hazards.

**In the Republic of Misapab, the** quality level of cotton has been increased due to the fact that it was taken by the state (Cotton Association and Cotton Control Organization) during the strict cultivation of cotton.

According to the state standard, there should be 1-2 foreign varieties in 1000 plants, that is, 99.8-99.9% variety is required. In order to do this, the country of Misp is geographically divided into 3 regions (north, south and south) and specific cotton varieties are assigned to each region. If it is determined that another variety is planted in this area, the plant in the field will be burned, and the damage will be compensated at the expense of FEPMEP, and the state will compensate the profit expected to be received by the FEPMEP farm. It is worth noting that in Misp, the success of one cotton variety is established in one plant.

**In the US,** breeding is mainly done by private breeding companies and specialized breeding firms. Due to the strong competition in the field, it is recommended to grow high-quality hemp only in regions with very favorable soil and climatic conditions, and a long growing season. As a result, a variety of 99% and 90% germination is produced.

**In Possia,** the policy of cultivation of grain and pulses is carried out by the Ministry of Agriculture and its responsibility in the regional government. Bipoq, Ulap only designates the area of cultivation of elite and peppoduction in its territory. Upugliklap is grown and bred by local yarn companies and private cooperatives and upuglik farms. The company or cooperative guarantees the quality and variety of the product it produces. Ozapo ensures the strength of the competition and the high quality of the product. The quality of the pump is 98-99 percent in the supep elite and elite pump, and 95-96 percent in the peppoduction pump.

**Canada**, the corn breeding system is managed by the Breeding Association. The association coordinates the selection and breeding activities of the country, sets requirements on the quality of varieties and varieties, ensures the reproduction of new varieties and determines the volume of production of varieties. The government will set the cap on the production and sale of the product.

**Italian** state, farming is mainly done by two cooperative organizations in close contact with Fedepal agponomy. Ulap manufactures sorghum on the basis of a contract with the femmep farm and supplies it for conditioning (mapomi) at its own sorghum treatment plant.

**Swedish** state, a joint-stock company is engaged in the production and sale of agricultural crops. The largest of the group is the joint-stock company "Swedish Breeding Institute", which owns a breeding institute, a station and a wool breeding farm.

**In Bel opus Pеспублика**, the breeding system is supported by 2 Research and development projects, which include 21 entities operating under the Belsemena farm

and its regional farm. In the republic, high-generation horticultural crops are cultivated in 610 elite farms and reproduction horticultural crops are grown in special farms. In order to increase the quality of sorghum, 40 sorghum plants will be cleaned, treated, doped and packed in the next year.

According to the information given above, in many countries, the development of different and organizational work in the rice farming system, the strength of quality and competition, the cleaning, threshing, dressing and packaging of rice in a separate factory ensure the production of high quality rice of the agricultural crop.

Based on the experience of the studied foreign countries, the following conclusions and proposals were developed:

creation of exportable, productive, high-quality, disease-resistant selective varieties and F1 hybrids of vegetable, sugar, leguminous, oilseed and food crops in scientific and research institutes, as well as organization of primary seed production;

Training of specialists in foreign countries (at least 1 year) and exchange of experience in order to learn modern methods of creating F1 hybrids;

- In order to develop breeding and seed production in scientific research institutes, the establishment of laboratories with 5-6 staff members financed from the state budget.

- to create a specialized cluster in the Republic of Karakalpakstan and its regions, attracting foreign investors, to form a mechanism for the purchase, accumulation, processing and delivery of vegetable, pulse, leguminous, oil and fodder seeds, and providing incentives for the purpose of state support.

- introduction of a system of subsidies by the state to the entities that grow vegetables, sugarcane, legumes, oilseeds and food seeds.

- To strengthen the material and technical base of the elite seed farms and organizations in the central system, to cancel the payment of dividends (dividends) to the state budget from the net profit at the end of the year for the purpose of their financial support;

- the transfer of elite seed farms to the private sector will lead to the deterioration of the fertility of varieties in the future and, most importantly, to a sharp increase in high (elite) generation seeds in large areas, and as a result, to an increase in the price of seeds.

Also, the life of a variety created after many years of effort by the breeders will be short, that is, the work of family separation, field observations, selection based on individual selection and laboratory analysis will not be fully completed, and in view of the decrease in fertility, elite seed farms will be sold completely through public auctions. deregistration of enterprises.

- in order to prevent the entry of untested seeds of agricultural crops into the domestic market, it is necessary to introduce the system of importation of varieties



and hybrids included in the State Register and to amend the Law "On Seed Production".

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## **БИОХИМИЯ. ФУНКЦИИ БИОХИМИИ. МЕТАБОЛИЗМ В ПЕЧЕНИ**

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**Аннотация.** Биохимия — наука, изучающая химический состав веществ, строение и пути превращения природных соединений в клетках, органах, тканях и целых организмах, а также физиологическую роль химических реакций и закономерности их регуляции. Биохимию традиционно делят на статическую, занимающуюся анализом строения и свойств всего органического. и неорганический. соединения, входящие в состав живых объектов (клеточных органелл, клеток, тканей, органов); динамические, изучающие всю совокупность превращений различных веществ, таких как обмен веществ и энергии. Функциональный, изучающий физиологический. роль молекул веществ и их превращений в некоторых проявлениях жизнедеятельности, а также сравнительная и эволюционная биохимия, определяющая сходство и различия в составе и обмене веществ организмов, принадлежащих к разным группам.

**Ключевые слова:** функции биохимии, обмен веществ, углеводы, белки, жиры.

В зависимости от объекта исследования биохимию выделяют в различные группы: человек, растения, животные, микроорганизмы, кровь, мышцы, нейрохимия и другие, а по мере углубления знаний и специализации их по разделам - энзимологию, изучающую строение и механизм действия ферменты, углеводы, липиды, нуклеиновые кислоты, мембраны, станов. Биохимия изучает вещества, входящие в состав организмов, органические вещества, их строение, распределение, превращения и физиологическую роль

в организме. Статическая биохимия: изучение химического состава и строения б-б  
Динамическая биохимия: изучение обменных процессов в организме  
Функциональная биохимия: изучение биохимических процессов, лежащих в основе функций организма. Обмен веществ или обмен веществ – это совокупность химических реакций в организме, обеспечивающих его веществами и энергией, необходимыми для жизнедеятельности. В обмене веществ можно выделить два основных этапа: подготовительный - когда поступившее алиментарным путем вещество претерпевает химические превращения, в результате которых оно может поступать в кровь и затем проникать в клетки, и собственно обмен веществ, т.е. химические превращения соединений, которые проникли в клетки. Метаболический путь – это характер и последовательность химических превращений определенного вещества в организме. Промежуточные продукты, образующиеся в процессе метаболизма, называются метаболитами, а последнее соединение метаболического пути — конечным продуктом. Процесс разложения сложных веществ на более простые называется катаболизмом. Таким образом, белки, жиры, углеводы, поступающие в пищу, расщепляются на более простые компоненты (аминокислоты, жирные кислоты и моносахариды) под действием ферментов пищеварительного тракта. Это высвобождает энергию. Обратный процесс, т. е. синтез сложных соединений из более простых, называется анаболизмом. Это связано с затратой энергии. Из аминокислот, жирных кислот и моносахаридов, образующихся в результате пищеварения, в клетках синтезируются новые клеточные белки, мембранные фосфолипиды и полисахариды. Существует понятие амфиболизма, когда одно соединение разрушается, но синтезируется другое. Особый путь обмена веществ представляет собой совокупность превращений одного конкретного соединения (углеводов или белков). Общий путь обмена веществ – при участии двух и более типов соединений (в энергетическом обмене участвуют углеводы, липиды и частично белки). Субстратами обмена веществ являются соединения, поступающие с пищей. Среди них основные пищевые вещества (белки, углеводы, липиды) и второстепенные, поступающие в небольших количествах (витамины, минеральные вещества). Интенсивность обмена веществ определяется потребностью клетки в определенных веществах или энергии, регуляция осуществляется четырьмя способами:

- 1) Суммарная скорость реакций определенного пути метаболизма определяется концентрацией каждого из ферментов этого пути, значением pH среды, внутриклеточной концентрацией каждого из интермедиатов, концентрацией кофакторов и коферментов.

2) Активность регуляторных (аллостерических) ферментов, которые обычно катализируют начальные этапы метаболических путей. Большинство из них ингибируются конечным продуктом этого пути, и этот тип ингибирования называется «принципом обратной связи».

3) Генетический контроль, определяющий скорость синтеза фермента. Ярким примером является появление в клетке индуцируемых ферментов в ответ на получение соответствующего субстрата.

4) Гормональная регуляция. Ряд гормонов способны активировать или ингибировать многие ферменты метаболических путей.

Живые организмы являются термодинамически нестабильными системами. Для их формирования и функционирования необходим непрерывный запас энергии в форме, пригодной для многомерного использования. Для получения энергии почти все живые существа на планете приспособились гидролизовать одну из пирофосфатных связей АТФ. В связи с этим одной из основных задач биоэнергетики живых организмов является пополнение использованного АТФ из АДФ и АМФ. Основным источником энергии в клетке является окисление субстратов кислородом воздуха. Этот процесс осуществляется тремя способами: присоединение кислорода к атому углерода, отщепление водорода или потеря электрона. В клетках окисление происходит в виде последовательного переноса водорода и электронов от субстрата к кислороду. Кислород в этом случае играет роль восстановителя (окислителя). Окислительные реакции протекают с выделением энергии. Биологические реакции характеризуются относительно небольшими изменениями энергии. Это достигается за счет разделения процесса окисления на ряд промежуточных стадий, что позволяет сохранять его небольшими порциями в виде макроэргических соединений (АТФ). Восстановление атома кислорода при взаимодействии с парой протонов и электронов приводит к образованию молекулы воды. К несомненным успехам биохимии относятся: открытие участия биологической мембраны в производстве энергии и последующие исследования в области биоэнергетики; установление способов трансформации важнейших продуктов обмена; познание механизмов передачи нервного возбуждения, биохимических основ высшей нервной деятельности; выяснение механизмов передачи генетической информации, регуляции важнейших процессов в живых организмах.

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## **AHOLI ORASIDA YURAK-QON TOMIR KASALLIKLARINI UCHRASHI**

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**Annotatsiya:** Ushbu maqolada yurak-qon tomir sistemasi kasalliklari tarqalish darajasini, kasallik kelib chiqish sabablari baxolash o'rganildi. Tekshiruvimizdagi bemorlardan 44 nafar (46%) ni yurak-qon tomir kasalliklarini tashkil etgan. Kasallanish erakalarga nisbatan ayollarda ko'proq 1,6 marta kop uchraganligi sababli, aholi orasida ayniqsa ayollar orasida yurak-qon tomir kasalliklari bilan kasallanishning oldini olish uchun profilaktika ishlarini olib borishni kuchaytirish kerak.

**Kalit so'zlar:** Surhondaryo , arterial gipertenziya, stenokardiya, revmatoid artrit, aholi.

**Аннотация:** Аннотация: В данной статье изучена оценка распространенности заболеваний сердечно-сосудистой системы и причины возникновения заболевания. У 44 (46%) пациентов в нашем исследовании были сердечно-сосудистые заболевания. Поскольку у женщин заболевание встречается в 1,6 раза чаще, чем у мужчин, необходимо усилить профилактические мероприятия по предупреждению сердечно-сосудистых заболеваний среди населения, особенно среди женщин.

**Ключевые слова:** сердечная недостаточность , артериальная гипертензия, стенокардия, ревматоидный артрит, население.

**Annotation:** In this article, the assessment of the prevalence of cardiovascular system diseases and the causes of the disease was studied. 44 (46%) of the patients in our study had cardiovascular diseases. Since the disease is 1.6 times more common in women than in men, it is necessary to strengthen preventive measures to prevent cardiovascular diseases among the population, especially among women.

**Key words:** Surkhondaryo , arterial hypertension, stenocardia, rheumatoid arthritis, population.

**Muammoning dolzarbligi:** Hozirgi kunda aholi orasida yurak ishemik kasalligi, stenokardiya, miokard infarkti va uning oqibatida kelib chiqadigan turli xil asoratlar, ya'ni surunkali yurak etishmovchiligi, yurak ritmining buzilishi, gipertoniya

kasalligi va uning oqibatida kelib chiqadigan miya insulti, yurakning tug'ma nuqsonlari kabi kasalliklar ko'p uchramoqda [1].

Yurak-qon tomir kasalliklarni keltirib chiqaradigan sabablari bu- kam harakat, chekish va hayvon yog'larini ko'p iste'mol qilish bo'lib hisoblanadi. Yurak qon tomir tizimi patologiyasi hozirgi zamon tibbiyotining ijtimoiy -tibbiy muammolaridan biri hisoblanadi [2]

Barcha o'lim holatlariga 13% yuqori arterial qon bosimi (AQB) sabab bo'lib, ulardan 51% insult va 45% yurak ishemik kasalliklardan keyin sodir bo'lmoqda»1. EAG kelib chiqishi bolalik davridan boshlanib, 40% dan 60% gacha bolalarda, keyinchalik kattalik davrida, yurak ishemik kasalligi va gipertoniya kasallikka o'tadi [3]

Bugungi kunda bolalar o'limi darajasi 1000 ta tirik tug'ilgan bolalarda 15,6% to'g'ri kelishiga qaramasdan bolalar tug'ilishi ko'rsatkichi juda past, yani 9,1% tashkil qilmoqda [5-7]

Yurak qon tomir kasalliklari dunyo bo'yicha hozirgi kunga qadar nogironlik va o'limning asosiy sababi bo'lib qolmoqda. Jahon sog'liqni saqlash tashkilotining ma'lumotlariga ko'ra barcha o'lim xolatlarining 56% yurak- qon tomir tizimi kasalliklari oqibatida kelib chiqadi [4-6].

65 yoshgacha bo'lgan shaxslarda YuIK dan o'lim so'nggi 20 yil ichida 50% kamaygan bo'lsa ham umumiy o'lim soni o'zgar olmay qolmoqda. Yoshi 65 yoshgacha bo'lgan erkaklarda YuIK dan o'lish ayollardagiga qaraganda 3 marta yuqori. Bundan katta yoshdagilarda ikkala jinsdagi o'lim soni tenglashadi, 80 yoshdan keyin esa ayollarda o'lim erkaklarga nisbatan 2 marta ko'proq [5].

**Tadqiqod maqsadi:** Aholi orasida yurak qon tomir kasalliklaridan qaysi kasallik turi ko'proq uchrashishi va jinslari bo'yicha tarqalishini o'rganish.

**Tadqiqod obekti:** Tekshiruv Surhondaryo viloyati kop tarmoqli tibbiyot markazi Terapiya bulimida yotib davolangan 95 nafar bemorlarda olib borildi. Tekshiruvdagi bemorlardan shikoyatlari, anamnez ma'lumotlari, laborator (umumiy qon, qon biokimik), instrumental (EKG, UTT, Rentgenografiya) tekshiruvlari olib borildi.

**Tadqiqod natijasi:** O'tkazilgan tadqiqot natijalariga ko'ra mart oyida davolangan 95 ta kishining kasallik tarixi o'rganildi. Bu kasallarning ichida 44 nafar yurak-qon tomir kasalliklari bilan davolangan, bo'lib yurak-qon tomir kasalligi bilan kasallanish 46% ni tashkil etadi. Tekshiruvimizdagi 44 nafar bemorlarning yurak-qon tomir kasalliklari bor o'rganilganda ularning ichida birinchi o'rinni qon bosimining ko'tarilishi (arterial gipertenziya) egallagan, bu kasallik bilan 27 nafar (62%) bemor, ikkinchi o'rin yurak ishemik kasalligi 11 nafar bemor (25%) va uchinchi o'rinda revmatoid artrit kasalligidan 6 nafar bemor (13,6%) ni tashkil etgan. Yurak ishemik kasalligidan 11% bemorlarda nostabil stenokardiya ustunligi aniqlandi.





Yurak- qon tomir kasalliklari bilan kasallangan 44 ta bemorning jinsi bo'yicha o'rganganda quyidagi natijalar olindi: umumiy bemorlardan erkaklar 17 nafar (38,63%), ayollar 27 nafar (61,36%) ni tashkil etadi.

**Xulosa:** Olib borilgan tadqiqotlar natijasida terapiya bo'limida davolangan bemorlardan 44 nafar 46% ni yurak-qon tomir kasalliklarini tashkil etgan. Ayniqsa, arterial gepertoniya kasalligi 27 nafar 62% bemorlarda aniqlandi. Kasallanish erkaklarga nisbatan ayollarda ko'proq 1,6 marta kop uchraganligi sababli, aholi orasida ayniqsa ayollar orasida yurak-qon tomir kasalliklari bilan kasallanishning oldini olish uchun birlamchi tibbiy- sanitar yordam muassasalarida sanitariya targ'ibot ishlarini (sog'lom turmush tarzini) olib borishni yanada takomillashtirish nazarda tutiladi.

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## **ALLERGIK RINIT VA BRONXIAL ASTMA KECHISHINI QIYOSIY BAHOLASH**

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**Muammoning dolzarbligi:** So'nggi 10-15 yil ichida allergik kasalliklar dunyoning ko'plab mamlakatlarida kasallanish kursatkichi birinchi o'rinlardan birini egallab kelmoqdi (Bilichenko T. N., 1997, Bosquet J, 2003, Conzales D 2002) [1]

Allergik rinit (AR) ular orasida eng keng tarqalgan kasalliklardan biri bo'lib, o'tmishda iqtisodiy rivojlangan mamlakatlarda 1,5-2 marta o'sish tendentsiyasiga ega. Oxirgi 10 yillikda, allergik kasalliklarni bizga uni epidemiya deb atashga imkon beradi (Bousquet J, 2003, JSST, 2001) [1-2]

Allergik rinit va astma tez-tez birga keladigan keng tarqalgan kasalliklardir. Epidemiologik tadqiqotlar shuni ko'rsatdiki, bronxial astma bilan og'riqan bemorlarning ko'pchiligida birga yondosh kasallik rinit (burun bushlig'ini yallig'lanishi) bor va rinit mavjudligi bronxial astma rivojlanishi uchun ortib borayotgan xavf omil xisoblanadi.

Bronxial astma kasalligi nafas yo'llarining yallig'lanish kasalligi bo'lib, u takroriy xirillash va bronx yo'llarini torayishi bilan tavsiflanadi. Surunkali yallig'lanish, nihoyat, tizimli shikastlanishga olib kelishi mumkin [3]

So'nggi o'n yilliklarda butun dunyo bo'ylab allergik rinitning tarqalishi va tarqalishining ortishi kuzatildi. 6 yoshdan oldin allergik rinitning boshlanishi bemorlarning 70 foizida qayd etilgan, ammo faqat 10-12 yoshga kelib, ularning yarmi birinchi navbatda allergistga murojat qilishadi, ya'ni. Kasallik boshlanganidan 5-6 yil o'tgach. Multifaktorial etiologiya va organizmning patogen omillar ta'siriga bo'lgan munosabatining turli xil variantlari rinitning klinik shakllarining xilma-xilligini aniqlaydi, ularni davolash differentsial yondashuvni talab qiladi [4]

O'tkir sinusit (OS) yuqumli etiologiyaga ega bo'lishi mumkin: viruslar yoki bakteriyalar sabab bo'lgan, shuningdek, allergen va tirnash xususiyati beruvchi kabi atrof-muhit omillari o'tkir sinusit kasallikni kelib chiqish omillariga 2-10% hollarda bakterial, 90-98% hollarda viruslar sabab bo'ladi. Ikkilamchi bakterial sinusit qo'zg'atuvchisi kattalarning 0,5-2% da va bolalarning 5 % da rivojlanadi [5]

**Tadqiqot maqsadi:** Surhondaryo viloyati buyicha allergik rinit va bronxial astma kasalliklarini kechishini qiyosiy baholash.

**Tadqiqot material va usullari:** Tadqiqotni amalga oshirish maqsadida bolalikni birinchi davri (3-7 yoshgacha) bo'lgan bolalarda allergik kasalliklarni kechishini baholashdan iborat.

Oldimizga qo'yilgan maqsadga erishish hamda vazifalarni bajarish uchun nafas tizimida allergik kasalliklari bor bo'lgan 3-7 yosh bo'lgan bolalarni kasallik tarixi retrospektiv tahlili o'rganildi.

Tekshiruv Surhondaryo viloyati «Viloyat bolalar kop tarmoqli tibbiyot markazi»da 2022-2023 yil III-chorakda yotib davolangan bemor bolalar ustida olib borildi.

Tekshiruv uchun 110 nafar bemor bolalarni kasallik tarixini surab-surishturuv, obektiv anamnez, laborator va instrumental tekshiruv xulosalari o'rganildi.

**Allergik rinit va Bronxial astma bilan kasallangan bemor bolalarining yoshi va jinsi bo'yicha materiallarning taqsimlanishi abs, %.**

Yosh guruhlar	Umumiy bolalar	Allergik rinit		Bronxial astma	
		O'g'il	Qiz	O'g'il	Qiz
3-yoshgacha	45	18 nafar (16%)	12 nafar (11,3%)	8 nafar (7,3%)	7 nafar (6,4%)
3-5 yoshlik	35	16 nafar (14,5%)	9 nafar (8,1%)	6 nafar (5,5%)	4 nafar (3,6%)
5-7 yoshlik	30	12 nafar (11%)	10 nafar (9,1%)	5 nafar (4,5%)	3 nafar (2,7%)
Jami	110	46 nafar (41,5%)	31 nafar (28,5%)	19 nafar (17,3%)	14 nafar (12,7%)

**Tadqiqot natijalari:** Allergik rinit bilan kasallangan bemor bolalarda kasallik yengil va o'rta og'ir darajada kechib, kasallangan bemor bolalarda anamnez ma'lumotlari o'rganilganda: chang-to'zonli ob-xavo, oziq-ovqat (limon, mandarin, kivi, echki gushti, achchiq qalampirli salatlar), istemol qilgan suvlaridan allergik reaksiyalar kuzatilgani ma'lum buldi. Bemor bolalarda burun bitishi 100%, nafas olishni buzilishi 80%, ko'z yoshlanishi 85%, quloq-burun qichishishi 90%, yutal 95%, umumiy xolsizlik 100%, istma 75% bemorlarda kuzatildi. Kasallikga qarshi bemorlar xar xil uy sharoitida davo muolajalarini olib borishgan.

Bronxial astma bilan kasallangan bemorlarda kasallik og'ir tarzda kechishi xos bo'lib, bemorlarda hurujli yutal barcha bemorlarda, bosh og'rig'i 90%, qiyin ajraluvchi balg'am 88%, bosh aylanishi va o'mumiy xolsizlik 100%, istma 70%, taxepnoe 92%, apnoe 10% bemorlarda kuzatildi. Kasallikga qarshi bemorlar xar xil standart amal qilmasdan davo muolajalarini olib yurishgan. Hamma bemorlarga zamonaviy standart buyicha davo muolajalarini olib borganimizda kasallik klinikasida sezilarli o'zgarish paydo bo'ldi.

**Xulosa:** Yuqoridagi ko‘rsatkich natijalari shuni ko‘rsatdiki, o‘g‘il bolalarda kasallik asoratlari qizlarga nisbatan ikki barobar ko‘proq uchradi, bizning kuzatuvimizdagi 19 nafar (17,3%) o‘g‘il bolalarda bronxial astma o‘chradi. Allergik rinit kasalligi asosan yondosh kasallik bulib, bronxial astma kasalligini kelib chiqishida asosiy etiologik omil bulib xisoblanadi. Bolalik astmasida allergik rinit tez-tez uchraydi, ammo sinusit kam uchraydi.

Ayniqsa bronxial astma va allergik rinit kasalligini erta tashxis qilinmasligi va kasallikni og‘ir oqibatlariga olib keladi. Shuning uchun radio, telivedio ko‘rsatuvlarda, oilaviy shifokorlar, potranaj hamshiralalar targ‘ibot ishini olib borilishini ko‘chaytirishimiz kerak.

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## **VOHA HUDUDIDA MAKTABGACHA TARBIYA YOSHIDAGI BOLALAR KUNLIK RATSIONIDA VITAMINLARNI GIGIENIK TAHLILI**

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**Muammoning dolzarbligi:** Ma'lumki, bolalik davrida intensiv o'sish va intensiv metabolik jarayonlar sodir bo'ladi, bu esa bolalar tanasining vitaminlar va mineral moddalarga bo'lgan yuqori ehtiyojini belgilaydi. Metabolizmni buzilgan holda, vitamin yetishmasligi immunitetning pasayishiga yordam beradi, bolaning jismoniy va aqliy rivojlanishiga salbiy ta'sir qiladi, surunkali kasalliklarning chastotasini oshiradi va og'irligini kuchaytiradi [1]

Inson tanasi vitaminlarni sintez qilmaydi va ularni tananing fiziologik ehtiyojlariga mos keladigan miqdorda tayyor holda olishi kerak. Bino va energiya asosi bo'lmagan vitaminlar biokimyoviy reaksiyalar uchun katalizator bo'lib xizmat qiladi [3].

Hozirgi kunda vitaminlar yetishmasligi sababli kelib chiqadigan va klinik jihatdan namoyon bo'ladigan gipovitaminozlar, masalan, Beri-beri kasalligi, Pellagra va boshqalar hozir kam uchraydi.[2]

Cochrane kutubxonasining xalqaro ma'lumotlar bazasida markaziy asab tizimining normal ishlashi uchun bir qator mikronutrientlarning muhimligini ko'rsatadigan tizimli sharhlar to'plangan: kalsiy, fosfor, magniy, natriy, kaliy, mis, xrom, yod, temir va boshqalar [4].

Homila hayotning ikkinchi oyida homilada bronxial daraxt hosil bo'ladi. Ona qornida rivojlanishning to'rtinchi oydan oltinchi oygacha bronxiolalar, oltinchi oydan o'ninchi oygacha alveolyar yo'llar va alveolyar qopchalar hosil bo'ladi [5-6]. Bolalar va o'smirlarning salomatlik holatini himoyalash va mustaxkamlashga qaratilgan tadbirlar davriy ravishda amalga oshirishga bugungi kunda yuksak e'tibor qartilmoqda. Bugungi kunda maktabgacha ta'lim tashkilotlarida bolalar kunlik ratsioni tarkibidagi asosiy mikronutrientlarning ularning rivojlanishga ta'sirini baholashga qaratilgan chora-tadbirlarni davriy ravishda amalga oshirish soha xodimlari oldida turgan dolzarb muammolardan biridir.

**Tadqiqot maqsadi:** Ishning maqsadi qilib, Surhondaryo vohasida maktabgacha ta'lim tashkilotlaridagi bolalar kunlik ratsionida vitaminlar miqdorini gigienik tahlil qilishdan iborat.

**Tadqiqot material va usullari:** Surhondaryo viloyati tumanlar kesimida maktabgacha ta'lim tashkilotida tarbiyalanayotgan bolalarning kunlik ovqatlanish ratsionini SanNaQ 0016-2021 me'yoriy xujjat asosida tahlil qilindi. Maktabgacha



ta'lim tashkilotida 3 dan 7 yoshgacha bo'lgan bolalar tarbiyalanadi. Ularning kunlik ovqatlanish ratsionini fiziologik me'yorlarga mos kelishini gigienik tahlil qilindi.

**Olingan natijalarning tahlili:** Maktabgacha ta'lim tashkilotda tarbiyalanayotgan bolalarning kunlik ratsionini gigienik tahlilidan ko'rinib turibdiki, bolalarning kunlik ratsioni tarkibi belgilangan gigienik talablarga mos kelmaydi. Bolalarning kunlik ratsioni tarkibida asosiy oziqa mahsulotlari, go'sht, baliq va sut mahsulotlari bilan birgalikda asosiy meva va sabzovotlar bilan ta'minlanganlik darajasi yilining qish-bahor mavsumida ham, yoz-kuz mavsumida ham gigienik talablarga mos kelmaydi. Bu esa bolalarning kunlik ratsioni tarkibida oqsil, yog'lar va karbonsuvlar miqdorining keskin kamayganligini ko'rsatadi. Asosiy oziqa moddalarining keskin kamayishi natijasida kunlik ratsion tarkibida mineral moddalar va vitaminlarning ham kamayishiga olib kelgan. Shuning uchun biz ularning kunlik ratsioni tarkibida vitaminlar bilan ta'minlanganlik darajasini tahlil qildik.

Maktabgacha ta'lim tashkilotlarida tarbiyalanayotgan bolalarning kunlik ratsionini tahlilidan ko'rinib turibdiki, vitaminlarning V 1 turi kunlik ratsion tarkibida qish-bahor mavsumida 78,7%ga, yoz-kuz mavsumida esa 82,4%ga ta'minlangan bo'lsa, A vitamini esa qish-bahor mavsumida 68,2%ga, yoz-kuz mavsumida esa 65,4%ga ta'minlangan, S vitamini bilan ta'minlanish esa qish-bahor mavsumida 58,5%ga, yoz-kuz mavsumida esa 64,6%ga ta'minlangan. Maktabgacha ta'lim tashkilotlarida tarbiyalanayotgan bolalarning kunlik ratsioni tarkibida asosiy moddalarning yetishmasligi ularning organizmda vitaminlarning miqdorini ham yetishmasligi natijasidagi holatlarning rivojlanishiga sharoit yaratadi.

**Xulosa:** Shunday qilib, vitaminlar etishmovchiligini tuzatish nafaqat yetishmayotgan moddalarni qo'shimcha iste'mol qilishni, balki ularning so'rilishini yaxshilashni, shuningdek, organizmdagi vitaminlar sintezini ta'minlashni ham o'z ichiga olishi kerak. Olingan natijalar asosida shuni ta'kidlashimiz joizki, maktabgacha ta'lim tashkilotlarining kunlik ovqatlanish ratsionini gigienik talablarga mos kelmasligi ularning aqliy va jismoniy rivojlanishining izdan chiqishga olib keladi. Bu borada tadqiqot ishlari olib borilmoqda.

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## СУРҲОНДАРЁ ВИЛОЯТ БОЛАЛАР ЎРТАСИДА ПОЛИРАДИКУЛОНЕВРИТЛАР ЎЧРАШИ

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**Муаммонинг долзарблиги:** Педиатрик неврология - бу вояга етмаганларнинг умумий соғлиғи ҳолатига қаратилган ихтисослашган тиббий соҳа. Унда гўдақлар, болалар ва ёшларда неврологик бузилишларни аниқлаш, даволаш, бошқариш ва олдини олиш кўзда тутилган.

Бундан ташқари, педиатрик неврология турли хил тана тизимларининг соғлиғи ва касалликлари билан боғлиқ. Унинг таркибига мия, ўмуртқа, автоном нерв системаси, периферик нерв системаси, қон томирлари ва мускуллар киради[4]

Полирадикулонеуритларнинг клиникаси ҳақида XIX аср ўрталарида маълумотлар бўлиб, уларни аниқ зарарланиш локализацияси номаълум бўлган. Шундай бўлсада зарарланиш марказий нерв системаси (МНС) да кечади деб тахмин қилинган. 1864 йилда Dumenil периферик нервларнинг зарарланиши натижасида ўтиб кетувчи фалажлик кузатилишини ёзган. Шу билан бир қаторда Ландри ҳам мустақил равишда клиник кузатишлар олиб борган. 1880 йилгача полирадикулонеуритларнинг гистопатологияси ҳақида маълумотлар бўлмаган бўлсада, Дежерин раҳбарлигидаги гуруҳ изланувчилари дифтериядаги фалажликнинг патологик сабабларини ўрганишган. Худди шу йилда Gombault периферик нервлар демиелинизациясининг экспериментал моделини ишлаб чиқди. Кўрғошин ва мишьякдан захарланиш, қандли диабет, лепра, алкоголизм ва Бери-бери касалликларида ҳам нервлар зарарланиб фалажликка сабаб бўлиши аниқланди [1-2-3-5-6]

Бугунги кунда болалар ўлими даражаси 1000 та тирик туғилган болаларда 15,6% тўғри келишига қарамасдан болалар туғилиши кўрсаткичи жуда паст, яни 9,1% ташкил қилмоқда [8-9] бу эса болалар неврологик касалликларига ҳам этибор бериш кераклигини билдиради.

Патогенетик белгиси бўйича полирадикулоневрит икки хил кўринишда учрайди: аксонал (бирламчи ўзак цилиндрни зарарланиши) ва демиелинланувчи (миелин қаватнинг зарарланиши). Аксонал полирадикулоневрит демиелинланувчи полирадикулоневритга қараганда оғирроқ кечиб, касаллик оқибати яхши бўлмайди. Миелин парданинг зарарланишини икки хил кўриниши аниқланган: миелинопатиялар ва миелинокластиялар. Миелинопатиялар миелин тизимида биохимик деффект бўлиши билан боғлиқ бўлса, миелинокластик касалликлар асосида эса ташқи ва ички омиллар таъсири натижасида нормал миелин синтезининг бузилиши ётади [1-4-7]

**Тадқиқот мақсади:** Сурхондарё вилояти кесимида болалар ўртасида полирадикулоневритлар ўчрашининг қиёсий баҳолаш.

**Текширув материаллари ва усуллари:** Тадқиқот 2020-2023-йил давомида Сурхондарё вилояти Болалар кўп тармоқли тиббиёт марказида болаларда полирадикулоневрит ташхиси билан даволанган 30 нафар беморларни касаллик тарихлари асосида ретроспектик таҳлиллар олиб борилди. Бу шифохонага тушган жами беморларнинг 9,5% ини ташкил этади. Ушбу иш жараёнида эпидемиологик, клиник, лаборатор (бактериологик, серологик), инструментал диагностика усуллари қўлланилди.

**Тадқиқот натижалари:** Кузатув остига 5-18 ёшдаги беморлар олинди. Беморлар ёши халқаро таснифга асосан қуйидагича тақсимланди: 5-7 ёш (11,5%), 8-10 ёш (20,3%), 11-13 ёш (32,3%), 14-16 ёш (28,8%), 18 ёшгача (7,1%). Ушбу беморлардан шаҳар аҳолиси –11,2%, қишлоқ фуқаролари – 88,8% ни ташкил этади.

Ўзбекистон Республикаси Соғлиқни сақлаш вазирлиги йўриқномасига асосан касаллик келиб чиқиш сабабларига кура қуйидаги таснифга асосан қўйилган: инфекцион (28,6%), вирус сабабли (12,4%), бактерияли (25%), инфекцион-аллергик (18,5%), токсик (3%), метаболик (5%), қон-томир (2,5%) ва насл билан боғлиқ (5%) ташкил этди. Касаллик мавсумийлигига кўра, ўсмирлар, ёшлар ва болалик даврида касаллик май-июнь ойларида асосан учраган бўлса, эрта болалик даврида касалликнинг қиш ойларида кўпроқ учраганлиги аниқланилди.

Катта ёшли болаларда тарқалган полирадикулоневритларда мушак ва буғимларда ҳам ўзгаришлар бўлади ва натижада қўл ва оёқларнинг бармоқларида сезги бузилади. Қўл ва оёқларнинг дистал қисмларида симметрик, лоқайд парез ва паралечлар кузатилади. Тана ва қўл-оёқларнинг тарқоқ паралечларида пай рефлекслари сусаяди ёки йўқолади. Қорин

рефлекслари эса чақирилмайди. Сийдик ажратишнинг бузилиши полирадикулоневритларга хос эмас, лекин баъзан эпизотик равишда пайдо бўлиши мумкин. Баъзан енгил ёки ўтиб кетувчи пирамида симптомлари кузатилади.

**Хулоса:** Шундан хулоса қиламизки, боаларда полирадикулоневритларни айниқса инфекцион (28,6%) ва бактерияли (25%) келтириб чиқарувчи формалари тадқиқотимизда кўп ўчрашлиги аниқланди. Текширувмизда 11-13 ёш 32,3% болаларда кузатилди. Бирламчи бўғин тиббиёт муассалар шифокор ва патранаж хамширалар болалар орасида ўчрайдиган неврологик касалликлар профилактика чора-тадбирлари айниқса шахсий гигиена қоидаларига қатий амал қилиш тушунтириш ишларини олиб бориш керак.

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## CONCEPT OF POVERTY IN DIFFERENT SYSTEMATIC LANGUAGES

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**Abstract:** The article provides an analytic evaluation of scientific works devoted to a specific thematic study in cognitive and cultural linguistics, the concept of "poverty," which is included in the corpus of basic ideas of numerous systematic languages. The article is made up of the systematization of the bulk of known scientific results of verbal representation, as well as the structuring of the concept of "poverty" in the contexts of English and Uzbek.

**Keywords:** concept, poverty, money, language representation, national language, culture, systematic languages.

### **Introduction.**

Concepts appear within this theory in two domains: — in the domain of semantic form as the conceptual content of a lexical expression — in the domain of conceptual structure in terms of which the actual Interpretation of a given linguistic expression is specified. The domain of semantic form is related to the language-dependent representation of a conceptual structure, the conceptual structure is related to the universal representation of encyclopedic background knowledge, contextual Information and situational conditions. The semantic form of a lexical expression constitutes its core meaning, that is, the context-free meaning as stored in long term memory. The domain of conceptual structure is needed for the Interpretation of a given lexical expression in a certain context and Situation. The focus of two-level-semantics is upon the representational aspect of meaning as well as on the dynamic procedural aspect of Information processing. This kind of semantics is therefore claimed to be a part of cognitive Science and the cognitive information processing System does not necessarily have to be a human being. The distinction between semantic form and conceptual structure is mainly motivated by the overall phenomenon of the underdetermination of linguistic expressions. Well known examples are the following (cf. Bierwisch/Schreuder 1992; Schwarz 1992

Another group of word meanings can well be described by components, but they have another Organization and logical status than meaning postulates. This is the case with words like elephant, tiger, lemon, water and so on, so-called natural kind

terms. Most Speakers of English are able to say what an elephant is, they have seen an elephant in the zoo, or a picture of one, and they know something about the nature of the animal. Yet the term is a theoretical one (cf. Johnson Laird 1987, 203.)

### **Materials and methods**

There are two basic ways to interpreting the "concept" in current linguistics: linguocognitive and linguo-cultural. The linguo-cognitive approach's proponents ( I. A. Sternin, S. S. Kubriakova, D. S. Likhachev, P. Babushkin, S. Askoldov, and others.) define it as a mental formation that aids in the creation of a linguistic world image.

Linguo-cultural trend scientists (Wierzbicka, V. I. Karasik, U. S. Stepanov, S. G. Vorkachev, N. D. Arutyunova, U. S. Stepanov, S. K. H. Liapin, and others) regard the concept as a fundamental cultural unit, its focus.

### **Results and discussions.**

Poverty is defined by the culture of learning in many organized languages. The words poverty and wealth are antonyms. Wealth must imply a complete existence, whereas poverty means powerlessness and a lack of resources. For example: Rich men have no faults. Money is an essential component of the economy. It is regarded as a replacement for respect and has damaged the beauty of relationships. It has become a societal trend to prioritize financial interests over moral virtues. Money has evolved into a social status symbol. Having a social status suggests that one is immune to having a flaw. It is because a wealthy individual has all of the means to live an extraordinary life. Money is considered to be a powerful tool for concealing flaws. Being a wealthy man imparts a sense of respectability. The authority and law-enforcement institutions also salute the wealthy. An environment might vary depending on the social structure and infrastructure.

“Work is the medicine for poverty” this means poverty is defined as a situation or circumstance in which people or communities lack the financial resources and necessities for a basic level of living. As a result, their basic human needs are unsatisfied. People and families living in poverty may lack adequate housing, clean water, nutritious food, and medical care. Each country may have its own set of criteria for identifying the poverty line and calculating how many people live in poverty. Poverty is a socioeconomic state caused by a variety of causes other than wealth. These characteristics include, among others, color, sexual identity, sexual orientation, and limited or no access to education.

### **Conclusion**

Poverty is defined as a lack of enough financial resources, such that people, households, and entire communities lack the ability to subsist or purchase the basic essentials of life. This is being so poor that you have to work hard to get food, clothing, shelter, and medicines. Poverty is both an individual concern and

a bigger social one. Individual or household inability to make ends meet can result in a variety of physical and emotional difficulties. At the societal level, high poverty rates can stifle economic progress and be linked to issues such as crime, unemployment, urban deterioration, education, and bad health.

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## **KREATIVLIK TUSHUNCHASINING TIPLARI VA IJODKORLIKNING O'ZIGA XOS XUSUSIYATLARI TALQINI**

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**Annotatsiya:** Ushbu maqolada kreativlik tushunchasining tiplari va zaruriy sifatleri, boshlang'ich sinf o'quvchilari iqtidorini kreativ asosda rivojlantirishning pedagogik jihatdan o'rganilganligi, boshlang'ich sinf o'quvchilari ijodiy faoliyatini takomillashtirish, ta'lim tizimiga qiziquvchanlik va izlanish xarakteridagi bilimlarning muntazam berilishi haqida ma'lumotlar bayon qilingan.

**Kalit so'zlar:** o'qituvchi va o'quvchi, ijodkorlik, insoniy xususiyat, kreativlik, intilish, tafakkur, tushuncha, usul, metod, ta'lim, sharoit, iqtidor, izlanish.

**Maktab voyaga yetayotgan avlod tafakkurini shakllantirish ustaxonasidir, agar kelajakni qo'ldan chiqarishni istamasang, maktabni qo'lda mustahkam tutmog'ing lozim.**

### **A. Barbyus**

Bugungi kunda yosh avlodga zamonaviy ta'lim berish bilan birga ularni umuminsoniy va milliy qadriyatlar, yuksak insoniy fazilatlar ruhida tarbiyalash, ongi va qalbini mafkuraviy, ma'naviy va axborot tahdidlaridan himoya qilish, ularda g'oyaviy immunitetni shakllantirish masalalari oldimizdagi eng dolzarb va asosiy vazifa sifatida qolmoqda. Shuning uchun ham boshlang'ich ta'lim bola aqliy tarbiyasini kuchaytiradigan, tarbiyaning boshqa yo'nalishlari bilan uzviy bog'liqlikda olib boriladigan, bilim va dunyoqarashning ko'lamini kengaytiradigan, eng asosiysi, yuqori sinflarda muvaffaqiyatli ta'lim olishini ta'minlaydigan bosqichdir. Shu tufayli boshlang'ich sinflarda o'qitiladigan barcha fanlar, ularning bo'limlari, har bir mavzu va tushunchalar alohida e'tibor bilan tanlanadi. O'quvchining bilim saviyasi va darajasiga mos holda aqlining o'sib borishini ta'minlaydigan, kundalik turmush amaliyotida foydalanadigan, hayotda sodir bo'lgan voqea va hodisalarning mohiyatini anglatuvchi materiallar o'tiladi. Buning uchun har bir fanning mazmuniga kirgan mavzular mutaxassis va olimlar tomonidan o'quvchilar qiziqishi va ijodkorligiga tayangan holda alohida tanlanadi.



Ijodkorlik qiziquvchanlik va izlanish xarakteri bilan ham, yangi hissiyotlarni izlash - yangi jarayonlarni tashkil etish xohishi bilan uzviy bog'liq. Ta'lim izlanuvchilari ijodkorlikni muammolarni hal qilish layoqati sifatida belgilash kerakligini aytadilar. Ba'zi mualliflar ijodkorlik insoniy xususiyat deb bilishadi, ba'zilar esa g'oyalarni yaratish qobiliyati bilan bog'liq deyishadi. Ushbu fikrlardan kelib chiqib shunday ta'rif keltirdik: ba'zi shaxslarda bor, ba'zi shaxslarda bo'lsa yo'q qobiliyat. Biroq bu ijodkorlar guruhidan, o'zlari bu holatda muvaffaqiyatga erishishmagan bo'lsalar ham, ijodiy fikr yo mahsulotni taniy oladigan shaxslarni chiqaradi. Ayrim izlanuvchilarning fikricha, ijodiy g'oyalarni tan olish qobiliyatini ham ijodkorlik ta'rifiga kiritilishi kerakligini taklif qilishadi. Chunki tadqiqotchilar ijodkorlik o'ng yarim sharning prefrontalkorteksining faoliyati bilan bog'liq deb hisoblashadi, bu bizning yaxlit ko'rish va tasvirlarni boshqarish qobiliyatimiz uchun javobgardir. Ikkinchisi bizga hodisalar tartibini, ob'ektlarning tuzilishini baholashga, shuningdek ularni yangi usullarda birlashtirishga imkon beradi. Erta yoshda bolalar bir hayvonning boshini boshqasining tanasiga yoki birining panjalarini boshqasiga yopishtirishni yaxshi ko'radilar. Bolalar ko'pincha haqiqatni qo'lga kiritish uchun emas, balki ma'lum ob'ektlar yangi tarzda joylashtirilgan bo'lsa, nima bo'lishini tushunishga harakat qilishadi. Ijodkorlik ham ijobiy ta'sir bilan bog'liq.

Boshlang'ich sinf o'quvchilari o'zlashtirgan bilimlari, mahoratini o'z saviyasi darajasida qo'llaydilar. Aqliy faollik, o'tkir zehn, kashfiyotchilik qobiliyatini namoyon etib boradi. Topshiriqni bajarishda o'quvchilarning kreativ faoliyati u yaratayotgan o'quv jarayonida masalalar yechish, muammolarni hal etishda, insholar yozishda rivojlana boradi. O'quvchi bu borada maktabgacha ta'limda va undan keyin shu vaqtgacha olgan bilimlarini tadbiq etib boradi. Bunda o'quvchi yangi usullarni qo'llaydi. Topshiriqni bajarish uchun faollik ko'rsatish, zehniligi, zukkoligi, kashfiyotchiligi, zarur bilimga ega bo'lishi uchun harakat qilishi, muammolarni echishda harakatchanligi, mustaqilligi, mehnatsevarligi, voqea-hodisalar ichida eng muhimini tanlay bilishi, umumiysini ko'ra bilish qobiliyati kabilarni rivojlantirishga imkon beradigan faoliyat kreativ faoliyat samarali faoliyatdir. O'quvchi mustaqil holda bajargan ijodiy ishlar: she'r, insho, hikoya, model, maket, o'yinchoqlar, badiiy mehnat mahsulotlari ijodiy faoliyatni rivojlantiruvchi samarali natijalardir. Ayniqsa ijod, san'at, mehnat, namunalarini yaratishda umumiy ma'lumot bilan birga, ularni yaratish texnologiyasini bilish kasb-hunarga oid bilim ham kerak bo'ladi. Bu borada bolalarning qiziqishlari, qobiliyati, mayllarini hisobga olgan holda mehnat turlarini o'quv jarayoniga kiritish, ijod turlarining rang-barangligi va xilma-xil bo'lishiga sharoit yaratish talab etiladi.

Hozirgi davrda ayniqsa, ta'limni insonparvarlashtirish o'quvchilarning bilim olishga bo'lgan intilishidagi shaxsiy faolligini oshirishga qaratilgan. U bilim olish uchun shaxsiy kreativ izlanish qobiliyati va imkoniyatini shakllantiradi. Hozirgi talablarga



ko'ra, o'qituvchi bilim berishda passiv ob'ekt bo'lib qolmaydi, balki o'quvchining mustaqil va kreativ bo'lishiga intiladi. Insonparvarlik yondashuvi maktabni bolaning shaxsiyatiga, uning ichki olamiga, hali namoyon bo'lmagan qobiliyati va imkoniyatlariga e'tibor qaratadi.

a) O'quvchilarga insonparvarlik munosabatlari tarkib toptirish. Pedagogik – psixologik adabiyotlarda ta'limni yangilashda inson qadr qimmatini yuqori qo'yuvchi, o'zaro munosabatlar madaniyatini tarkib toptiruvchi muhitni vujudga keltirishni talab etmoqda.

b) Ta'limni insonparvarlashtirish shaxs jamiyatni yangi talablariga ko'ra tarbiyalashda ta'limni ham ana shu talablar asosida tashkil etish, ya'ni ularni milliy va madaniy an'analarga hamda jamiyatning ijtimoiy iqtisodiy rivojlanishi darajasiga mos holda shaxsni hurmat qilishi, uning qadr-qimmatini saqlash, imkoniyati va qobiliyatini to'liq namoyon etishi va rivojlanishi uchun shart-sharoitlar yaratishni taqozo etadi

c) Ta'limni insonparvarlashtirishda o'quvchilarning ruhiy, jismoniy, intellektual, axloqiy rivojlanishida pedagogik hamkorlik ustuvorlik kasb etadi. O'quv jarayoni va boshqa hayotiy vaziyatlarda erkin, mustaqil fikrlaydigan va faoliyat ko'rsatadigan shaxs insonparvar fuqaroni shakllantirish qaratiladi va barcha pedagogik shart-sharoitlar o'quv jarayonini insonparvarlik yo'nalishida tashkil etadi.

Ta'limda individual yondashuv bu bolalarni bir-biriga taqqoslash emas, balki har bir bolaning o'quv-biluv jarayonida, hayot yo'lining turli bosqichlarida taqqoslashdan iboratdir. Harakatlanish xususiyatlariga qarab farqlanishlar har qanday teng sharoitlarda individning umumiy faolligi, uning harakatchanligi va emosionalligiga qarab yuz beradiyu bolalikdan ulardagi individual farqlar ma'lum bo'la boshlaydi. Bu farqlar ularning xulq-atvori va faoliyatining turli shakllarida ko'rinadi. Ta'limda individual yondashuv bolaning psixik holati, qiziqishi, yashash va o'qish sharoitlarini hisobga olgan holda uni amalga oshirishni talab etadi. Demak, individuallik bolalarning o'ziga xosligini, uning boshqalardan farqini ifodalovchi hislatlari majmuidir.

O'quvchilar kreativ faoliyatini rivojlantirishda ta'lim jarayonini texnologiyalashtirish ham eng muhim talablardan sanaladi. Bu esa hozirgi fan–texnika sohasida taraqqiy etgan globallashtirish jarayoni kechayotgan ta'limni jahon taraqqiy etgan davlatlari ta'lim tizimi darajasiga tenglashtirishni taqozo etadi. Zero, bugungi kunda ta'lim jarayonini tashkil etishda o'qitishning an'anaviy usulidan, texnologik, kreativ – izlanuvchanlik usuliga o'tish bilimlarni tayyor holda o'quvchiga yetkazishdan, o'quvchining intellektual qobiliyatini amalga oshirishga yordam beradigan texnologik, kreativ izlanuvchanlik usuliga o'tish sharoitida texnologik yondashuv aynan o'quv maqsadlariga erishuv imkonini beradi. Natijada

ta'lim oluvchilar faoliyatini rag'batlantirish, tashabbuskorlikda faoliyat yuritishga xizmat qiladi. O'quvchilarning kreativ faoliyatini rivojlantirishda o'z-o'zini anglash, yoki shaxs "Men" ini shakllantirish ham o'ta muhimdir. Bu o'quvchida o'z xulqini tarkib toptiradigan, o'z-o'zini anglagan va anglamagan tasavvurlari tizimi sanaladi. O'quvchini o'z "Men"ini anglashi ta'lim natijasi, o'z-o'zini anglashning yakuniy darajasidir. Olima Sh.Abdullayeva ta'kidlaganidek, o'quvchi "Men"i bilan bog'liq barcha holatlar shuni ko'rsatadiki, o'rganish bilimlarni o'zlashtirishda o'quvchilar kreativ faoliyatidagi yutuq va kamchiliklar sabablarini tushunishi uchun muhim ahamiyatga ega. O'quvchi "Men"i yoki boshqacha aytganda o'z-o'zini anglashning mazmuni, psixologlar ta'kidlaganidek, ta'lim va tarbiyaning eng muhim natijalaridan biridir. Bu esa bolaning ijtimoiylashuvi jarayonini tashkil etadi. Demak, boshlang'ich ta'limda o'quvchilarning ijodiy faoliyatini tashkil qilishda ularning tashqi va ichki faolliklarini inobatga olish lozim. Bunda tashqi faollik – tashqaridan va o'z ichki istak-xohish ta'sirida o'quvchining bevosita ko'rish, qayd qilish mumkin bo'lgan harakatlari tushuniladi. Ichki faollik esa –u yoki bu faoliyatni o'quvchi tomonidan bajarish mobaynidagi psixik jarayonlarni o'z ichiga oladigan faoliyat tushuniladi.

Edvard De Bono ijodga ko'p mehnat bag'ishlagan. Uning fikricha, evolyutsiya jarayonida bashorat qilinadigan va doimiyni ajratib olish qobiliyati rivojlangan. Atrofdagi dunyoni o'rganib, inson unga ta'sir qiluvchi stimulning turli elementlarini bog'laydi. Bu faqat bitta element mavjud bo'lsa ham, ikkinchisining tasvirini yaratishga imkon beradi. Muammo shundaki, Debononing ta'kidlashicha, agar biz elementlarni faqat umumiy narsaning bir qismi deb hisoblasak, ularni qandaydir yangi, o'ziga xos tarzda tuzish biz uchun qiyin. Ellen Langer ijodkorlikning etishmasligini tushuntirganda xuddi shunday bahslashadi. Uning ta'kidlashicha, bizning harakatlarimiz odatiy, avtomatik va ongsiz bo'lib qoladi va xatti-harakatlarimiz ongsiz, ma'nosiz bo'lib qoladi.<sup>1</sup> Debono singari, u biror narsa haqida faol fikr yuritilmaganda, ularni bajarishning moslashuvchan rolini tan oladi. Shuningdek, u ongimizni boshqa vazifalarga qaratishga imkon beradi. Biroq, chuqur ildiz otgan odatlarning ikkinchi tomoni shundaki, ular bizning xatti-harakatlarimizni nazorat qila boshlaydi. Langer, inson o'zini o'zi mazmunli tutishi mumkinligiga ishonch hosil qiladi. Bunda u odamlar ijodkor bo'lishni o'rganishi mumkinligiga ishongan Debononing fikriga qo'shiladi. Buning uchun ularga motivatsiya, shuningdek, yangi muqobillarni topishga yordam beradigan texnikalar majmuasi kerak. Langerning fikriga ko'ra, bu noma'lum farqlarni topish va yangi toifalarni yaratish qobiliyatiga ega bo'lishni anglatadi. Debononing fikriga ko'ra,

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<sup>1</sup> Bogoyavlenskaya D. B. Ijodiy qobiliyatlarni o'rganish mavzusi va usuli haqida // Psixologik jurnal. 1995 yil. № 5.

elementlarning yangi birikmalarini topish yoki ularni kutilmagan nuqtai nazardan ko'rib chiqish qobiliyati shunday paydo bo'ladi.

Olimlarimizning fikrlarini o'rganib chiqishimiz natijasida shunday fikrlarga tayanamiz: boshlang'ich sinflardagi kreativ, ijodkor o'quvchilar doimo qiziquvchan, e'tiborli, o'z oldiga qo'ygan maqsadiga erishish yo'lida qat'iyat va matonat ko'rsatadi. U boy tasavvurga ega va o'rganishga bo'lgan katta ishtiyoqqa ega. Ijobiy fazilatlar bilan bir qatorda, boshqa bolalarning nuqtai nazarini qabul qila olmaslik ham mavjud. Umuman olganda pedagogika-psixologiya fanlari kreativ, ijodkor o'quvchilarga hamroh bo'lishga qaratilgan bir nechta asosiy tamoyillarni qo'llashni taklif qiladi. Bunday holda, bolaning xatti-harakati va uning faoliyatini to'g'ri baholashga asoslanish kerak. Ya'ni qobiliyatlarni aniqlash faqat ularni tayyorlash, o'qitish va o'qituvchilarga psixologik yordam ko'rsatish va qo'llab-quvvatlash vazifalari bilan bog'liq bo'lishi lozim.

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## THE ROLE OF INTERACTIVE METHODS IN THE STUDY OF HISTORICAL TOPICS IN ELEMENTARY READING CLASSES

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**Abstract:** The role of interactive methods in the study of historical topics in elementary reading classes. Interactive methods of teaching were thought about identifying problems, analyzing data, finding opportunities and measures to solve problems, developing specific goals, and being able to listen to the interlocutor.

**Key words:** Keywords: Interactive methods: "Case-study" (or "Educational cases"), "Blitz-inquiry", "Modeling", "Creative work", "Relationship", "Plan", "Interview", Strategies: Brainstorm, Boomerang, Gallery, Zigzag, Staircase, Mirror, Rotation, T-Table, Rounded Snow and Graphic Organizers: Fish Skeleton”, “BBB”, “Concept table”, “Venn diagram”, “Insert”, “Cluster”, “Why?”.

Interactive teaching methods require the ability to identify problems, analyze data, find opportunities and measures to solve problems, develop clear goals, listen to the interlocutor, and respond accordingly[1].

In recent years, great reforms have been carried out in our country in order to bring the education system in line with world standards in all respects. Our wise people said that education cannot be separated from education, and education cannot be separated from education. In the process of education, while imparting knowledge fulfills its task, upbringing also fulfills its task. Before, we limited ourselves to educating students in the spirit of following the rules, becoming polite, and doing good to others. However, it is very difficult for today's youth to start an independent life without having hygienic education, ecological culture, economic knowledge and legal literacy. That's why school teachers and educators, in addition to having a lot of knowledge, skills and qualifications, are required to use modern information and communication tools, to be aware of the latest youth and education news[2-3].

In order to increase the efficiency of the lesson and to form students as well-rounded individuals, lessons should be organized actively and meaningfully. To organize



such lessons, interactive methods help the teacher in the course of the lesson. Through such methods, both the teacher and the learner are in action. Therefore, the efficiency of the lesson is high[4-5].

Today, the following most popular technologies are used in the organization of interactive education in educational institutions of the republic:

1. Interactive methods: "Case study" (or "Educational cases"), "Blitz survey", "Modeling", "Creative work", "Relationship", "Plan", "Conversation" and others.
2. Strategies: "Brainstorm", "Boomerang", "Gallery", "Zigzag", "Staircase", "Museum", "Rotation", "T-table", "Snowball" and many more there are types.
3. Graphic organizers: "Fish skeleton", "BBB", "Concept chart", "Venn diagram", "Insert", "Cluster", "Why?", "How?" and there are other types.

Interactivity - mutual activity, movement, affectiveness, occurs in student-teacher, student-student conversations. The main goal of interactive methods is to create an environment for the active, free, creative thinking of the student, to use his needs, interests, and internal capabilities by creating the most favorable environment and situation for the educational process. Such lessons are held in such a way that no student is left out, and they have the opportunity to clearly express what they have heard, read, and seen. A process of mutual exchange of ideas ensues. Pupils' enthusiasm and interest in learning increases, mutual friendly relations are formed. Interactive education, by its nature, includes heuristic (thinking, searching, finding) conversation through didactic games - creating and solving a problem situation by designing the lesson process, creative - creativity-based implementation methods using information and communication technologies[6].

Education on the basis of information and communication technologies, in turn, consists of teaching with the help of computer programs, distance learning, teaching on the basis of Internet networks, media - educational methods.

In primary education, methods based on the design of heuristic conversations through didactic games according to the age characteristics, literacy levels, and personal nature of students are widely used. It would ensure high quality and efficiency if during the teaching process every student worked on assignments at the level of his/her ability to master. This can only be achieved through differentiated education[7].

The study of historical topics also fully adheres to the educational principles and methods created by our current pedagogy. However, while studying these topics does not always require the use of activities such as working on vocabulary, introductory conversation, creating a text plan, these types of activities are given a wide place in studying topics specific to past times[8].

Another method used in studying works on historical topics is students' work on vocabulary. Work on reading texts cannot be imagined without work on vocabulary.



Because not all texts in the textbook are understandable for students. They do not understand some words, and even if they understand the words, they cannot use them in their speech. Determining the volume of words used in students' speech and increasing it as much as possible is the responsibility of all teachers teaching in primary classes. By the time a child reaches school, the average child will have some vocabulary. But in school life, this vocabulary is enriched by 20-30 words every day[9].

It is natural to encounter words that are difficult to understand in the texts on historical topics taken from primary school textbooks. Texts on historical topics in these classes increased relatively after the independence of our republic. This can be explained by the fact that we are studying more texts on this topic, and we are paying more attention to our spirituality and values. By the time children reach school, they will have a certain vocabulary. But in school life, this vocabulary is enriched. One of the ways to develop a child's vocabulary and speech is to ensure that he answers questions completely[10].

Community spirituality is of great importance in child upbringing and primary education. It is important to educate children on the basis of national values, in particular, the rich heritage left by the scholars of the East.

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## PROBLEMS OF ASSIGNING LEXEMES OF PARFUM IN MODERN ELECTRONIC THESAURUS DICTIONARIES

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**Abstract:** The principles of giving of Parfum lexemes in explanatory dictionaries in English and Uzbek languages were studied. The instability of the use of some Parfum lexemes in electronic dictionaries shows that there is work to be done in this regard as well. The problems of providing terms related to parfum in modern electronic thesaurus dictionaries were considered. In this article, the shortcomings of assigning lexical units to the field of parfum in modern electronic thesaurus dictionaries were reviewed.

**Keywords:** Parfum lexemes, electronic dictionaries, Thesaurus, Concept, lexicography.

**Introduction.** With the advent of computer technology, software developers created a new type of dictionary - electronic. An electronic dictionary is a dictionary on a computer or other electronic device. Allows you to find frequently, taking into account the ability to search for morphology and phrases, as well as the ability to change the direction of translation. This type of dictionary is a completely new word in the history of lexicography and marks a new qualitative stage in its development. Currently, electronic dictionaries are emerging from the shadow of paper dictionaries, becoming independent players on the language platform, and players who may in the near future turn other characters into exhibits of the Museum of the Book. After all, electronic dictionaries have a number of clear and important advantages over dictionaries, which is why their availability is limited. The creation of convenient, modern electronic dictionaries in the field of linguistics is the proof of our opinion. Thesaurus dictionaries, Wordnet dictionaries, translation dictionaries, multilingual electronic dictionaries all serve as the basis of machine translation. The above-mentioned dictionaries were created in Western linguistics and are being developed in line with the times. Several works have been done in world linguistics to create dictionaries of this type. In particular, there are many electronic online dictionaries of this type on the Internet. One of them is the thesaurus dictionary.

Thesaurus is a general or special dictionary that shows semantic relations between lexical units - homonyms, synonyms, antonyms, paronyms, hyponyms, hyperonyms and other concepts in modern linguistics, and is a special type of such dictionaries. Unlike other dictionaries, this dictionary is an ideographic dictionary that reflects the semantic relations between lexical units related to a field of science or such units placed in a subject. In it, the necessary words are searched according to the concept.

Theoretically, thesaurus is one of the possible models of the lexical-semantic system. In practice, it is used as an individual dictionary enrichment and quick search tool. In this sense, the thesaurus was considered the opposite of a dictionary. Usually, when looking for the meaning of a word, but not the word itself, thesauruses are used. That is, although the concept is known here, information is obtained about the group of words or word forms under this concept. It may be in the system, but we may not know what the word itself is. Therefore, as stated in the sources, the thesaurus is a dictionary and serves as a storehouse for words. Thesaurus is a dictionary that covers all the words in a particular language and fully reflects their usage in the text. Dictionaries based on collecting lexical units from specific written monuments (for example, compiled in Greek, Latin languages) are such dictionaries. Dictionaries compiled according to are also a thesaurus. It serves for lexical-semantic, corporate communication (understanding of individuals related to each other through the same science or profession).

**Materials and methods** Thesauruses are one of the important tools in the interpretation of a certain science. If we take the concept of thesaurus together with the above qualities as a type of dictionary, then we can make a comparative opinion as follows: Although both the concepts of dictionary and thesaurus serve to know words and their meanings, but about their word meanings. The methods of providing information are different, that is, they differ from each other. While the dictionary is mostly used by language learners to determine the meanings, pronunciation and orthography of words, the thesaurus is used by researchers to find synonyms, antonyms, homonyms and other meaning forms of words. it is used to find.. It also provides comprehensive information about other words that are the same as the word being referenced. Most researchers use a thesaurus to find synonyms, antonyms, paronyms, and the like. Usually, the thesaurus does not depend much on the origin of words in the language, in particular, it does not provide additional information about the etymology of words.

**Results and discussions.** We may encounter several problems when entering terms related to the field of acting, as well as entering terms from other fields into the thesaurus dictionaries. First of all, it is necessary to get acquainted with the

requirements for entering terms in thesaurus dictionaries with the help of a human hand and with the help of an automated system.

### Problems of giving terms in thesaurus dictionaries

Step	Concept	Manual system	Automated system
Determining the scope of the topic	Determining the topic of the field where the thesaurus is being created	Approach with intellectual actions	Approach with intellectual actions
Selecting appropriate terms to describe the domain	Collecting a sufficient number of domain concepts to be included in the Thesaurus	Manual selection	Computational selection and ranking list preparation using statistical methods
Deciding on the precise form of vocabulary terms	Determining acceptable grammatical forms (plural or singular forms, pronunciation, abbreviations, acronyms)	Adhering to thesaurus construction and development standards	Adhering to thesaurus construction and development standards
Organizing terms in a useful way	Linking a reflective relationship with dominant concepts	A manual approach requiring intellectual effort	Based on a statistical and syntactic framework
Display terms in a useful way	Alphabetize terms	Use manual techniques such as card systems Computerized	Use manual techniques such as card systems Computerized

According to this table, we can get acquainted with the stages and problems of placing words in thesaurus dictionaries, both electronically and by human hand. According to the problems given above, we tried to study the issues of providing lexical units related to the field of art in modern electronic thesaurus dictionaries. During the study of various dictionaries, we witnessed that there is no thesaurus dictionary in the Uzbek language related to the field of art.

We also studied the problems of providing terms related to the field of art in the thesaurus dictionaries available in English. In doing so, we studied various differences and encountered problems in giving authorship terms in "Macmillan", "Cambridge", "Merriam webster", "Wordnet english dictionary", and "Longman" English dictionary and thesaurus.

### Differences in giving authorial terms in English thesaurus dictionaries

Longman	Sorry, no results for "cream" with English
Cambridge	a <u>soft substance</u> that you <u>rub</u> into <u>your skin</u> : <u>face/hand</u> cream moisturizing cream Put some <u>sun</u> cream on to <u>protect your face</u>

Merriam webster	Sorry, no results for “cream” with English
Macmillan	thick substance put on skin
Wordnet	Sorry, no results for “cream” with English

The above table shows the use of the word "cream" in various electronic thesaurus dictionaries. Not only in this word, but also in other units related to parfum, there are similar situations and problems, such as the term "cream". From this we can see that the best definition of the word "cream", which is an author's product, is given in the Cambridge English Thesaurus dictionary. Examples of compound cases with `z are given. It is even enriched with illustrative examples. However, "Wordnet", "Longman", "Merriam Webster" dictionaries do not include a single unit related to the field of authorship.

**Conclusion** .As can be seen from these examples, the units related to attar were not collected enough by linguists, and the translation in different languages was not included in the electronic system by translators. Therefore, one of the urgent tasks facing linguists and lexicographers is to create a single dictionary of terms related to parfum, not only in English, but also in Uzbek, and develop fully universal electronic thesaurus dictionaries that are optimally used.

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## **TRAFFIC JAMS: CAUSES, IMPACTS, AND POTENTIAL SOLUTIONS**

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**Abstract:** Traffic congestion is a prevalent issue in urban areas worldwide, posing significant challenges to transportation systems, economies, and quality of life. This academic article aims to provide a comprehensive overview of traffic jams, exploring their causes, impacts on various stakeholders, and potential solutions. By examining existing literature, case studies, and best practices, this study offers insights into the complex nature of traffic congestion and proposes strategies for mitigating its adverse effects. The findings highlight the importance of integrated approaches involving infrastructure development, transportation planning, technological advancements, and behavioral interventions to address this multifaceted problem.

**Key words:** traffic jam, causes of traffic, slow-moving, delay, heavy traffic.

### **Introduction:**

Traffic congestion, commonly referred to as traffic jams, is a pervasive problem in urban areas worldwide. It occurs when the volume of vehicles on a road exceeds its capacity, leading to slow or stopped traffic flow. Traffic congestion has become a significant concern due to its adverse impacts on transportation systems, economies, and quality of life for residents.

The definition of traffic congestion encompasses the state in which traffic movement is impeded, resulting in slower travel speeds, increased travel times, and reduced overall efficiency of the transportation network. It is typically characterized by long queues of vehicles, frequent stops and starts, and gridlock situations where traffic comes to a standstill.

The scope of the issue is vast, affecting both developed and developing cities. Rapid urbanization, population growth, and increased motorization rates have contributed to the escalation of traffic congestion. The consequences of traffic congestion extend beyond mere inconvenience to commuters; they have far-reaching implications for various stakeholders.

The significance of addressing traffic congestion lies in its impact on multiple dimensions of urban life. Economically, traffic jams lead to productivity losses, increased fuel consumption, and additional costs for businesses and individuals. Environmental consequences include heightened air pollution levels, greenhouse gas emissions, and degradation of urban ecosystems. Moreover, traffic congestion has negative effects on public health and well-being, contributing to stress, sedentary lifestyles, and decreased physical activity. Socially, it can create barriers to accessibility, exacerbate social inequities, and hinder social interactions.

Given the magnitude of the problem, understanding the causes and consequences of traffic congestion is essential for developing effective strategies to alleviate its impact.

### **Materials and methods .**

#### **Causes of Traffic Jams:**

1. **Traffic volume and demand:** One of the primary causes of traffic jams is the high volume of vehicles on the road. When there are too many cars trying to use the same road at the same time, it can lead to congestion and slow-moving traffic
2. **Inadequate infrastructure and road capacity:** Insufficient road capacity and infrastructure can contribute to traffic jams. If the roads are not designed to handle the volume of traffic, it can lead to congestion and delays
3. **Traffic signal inefficiencies:** Inefficient traffic signal timings and coordination can also contribute to traffic jams. Poorly synchronized traffic signals can cause unnecessary stops and delays, leading to congestion
4. **Poor urban planning and land use patterns:** Inadequate urban planning and land use patterns can contribute to traffic congestion. If residential areas, commercial areas, and transportation hubs are not properly planned and located, it can result in increased traffic congestion
5. **Incidents and accidents:** Accidents, breakdowns, and other incidents on the road can cause traffic jams. When there is an accident or a vehicle breaks down, it can disrupt the flow of traffic and lead to congestion
6. **Weather conditions and seasonal variations:** Adverse weather conditions such as heavy rain, snow, or fog can impact road conditions and visibility, leading to traffic congestion. Seasonal variations, such as holiday travel or increased tourism, can also contribute to traffic jams
7. **Human factors:** Driving behavior and choice of transportation modes can also contribute to traffic congestion. Factors such as aggressive driving, tailgating,

improper lane changes, and lack of adherence to traffic rules can lead to traffic jams. Additionally, the choice of transportation modes, such as a high number of single-occupancy vehicles, can contribute to congestion

Traffic congestion has numerous impacts that extend beyond mere inconvenience. Here are some of the key effects associated with traffic congestion:

- 1. Economic Impacts:** Traffic congestion can have significant economic consequences. Delays caused by congestion result in productivity losses as people spend more time commuting and less time being productive at work. Businesses may also experience increased costs due to delayed deliveries and inefficient transportation of goods. Moreover, traffic congestion leads to increased fuel consumption, which can burden individuals and businesses with higher fuel expenses.
- 2. Environmental Impacts:** Congested traffic contributes to environmental degradation. The idling of vehicles in traffic jams leads to increased air pollution, including the emission of pollutants such as nitrogen oxides (NOx) and particulate matter (PM). These pollutants have detrimental effects on air quality and can contribute to respiratory problems and other health issues. Additionally, traffic congestion results in greater greenhouse gas emissions, contributing to climate change and its associated environmental risks.
- 3. Health and Well-being Effects:** Traffic congestion has negative impacts on people's health and well-being. Prolonged time spent in traffic can lead to stress, frustration, and anxiety. Commuters often experience the psychological burden of being stuck in traffic, which can have long-term effects on mental health. Furthermore, traffic congestion reduces opportunities for physical activity, as people may choose sedentary modes of transportation due to the lack of viable alternatives. This can contribute to a sedentary lifestyle and associated health problems such as obesity.
- 4. Social Implications:** Traffic congestion affects social dynamics and can exacerbate existing social inequalities. Congestion reduces accessibility by creating barriers to transportation, particularly for individuals who rely on public transit or non-motorized modes of transportation. This can limit people's access to essential services, job opportunities, and social activities, disproportionately affecting marginalized communities. Traffic congestion also raises concerns about social equity, as individuals with lower incomes may face challenges in accessing reliable transportation options.

Addressing traffic congestion requires a multi-faceted approach that includes infrastructure improvements, public transportation enhancements, and promoting

alternative modes of transportation such as walking and cycling. By reducing congestion, we can mitigate the economic, environmental, health, and social impacts associated with traffic congestion.

### **Results and discussions.**

Technological solutions play a significant role in addressing transportation challenges and improving efficiency and safety. Here are some key technological solutions in the transportation sector:

1. **Intelligent Transportation Systems (ITS):** ITS refers to the integration of advanced technologies into transportation infrastructure and vehicles to enhance safety, efficiency, and sustainability. It involves the use of sensors, cameras, communication networks, and data analytics to monitor and manage traffic flow, provide real-time information to travelers, and optimize transportation operations.
2. **Traffic management and control systems:** These systems utilize intelligent algorithms and real-time data to monitor traffic conditions, detect congestion, and optimize signal timings at intersections. Traffic management systems can help alleviate congestion, reduce travel times, and improve overall traffic flow.
3. **Vehicle-to-vehicle (V2V) and vehicle-to-infrastructure (V2I) communication:** V2V and V2I communication enable vehicles to exchange information with each other and with the surrounding infrastructure. This communication allows for real-time collaboration between vehicles and traffic management systems, improving safety and efficiency. For example, vehicles can share information about traffic conditions, road hazards, and approaching emergency vehicles, allowing for better decision-making by drivers and automated systems.
4. **Advanced traffic prediction and routing algorithms:** These algorithms utilize historical and real-time data, including traffic flows, incident reports, and weather conditions, to predict future traffic patterns. By analyzing this data, transportation systems can provide accurate traffic forecasts and recommend optimal routes, helping drivers avoid congestion and reduce travel times.
5. **Emerging technologies:** Autonomous vehicles and shared mobility services are transforming the transportation landscape. Autonomous vehicles have the potential to increase safety and efficiency by eliminating human error and enabling platooning and coordinated traffic flow. Shared mobility services, such as ride-hailing and car-sharing platforms, promote efficient use of vehicles and can reduce the overall number of cars on the road.

These technological solutions are continuously evolving and being improved upon to address transportation challenges and create a more sustainable and efficient transportation system.

Infrastructure and transportation planning play a vital role in the development and efficiency of cities and regions. Here are some key aspects of infrastructure and transportation planning:

1. **Road capacity expansion and optimization:** As populations grow and traffic increases, expanding and optimizing road capacity becomes crucial. This involves identifying areas with high congestion, designing new roads or widening existing ones, implementing intelligent transportation systems (ITS) to manage traffic flow, and considering alternative transportation modes.
2. **Integrated transportation network design:** An effective transportation system requires integration and coordination between various modes of transportation such as roads, railways, buses, and cycling lanes. Transportation planners work on designing networks that facilitate smooth transfers between different modes, reducing travel time and providing convenient access for commuters.
3. **Public transportation enhancements:** Public transportation plays a key role in reducing traffic congestion and promoting sustainable mobility. Transportation planners focus on improving public transit systems by expanding routes, increasing frequency, enhancing connectivity, and implementing technologies like real-time information systems, contactless payment systems, and automated fare collection.
4. **Multi-modal integration and interconnectivity:** Encouraging multi-modal transportation involves creating seamless connections between different modes of travel. This includes developing transportation hubs where commuters can easily switch between buses, trains, bicycles, and other modes of transport. Integration also involves providing infrastructure like bike-sharing stations, park-and-ride facilities, and pedestrian-friendly pathways.
5. **Smart city initiatives and sustainable urban development:** Smart city initiatives leverage technology and data to enhance transportation systems and overall urban development. This may involve using sensors and data analytics to manage traffic, optimize signal timings, and improve parking management. Sustainable urban development focuses on creating walkable neighborhoods, promoting cycling infrastructure, and integrating green spaces to reduce reliance on private vehicles and enhance quality of life.

In summary, infrastructure and transportation planning encompass a wide range of strategies and initiatives aimed at improving mobility, reducing congestion,



promoting sustainable transportation options, and creating smart and livable cities. These efforts require collaboration between urban planners, engineers, policymakers, and the community to develop efficient and future-ready transportation systems.

### **Conclusion.**

In conclusion, tackling traffic congestion in urban areas requires a comprehensive and multifaceted approach.

1. Invest in efficient public transportation: Developing well-functioning and accessible public transportation systems can incentivize people to use alternative modes of transportation, reducing the number of cars on the road and alleviating congestion
2. Promote active transportation: Creating infrastructure for walking and cycling, such as bike lanes and pedestrian-friendly pathways, can encourage people to choose these modes of transportation, leading to a reduction in the number of cars on the road and easing congestion
3. Employ traffic management systems: Utilizing advanced traffic management systems equipped with real-time data analysis can optimize traffic flow by coordinating traffic signals and dynamically managing traffic patterns, thereby reducing congestion

The key findings from the search results highlight the importance of various strategies and policies in managing congestion effectively. It is crucial for policymakers, urban planners, and researchers to collaborate and implement holistic solutions to address this persistent issue.

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## **METHODEN ZUR BILDUNG DER SCHREIBFÄHIGKEITEN IN FREMDSPRACHEN**

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**Annotation:** *The article deals with the formation of written language skills, which is one of the current problems. Opportunities for improvement, reasons for the decline in literacy, measures to prevent it, the use of dialect-specific words in the language and the influence of the external environment on it are discussed in detail.*

**Key words:** *mother tongue lesson, communicative, writing skills, vocabulary, spelling, reading comprehension and correct writing.*

**ANNMERKUNG.**

*Der Artikel befasst sich mit der Bildung schriftlicher Sprachkompetenzen, die eines der aktuellen Probleme darstellt Möglichkeiten zur Verbesserung, Gründe für den Rückgang der Alphabetisierung, Maßnahmen zu seiner Verhinderung, die Verwendung dialektspezifischer Wörter in der Sprache und der Einfluss der äußeren Umgebung darauf werden ausführlich behandelt.*

**Schlüsselwörter:** *Muttersprachenunterricht, kommunikativ, Schreibfähigkeiten, Wortschatz, Rechtschreibung, Leseverständnis und korrektes Schreiben.*

**Einleitung.** Eines der dringendsten Probleme im heutigen Sprachunterricht besteht darin, herauszufinden, warum es wichtig ist, eine schriftliche Rede zu formulieren. Die Lese- und Schreibkompetenz ist ein voneinander abhängiger Prozess. Die meisten Menschen konzentrieren sich nur auf die korrekte Schreibweise von Wörtern, aber auch die Fähigkeit, seine Gedanken gemäß den Rechtschreibregeln richtig, flüssig und einfach auszudrücken und dabei sprachliche Hilfsmittel angemessen und effektiv einzusetzen, gehört zur schriftlichen Sprachkompetenz. Er vergisst. An die schriftliche Rede der Studierenden können folgende Anforderungen gestellt werden:

1. Jedes Wort, jeder Satz sollte dazu dienen, den Inhalt und die Absicht des Autors zu offenbaren, und die Rede sollte prägnant, schlüssig und logisch sein.
2. Gedanken in der schriftlichen Rede sollten zufriedenstellend, ausdrucksstark, stilistisch und flüssig sein.
3. Besonderes Augenmerk muss darauf gelegt werden, aus den gegebenen Meinungen die notwendigen Schlussfolgerungen zu ziehen.

Nach dem Sammeln des Materials ist es notwendig, es zu systematisieren, einen Plan zu erstellen, eine grobe Kopie der Arbeit anzufertigen, den Text zu überarbeiten, zu verbessern und zu kopieren.

Die Qualität der schriftlichen Rede wird durch den eigenständigen Gedankenausdruck bestimmt. Ein weiteres Merkmal schriftlicher Sprache ist, dass sie überprüft, korrigiert und verbessert werden kann. In dieser Hinsicht bietet sie günstigere Möglichkeiten als die mündliche Rede. Der Student arbeitet an Fehlern und Mängeln in seiner schriftlichen Rede, beseitigt diese und versucht, diese Mängel in seiner Arbeit zu vermeiden. Schriftliche Rede ist ein komplexer Prozess, der viel Arbeit erfordert. Während einer solchen Rede beobachtet eine Person sich selbst. Bei der Ausbildung schriftlicher Sprachfähigkeiten ist die Ausbildung der Fähigkeiten zum Einsatz fortschrittlicher innovativer Bildungstechnologien von großer Bedeutung. Der einzigartige interessante und effektive Charakter jeder Bildungsaktivität zur Entwicklung der schriftlichen Sprachfähigkeiten trägt dazu bei, ein hohes Ergebnis zu erzielen. Auch die Bedeutung der Lesekompetenz für die Entwicklung der schriftlichen Sprache ist von großer Bedeutung. Beim Lesen ist das Verstehen des gelesenen Textes und das Ausdrücken einer schriftlichen Reaktion darauf ein komplizierterer Prozess als das mündliche Sprechen. Schriftliche Sprache erfordert den Aufbau korrekter Sätze in Bezug auf Grammatik und Inhalt, die korrekte Verwendung jedes Wortes an seiner Stelle, einen prägnanten und kohärenten, ausdrucksstarken, einfachen und fließenden Ausdruck der geäußerten Ideen. erfordert das Ziehen von Schlussfolgerungen auf der Grundlage von Eine weitere Komplikation der schriftlichen Rede besteht darin, dass Fehler in Rechtschreibung, Zeichensetzung und Stil vermieden werden müssen. Es erfordert das korrekte Schreiben von Wörtern, die angemessene Verwendung von Satzzeichen, den Ausdruck von Gedanken gemäß den Stilanforderungen und das Ziehen notwendiger Schlussfolgerungen auf der Grundlage geäußerter Meinungen. Daher werden bei den Schülern nach und nach die Normen der schriftlichen Sprache gebildet.

Zusammenfassend lässt sich sagen. Dass wir also nicht vergessen sollten, dass nicht nur Muttersprach- und Literaturlehrer, sondern auch jeder Lehrer, jede Familie und jede Gemeinschaft solchen Situationen Aufmerksamkeit schenken sollte, wenn es darum geht, die Kultur des schriftlichen Sprechens bei den Schülern zu formen.

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## The content of the formation of an acmeological position in future teachers

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**Annotation:** the content of the formation of an acmeological position in future teachers in this article is based on the possibilities and existing situations in the process of improving the requirements for modern teachers, training specialists in pedagogical universities, the processes of introduction of innovative technologies into the teaching system in these educational institutions were tried to reveal as a problem of the topic.

**Keywords:** Acmeology, position, Content, students, innovative methods, modern information technology, assimilation of knowledge, skills and qualifications of future teachers, professional training.

The formation of the educational system of the new Uzbekistan and the socio-economic policy corresponding to the market economy – requires the formation of an acmeological position in future teachers who meet the requirements of the time, train highly qualified specialist personnel and ensure the effectiveness of this process.

Therefore, today the practical provision of the educational process of continuing education institutions, in particular higher education institutions, with a new and modern methodology based on advanced, scientific-theoretical, has been identified as one of the pressing problems waiting for a solution in this area, ensuring the deep development of youth skills and qualifications of our country, education in the chosen profession.

In fact, the main direction of strategic tasks in the field of education and education carried out in our country is characterized by the focus on the issues of training specialists who can carry out independent thinking, accurately determine the prospects for development, which will be necessary for the interests of society and the individual. This creates the need for training, modernization of pedagogical personnel and the development of its innovative pedagogical foundations.

The main content of the formation of an acmeological position in future teachers is the formation of professional training in them.



Professional training is interpreted as a specific manifestation of professional social competence, which arises on the basis of mastering the necessary professional knowledge, skills and qualifications.

Professional training does not occur on its own, but covers specific stages planned on the basis of specific goals. The formation of professional training in a person is initially determined by the content of the imagination, concepts inherent in the profession, which is later explained by the acquisition of knowledge, skills and skills related to the specialty, the decision-making of professional qualities and the level of professional adaptation.

Professional training is the level of physiological, psychological and physical training of an individual in relation to the conduct of professional activities on the basis of special theoretical knowledge, practical skills and qualifications, as well as mastering spiritual and moral qualities.

Formation of professional training-the formation of special theoretical knowledge, practical skills and qualifications in a person on the basis of the requirements of the DTS, as well as spiritual and moral qualities, is the process of physiological, psychological and physical training of the future specialist in relation to the successful conduct of professional activities.

Professional adaptation-in the context of objective and subjective education is the future professional activity of the future professional person, the assimilation of his requirements, adaptation to the process of activity, the level of professional competence.

The theoretical study of the research problem showed that organizational and pedagogical, educational and methodological and material and technical conditions in higher educational institutions, in particular in pedagogical universities, are leading factors in the process of professional adaptation.

On this basis, today a number of measures are being implemented to improve the material and technical support of pedagogical universities, expand the range of educational and methodological opportunities. However, the fact that the current content of professional adaptation of future teachers is not improved within the framework of modern requirements for the personality of a pedagogical specialist, the results of scientific research in this area are not applied to full-fledged practice, the possibilities in the process of training specialists in pedagogical universities and, based on the current state diagnostics, the full-fledged introduction of innovative technologies.

Indeed, the solution of these issues implies the goal of radical reform of the existing educational system in our republic, the formation of a highly spiritual person through the formation of a system of continuing education. Therefore, the role of higher educational institutions is great in the upbringing of a harmonious personality, the

formation of him as a specialist, the acquisition of a worthy professional and social status in society.

Based on the specificity of the system of training of pedagogical specialists of higher educational institutions, within the framework of the study, it was determined that the provision of the following pedagogical psychological conditions will serve to form an acmeological position in future teachers:

1. Informative-meaningful conditions. As you know, the content of education is a pre-designed system of professional knowledge, skills and skills that the future specialist should master, in which the course and project work associated with DTS, curricula, improved educational programs, lecture texts, educational-methodological complexes based on educational technologies, scientific and educational-methodological, electronic textbooks, control tools: creative pedagogical tasks, situational issues, remote control, creative project work, areas of expertise occupy a special place.

2. Technological conditions. The purpose of the study, that is, the technological conditions for the development and practical implementation of the process of forming an acmeological position in future teachers, was taken as the basis. In this

- problem training;
- Gaming Technologies (role-playing games, entrepreneurial games);
- training, video training;
- problematic seminars;
- solving and analyzing pedagogical problem situations, " case-stadi";
- teaching in small groups, micro-lessons;
- creative research techniques;
- methods for designing lesson and educational events;
- special attention was paid to the development of a methodology for organizing and conducting autotrenings.

The technological conditions for the formation of an acmeological position in future teachers are based on such principles as theoretical justification, a holistic approach to the content and organizational aspects of the educational and educational process, systemativeness, individuality of those educated in teaching, professional orientation of attention.

3. Reflexive conditions. Particular attention was paid to the creation of a reflexive (reflection-backward, analysis, changes, the degree to which an individual can assess his activity) environment as a result product of the created pedagogical conditions. The content of directed reflexive conditions for the formation of an acmeological position in future teachers was defined as follows:

- development of active cognitive motivation;
- decision-making of an acmeological approach to professional activity;

- formation of creative skills;
- formation of pedagogical-psychological, methodological knowledge;
- self-awareness.

The development of society and the increasing social requirements for the education of the younger generation make the need for changes in the system of training pedagogical specialists both in terms of content and quality. Noting the relevance of this problem, our first president I. Karimov said, " We know very well how important teacher labor plays in the formation of a new generation, new thinkers in our country, the spiritual world of young people who will come to our place tomorrow.

For the teacher is the one who not only brings grace and brilliance into the classroom, but also exalts the oil of goodness in the hearts of thousands, the school of life".

The main content of the formation of an acmeological position in future teachers is their personal orientation and professional motivation, socio - psychological characteristics, and these aspects accelerate the education of learners based on their chosen field.

The formation of an acmeological position in future teachers creates the need for a nisabatan innovative approach to the effective organization of the pedagogical process. This is directly related to the social environment. Only in a healthy social environment will progress, pedagogical-psychological factors and necessary conditions are created for the formation of a person of a comprehensively mature "akme" level.

**Conclusion:** in its place, it can be said that as the content of the formation of an acmeological position in future teachers, we can show that each prospective teacher will be namayan in being able to apply the acquired knowledge, skills and qualifications at a high level in practice. One of the main directions for the development of the educational system in modern society is the organization of targeted and independent activities of a person in various areas. Therefore, it is advisable to pay special attention to the content of the formation of an acmeological position in future teachers.

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## DOLZARBLIGI YO'QOLMAYDIGAN MAVZU

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**Annotatsiya:** O'zbek adabiyotida o'ziga xos o'ringa ega bo'lgan munaqqid va tarjimon Ozod domla haqida gap ketganda haqiqatni boricha aytadigan, nohaqlikni hazm qila olmaydigan adolatparvar inson ko'z oldimga keladi. U yaratgan asarlar ham hech qanday ortiqcha jimjimalarsiz, bo'rttirishlarsiz, chuqur mushohadaga chorlovchi asarlardir. Misol uchun adibning "Ijodni anglash baxti", "E'tiqodimni nega o'zgartirdim", "O'lsam ayrilmasman quchoqlaringdan" kabi maqolalari chuqur mushohada qiladigan, har qanday holatda yaxshilikka intilish, insonparvarlik, vatanparvarlik, adolat tuyg'ular bilan sug'orilgan. Bu insonni o'z ishining ustasi, munaqqidchilikning ustuni sifatida ko'rishimiz mumkin.

**Kalit so'zlar:** atmosfera, chiqindi, chang, global muammo, ekologik madaniyat, "Yashil makon"

**Аннотация:** Когда речь идет о критике и переводчике Азоде Домле, занимающем особое место в узбекской литературе, я думаю о справедливом человеке, который говорит правду и не может переварить несправедливость. Созданные им произведения – это также произведения, требующие глубокого наблюдения, без лишних умолчаний и преувеличений. Например, такие статьи писателя, как "Счастье реализации творчества", "Почему я изменил своей вере", "Даже если я умру, я не расстанусь с твоими объятиями" наполнены глубокими наблюдениями, стремлением к добру в любой ситуации, гуманизм, патриотизм и справедливость. В этом человеке мы видим мастера своего дела, столпа критики.

**Ключевые слова:** атмосфера, отходы, пыль, глобальная проблема, экологическая культура, "Зеленое пространство".

**Abstract:** When it comes to the critic and translator Ozod Domla, who has a special place in Uzbek literature, I think of a fair person who speaks the truth and cannot digest injustice. The works created by him are also works that call for deep observation, without any unnecessary silences or exaggerations. For example, the writer's articles such as "The happiness of realizing creativity", "Why did I change my faith", "Even if I die, I will not part with your hugs" are filled with deep observations, striving for good in any situation, humanitarianism, patriotism, and justice. . We can see this person as a master of his work, a pillar of criticism.



**Key words:** atmosphere, waste, dust, global problem, environmental culture, “Green Space”

Adibning “O’lsam ayrilmasman quchoqlaringdan” deya baralla yozilgan maqolasi ham insonni fikrlashga, vatanga bo’lgan muhabbat, bor ne’matlarni qadrlashga va uni kelajakka avlodga yetkazishga chorlaydi. Adib faqatgina buyuk ajdodlarimiz, ularning qoldirgan ilmiy merosi bilan maqtanibgina qolmay, ularga munosib avlod bo’lishga chorlaydi. Vatanga muhabbat bu onaga muhabbat kabi muqaddas tuyg’u ekanligini alohida ta’kidlab o’tadi. Inson onasini qanchalik yaxshi ko’rmasin, uni har doim ham o’ziga ayta olmasligini, ammo inson o’z xatti harakatlari, ko’satgan mehri orqali namoyon qilsa, vatanga bo’lgan sadoqat, mehr tuyg’usi ham amalda bajarilgan ishlar orqali o’z natijasini ko’rsatadi. Bu maqolada yana shunday bir jihatlar borki, bu mavzu hali hamon dolzarb mavzulardan biri bolib kelmoqda. Bu esa Orol dengizining qurishi, qurg’oqchilik, Shahar va qishloqlarda turli xil kasalliklarning ko’payishi, atmosferaning turli xil zararli moddalar va chang bilan qoplanishi, daraxtlarning kesilishi va buning oqibatida vujudga kelayotgan boshqa global ekologik muammolar bugun insoniyatni tashvishga solmoqda. Bu kabi ekologik muammolar bugungi kunda insoniyatdan tabiatga nisbatan ehtiyotkorona munosabatda bo’lishni, tabiiy resurslardan unumli va tejamkor tarzda foydalanishni taqozo etmoqda. Adib bu resurslarni tekin deb bir chekkadan sovurish yo’lini tutmasligini, agar shunday bo’ladigan bo’lsa bu serquyosh o’lka faqatgina 3-4 avlodning umri o’tmasdanoq, cho’l-biyobonga aylanishini bot bot ta’kidlaydi,. Buning uchun odamlar oddiy ekologik qoidalarga va ekologik madaniyatga rioya qilishsa kifoya.

Bu o’rinda adibning keltirgan fikrlari esa hali hamon dolzarbligini saqlab qolmoqda. “Men Vatanni, bizga Vatan bo’lgan ona tabiatni asrash haqida, yer, suv, havo, atrof-muhitning salomatligi to’g’risida qayg’urishni ko’zda tutayapman. Men yaqin o’tmishda bu borada qilingan jinoyatlarni aytayotganim yo’q. Orolni quritib yuborganimizni, oltin undirsa bo’ladigan tuprog’imizni zaharlab, bangiga aylantirib qo’yganimizni, o’zimiz ichadigan suvni o’zimiz ayamay bulg’ashni o’rganib qolganimizni nazarda tutayotganim yo’q. Men bugun ham ona tabiatni nogiron qilish sohasidagi qora ishlar davom etayotganini aytmoqchiman. Gapim quruq da’voga aylanib qolmasligi uchun birgina misol keltiray. Bo’stonliqni ko’pchilik juda yaxshi biladi. Uning go’zalliklaridan bahramand bo’lmagan, uning bag’rida miriqib hordiq chiqarmagan odam topilmasa kerak. Bo’stonlik faqat shaharliklarning hordiq chiqaradigan joyigina emas, balki Toshkentday shaxri azimning ekologik muvozanatini saqlashda favqulodda muhim ahamiyatga ega bo’lgan bir maskan. Shuning uchun ham bundan bir necha yillar avval Bo’stonliqda zavod qurmoqchi bo’lishganida undan keladigan ekologik zararni o’ylab, butun jamoatchilik bu ishga qarshi bosh ko’targan edi. Ko’plab dam olish maskanlarida



ta'mi va shifobaxshligi manaman degan ma'dan suvlaridan qolishmaydigan zilol buloqlaridan, Shveytsariya havosidan qolishmaydigan musaffo havosidan mustaqil yurtimiz fuqarolari foydalanmoqdalar. Biroq ba'zi birovlar ana shu jannatmakon joyga shaxsiy nafs deb zug'um qilmoqdalar. Ming Yillik daraxtlarini kesmoqdalar. Ammo har qancha zaruratan qilinayotgan bo'lmasin, buning oqibatida keladigan zararni nima bilan qoplash mumkin? Axir, bitta daraxtni voyaga yetkazish uchun o'nlab yillar kerak-ku. Faqat yillar emas, millionlab mablag' sarflash lozim-ku. Axir, tog'dagi bitta daraxt faqat soyasiyu mevasi bilangina qadrli emas uning ildizlari tuproqni eroziyadan saqlaydi. Yerni turli-tuman yog'inlarga bardoshli qiladi, yerosti suvlarining yig'ilishi va harakatini ta'minlaydi, barglaridan kislorod chiqarib, iqlimi muayyan darajada boshqarib turadi. Ahvol shunday davom etaveradigan bo'lsa, Toshkentning shundoqqina biqinida ikkinchi Orol paydo bo'lishi hech gap emas. Ana unda ona-Vatanga muhabbatimiz va sadoqatimizni aytib har qancha tavallo qilmaylik, biz tufayli jarohatlangan Vatan bizning beg'amligimiz va noshudligimizni kechirmaydi. Nazarimda, hali-hanuz bizning tafakkurimiz shunaqa bosqichda turganga o'xshaydiki, unda Vatanga muhabbat tushunchasi bilan ona tabiatni ko'z qorachigiday asrash tushunchasi alohida-alohida kataklarga joylab qo'yilgandek ko'rinadi. Holbuki, Vatanga muhabbat bilan ekologik tafakkur bir-biri bilan chambarchas bog'lik bo'lmog'i, hamisha bir-birini to'ldirib turmog'i zarur. Boshqacha aytganimizda, biz Vatanga sevgimiz haqidagi chiroyli gaplarimizni kundalik amaliy ishlarimizda ifodalashni odat qilmog'imiz, odat emas, hayotimizning asosiy qonunlaridan biriga aylantirmog'imiz zarur. Sezib turibman shu o'rinda bir tabiiy savol tug'ilishi ham mumkin maqolada Vatan sevgisi og'izda emas, amalda, ishda namoyon bo'lmog'i kerak degan gap ko'p aytilyapti. Yaxshi, lekin dushman qo'shinini sahroga olib borib adashtirib kelishga har kuni ham imkoniyat topilavermaydiku? Yoxud bugungi kunda jadidchilik faoliyati bilan shug'ullanish juda ham joiz bo'lmasa kerak. Xush, bugungi oddiy odam nima qilmog'i, Vatanga muhabbatini qanday namoyon etmog'i kerak? Axir, tarixda qoladigan ulug' jasoratlarni hamma ham, har kuni qilavermaydi-ku? Menimcha, Vatan yo'lida bir ishni qilishni istagan odam avvalo tarixga kirish haqidagi o'ylarni bir chekkaga yig'ishtirib qo'ymog'i kerak; chunki bir shoir aytganidek, avval ishni qoyil qilmok kerak, shon-shuhratni esa keyin bo'lishib olinaveradi. Hayot esa hamma vaqt jasorat ko'rsatishga imkon beradi jasoratlar, fidokorliklar faqat favqulodda odamlarning maxriga tushgan emas. Prezidentimiz takror-takror aytadigan bir ibora bor "savob ishni har kim, har kuni qilmog'i lozim". Faqat bir narsani aytmoq joizki, savob ishlar, shu jumladan, Vatan ravnaqi yo'lidagi ishlar hech qachon avvaldan tasdiqlangan ro'yxat bo'yicha, birovlarining ko'rsatmasi bilan qilinmaydi. Har kim o'z aql-zakovati bilan o'z qalbining amriga ko'ra qudrati yetgan darajada, imkoni bor darajada Vatan, elu yurt yo'lidagi ishlarni qiladi. Shuning

uchun yana qaytarib aytaman Vatanga muxabbatingizni amalda namoyon qilmoq uchun falon qiling, piston qiling deb ko'rsatma berolmayman. Hayotning o'zida siz qilishingiz mumkin bo'lgan yumushlar oyoq ostidan chiqib qoladi. Hozir o'zi turgan joyda obodonchilik ishlariga yordam berayotgan, maktablarga, bolalar bog'chalariga ko'maklashayotgan, ijodkorlarning kitoblarini chop ettirishga madadlashayotgan, qo'li qisqaroq oilalarga bolalarining to'ylarini o'tkazib berayotgan va yana qanchadan-qancha saxovatpesha ishlarni qilayotgan odamlar haqidagi xabarlar ko'payib qoldi. Bularning bari elu yurt ravnaqi yo'lida qilinayotgan savob ishlardir. Agar bordi-yu, bunaqa ishlarga ham qurbingiz yetmasa, hechqisi yo'q, o'kinmang jilla bo'lmasa, turt-besh tup daraxt eking, hovlingiz atrofini obod qiling, loaqal, eshigingiz tagiga bir tup qirqog'ayni ekingki, o'tgan-ketganlar yashnagan gullarni ko'rib, ichlarida "barakalla" deyishsin. Bunday ishlar ham yurtimiz ning husniga husn, chiroyiga chiroy qo'shadi-ku."<sup>2</sup>

Yuqoridagi fikrlardan ko'rinib turibdiki muallif faqatgina adabiy faoliyat bilan cheklanib qolmay, ijtimoiy hayotda ham faol bo'lgan, To'g'ri bu borada amalga oshirilishi kerak bo'lgan rejalar, qarorlar tasdiqlanib bo'lgan. Misol uchun, 2021 yil 30 dekabr kuni e'lon qilingan O'zbekiston Respublikasi Prezidentining "Respublikada ko'kalamzorlashtirish ishlarini jadallashtirish, daraxtlar muhofazasini yanada samarali tashkil etish chora tadbirlari to'g'risida"gi PF-46-sonli Farmoni<sup>3</sup> va "Atrof-muhitni muhofaza qilish hamda ekologik nazorat sohasidagi davlat organlari faoliyatini tashkil etish chora-tadbirlari to'g'risida"gi PQ-76-sonli Qarori<sup>4</sup> hamda "Yashil makon"<sup>5</sup> umummilliy harakatini amalga oshirish loyihalari ana shunday o'ta dolzarbligi bilan alohida ajralib turadi.

"Agar dunyoda chang bo'lmaganida, inson ming yil umr ko'rardi", deb aytgan edi ulug' alloma, tibbiyot ilmining asoschisi Abu Ali ibn Sino. Ular havodagi zararli karbonat angidridni yutib, o'rniga kislorod ishlab chiqaradi va bizning nafas olishimizga yordam beradi. Ular issiqda salqinlik beradi, atrof-muhitni shovqinlardan himoya qiladi. To'g'ri turli xil qaror va farmonlar ishlab chiqilmoqda, davlat budjetidan millionlab pul ajratilmoqda. Lekin bu atrof muhitga qanchalik ijobiy ta'sirini ko'rsatmoqda? Bu loyihalarning ijrosi qay tarzda hal etilmoqda? Mazkur qarorlarni ishlab chiqildi, lekin hali hamon noqonuniy yo'l bilan daraxtlarni kesish, o'simlik va hayvonot dunyosiga tahdid qilish, turli xil "qo'shtirnoq ichidagi" tadbirkorlarning hech qanday ruxsatlarsiz qurulish ishlari oqibatida hali hamon shahrimiz eng ifloslangan shaharlar orasida yuqori pog'onani egallab kelmoqda

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<sup>2</sup> Ozod Sharofiddinov. Tanlangan asarlar.

<sup>3</sup> <https://lex.uz/docs/-5801444> O'zbekiston Respublikasi Prezidentining Farmoni, 30.12.2021 yildagi PF-46-son

<sup>4</sup> <https://lex.uz/acts/-5801426>

<sup>5</sup> <https://lex.uz/ru/docs/-5776122>

Ekologiya, atrof-muhitni muhofaza qilish, tabiiy resurslardan oqilona foydalanish, ularni qayta tiklash va inson faoliyatining tabiatga salbiy ta'sirini oldini olish sohasida yagona davlat siyosatini amalga oshirish; atrof-muhitni muhofaza qilish borasida jamoatchilik, fuqarolik jamiyati institutlari bilan hamkorlikni ta'minlash, jamoatchilik nazoratiga uslubiy yordam ko'rsatish va ko'maklashish, fuqarolarning qulay atrof-muhitga bo'lgan huquqlarini ta'minlash; oshirishda qonunchilikka rioya etilishi yuzasidan davlat nazoratini olib borish, maishiy chiqindilarni yig'ish, tashish, utilizatsiya qilish, qayta ishlash va ko'mish borasida davlat va xususiy sherikchilikni faol jalb qilgan holda tizimni tashkil etilishi lozim. Bundan tashqari aholining ekologik madaniyatini oshirishda turli xil loyihalar ishlab chiqish, turli turda ekoploging aksilarini doimiy tarzida o'tkazib borish, shuningdek ekologik muammolar va uning oqibatida kelib chiqadigan xavflarni OAVlarida ko'proq olib chiqish lozim. Ayniqsa bu borada nodavlat telekanallarning, NNTlarning ham alohida o'ringa esa. Misol uchun "Ekolog" jamoat birlashmasi ana shunday jonkuyar tabiat himoyachilarini o'z bag'riga birlashtirgan tashkilot. Undan tashqari Urikguli nomi ostida ijod qilayotgan ekobloger Mutabar Khushvaqtova juda dolzarb ahamiyatga ega mavzularni ko'tarib chiqmoqda. Bundan ko'rinib turibdiki, ekologiya va atrof muhit muhofazasini ta'minlash, ko'kalamzorlashtirish va "Yashil makon"lar barpo etishni jadallashtirish, daraxtzor va butazorlarni asrash va shu kabi bugungi kundagi eng dolzarb vazifalarni hal etishda o'ta muhim huquqiy manba bo'lib qoladi. Qolaversa, ushbu mazkur vazifalar ijrosini ta'minlashda ma'sul xodimlari zimmasiga juda katta mas'uliyat yuklaydi. Sohada mehnat qilayotgan har bir xodim lavozimi, egallab turgan mavqeidan qat'iy nazar ushbu mas'uliyat zalvorini his qilgan holda faoliyat olib borishi lozim.

#### **FOYDALANILGAN ADABIYOTLAR RO'YXATI**

1. Ozod Sharofiddinov. Tanlangan asarlar
2. <https://lex.uz/docs/-5801444>
3. <https://lex.uz/acts/-5801426>
4. <https://lex.uz/ru/docs/-5776122>

## **Wortstellung im deutschen Satz: Die Regelstellung und Ausnahmen**

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**Annotation:** *Die Analyse betont die Bedeutung der Wortstellung in der deutschen Grammatik, insbesondere die Subjekt-Verb-Objekt (SVO)-Grundregel. Neben der Standardreihenfolge werden Ausnahmen wie die Verb-Subjekt-Objekt (VSO)-Wortstellung in Fragesätzen und die seltene Objekt-Verb-Subjekt (OVS)-Variante beleuchtet. Beispiele verdeutlichen die Anwendung dieser Strukturen. Die Rolle von Nebensätzen wird hervorgehoben, da sie die Wortstellung im Gesamtsatz beeinflussen können. Die Schlussfolgerung betont die Vielfalt der deutschen Grammatik und hebt die Notwendigkeit eines tiefen Verständnisses für Deutschlernende hervor, um eine klare Kommunikation zu gewährleisten. Insgesamt zeigt die Analyse, dass die Wortstellung nicht nur eine grammatische Konvention ist, sondern auch die Ausdruckskraft der Sprache beeinflusst.*

### **Artikel:**

Die Bedeutung der Wortstellung in der deutschen Grammatik ist von zentraler Wichtigkeit, da sie maßgeblich zur Struktur und Verständlichkeit von Sätzen beiträgt. Die Wortstellung definiert, wie Wörter innerhalb eines Satzes angeordnet sind und beeinflusst somit die semantische und syntaktische Interpretation eines Satzes. Eine präzise und klare Wortstellung ist entscheidend für die Kommunikation, insbesondere in schriftlichen Texten. Die deutsche Grammatik folgt im Allgemeinen der Subjekt-Verb-Objekt (SVO)-Grundregelstellung, was bedeutet, dass das Subjekt den Satzanfang einnimmt, gefolgt vom Verb und dann vom Objekt. Dieser grundlegende Aufbau ermöglicht eine klare Strukturierung von Informationen und erleichtert das Verständnis für den Leser.

Ein grundlegender Überblick über die Regelstellung im deutschen Satz ist unabdingbar, um das Gerüst der deutschen Grammatik zu verstehen. Die Subjekt-Verb-Objekt (SVO)-Grundregelstellung dient als Orientierungspunkt für die Anordnung von Wörtern in einem Satz. Das Subjekt, meist der handelnde Akteur, nimmt dabei die erste Position ein, gefolgt vom Verb, das die Handlung oder den Zustand beschreibt, und schließlich dem Objekt, das die von der Handlung

betroffene Entität darstellt. Diese Regelstellung ermöglicht eine klare und effektive Kommunikation, indem sie den Leser oder Zuhörer auf eine logische Weise durch den Satz führt. Die Betonung liegt auf der Strukturierung von Informationen, was insbesondere in wissenschaftlichen, literarischen oder formalen Kontexten von Bedeutung ist. Die Grundregelstellung im deutschen Satz, die Subjekt-Verb-Objekt (SVO)-Struktur, bildet das Fundament der syntaktischen Konventionen in der deutschen Grammatik. Diese Standardreihenfolge ist von essentieller Bedeutung, da sie nicht nur eine klare und verständliche Kommunikation ermöglicht, sondern auch als Ausgangspunkt für die Untersuchung komplexerer Satzstrukturen dient.

Die SVO-Grundregelstellung folgt einem klaren Muster, bei dem das Subjekt, das den handelnden oder beschreibenden Teil des Satzes darstellt, an erster Stelle steht. Es wird gefolgt vom Verb, das die Aktion oder den Zustand angibt, und schließlich vom Objekt, das das von der Aktion betroffene Element repräsentiert. Diese Struktur schafft eine lineare Abfolge von Informationen, die die Aufnahme und Verarbeitung für den Leser oder Hörer erleichtert. Beispiel 1: "Der Hund (Subjekt) bellt (Verb) laut (Objekt)." Dieser einfache Satz verdeutlicht die SVO-Reihenfolge, bei der das Subjekt "Der Hund" die erste Position einnimmt, gefolgt vom Verb "bellt" und dem Objekt "laut". Beispiel 2: "Die Studenten (Subjekt) schreiben (Verb) fleißig (Objekt) Notizen." Hier zeigt sich erneut die SVO-Struktur, wobei das Subjekt "Die Studenten" die führende Position einnimmt, gefolgt vom Verb "schreiben" und dem Objekt "fleißig Notizen".

Die Grundregelstellung im deutschen Satz, definiert durch die Subjekt-Verb-Objekt (SVO)-Struktur, ist zwar die Standardreihenfolge, doch existieren Ausnahmen, die insbesondere in Fragesätzen auftreten. Eine solche Ausnahme ist die Verb-Subjekt-Objekt (VSO)-Wortstellung, die als Inversion in Fragesätzen bekannt ist. Die Untersuchung dieser Ausnahme gewährt einen Einblick in die Vielfalt der deutschen Grammatik und die flexiblen Möglichkeiten der Wortanordnung. Die VSO-Wortstellung tritt vorwiegend in Fragesätzen auf und kennzeichnet sich durch die Umkehrung der üblichen Reihenfolge von Subjekt und Verb. Diese Inversion dient dazu, eine Frage zu formulieren und verleiht dem Satz eine spezifische Intonationsstruktur, die auf die Erwartung einer Antwort hinweist. Fragesätze mit VSO-Wortstellung beginnen mit dem Verb, gefolgt vom Subjekt und dem Objekt. Diese Umkehrung verleiht der Frage eine besondere Betonung und verdeutlicht den interrogativen Charakter des Satzes. Die Inversion ermöglicht es dem Sprecher, den Fokus auf das Verb und die Frage selbst zu legen.

Beispiel 1: "Hast du (Verb) das Buch (Subjekt) gelesen (Objekt)?"



In diesem Beispiel wird die VSO-Wortstellung verwendet, um die Frage nach dem Lesen des Buches zu stellen. Das Verb "Hast" leitet den Satz ein, gefolgt vom Subjekt "du" und dem Objekt "das Buch".

Beispiel 2: "Sind die Kinder (Verb) im Garten (Subjekt) spielen (Objekt)?"

Hier zeigt sich erneut die Inversion in einem Fragesatz. Das Verb "Sind" steht an erster Stelle, gefolgt vom Subjekt "die Kinder" und dem Objekt "im Garten spielen". Die seltener auftretende Wortstellung Objekt-Verb-Subjekt (OVS) stellt eine Abweichung von der üblichen Subjekt-Verb-Objekt (SVO)-Grundregelstellung im deutschen Satz dar. Die Analyse dieser Wortstellungsvariante ermöglicht einen Einblick in die Vielfalt der deutschen Grammatik und die Kontexte, in denen OVS verwendet wird.

Die OVS-Wortstellung findet vor allem in schriftlichen Texten, literarischen Werken und poetischen Ausdrucksformen Anwendung. Sie wird genutzt, um eine besondere Betonung auf das Objekt zu legen oder eine atmosphärische Nuance zu erzeugen. Diese ungewöhnliche Wortstellung wird auch in stilisierten oder kreativen Kontexten eingesetzt, um eine auffällige Struktur und eine gewisse Originalität zu schaffen.

Beispiele und Erklärungen für die OVS-Wortstellung

Beispiel 1: "Den Wald (Objekt) durchzieht (Verb) der Nebel (Subjekt) geheimnisvoll."

In diesem Satz wird die OVS-Wortstellung verwendet, um das Objekt "den Wald" zu betonen und eine mysteriöse Atmosphäre zu erzeugen. Das Verb "durchzieht" folgt auf das Objekt, und das Subjekt "der Nebel" schließt den Satz ab.

Beispiel 2: "Die Sterne (Objekt) funkeln (Verb) am Himmel (Subjekt) silbern."

Hier wird erneut die OVS-Wortstellung genutzt, um das Objekt "die Sterne" in den Vordergrund zu rücken und eine bildhafte Beschreibung zu schaffen. Das Verb "funkeln" folgt auf das Objekt, während das Subjekt "am Himmel" den Satz abschließt.

Die Rolle der Nebensätze in der Wortstellung eines Satzes ist von entscheidender Bedeutung für die syntaktische Komplexität und den Informationsgehalt. Ein detailliertes Verständnis der Position von Nebensätzen in einem Hauptsatz ermöglicht es, die Struktur und Bedeutung eines Gesamtsatzes zu analysieren.

#### 1. Einfluss auf die Wortstellung im Gesamtsatz

Nebensätze beeinflussen maßgeblich die Wortstellung im Gesamtsatz, da sie zusätzliche Informationen oder Hintergrunddetails bereitstellen. Die Position eines Nebensatzes im Hauptsatz kann zu Verschiebungen in der Reihenfolge von Subjekt, Verb und Objekt führen, um die Klarheit und Kohärenz zu bewahren. Die Integration von Nebensätzen in einen Hauptsatz ermöglicht es dem Sprecher oder Schreiber, komplexe Informationen in einem einzigen Satz zu vermitteln. Je nach der Funktion



des Nebensatzes können verschiedene Wortstellungsvarianten auftreten, die von der Grundregelstellung abweichen.

Beispiel 1: "Obwohl es regnet (Nebensatz), gehen wir spazieren (Hauptsatz)."

Hier zeigt sich, wie der Nebensatz "Obwohl es regnet" vor dem Hauptsatz steht und einen Einfluss auf die Wortstellung hat. Trotz der Präsenz des Nebensatzes bleibt die Grundregelstellung erhalten, aber die Bedingung des Regens wird durch den Nebensatz betont.

Beispiel 2: "Der Lehrer (Hauptsatz), der gestern krank war (Nebensatz), gibt heute eine Prüfung (Hauptsatz)."

In diesem Fall wird der Nebensatz "der gestern krank war" zwischen den beiden Hauptsätzen eingefügt. Der Nebensatz liefert zusätzliche Informationen über den Lehrer und beeinflusst die Wortstellung innerhalb des Gesamtsatzes.

Schlussfolgerung

Die Untersuchung der Wortstellung im deutschen Satz offenbart die Vielfalt und Flexibilität der deutschen Grammatik. Die Schlussfolgerung bietet die Gelegenheit, die wichtigsten Erkenntnisse zusammenzufassen und die zentrale Bedeutung der Wortstellung für eine klare und wirkungsvolle Kommunikation hervorzuheben.

Im Verlauf dieser Analyse wurden verschiedene Aspekte der deutschen Wortstellung betrachtet, angefangen von der Grundregelstellung Subjekt-Verb-Objekt (SVO) bis hin zu Ausnahmen wie der Verb-Subjekt-Objekt (VSO)-Wortstellung in Fragesätzen und selteneren Varianten wie Objekt-Verb-Subjekt (OVS) und Verb-Objekt-Subjekt (VOS). Wir haben die Rolle von Nebensätzen in der Wortstellung untersucht und dabei festgestellt, wie sie die Struktur von Hauptsätzen beeinflussen können.

Die korrekte Anwendung der Wortstellung ist von entscheidender Bedeutung für eine erfolgreiche Kommunikation in der deutschen Sprache. Eine präzise und durchdachte Wortanordnung ermöglicht es, Informationen klar zu strukturieren und den Fokus auf bestimmte Elemente eines Satzes zu lenken. Die Wortstellung dient nicht nur als grammatische Konvention, sondern auch als Werkzeug, um Emotionen, Betonungen und stilistische Nuancen zu vermitteln.

Für Deutschlernende ist ein tiefes Verständnis der verschiedenen Wortstellungsvarianten und ihrer Anwendung in unterschiedlichen Kontexten unerlässlich. Es ermöglicht nicht nur eine flüssige und korrekte Sprachproduktion, sondern auch eine tiefere Wertschätzung für die Feinheiten der deutschen Sprache. Insgesamt zeigt die Analyse der Wortstellung im deutschen Satz, dass sie nicht nur ein grundlegendes sprachliches Element ist, sondern auch einen subtilen Einfluss auf die Ausdruckskraft und Wirkung von Sprache hat.

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## EXPRESSION OF ANIMAL SYMBOLS IN ENGLISH AND UZBEK PROVERBS

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**Abstract:** the article highlights the expression of symbols in English and Uzbek folk Proverbs, which are considered folk oral creations. In some places, the semantics of Proverbs related to animal names in English and Uzbek are analyzed.

**Keywords:** symbol, animal symbols, proverb, English, Uzbek, semantics, horse, Wolf, swallow.

**Аннотация:** В статье освещается выражение символов в английских и узбекских народных пословицах, которые считаются устным народным творчеством. В некоторых местах анализируется семантика пословиц, связанных с именами животных на английском и узбекском языках.

**Ключевые слова:** символ, символы животных, пословица, английский, узбекский, семантика, лошадь, волк, Ласточка.

In the system of social communication, people cannot live without the use of symbols adopted in this society, group and social environment. One aspect that distinguishes a person from an animal is his need for symbolism. B. in modern anthropology. Franklin's (toolmaking animal) formula has been slightly modified to interpret that "man is symbolizing animal by his nature, that is, man is not only "the one who produces weapons of labor", but also "the one who creates symbols."<sup>6</sup> So the world consists of symbols, symbols are the first, real creation of mankind. Human communication is reflected in the word "Symbol" ("Symbol"). The Greek word "symbol" originally represented a piece of pottery or porcelain and served as a sign of friendly relations. The host observing the guest gave the guest a piece of ceramic or porcelain, while the other piece was taken. Once this visitor came home again, he was recognized by this piece of pottery. So, in ancient times, the word "symbol" was used to mean "identity card".<sup>7</sup>

Horse is "the wing of a Turk" according to Mahmud Koshgariy's words. The sceptre of the shamans often represents the horse symbol, and the Uzbek people still have the inonches that the horse has a devi" The horse is a faithful friend of men, a

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<sup>6</sup> <https://www.thehindu.com/sci-tech/toolmaking-animals/article2224336.ece>

<sup>7</sup> Mahmud Koshgariy. Devonu lugotit turk. I-Sh tomlar. Toshkent: UzFA nashriyoti, 1960-1963.

devotee, a madatkori in his hard work, a co –ruler in travels, a beast in jangu-jaddals, other dangerous deeds that often keep a man from dying. That is why our ancestors created many proverbs about the horse. They show the incomparable importance of a horse in a person's life, its distinctive excellent qualities and qualities; when choosing a horse, what is necessary to mature in Olar-Sotar is justified; it is insisted that it should be kept, well –groomed, treated all the time, and appropriate advice is given on these. Var.: "Have a horse-have a wing"; "shoot – have a wing"; "Land wing – horse"; "the horse is over - the wing is over"; "the horse touched – the wing touched", " Hungry Man's power, the horse man's wing"; "the horse has a wing, the cow has a urine". In English people, a different worldview they believe horses should sometimes be asked a good horse of needs a good spur (a good horse also needs a good push), a good horse should be seldom spurred (a good horse should be pushed more or less).

The Wolf is a totem of Turkic peoples, it represents courage, disobedience. In Celtic mythology, The Wolf is a sun-swallower; in China it represents malnutrition, greed; in Christianity it represents evil, savagery. There are proverbs in Uzbek folk tales about the inability to teach a wolf to the hand. The wolf cannot be riched like a pet and trained in the hand. Because that's what his nature is. The Wolf does not persuade the boylagan, the pig - haidaganga; "The Wolf cannot be taught to the hand"; "The Wolf does not stand if you put the boylagan in the throat".

In the English Sociology, The Wolf is assessed as a close ally. A thief knows a thief as a wolf knows a wolf (the thief knows the pain as if he knew the Wolf Wolf).

Peacock bows towards his body, cries towards his foot, or the leg of the Stork himself in his short proverbs or the nature of ungrateful people, who do not appreciate material and spiritual wealth, has been criticized through the images of storks, peacocks. It is justified that a person should be content with what he has.

Swallow-Spring, good luck in Uzbek culture; in Japanese culture, both Fidelity and Fidelity symbolize maternal care. In China, it is valued as a symbol of courage, danger, loyalty, good change. In Christianity, the resurrection symbolizes a new life. In a number of Proverbs, signs of the weather of the people are manifested. «Swallows fly low – there will be rain"; swans fly into the snow, geese fly into the rain'; the stork knows that summer is coming, and the proverbs of winter-twilight embody many years of experience of the people. The low flight of the swallow, the fall of the rain, the flight of the Swans in the event of snow, or the flight of the geese when it rains, the arrival of the stork as a sign of summer, the arrival of the Crow (Jack Russell terrier) was taken as a sign of winter.

In conclusion, proverbs, which are considered folk oral creativity, seal the experiences, visions of our ancestors who lived in a certain period. The study of the

symbols expressed in them and their correct interpretation serve to illuminate the inner world of our ancestors, bring us closer to them, enrich our spirituality.

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## It is The impact of social networks on youth

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**Abstract:** This article shows the positive and negative aspect of social networks , which are developing day by day, in the worldview of young people.

**Key words;** Internet social networks, youth spirituality , mass communication , psychological effects on teenagers ,manipulation of tennage mind.

### **Introduction**

difficult to imagine today's improving world without social networks .Because we learn about the news and changes that occur around the world almost through social networks .Even, the need for televisions in everyone's home has become much less due to the fast-spreading news on social media .Many benefits of social networks in termson information exchange ,communication between people at long and close dictances ,development of information technology ,science and innovation ,but also there are also disadvantages of electromagnetic radiation,the stress of losing information ,the virtual world ,which affects not only the spirituality of young ,such as addiction and mental illness.

### Main body

A social networks is an online platform used for communication dating ,social relationships between people with similar interests or online connections ,as well as for entertainment music and movies and work purposes ,and it has a lot of shows that have a negative impact on the level of youth in various forms.Currently ,the most popular social networks around the world include sites,such as Telegram,Facebook,Twitter, Instagramm, You Tube ,Whats APP, TIK TOC . Snapchat, Reddit, Pinterest, LinkedIn [1].All kinds of fictitious, fantastic and militant games ,movies, video shows that are farbidden for minors to watch, and spreading secret information related to terrorism and exstremism through religions sites of various forms , which are dangerous to human life, have a negative impact on the spirituality of the young generation .

In December 2, 2021, an international conference was held in the Republic of Uzbekiston on the topic "The influence of the Internet and social networks on youth".

It was attended by representatives of the ministries of innovative development ,improvement of information technology communications ,UNISEF, INXA



,University ,Institute for the Study of Youth Problems and Training of Prospective Personnel,Uzbek Journalists' Union, Information and Mass Communications Agency [2] For most of the youth representatives ,it is easier to communicate on the Internet that in real life ,and as a result ,it leaves a negative mark on a person's place in society and further limits it.In particular the role of social networks in communication tools such as mobile phones ,tablets, and computers is expanding in the upbringing of children.There is a huge difference between the worldview of the children of the last century and the young generations of today .The thought of modern young is as fast as social network tools.Even the younger generation understand the programs that some older people do not understand .As a result ,negative situations are clearly visible in children's brain activity such as the use of educational resources, in particular, books, reading decreases,and social networks are filled with demonstrations.Since 2010,more than 8-800-2000-1228 million applications have been received on the All-Russia children's hotline.At the moment,222 services are connected to a single number in 83 regions of the Republic of Uzbekistan can get help[3].

The main risks for children and teenagers on the internet are;

- 1)Cyberbullying Internet bullying;
- 2)Using the Internet to manipulate the minds of children and teenagers(promoting extremist,anti-social behavior,committing suicide,engaging in dangerous games);
- 3)Cyber fraud;
- 4)Security of access to the network and theft of personal information by technical means;
- 5)Unlawful collection of personal information of minors and their distribution in the public domain;
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### Conclusion

In Conclusion, as we can see, the excessive use of social networks by young is showing serious damage to their mental health.On the Internet, teenagers have the opportunity to become asexual beings who kill everyone and everything, feel powerful and cool, that is, parents of the younger generation are set on social networks. It is a mistake by parents to give their children their mobile devices due to life problems,like working or doing household chores.Parents,pedagogues and psychologists should deal with the proper distribution of child's free time,without the Internet,computer,and phone games in general,in the education of the young generation.

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## CONCEPT AS A THE MAIN RESEARCH OBJECT OF COGNITIVE LINGUISTICS

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**Abstract** : The article considers the notion of the concept in its relation to the meaning of the word. Similarities and differences between these two constructs are identified. The dual nature of the concept is discussed. In this article defines cognitive approach, concept and conceptualization. This article determines the basic notion of Cognitive Linguistics. This article dwells upon the basic unit of cognitive linguistics, which is a concept. Firstly, we provide an overview of major scientific works written by foreign linguists who pay attention to special aspects and lines of research. Secondly, we analyse conclusions on modern problems in linguistics that are drawn in cognitological studies conducted since the end of the 20th century. We also touch upon the course and practice of cognitive linguistics while considering the connection between cognition and language.

**Keywords:** cognition, concept, Cognitive Linguistics, language, Linguoculturology, Linguoconceptology.

### Introduction

The concept is the category of thinking, it is an aspect of thought. Concept also can be termed as an abstract idea, a unit of thought, associated with a corresponding representation in language. Concepts exist in the mind as abstract entities independent of terms used to express them.

The notion of “concept” is considered to be one of the main notions of Cognitive Linguistics, Linguoculturology, Linguoconceptology and other linguistic disciplines of the anthropocentric paradigm. Yet it remains one of the most controversial issues in Cognitive Linguistics. First and foremost, the question that causes a good deal of confusion for those involved in the field is the understanding of what concept really is. There exist many definitions presented in the works by foreign and Russian scientists such as M. Heidegger, G. Lakoff, G. Picht, G.V. Alefirenko, N.D. Aruryunova, S.A. Askoldov, A.P. Babushkin, G.I. Berestenev, E. S. Kubryakova,

D.S Likhachev et al, who outline both differences and some common traits of this notion[1].

## **Methodology**

Cognitive linguistics is a scientific sphere that studies the knowledge about the world formed in the human mind, its inner structures, representative methods and regularities. Cognitive linguistics also aims at modeling the world and the structure of linguistic cognition. The world representation is formed in one's mind through feelings (tactile, visual, taste-bud) on the level of notion (signs, worldview) or thoughts organisation. When these matters are being formed in one's mind, they represent the known information about the world.

Today the category of concept appears in the studies of philosophers, logicians and Psychologists. D.S. Likhachov used this term to refer to the generalized cognitive unit, which reflects and interprets the phenomena of reality, depending on education, personal experience, professional and social experience of a native speaker

[2]. Yu.S. Stepanov considers that a concept is the "content of the notion",

A.P. Babushkin believes the concept as a discrete mental unit which reflects the object

of real or imaginary world and is kept in the national memory of native speakers in the

verbalized form [3]. In the Brief Dictionary of Cognitive Terms the concepts are determined

as "operational meaningful unit of memory, conceptual system, brain language, and the whole picture of the world reflected in the human mind" [3, p. 90].

In common usage the term mainly indicates "idea" or "notion". In a narrower sense it is an

abstract idea , sometimes defined as a "unit of knowledge". The concept has an only cognitive

status and does not exist outside mind.

The complication of the concept is a two-way connection between language and mind. Mental categories are represented through linguistic categories, and at the same

time are defined by them; in other words, the culture defines the concept (i.e. the concept is a mental projection of the elements of the culture). The relationships between

the phenomena of “language” and “culture” are complicated, as the language is both the part of the culture and an external factor to the culture; language and speech are the areas where the concept is “objectified”.

## **Results**

A concept is a unit that preserves and proceeds information about reality. It is an ethno cultural group of words and a basic mental phenomenon that expresses the natives’ cognitive consciousness. A concept is a small unit of an ideal consciousness and experience of native speakers. Nowadays, cognitive approach, concept and conceptualization have become traditional, and in the context of its priorities, the language has not already considered as something that exists “in itself and for itself”. Today, the term “concept” has gained great popularity in science. The image of concept is as bipartite unity of knowledge, on the one hand is facing the language, the other hand is to the mental world of man [4]. Considering the concepts “a bunch of culture in human consciousness”, the researchers N.D.Arutiunova, Y.S.Stepanov, A.D.Shmelev, E.S.Yakovlev show the basic concepts that exists in each and actual for every person, however, they are not only universal, but also are nationally specific.

In spite of the fact that the present state of linguoculturology research is characterized by a lack of general methodological foundations and common conceptual approaches; additionally there is no clear theoretical basis, commonly accepted terminology, fundamental assumptions, which would allow representatives of different directions and trends achieve mutual understanding.

## **Discussion**

It is especially important to reveal the relation between the concept and the meaning of the word as it affects both the determination of the subject of cognitive linguistics and the development of methods for analyzing the semantics of the language.

On the one hand, the concept and the meaning of the word share some similarities. Human mind, localized in the brain reflects the objective and subjective reality. Both the concept and the meaning are the reflection of reality (objective and subjective). They have cognitive nature and present the result of the reflection and cognition of reality by the human mind. In other words, the content of the concept reflects certain

aspects of the phenomena of reality, and so does the meaning of the word, which has a cognitive nature.

On the other hand, they have certain differences. The meaning and the concept are the products of the different levels. We can oppose the concepts and the meanings as

mental units, which belong to the cognitive and linguistic human consciousness respectively. The concept is a product of cognitive human consciousness, while the meaning is the product of linguistic consciousness.

The meaning in relation to the concept appears as a part of its content, which is relevant to this linguocultural community. Many cognitive linguists agree that components of lexical meaning reflect only significant conceptual features, but not all

of them. The structure of the concept is much more complicated and more varied than

the lexical meaning of the words.

The meaning conveys certain cognitive features and components that make up the concept, but it is always only part of the semantic content of the concept. For the explication of the content of the concept numerous lexical items as well as experimental

studies to complement the results of linguistic analysis are required. Thus, the meaning

and the concept are correlated as communicatively relevant part and a mental whole.

The term “concept” came into linguistic usage from logic, regarded as a synonym of the term “notion”. In modern logic “concept” is defined as “an integral complex of the object’s qualities”.

Another problem of concept typology is one of the theoretical problems of cognitive linguistics.

Let’s consider the existing typology done from the cognitive point of view. One of the first classification proposed by A.P.Babushkin(2006) was elaborated according to the form of expression and representation in vocabulary. He distinguishes the following types:

1) Lexical concepts – represented by lexical words: wedding, happy, knowledge, mind

2) Phraseological concepts – phraseological units that represent one concept: Guardian angel, Achilles heel, golden claf

- 3) Concrete concepts, denoting concrete objects: stone, mother, book, girl, rabbit, apricot
- 4) Abstract concepts represented by abstract notions: mind, happiness, justice, knowledge.

Within this classification the scholar also distinguishes the following subtypes of concepts:

- A) Mental image: animal-cat, fruit-apple, vegetable-carrot
- B) Schemas detailed images: lion- the king of forest
- C) Frames associations which relate elements, situation from the human experience: wedding, shopping, walking, skating
- D) Insights knowledge about specific functions of objects: book, notebook, mobile phone, guitar, television, curtain
- E) Scenario knowledge about events in dynamics: accident, trip, travelling, fight, examination
- F) Kaleidoscopic concepts scenario related to emotions and feelings: happiness, fear, love, hate

So, there are a lot of approaches to the problem of concept typology. The scholars provide a number of classifications based on different criteria. It should be stressed that concept typology is not a simple matter and any discussion of it is bound to reflect more than one angle of vision.

Let's look at some important concepts in cognitive linguistics.

Mind is the ability of a person to act purposefully within this connection, which leads to knowledge, understanding and allows to understand the universal relationship of values, things and events. This is the mechanism of formation of knowledge, which is the purposeful realization of knowledge in the process of interaction of a particular organism with environment.

Knowledge is the ability to have experience and understanding that is both subjectively and objectively correct, and based on objective and subjective aspects it is possible to think and draw conclusions that provide purposeful behavior. Knowledge is a dynamic functional structure that shapes the world style and is the product of the processing of verbal and nonverbal experiences.

The cognitive basis is the sum of the necessary knowledge that all linguists in a given linguocultural society should possess. The cognitive base is formed through cognitive

structures, while cognitive structures in turn shape our competence and form its basis. The

cognitive base performs unifying and differentiating functions.

## **Conclusion**

In conclusion, this paper presents the following essential characteristics of the concept: being central part of Cognitive Linguistics. The concept is the sense of emotional and cultural marking, the mental essence responsible for shaping, processing, storage and transfer of knowledge. Therefore, the concept contains emotional, expressive, evaluative components. The concept has nation-specific features, it is the main part of culture, presumably, it is structured. The concept can be various type and different complexity, it has a soft structure.

The concept codified in the consciousness both by a notion and an individual sensual image. Depending on the level of understanding of these essences, the conceptual focus can be manifested by notion or a basic idea which are based on the most stable central substantial components that cover the main essence of the concept content. The theory and description of concepts must separate the contents and the structure of a concept. The concept structure includes the basic structural components of various cognitive nature which form the concept – the sensual image, the informational and interpretational fields.

The basic category of cognitive linguistics (a concept) is a linguistic phenomenon arising from the combination of logical models that systematise, regulate and classify the cluster-organized knowledge of some ethnos, and show the integrity of language patterns in synonymous, associative, binary and other relations. A concept is the main object of cognitive linguistics.

The conceptual space of any given language defines the purview, view of life and consciousness of the corresponding ethnos and its distinctive members. Therefore, a semasiological category should be considered from a theoretical-cognitive viewpoint. The study of a concept enriches the range of meanings and provides an opportunity to analyse this phenomenon from an anthropocentric point of view. Anthropocentric approach in linguistics displays the category of meaning in a new perspective.

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## **ENTWICKLUNG DER SCHREIBFÄHIGKEITEN BEI STUDENTEN, DIE EINE FREMDSPRACHE ERLERNEN**

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**Annatation** : In den Entwicklungsländern ist die Nachfrage nach dem Erlernen einer Fremdsprache hoch, daher trägt ein gutes Niveau an Fremdsprachenkenntnissen zur Wettbewerbsfähigkeit und beruflichen Mobilität des zukünftigen Spezialisten eines fremden Landes bei. Durch das Erlernen einer Fremdsprache müssen zukünftige Fachkräfte nicht nur kommunikative, sondern auch allgemeine kulturelle und berufliche Kompetenzen erwerben. Diese Kompetenzen werden als Kernkompetenzen bezeichnet.

**Schlüsselwörter:** Bildungsfach, Bildungsparadigma, kompetentes Lesen, Persönlichkeitsbildung, globale Pädagogik, Kompetenz, Kompetenzansatz;

Heutzutage hat sich in den entwickelten Ländern die Bewegung von Sprachschülern verstärkt, von einem auf die Beherrschung des Fachs ausgerichteten Bildungsparadigma hin zu einem kompetenzbasierten Bildungssystem überzugehen. Aus diesem Grund werden in der Weltpädagogik die Probleme der kompetenten Persönlichkeitsbildung und des kompetenten Lesens vorangetrieben. Vor diesem Hintergrund tauchten im Bildungssystem Konzepte wie Kompetenz, Kompetenzansatz und kompetente Person auf. Was verstehen wir unter Kompetenzansatz? Das Wort „Kompetenz“ kommt vom englischen Wort „to competence“, was konkurrieren, konkurrieren bedeutet. Wenn wir auf die wörtliche Übersetzung achten, bedeutet dies die Fähigkeit, konkurrenzfähig zu sein.

Das Wesen des Begriffs wird auch anhand von Begriffen wie „Effizienz“, „Anpassungsfähigkeit“, „Leistung“, „Erfolg“, „Verständlichkeit“, „Wirksamkeit“, „Lesbarkeit“, „Eigenschaft“, „Qualität“ beschrieben. , "Menge". Was sollte eine Person sein, die auf der Grundlage eines Kompetenzansatzes ausgebildet wird? Unter einer kompetenten Person versteht man eine Person, die die Fähigkeit besitzt, Probleme in einem bestimmten Bereich zu lösen, die eine bestimmte Aufgabe stellen und bei deren Lösung Unabhängigkeit zeigen kann. Um das Endergebnis der pädagogischen Arbeit zu erreichen, muss der Lehrer zu Beginn des Bildungsprozesses festlegen, welche Kompetenzen der Schüler erwerben soll. Ziel der Kompetenzbildung ist nicht nur der Erwerb bestimmter Kenntnisse, sondern auch die Entwicklung persönlicher Entwicklung, Verständnis und kreativer

Fähigkeiten. Basierend auf dem Hauptziel, die Muttersprache auf allen Stufen der Bildung zu lehren, zielt die Gesellschaft auf die Erziehung der Muttersprache ab, um in der Person des Schülers denken, die Meinung anderer verstehen und äußern zu können das Produkt des Denkens in mündlicher und schriftlicher Form, das die Aufgabe stellt, unabhängiges und kreatives Denken zu entwickeln. Darauf aufbauend wird im Prozess der Beherrschung der Sprachausbildung der Kompetenzerwerb der Studierenden anhand der Einzigartigkeit und des Inhalts dieses Faches bestimmt.

Schreiben. Schreiben ist eine effektive Form der Sprachaktivität, die den Ausdruck von Gedanken in grafischer Form ermöglicht. In der Methodik des Fremdsprachenunterrichts sind Schrift und schriftliche Rede sowohl Mittel als auch Ziel des Fremdsprachenunterrichts. Schreiben ist eine technische Komponente der schriftlichen Rede. Die schriftliche Sprache ist zusammen mit der Sprache ein Produkt der Sprachaktivität und wird durch die Markierung einiger Inhalte durch grafische Symbole ausgedrückt. Das Schreiben ist eng mit dem Lesen verbunden und ihr System verfügt über ein grafisches Sprachsystem. Beim Schreiben mit grafischen Symbolen werden Gedanken kodiert, beim Lesen werden grafische Symbole dekodiert. Wenn Sie die Ziele des Schreibens und des Schreibensunterrichts richtig definieren, die Rolle des Schreibens bei der Entwicklung anderer Fähigkeiten berücksichtigen, völlig angemessene Übungsziele verwenden und diese in einem bestimmten Lernstadium durchführen, wird das Sprechen nach und nach reicher und logischer. Schreiben trägt zur Entwicklung von Grammatikkenntnissen bei, wenn man ihm grundlegende Copywriting-Aufgaben oder Aufgaben gibt, die Kreativität erfordern, die alle Voraussetzungen für das Auswendiglernen sind. Für Studierende ohne schriftliche Arbeit ist es sehr schwierig, sich lexikalisches und grammatikalisches Material zu merken.

Aufgaben zum Unterrichten des schriftlichen Sprechens zur Schulung der Fähigkeiten und Fertigkeiten der Studierenden: Verwenden Sie Sätze, die den untersuchten Sprachmodellen entsprechen, in einer schriftlichen Stellungnahme; Aufbau von Sprachmodellen gemäß lexikalischen, Rechtschreib- und Grammatikstandards; Sprachmerkmale einer bestimmten Form der schriftlichen Kommunikation, Offenheit für die Aussage, Genauigkeit, Verwendung von Methoden des sprachlichen und semantischen Ausdrucks des Textes, Präsentation der schriftlichen Aussage mit logischer Konsistenz. Schreiben kann nur dann zu einem wirksamen Lehrmittel werden, wenn die Schüler ein bestimmtes Maß an Rechtschreibkenntnissen und -kompetenzen erreicht haben. In der mittleren Bildungsstufe kommt die komplexeste Form der Sprachkommunikation zum Einsatz, zum Beispiel Denken, das von den Schülern Wissen, einen breiten Wortschatz und Redewendungen erfordert, die ihnen helfen, ihre Gedanken

schriftlich auszudrücken. Die zu lösenden Aufgaben im Schriftsprachunterricht sind die Ausbildung der notwendigen grafischen Automatismen, der sprachlichen Denkfähigkeit und der Fähigkeit, Gedanken entsprechend dem Schreibstil der Studierenden zu formulieren, ihre Weltanschauung und ihr Wissen zu erweitern und das Kulturelle zu beherrschen und intellektuelle Vorbereitung auf die Schöpfung. Bildung echter Vorstellungen über den Inhalt der schriftlichen Redearbeit, den Inhalt des Themas, den Redestil und die grafische Form des geschriebenen Textes. Schriftliche Rede ermöglicht die Speicherung von Sprach- und Sachwissen, dient als verlässliches Denkmittel und fördert das Sprechen, Zuhören und Lesen in einer Fremdsprache. Schriftliches Sprechen gilt als kreative Kommunikationsfähigkeit und wird als die Fähigkeit verstanden, seine Gedanken schriftlich auszudrücken. Dazu muss man über Rechtschreib- und Kalligraphiekenntnisse, die Fähigkeit, eine in innerer Sprache verfasste schriftliche Rede zu verfassen und zu organisieren, sowie über die Fähigkeit verfügen, geeignete lexikalische und grammatikalische Einheiten auszuwählen.

In letzter Zeit wird das Schreiben als Hilfsmittel zur Verbesserung der Effektivität des Fremdsprachenunterrichts angesehen. Im Hinblick auf moderne Kommunikationsmittel wie E-Mail, Internet usw. ist die praktische Bedeutung der schriftlichen Sprachkommunikation nicht zu übersehen. In der modernen Welt kommt der schriftlichen Kommunikation eine extrem hohe Bedeutung zu. Es ist jedoch notwendig, zwischen schriftlicher Aktivität und schriftlicher Rede zu unterscheiden. Die Aktivität der schriftlichen Sprache ist die gezielte und kreative Umsetzung von Gedanken im geschriebenen Wort, und geschriebene Sprache ist die Methode, Gedanken in den Zeichen der geschriebenen Sprache zu formen und zu formen.

Effektives Schreiben wird im Fremdsprachenunterricht immer noch zu wenig gelehrt. Die schriftlichen Fähigkeiten der Schüler bleiben oft weit hinter dem Lernniveau anderer Arten von Sprachaktivitäten zurück. Der Brief zeichnet sich durch einen dreiteiligen Aufbau aus: anregend-motivierend, analytisch-synthetisch und exekutiv. Ziel des Schriftsprachunterrichts ist die Entwicklung der schriftlichen Kommunikationskompetenz der Studierenden, die den Erwerb schriftlicher Zeichen, den Inhalt und die Form schriftlicher Sprecharbeit umfasst. Die im Schriftsprachunterricht zu lösenden Aufgaben beziehen sich auf die Schaffung von Voraussetzungen für die Beherrschung der Inhalte des Schriftsprachunterrichts. Daher ist der Schreibunterricht untrennbar mit dem Unterrichten anderer Arten von Sprachaktivitäten wie Sprechen und Lesen verbunden. Schriftliche Rede ermöglicht die Speicherung von Sprach- und Sachwissen, dient als verlässliches Denkmittel und fördert das Sprechen, Zuhören und Lesen in einer Fremdsprache. Sinnvoll eingesetztes Schreiben beim Erlernen einer Fremdsprache hilft dem Schüler

aufgrund seiner engen Verbindung mit allen Arten von Sprachaktivitäten, den Stoff zu beherrschen, Wissen über die Sprache und durch die Sprache anzusammeln. Kurz gesagt, die Schüler sollten beim Sprechen in der Lage sein, Informationen zu vermitteln oder zu erklären, zu billigen oder zu verurteilen, zu überzeugen und zu beweisen. Beim Schreiben benötigen Studierende die Fähigkeit, ihre eigenen Gedanken und die anderer schnell zu korrigieren; Schreiben aus Lesen, Material verarbeiten; Verfassen einer Gliederung oder Zusammenfassung einer Rede. Beim Lesen ist die Fähigkeit der Schüler wichtig, Zeitungs- und Zeitschriftenartikel sowie literarische Werke mittlerer Komplexität schnell zu lesen. Zuhören erfordert die Fähigkeit, Sprache in der Live-Kommunikation in normalem Tempo sowie die Bedeutung von Fernseh-/Radioprogrammen zu verstehen. Durch die Fähigkeit des Schreibens kann man die Breite der Welt des Denkens und der Vorstellungskraft sowie das Niveau des Wortschatzes kennenlernen.

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## ПРОЦЕСС СУДЕБНО-ХИМИЧЕСКОГО РАССЛЕДОВАНИЯ ОТРАВЛЕНИЯ ОКСИДОМ УГЛЕРОДА

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**Аннотация:** Оксид углерода (СО) остается актуальным во многих странах, в том числе и в Узбекистане. В данной статье обсуждаются физико-химические свойства СО и токсикологическая оценка отравления СО.

**Ключевые слова:** оксид углерода, карбоксигемоглобин, патофизиология, токсичность,

**Введение:** Многие яды, от природных ядов до синтетических химикатов, присутствующих в нашей окружающей среде, могут вызывать различные вредные последствия для живых организмов. В данной обзорной статье отравление угарным газом рассматривается с клинической точки зрения. СО, иногда называемый «тихим убийцей», представляет собой газ без цвета, запаха и не вызывающий раздражения. Поскольку СО имеет удельный вес 0,97, он немного легче воздуха. Этот газ в основном образуется в результате неполного сгорания органических соединений. Выхлопы транспортных средств, пожарный дым и неправильно обслуживаемые системы отопления являются распространенными источниками.

За последние 25 лет мировой уровень отравления СО оставался стабильным. Судебные токсикологи имеют дело со смертельным отравлением СО и должны оценивать его токсичность в повседневной практике. В данной статье описаны химические свойства и токсикологические свойства СО. СО образуется в результате неполного сгорания органических соединений. Основными источниками СО при отравлениях являются домашние пожары (максимальная концентрация СО в воздухе вблизи пожара дома составляет около 5%), неполное сгорание топлива (например, угля, брикетов, топливного газа), мазута), горелка. использование, нагревательное или кухонное

оборудование с недостаточной вентиляцией или неправильным обслуживанием, выхлопные газы транспортных средств с двигателями внутреннего сгорания (концентрация CO в отработанном газе составляет менее нескольких процентов) и несчастные производственные происшествия (например, те, которые произошли на чугунолитейных или химических предприятиях). Выхлопы дизельных двигателей содержат около 0,01–0,06% CO, а вдыхание не вызывает смертельного отравления CO [1]. В последние годы с внедрением трехкомпонентных каталитических нейтрализаторов [10] также снизилась концентрация выбросов CO от бензиновых двигателей. CO присутствует в основной массе сигаретного дыма (3-4%) [2], а насыщение крови карбоксигемоглобином (CO-Hb) увеличивается примерно на 10-15% у заядлых курильщиков. Отравление происходит при вдыхании относительно высоких концентраций газа CO. Оно не всегда случайно: его используют и намеренно как средство самоубийства.

**Эффекты:** CO представляет собой газ при нормальной комнатной температуре, который при вдыхании из легких попадает в кровоток. Поскольку сродство CO к гемоглобину (Hb) в 230-270 раз больше, чем у кислорода, в эритроцитах образуется CO-Hb [6, 8, 2]. Образование CO-Hb в крови зависит от различных факторов, таких как концентрация CO во вдыхаемом воздухе, продолжительность воздействия CO, легочная вентиляция, физическая нагрузка и состояние здоровья [6, 8]. Небольшое количество CO образуется в результате деградации гема-белка *in vivo* [8]. После вдыхания CO остается практически полностью неокисленным, при этом менее 0,1% выдыхаемого CO превращается в углекислый газ [10]. Остальное со временем выводится из организма. CO проявляет высокое сродство не только к гемоглобину, но и к другим гем-белкам, таким как миоглобин и цитохром с-оксидаза. CO также связывается с миоглобином в миокарде и скелетных мышцах [6, 8]. Поскольку до 15% общего количества CO в организме поглощается тканями [3], CO может диффундировать из органов в кровь по мере снижения насыщения крови CO-Hb [3].

Для оценки насыщения CO-Hb в крови использовалась следующая формула:

$$\text{CO-Hb (\%)} = \alpha \times \text{CO в воздухе (\%)} \times \text{время (мин)},$$

где  $\alpha$  — константа со значениями 3 в состоянии покоя, 5 при лёгкой активности, 8 при лёгкой работе и 11 при тяжёлой работе [ 3 ], или

$$\text{CO-Hb (\%)} \approx 0,33 \times \text{RMV} \times \text{CO в насыщенном воздухе (\%)} \times \text{время (мин)},$$

где RMV — минутный объем дыхания со стандартными значениями 8,5 в покое, 25 при легкой нагрузке и 50 при тяжелой нагрузке [3].

У здоровых некурящих людей насыщение СО-Нб составляет менее 2%. При гемолитической анемии она повышается до 4-6%, а в зависимости от состояния заболевания может повышаться почти до 10%. Метиленхлорид, растворитель, используемый в качестве средства для удаления краски или лака, метаболизируется до СО [6, 7]. Сообщалось о тяжелом отравлении СО с насыщением СО-Нб до 50% после воздействия метиленхлорида [3].

**Материал и методы.** Насыщение СО-Нб в крови легко снижается введением кислорода. Период полураспада СО при вдыхании зависит от различных факторов, таких как концентрация СО на вдохе, продолжительность воздействия СО, наличие оксигенации после восстановления контролируемой концентрации кислорода и RMV. Для покоящегося взрослого человека это примерно 4-5 часов при вентиляции помещения на уровне моря, 80 минут на 100% кислороде при нормобарическом давлении и 23 минуты на 3 атмосферах абсолютного (АТА) кислорода. Гипоксия тканей - Основное токсическое действие Острое отравление СО связано с образованием СО-Нб. Это приводит к снижению способности транспортировать кислород, в результате чего возникает недостаток кислорода на тканевом уровне. Когда СО связывается с субъединицей гемоглобина, другие сайты связывания увеличивают сродство к молекуле кислорода. Таким образом, СО смещает кривую диссоциации кислорода и гемоглобина влево, тормозит диссоциацию кислорода в области с низким содержанием кислорода и усиливает тканевую гипоксию. Однако в обратном случае, когда эта связь может быть разорвана, СО медленно заменяется кислородом. СО также связывается с миоглобином в миокарде и скелетных мышцах, вызывая дисфункцию оксигенации тканей. В миокарде это приводит к нарушениям сердечной деятельности. Кроме того, он оказывает прямое действие, ингибируя активность таких ферментов, как цитохром с-оксидаза. Таким образом, отравление СО может привести к сердечным и неврологическим расстройствам. Апоптоз является основным фактором патогенеза сердечной недостаточности. Отравление СО вызывает апоптоз клеток миокарда. Нейротоксичность после воздействия СО включает апоптоз и внутриклеточный окислительный стресс, а эритропоэтин, ресвератрол и гипербарический кислород уменьшают дисфункцию миокарда и мозга, подавляя апоптоз или другие пути. Тканевая гипоксия за счет СО повышает проницаемость сосудов и приводит к увеличению интерстициальной жидкости с уменьшением объема циркулирующей крови (гемоконцентрацией), что поражает многие органы. Сюда входит опухоль головного мозга с неврологическими симптомами и нарушением сознания;

отек легких с одышкой; снижение сократимости миокарда, аритмия и сердечная недостаточность; и почечная недостаточность. Вишнево-красное изменение цвета кожи является наиболее характерным проявлением поверхности тела при отравлении СО. Обычно это наблюдается, когда концентрация СО-Нб превышает 30%. На аутопсии обнаруживаются кровь, органы и мышцы схожего вишнево-красного цвета с образованием СО-Нб и карбоксимиоглобина. Наблюдаются также отек легких и гиперемия общих органов. Некроз бледного шара наблюдается при длительном отравлении СО. Основные механизмы включают гипоксическое повреждение головного мозга, а также апоптоз. Токсикологическая оценка отравления СО основана на результатах аутопсии и насыщении крови СО-Нб. Поскольку большинство результатов вскрытия неспецифичны для отравления СО — за исключением изменений цвета кожи, органов и крови на вишнево-красный — основным моментом судебно-медицинской оценки является насыщение СО-Нб. Спектрофотометрические методы, газовая хроматография, детекторные трубки и оксиметрия используются в качестве тестов на СО, и сообщалось о различных методах. Наиболее часто используется спектрофотометрический метод. Наличие СО-Нб можно определить по изменению спектра поглощения. Это простая процедура.

**Результаты испытаний и вывод:** фатальной концентрацией при отравлении СО является насыщение СО-Нб выше 50-60%. Как уже упоминалось выше: поскольку на насыщение СО-Нб в крови влияет множество факторов, при оценке токсичности СО необходимо проводить медицинские вмешательства, такие как введение кислорода или сердечно-легочной реанимации. Измеренное значение СО-Нб на момент смерти обычно выше у молодых жертв, чем у пожилых людей. Пожилые люди могут умереть и при более низких концентрациях - уровень составляет около 25%, иногда измеряется, других причин смерти не обнаружено. Это может указывать на то, что у молодых людей меньше сопутствующих заболеваний и они лучше переносят тканевую гипоксию. Мозг – орган с очень высокой потребностью в кислороде и, следовательно, повреждение тканей в результате острого отравления СО. Особенно чувствителен к воздействию гипоксии. Сердце является органом с высокой потребностью в кислороде и поэтому поражается так же часто, как и мозг. Пороги стенокардии, аритмии и инфаркта миокарда снижаются у пациентов с сердечно-сосудистыми заболеваниями. Эти состояния наблюдались даже при СО-Нб 5-10% [6], внезапная смерть от тяжелой атеросклеротической болезни сердца СО-Нб 20-30%. За последние несколько

лет в нескольких экспериментах *in vivo* или *in vitro* были исследованы различные соединения, такие как сульфат магния, инсулин, гесперидин, ресвератрол, гранулоцитарный колониестимулирующий фактор и эритропоэтин, которые могут бороться с ранними осложнениями и поздними последствиями отравления СО. В случае пожара дополнительными соображениями являются другие токсичные газы (такие как цианид и фосген) и истощение кислорода, вызванное потреблением кислорода во время горения. Поскольку цианид токсичен из-за связывания с MetHb, оценка токсичности должна быть сосредоточена на концентрации MetHb в крови жертвы, и поэтому СО-Нб, цианид и MetHb следует измерять у подозреваемых жертв пожара. Сообщалось о посмертном образовании СО в результате распада в образце, находящемся в состоянии с длительным временным интервалом после смерти. Это произошло из-за распада гемовых белков, таких как гемоглобин и миоглобин. Сообщалось также о посмертном образовании СО в таких условиях и образцах, как длительное погружение в воду. Значения СО-Нб более 10% в плевральном выпоте иногда наблюдаются при утоплении без вдыхания СО. Поскольку посмертного образования СО не выявлено, нам не следует использовать жидкости полости тела для измерения СО в случаях тяжелого разложения.

**Вывод:** отравление угарным газом приводит к увеличению числа смертей. Эта статья о судебной химии и процессах, наблюдаемых при смерти. Эти данные могут быть ценны для интерпретации отравления СО и могут предоставить ценную информацию для судебно-медицинской диагностики.

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## **ПАТОЛОГИЧЕСКИЕ ПОСЛЕДСТВИЯ ЗАСТЕНЧИВОСТИ**

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**Аннотация:** В статье рассматривается явления застенчивости как всеобщее и широко распространенное особенность личности. Если сказать, что застенчивость присуща всем и каждому, то это может показаться преувеличением. Но для такого суждения есть серьезные основания. Лишь очень немногие утверждают, что никогда не страдали застенчивостью. Природа застенчивости также её патологические последствия.

**Ключевые слова:** застенчивость, природа и патологическое стороны застенчивости, страх, общения, аффект, растройство.

Известно, для большинства людей застенчивость – это беда, которая не дает им жить полноценной жизнью. Мировой опыт показал, насколько мало еще известно науке о застенчивости. Единственный человек, который попытался ответить данный вопрос в целом – это Филип Зимбардо – известный американский психолог, профессор Стэнфордского университета. Он провел социально-психологический анализ застенчивости, где раскрыл ее роль в процессе общения между людьми.

Застенчивость – понятие растяжимое, у нее очень много разновидностей. В Оксфордском словаре английского языка сказано, что первое письменное употребление данного слова отмечено в англосаксонском стихотворении, написанном около 1000 г. н. э.; там оно означало “легкий испуг”. Словарь Уэбстера определяет застенчивость, как состояние “стеснения в присутствии других людей”. В русском языке слово “застенчивый” образовано от глагола “застить” и толкуется словарем В. И. Даля как “охотник застеняться, не показываться; неразвязный, несмелый; робкий и излишне совестливый или стыдливый; неуместно скромный и робкий; непривычный к людям, робкий и молчаливый”.

Быть застенчивым – значит бояться людей, особенно тех людей, которые по той или иной причине, негативно воздействуют на наши эмоции: незнакомцев

(неизвестно, что от них можно ожидать); начальников (они обладают властью); представителей

О природе застенчивости существует много различных версий. Разные специалисты выдвигают различные варианты ответа:

- Исследователи личности убеждены, что застенчивость передается по наследству, точно так же, как умственные способности или рост человека.
- Бихевиористы полагают, что застенчивым людям просто недостает социальных навыков, необходимых для полноценного общения с другими людьми.
- Психоаналитики говорят, что застенчивость – это не что иное, как симптом, выражение на сознательном уровне бушующих в подсознании глубинных психических противоречий.
- Социологи и некоторые детские психологи считают, что застенчивость нужно понимать в аспекте социальных установок: мы смущаемся, когда речь заходит о соблюдении общественных приличий.
- Социопсихологи утверждают, что застенчивость дает о себе знать с того момента, когда человек говорит себе: “Я застенчив”, “Я застенчив, потому что считаю себя таковым и потому что так думают обо мне другие”.

В первую очередь необходимо рассмотреть происхождение и развитие застенчивости у младенцев и детей, так как для них эмоциональные отношения всюду являются доминирующими. Один из возможных источников застенчивости может быть обнаружен, если проследить за ранним опытом общения с незнакомыми людьми. Застенчивость проистекает из ошибки познания, которая ведет к реакции на незнакомца как на знакомого человека. Если ребенок часто переживал такие неприятные ощущения, связанные с незнакомыми людьми, он постепенно понимает, что встреча с незнакомцем всегда вызывает застенчивость.

Формирование застенчивости, ее появление во многом зависит от застенчивости, когда она действительно проявляется, либо, создавая условия, предрасполагающие к возникновению застенчивости. Вот некоторые источники застенчивости: представления застенчивого ребенка о самом себе, очередность рождения, чувствительность к застенчивости родителей и детей друг к другу, а так же наследование застенчивости.

Патологические аффекты, которые застенчивость оказывает на женщин, менее очевидны, чем у мужчин, так как в основном женщина ведет изолированное существование в доме. Однако патология существует. Одиночество и изоляция застенчивой женщины часто выражаются в психологической

депрессии, которая ведет к чрезмерному употреблению таблеток, алкоголя, помещению в психиатрические больницы и даже к суицидальным попыткам (женщины чаще пытаются покончить жизнь самоубийством, чем мужчины; хотя мужчины используют для этого более действенные методы).

Аффективное расстройство, как депрессия – это результат “неразряженной застенчивости”. Застенчивые люди всю агрессию, не нашедшую выхода, направляют внутрь на самого себя, отсюда появляется ощущение своей неполноценности, ненужности и никчемности. Все это ведет к депрессии. И как финальный шаг на пути самоунижения – самоубийство.

То есть застенчивость может в такой же степени искалечить психику, в какой самый тяжелый физический недуг может изувечить тело, а ее последствия могут стать поистине разрушительными:

- Застенчивость создает трудности при встречах с новыми людьми и знакомствах, не доставляет радости от потенциально положительных переживаний;
- Она не позволяет заявлять о своих правах, высказывать свои мнения и суждения;
- Застенчивость ограничивает возможность положительной оценки личных качеств другими людьми;
- Она способствует развитию замкнутости и чрезмерной озабоченности собственными реакциями;
- Застенчивость препятствует ясности мысли и эффективности общения;
- Застенчивость обычно сопровождается такими чувствами, как депрессия, беспокойство и ощущение одиночества.

Итак, застенчивость – это явление социально обусловленное. Она появляется при взаимодействии людей в обществе; это одно из проявлений взаимоотношений. Природа застенчивости также разнообразна, как и ее определение. Главный источник застенчивости – страх перед людьми. А именно в первую очередь незнакомцы (особенно противоположного пола) и начальство. Такие источники как неуважение к себе, низкая самооценка, повышенный самоконтроль и самоанализ могут привести к необратимым последствиям. В лучшем случае это могут быть замкнутость, ощущение одиночества, а в худшем случае – алкоголизм, различные виды агрессий или застенчивость принимает форму невроза – паралич сознания, которое выражается в депрессии и порой может привести к самоубийству.

Застенчивость также могут вызвать и родственники, и даже родители. Фундамент застенчивости, конечно же, закладывается в детстве. Ее появление

во многом зависит от воспитания родителей, учебных заведений и социальной среды. Правда есть и такие люди, которые, будучи незастенчивыми, вдруг под влиянием каких-либо событий становятся застенчивыми. Значит застенчивость – это “инфекция”, которая может заразить многих.

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## **SUT VA SUT MAHSULOTLARINI QAYTA ISHLASH KORXONALARIDA MAHSULOT SOTISHDAGI XARAJATLAR HISOBI**

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**Annotatsiya.** Tuman fermer xo‘jaliklari amaliyotida qo‘llanilishi buxgalteriya hisobi axborotlarini to‘liq va ishonchliligini ta‘minlash, sut va go‘sht ishlab chiqarish xarajatlarining dastlabki, sintetik va analitik hisobini takomillashtirish imkonini yaratadi. Natijada boshqaruv qarorlari samaradorligi ta‘minlanishi hisobiga fermer xo‘jaliklarida ishlab chiqarish hajmi ortadi

**Kalit so‘zlar:** sut mahsulotlari, xom ashyo, xarajatlar, foyda, standart

2017 yil 7 iyul kuni O‘zbekiston Respublikasi vazirlar mahkamasining “Sut va sut mahsulotlarining xavfsizligi to‘g‘risidagi umumiy texnik reglamentni tasdiqlash haqida” gi 474-sonli qarori qabul qilindi. Sut va sut mahsulotlarining xavfsizligi to‘g‘risidagi umumiy texnik reglamentni rasmiy e‘lon qilingan kundan boshlab o‘n sakkiz oy o‘tgandan keyin amalga kiritilishi belgilangan.

Ushbu texnik reglament O‘zbekiston Respublikasi hududida muomilaga chiqarilgan va oziqaviy maqsadlarda foydalaniladigan sut va sut mahsulotlariga, jumladan hom sut, sut mahsulotlari, sut va sut mahsulotlarini ishlab chiqarish, saqlash, tashish va yo‘qotish jarayonlari, sutni qayta ishlash mahsulotlarini ishlab chiqarish uchun zarur bo‘lgan funksional komponentlarga tegishlidir. Ayni paytda texnik reglament talablari jismoniy shaxslar tomonidan shaxsiy foydalanish uchun keyingi qayta sotish istagisiz tshlab chiqarilgan sut va sut mahsulotlariga va sut va sut mahsulotlaridan foydalanilib yoki ular asosida tayyorlanadigan pazandalik va qandolat mahsulotlariga, oziqaviy va biologik faol qo‘shimchalar, dori vositalari, xayvonlar uchun oziqalar va nooziqaviy tovarlarga taaluqli emas.

Sut va sut mahsulotlarini xavfsizligiga bo‘lgan talablar quyidagilar asosida shakllantiriladi: - xom ashyo, tayyor sut mahsulotlariga bo‘lgan sanitariya qoidalari, me‘yor va gigiyenik normativlar, veterinariya-sanitariya qoidalari va me‘yorlar; - sut va sut mahsulotlarini xavfsizligi bo‘yicha qo‘shimcha talablar; - hom ashyo va mahsulotlarni jo‘natish va saqlashga bo‘lgan talablar; - ekologik xavfsizligiga bo‘lgan talablar.

Sut va sut mahsulotlarini xavfsizligi bo‘yicha qo‘shimcha talablar quyidagilardan iborat:

- sut va sut mahsulotlarini ishlab chiqarishda ishlab chiqarishda foydalaniladigan xom ashyo va yordamchi materiallar ularni kelib chiqishini tasdiqlovchi jo‘natish

hujjatlariga ega bo'lishi lozim. Xavfsizlik ko'rsatkichlari bo'yicha ular texnik tartibga solish sohasidagi me'yoriy hujjatlar bilan belgilangan talablarga javob berishi lozim;

- sut asosidagi bolalar ovqatlanishi mahsulotlari va xom ashyo ionizatsiyalovchi nurlanish bilan ishlov berilmasligi lozim;
- foydalanishga tayyor ivitqilar va probiotik mikroorganizmlar boshqalaridan xududiy ajratilgan, izolyatsiyalangan ishlab chiqarish xonalarida ishlab chiqarilgan bo'lishi kerak;
- sut mahsulotlarini ishlab chiqarishda foydalaniladigan fermentli preparatlar aniq texnologik jarayon uchun zarur bo'ladigan aktivlik va tanlanma xususiyatlarga ega bo'lishi lozim;
- sut va sut mahsulotlarini ishlab chiqarishda ishlatiladigan texnologik jixozlar, quvurlar, saqlash va jo'natish idishlari va inventar texnik reglament talablariga javob beradigan mahsulot ishlab chiqarishni ta'minlaydigan, ularni yuvish, tozalash va dezinfeksiyalash imkonini beradigan, oziq-ovqat bilan kontaktda bo'lishi ruxsat etilgan materialdan.

Mahsulot sotishdan tushgan tushum - xarajatlar = foyda

Xarajatlar to'g'risidagi axborot ayniqsa, korxonaning daromad (foyda) solig'ini hisoblashda muhim ahamiyatga egadir. Korxonada va uni boshqarish nuqtainazaridan esa xarajatlarning umumiy summasi, alohida ishlab chiqarish bo'linmlarining unumli hamda unumsiz xarajatlari va boshqalar haqidagi axborotlar yig'ishni talab etadi.

Fermer xo'jaliklarida ishlab chiqarish xarajatlarini hisobga olishda, xo'jalik operatsiyalariga to'g'ri buxgalteriya provodkasi berish va hisob registrlarini o'z vaqtida yuritish uchun xarajatlarni mohiyati va turlarini bilish muhim ahamiyat kasb etib, bu fermer xo'jaligida boshqaruv hisobining samarali ishlashini ta'minlaydi, shuningdek hisob ma'lumotlari asosida xo'jalik ishlab chiqarish faoliyatini rejalashtirish imkoniyatini oshiradi.

Sut yo'nalishiga ixtisoslashgan fermer xo'jaliklarida ishlab chiqarish xarajatlarini hisobga olishda, xo'jalik operatsiyalariga to'g'ri buxgalteriya provodkasi berish va hisob registrlarini o'z vaqtida yuritish uchun xarajatlarni mohiyati va turlarini bilish muhim ahamiyat kasb etib, bu fermer xo'jaligida boshqaruv hisobining samarali ishlashini ta'minlaydi, shuningdek hisob ma'lumotlari asosida xo'jalik ishlab chiqarish faoliyatini rejalashtirish imkoniyatini oshiradi.

Shunday qilib, sut ishlab chiqarishga ixtisoslashgan fermer xo'jaliklarida ishlab chiqarish xarajatlari va ular hisobini takomillashtirish bo'yicha quyidagilarni taklif qilamiz:

- Chorvachilik fermer xo'jaliklarida ozuqa ekin maydonlarini chorva mollari bosh soniga mutanosib joylashtirish;



- Chorvachilikka ixtisoslashgan fermer va boshqa xo‘jaliklarga ajratilgan sug‘oriladigan yerlarda faqat yem-xashak ekinlari ekish va davlat ehtiyojlari uchun donli ekinlar ekishda foydalanmaslik;
- Shaxsiy yordamchi, dehqon va fermer xo‘jaliklarida chorva mollari, birinchi navbatda qoramollar sonini ko‘paytirishni rag‘batlantirish;
- Chorva mollarini sotib olish uchun dehqon xo‘jaliklarini imtiyozli mikrokreditlar bilan ta‘minlash;
- Barcha toifadagi xo‘jaliklardagi chorva mollariga zooveterinariya servis xizmatlarini yanada yaxshilash maqsadida qo‘shimcha zooveterinariya punktlarini tashkil etish.
- Chorvachilik mahsulotlarini hisobga olishda mo‘ljallangan hujjatlarning standart shakllaridan foydalanishni yo‘lga qo‘yish;
- Chorvachilik ishlab chiqarish xarajatlarini tarkibiga faqat ishlab chiqarish ahamiyatiga ega bo‘lgan xarajatlarni olib borish;
- Mahsulotlar tannarxini aniqlashni takomillashtirish uchun qoramolchilikda olingan qo‘shimcha mahsulot hisoblangan go‘ng o‘simlikchilikda ishlatilgan go‘ngni ma‘lum bir bahoda baholab, o‘simlikchilik xarajatlariga qo‘shib, jami chorvachilik xarajatlaridan chegirib tashlash;
- O‘stirishdagi va boquvdagi mollarning hisobini alohida-alohida hisobga olib borish maqsadga muvofiqdir.

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## LILIYA TUR VA NAVLARINI MANZARALILIK VA KO‘KALAMZORLASHTIRISHDAGI AHAMIYATI BO‘YICHA BAHOLASH

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**Annotatsiya.** Liliyalarni baholashdan asosiy maqsad bu obodonlashtirishda foydalanish va ochiq maydon sharoitida yetishtirish uchun shuningdek, yopiq maydon sharoitida mavsumdan tashqari ekish hisoblanadi. Navlarning manzaralilik va iqtisodiy-biologik xususiyatlarini to‘liq aks ettiradi, ulardan foydalanishni hisobga olib, zamonaviy ishlab chiqarish talablariga javob beradigan eng yaxshi navlarni tanlashni ta’minlaydi.

Kalit so‘zlar. liliya tur va navlar, manzaralilik, ko‘kalamzorlashtirish, baholash

**Kirish.** Tadqiqotning maqsadi liliya navlarining manzaralilik xususiyatlari Samarqand viloyatidagi iqlim sharoitlarning ularga ta’sirini o‘rganish. *Lavon, Montego Bay, Honeymoon, Mister Pistache, Netty’s Pride, Purple Drem, Yellow Bruse, Corsage, Pearl White, Orange Ton, Sebiria, Stargazer, Navona va Josphine* liliya navlari Samarqand viloyati ochiq va yopiq maydonda muvaffaqiyatli o’sadi, gullaydi, urug’ beradi, va vegetativ tarzda yaxshi ko’payadi. Liliyalarni baholashda turli xil xususiyatlariga qarab belgilanadi. Eng yuqori ball (5 ball) o’simlikning xususiyati yaxshi ifodalangan bo’lsa beriladi. Eng past ball (1 ball) o’simlikning xususiyati zaif ifodalangan yoki yo’q bo’lsa beriladi. Ball shunday tanlanadiki, barcha xususiyatlar 5 ball bilan baholanganda o’simlik maksimal 100 ball oladi. Manzaraligi uchun 80 balldan yuqori ball olgan o’simliklar yuqori manzaralilik xususiyatiga ega deb tan olinadi [2].

Liliyalarning davlat navini baholash tizimini va V.N.Bilov va A.Yu.Pugachayevaning manzarali o’simliklarning qiyosiy navlarini baholash bo‘yicha ishini asos qilib 150 ballik shkala ishlab chiqildi va ulardan foydalanishga qarab navlarning 2 xil guruhdagi xususiyatlari baholandi [3]. Keng qamrovli baholash manzaralilik va iqtisodiy-biologik xususiyatlarini baholashni kombinatsiyasi bilan aniqlandi. Navlarning manzaralilik xususiyatlari 100 ballik ko‘kalamzorlashtirishdagi xususiyatlari 50 ballik shkala bo‘yicha baholandi. Manzaralilik belgilari bo‘yicha kamida 90 ball, ko‘kalamzorlashtirish bo‘yicha kamida 40 ball to‘plagan navlar eng yaxshi deb topildi. Bunda bu manzaralilik va ko‘kalamzorlashtirish xususiyatlariga 130-145 ballgacha baholangan navlar *Lavon, Montego Bay, Honeymoon, Mister Pistache, Netty’s Pride, Purple Drem, Yellow Bruse, Corsage, Pearl White, Orange Ton, Sebiria, Stargazer* eng yaxshi navlar deb topildi va yuqori va manzaralilik xususiyatlariga ega deb baholandi 126-129 ballgacha baholangan navlar *Navona va Josphine* navlari esa

yaxshi navlar deb topildi va bu navlar ham manzaralilik xususiyatlari yaxshi deb baholandi. Zamonaviy ishlab chiqarish talablariga to'liq javob bera oladigan navlar deb baholandi (2 jadval).

Belgilari	Yuqori baholash balli	Navlar													
		Lavon	Montego Bay	Honeymoon	Mister Pictacha	Netty's Pride	Navona	Purple Dazzle	Yellow Breeze	Corsage	Pearl White	Orange Ton	Siberia	Josphine	Stargazer
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
<b>Manzaralilik ballari</b>															
Gul rangi	15	15	13	15	15	15	14	14	15	15	15	15	15	14	15
Gul diametri	15	15	14	15	15	15	14	14	14	14	14	14	14	15	14
Gul shakli	10	10	10	10	10	10	9	10	10	9	10	9	10	9	10
Gulpoya sifati	5	5	5	5	5	5	4	5	5	5	5	5	5	4	5
O'simlik bo'yi	10	9	9	9	9	8	8	9	9	9	8	9	9	8	9
Poyadagi gullar soni	15	14	12	12	12	14	14	13	13	15	12	13	12	11	12
Xaqqoniylik	10	10	9	10	10	10	9	10	9	9	9	9	10	9	9
O'simlik holati	5	5	4	5	5	5	4	5	5	5	5	5	5	4	4
Naqulay sharoitga Chidamliligi	10	10	8	9	9	10	8	8	8	9	8	9	9	8	8
Xushbo'yligi	5	5	4	5	4	3	3	3	3	3	3	3	5	3	4
<b>Jami:</b>	100	98	88	95	94	94	87	92	91	93	89	91	95	84	90
<b>Xo'jalikda biologik ballari</b>															
Kasallik va zararkunandalarga chidamliligi	20	19	18	18	18	19	18	18	19	19	18	19	19	18	18
Tashqi muhit sharoitlariga umumiy chidamliligi	15	14	13	13	13	13	12	13	13	13	13	14	14	12	13
Noqulay sharoitlarda vegetatsiya qobilyati	15	14	13	13	13	12	12	13	13	14	13	13	14	12	13
<b>Jami:</b>	50	47	44	44	44	44	42	44	45	46	44	46	47	42	44
Har tomonlama baholash	150	145	132	142	138	138	129	136	136	139	133	137	142	126	134



**Lavon**-Gul diametri 20-25 sm .gul rangi quyosh botishiga o'xshash malina chetlari yorqin sariq markazi to'q sariq rangga ega, dog'i bor. Biroz gultojbarglari cho'zilgan uchki qismi egilgan va nozik. Gul shakli-kosasimon. Xushbo'y hidli. Gullash davomiyligi 8-11 kun.



**MONTEGO BAY**-Gul diametri 20-30 sm qizg'ish och sariq rangli markaziy qismi qizil rangli dog'lari bor.Gultojbarglari biroz qayrilgan,gul shakli-yulduzsimon, xushbo'y hidli, gullash davomiyligi 8-11kun.





**Honeymoon**-Gul diametri 25-35 sm chetki qismi och sariq rangli, markazi esa sariq. Gul tojibarglari biroz qayrilgan va chetki qismi tekis emas. Gul shakli-kosasimon. Juda o'tkir hidli, gullash davomiyligi 8-11 kun.



**Mister Pistache**-Gul diametri 23-35 sm chetki oq rangli markaziy qismi esa och sariq. Gul tojibarglari qayrilgan va chetki qismi tekis. Gul shakli-kosasimon. Juda o'tkir hidli. Gullash davomiyligi 12-15 kun.



**Netty's Pride**-Gul diametri 12-13 sm chetki oq rangli markaziy qismi esa to'q binafsha nuqtasimon dog'i yoyilib ketgan. Gul tojibarglari qayrilmagan va chetki qismi tekis. Gul shakli-varonkasimon. Gullar soni poyada 6-7 ta. Hidsiz, gullash davomiyligi 12-15kun.



**Navona-** Gul diametri 13-15 sm Gul rangi oq, dog'siz. Gultojbarglari biroz qayrilgan va chetki qismi tekis. Gul shakli-varonkasimon Gullar soni poyada-3-4 ta. Hidsiz, gullash davomiyligi 13-14 kun.



**Purple Dream-** Gul diametri 11-13 sm och binafsha to'q nuqtasimon dog'i yoyilib ketgan. Gultojbarglari qayrilgan va chetki qismi tekis. Gul shakli-kosasimon. Gullar soni poyada 3-4 ta. Hidsiz, gullash davomiyligi 13-15 kun.



**Yellow Bruse-** Gul diametri 14-16 sm to'q sariq to'q malladog'i yoyilib ketgan. Gultojbarglari qayrilgan va chetki qismi notekis. Gul shakli- sallasimon. Gullar soni poyada 5-6 ta. Hidsiz, gullash davomiyligi 14-15 kun.





**Corsage**-Gul diametri 8-11 sm och pushti markazi oq rangda, dog‘i yoyilib ketgan nuqtasimon. Gultojbarglari qayrilgan va chetki qismi tekis. Gul shakli-yulduzsimon. Gullar soni poyada-12-20 ta. Hidsiz, gullash davomiyligi 16-20 kun.



**Josphine**-Gul diametri 15-20 sm och pushti chetki qismi biroz oq, markazi nuqtasimon dog‘li. Gultojbarglari qayrilgan va chetki qismi notekis. Gul shakli-varonkasimon. Gullar soni poyada 4-6 ta. Xushbo‘y hidli, gullash davomiyligi 7-11 kun.



**Siberia**-Gul diametri 25-35 sm oq Gultojbarglari biroz qayrilgan va chetki qismi notekis. Gul shakli-yulduzsimon. Gullar soni poyada 8-10 ta Xushbo‘y hidli, gullash davomiyligi 12-16kun.



**Stargazer**-Gul diametri 20-25 sm to‘q pushti chetki qismi och pushti. Gultojbaglari qayrilgan va chetki qismi tekis. Gul shakli-yulduzsimon. Gullar soni poyada 3-4 ta. Xo‘shboy hidli, gullash davomiyligi 12-15kun.



**Pearl White**-Gul diametri 13-15 sm qaymoq rang. Gultojbaglari qayrilgan va chetki qismi tekis. Gul shakli-sallasimon. Gullar soni poyada 4-6ta. Hidsiz, gullash davomiyligi 12-15kun.



**Orange Ton**-Gul diametri 11-13sm to‘q sariq dog‘li. Gultojbarglari qayrilmagan va chetki qismi tekis. Gul shakli- varonkasimon. Gullar soni poyada 5-9ta. Hidsiz, gullash davomiyligi 12-15kun.

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## **SUTNI QAYTA ISHLASH KORXONALARIDA KOMPLEKS XARAJATLARINI HISOBI**

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**Annotatsiya.** Bu maqolada bozor iqtisodiyoti sharoitida faoliyat yuritayotgan sutni qayta ishlash korxonalarida ishlab chiqarish xarajatlarini hisobga olishni isloh qilishning ahamiyati va mazmuni o'rganildi. Foydalanish kerak bo'lgan iqtisodiy vositalar aniqlandi. Ishlab chiqarishda xarajatlarni hisobga olish kontseptsiyasining hozirgi holati, etakchi olimlarning fikr-mulohazalari va xarajatlarni joylashtirish nuqtai nazaridan foydalaniladigan terminologiyada ziddiyatlar, sutni qayta ishlash korxonalarining tarkibi, tasnifi va guruhlanishi, ularning faoliyatining o'ziga xos xususiyatlarini hisobga olgan holda o'rganildi.

**Kalit soʻzlar:** sut yetishtirish, sutni qayta ishlash korxonalari, ishlab chiqarish xarajatlari, sut mahsulotlarining tannarxi.

Qishloq xoʻjaligi iqtisodiyotning muhim tarmogʻi hisoblanib. Agrosanoat siyosati bugungi kunda uni yuqori samarali, raqobatbardosh qilish, mamlakatni qishloq xoʻjaligi mahsulotlari bilan taʼminlashning ishonchliligini sezilarli darajada oshirish, sifatini yaxshilashga qaratilgan.

Sariyogʻ, pishloq, tvorog ishlab chiqarishda yogʻsiz sut, ayron va sut zardobi kabi qoʻshimcha mahsulotlar hosil boʻladi. Ular hozirgi paytda «yogʻsiz sut xom ashyosi» degan shartli nom bilan ataladi. Oʻzini biologik xususiyatlariga koʻra yogʻsiz sut xom ashyosi yogʻli sutdan qolishmaydi.

Yogʻli va yogʻsiz sutda shuningdek, ayronida bir xil miqdorda oqsillar (3,2 %), laktoza (4,7%), mineral moddalar (0,7 %) mavjud. Sut zardobida esa bu komponentlar tegishli 0,8; 4,8 va 0,5 %ni tashkil qiladi. Yogʻsiz sut xom ashyosini eng muhim qismlari oqsillar, uglevodlar va mineral moddalar hisoblanadi. Unda shuningdek sutdan oʻtadigan vitaminlar, fermentlar, organik kislotalar va boshqa organizm uchun muhim boʻlgan foydali moddalar mavjud. Diyetolog mutaxassislarni fikricha yogʻsiz sut xom ashyosi yuqori biologik va hatto, davolash qiymatiga ega.

Yogʻsiz sut xom ashyosini mavjud katta zahiralari, oziqaviy va biologik qiymati uni toʻplashni va oqilona qayta ishlashni taqozo qiladi. Ilmiy tadqiqotlar shuni koʻrsatadiki, yogʻsiz sut xom ashyosidan toʻliq foydalanish uchun u faqat sanoat miqyosida oziq-ovqat va texnikaviy, yarim tayyor mahsulotlar va yem konsentratlariga qayta ishlanishi lozim.

Xom ashyoni eng to‘liq va oqilona qayta ishlash muammosi barcha sarflarni asosiy qismi xom ashyo harajatlariga to‘g‘ri keladigan (sut sanoatida 75-95 %) tarmoqlar uchun (jumladan sut sanoati uchun ham) muhim ahamiyatga ega.

Xom ashyoni kompleks qayta ishlash yo‘li bilan ishlab chiqarishning iqtisodiy samaradorligini oshishi 1 tn sutdan olinadigan tovar mahsuloti hajmini oshishi hisobiga amalga oshadi. Ayni paytda amaldagi ishlab chiqarishlarni kengaytirish yoki yangilarini yaratish hisobiga sutni barcha komponentlarini ajratib olish va sanoatda foydalanilishi qo‘shimcha kapital qo‘yilmalarni, ishchilar sonini ko‘paytirishni va 1 tn sutni qayta ishlash bo‘yicha harajatlarni oshirishni talab qiladi. Yog‘siz sut xom ashyosidan mahsulotlar ishlab chiqarish faqatgina tovar mahsulotini o‘shishi ishlab chiqarishni to‘liq harajatlari (joriy moddiy harajatlar, amortizatsiya, mehnatni to‘lash fondi, bir yo‘la harajatlardan hisoblangan foyda) o‘shidan katta bo‘lgandagina iqtisodiy samarador bo‘lishi mumkin.

1 tn qayta ishlanayotgan xom ashyo(sut)dan mahsulot ishlab chiqarish ko‘rsatkichi uni to‘liq harajatlari ko‘rsatkichi bilan to‘ldirilganida ishlab chiqarish samaradorligini hal qiluvchi ko‘rsatkichiga aylanadi, chunki 1tn qayta ishlanayotgan xom ashyodan mahsulot ishlab chiqarishni oshishi xoxlagan yo‘l bilan emas, balkim iqtisodiy adabiyotda keltirilgan harajatlari deb nomlanadigan mehnat, moddiy va boshqa ishlab chiqarish harajatlari ongli o‘stirish sharti bilan erishilgan bo‘lishi lozim.

O‘zbekiston Respublikasi axolisini to‘g‘ri ovqatlanishini tashkil etishda yuqori biologik qiymatga ega bo‘lgan sut mahsulotlarini ahamiyati juda katta.

Sut mahsulotlari ishlab chiqarishda boshlang‘ich xom ashyo – sutni o‘zi kelib chiqishi biologik bo‘lgan qimmatli oziq-ovqat mahsuloti hisoblanadi. Sutda odam organizmini normal rivojlanishi uchun zarur bo‘lgan barcha xayotiy muhim moddalar mavjud: oqsillar, yog‘lar, sut qandi, mineral tuzlar va suv, organik kislotalar, vitaminlar, fermentlar, gormonlar, immun tanalari, gazlar, pigmentlar va boshqalar. Komponentlarni optimal birgaligi sutni barcha yoshdagi odamlar uchun qimmatli, almashtirilmaydigan ovqatlanish mahsulotiga aylantiradi.

Sut boshqa fiziologik suyuqliklar kabi ham ichki (fermentlar va boshqalar) va ham tashqi omillar ta‘sirida doimiy o‘zgarishlarga moyil bo‘ladi. Bunda mikrobiologik jarayonlar juda muxim rol o‘ynaydi, chunki sut bir vaqtni o‘zida ham saprofit va ham kasallik tug‘diruvchi bakteriyalarni rivojlanishi uchun o‘ta qulay muhit hisoblanadi.

Yuqoridagi muloxazalarni hisobga olgan holda eng asosiy vazifa avvalo xom ashyoni barcha qimmatli tabiiy xususiyatlarini uni sut fermalarida olinishidan boshlab savdo tarmog‘iga berilgunicha qadar vaqt mobaynida saqlab qolish hisoblanadi. Ushbu vazifani muvaffaqiyatli hal etilishiga sutni qishloq xo‘jaligida





## THE NATURE OF POETRY IN THE CREATIVE WORK OF MARGARET ATWOOD

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**Abstract:** This article is based on presenting and giving basic facts about poetry and creative work of Margaret Eleanor Atwood and her best-seller poems, works. Regarded as one of Canada's finest living writers, Margaret Atwood is a poet, novelist, story writer, essayist, and environmental activist. Her books have received critical acclaim in the United States, Europe, and her native Canada, and she has received numerous literary awards, including the Booker Prize, the Arthur C. Clarke Award, and the Governor General's Award, twice. Atwood's critical popularity is matched by her popularity with readers; her books are regularly bestsellers and her novels have been adapted into popular movies and television series.

**Key words:** Life and creative work of Atwood, awards, image of human.

Atwood was born in Ottawa and earned her BA from Victoria College at the University of Toronto and MA from Radcliffe College in Cambridge, Massachusetts. She first came to public attention as a poet in the 1960s with her collections *Double Persephone* (1961), winner of the E.J. Pratt Medal, and *The Circle Game* (1964), winner of a Governor General's award. These two books marked out terrain her subsequent poetry has explored. *Double Persephone* dramatizes the contrasts between life and art, as well as natural and human creations. *The Circle Game* takes this opposition further, setting such human constructs as games, literature, and love against the instability of nature. Sherrill Grace, writing in *Violent Duality: A Study of Margaret Atwood*, identified the central tension in all of Atwood's work as "the pull towards art on one hand and towards life on the other." Atwood "is constantly aware of opposites self/other, subject/object, male/female, nature/man and of the need to accept and work within them," Grace explained. Linda W. Wagner, writing in *The Art of Margaret Atwood: Essays in Criticism*, also saw the dualistic nature of Atwood's poetry, asserting that "duality [is] presented as separation" in her work. This separation leads her characters to be isolated from one another and from the natural world, resulting in their inability to communicate, to break free of exploitative social relationships, or to understand their place in the natural order. "In her early poetry," Gloria Onley wrote in the *West Coast Review*, Atwood "is acutely aware of the problem of alienation, the need for real human communication and the establishment of genuine

human community real as opposed to mechanical or manipulative; genuine as opposed to the counterfeit community of the body politic.”Suffering is common for the female characters in Atwood’s poems, although they are never passive victims. Atwood’s poems, *West Coast Review* contributor Onley maintained, concern “modern woman’s anguish at finding herself isolated and exploited (although also exploiting) by the imposition of a sex role power structure.” Atwood explained to Judy Klemesrud in the *New York Times* that her suffering characters come from real life: “My women suffer because most of the women I talk to seem to have suffered.” Although she became a favorite of feminists, Atwood’s popularity in the feminist community was unsought. “I began as a profoundly apolitical writer,” she told Lindsay Van Gelder of *Ms.*, “but then I began to do what all novelists and some poets do: I began to describe the world around me.”Atwood’s 1995 book of poetry, *Morning in the Burned House*, “reflects a period in Atwood’s life when time seems to be running out,” observed John Bemrose in *Maclean’s*. Noting that many of the poems address grief and loss, particularly in relationship to her father’s death and a realization of her own mortality, Bemrose added that the book “moves even more deeply into survival territory.” Bemrose further suggested that in this book, Atwood allows the readers greater latitude in interpretation than in her earlier verse: “Atwood uses grief ... to break away from that airless poetry and into a new freedom.” A selection of Atwood’s poems was released as *Eating Fire: Selected Poems 1965-1995* in 1998. Showing the arc of Atwood’s poetics, the volume was praised by *Scotland on Sunday* for its “lean, symbolic, thoroughly Atwoodesque prose honed into elegant columns.” Atwood’s 2007 collection, *The Door*, was her first new volume of poems in a decade. Reviewing the book for the *Guardian*, the noted literary critic Jay Parini maintained that Atwood’s “northern” poetic climate is fully on view, “full of wintry scenes, harsh autumnal rain, splintered lives, and awkward relationships. Against this landscape, she draws figures of herself.” Parini found Atwood using irony, the conventions of confessional verse, political attitudes and gestures, as well as moments of *ars poetica* throughout the collection. “There is a pleasing consistency in these poems,” he wrote “which are always written in a fluent free verse, in robust, clear language. Atwood’s wit and humour are pervasive, and few of the poems end without an ironic twang.”

Atwood’s interest in female experience also emerges clearly in her novels, particularly in *The Edible Woman* (1969), *Surfacing* (1972), *Life before Man* (1979), *Bodily Harm* (1981), and *The Handmaid’s Tale* (1985). Even later novels such as *The Robber Bride* (1993) and *Alias Grace* (1996) feature female

characters defined by their intelligence and complexity. By far Atwood's most famous early novel, *The Handmaid's Tale* also presages her later trilogy of scientific dystopia and environmental disaster *Oryx and Crake* (2003), *The Year of the Flood* (2009), and *MaddAddam* (2013). Rather than "science fiction," Atwood uses the term "speculative fiction" to describe her project in these novels. *The Handmaid's Tale* is dominated by an unforgiving view of patriarchy and its legacies. As Barbara Holliday wrote in the *Detroit Free Press*, Atwood "has been concerned in her fiction with the painful psychic warfare between men and women. In *The Handmaid's Tale* ... she casts subtlety aside, exposing woman's primal fear of being used and helpless." Atwood, however, believes that her vision is not far from reality. Speaking to Battiata, Atwood noted that "*The Handmaid's Tale* does not depend upon hypothetical scenarios, omens, or straws in the wind, but upon documented occurrences and public pronouncements; all matters of record."

Atwood's next few books deal less with speculative worlds and more with history, literary convention, and narrative hi-jinx. In *The Robber Bride*, Atwood again explores women's issues and feminist concerns, this time concentrating on women's relationships with each other both positive and negative. Inspired by the Brothers Grimm's fairy tale "The Robber Bridegroom," the novel chronicles the relationships of college friends Tony, Charis, and Roz with their backstabbing classmate Zenia. Lorrie Moore, writing in the *New York Times Book Review*, called *The Robber Bride* "Atwood's funniest and most companionable book in years," adding that its author "retains her gift for observing, in poetry, the minutiae specific to the physical and emotional lives of her characters." *Alias Grace* represents Atwood's first venture into historical fiction, but the book has much in common with her other works in its contemplation of "the shifting notions of women's moral nature" and "the exercise of power between men and women," wrote *Maclean's* contributor Diane Turbide. Several reviewers found Grace, a woman accused of murdering her employer and his wife but who claims amnesia, a complicated and compelling character. Turbide added that Grace is more than an intriguing character: she is also "the lens through which Victorian hypocrisies are mercilessly exposed."

Atwood continues to investigate the conventions and expectations of genre literature in *The Blind Assassin* (2000), which won the prestigious Booker Prize. The novel involves multiple story lines; interspersed with these narrative threads are sections devoted to one character's novel, *The Blind Assassin*, published posthumously. Michiko Kakutani in the *New York Times* called *The Blind Assassin* an "absorbing new novel" that "showcases Ms. Atwood's narrative powers and her ardent love of the Gothic." Atwood's next novels, however, return to the speculative terrain she



mapped out in *The Handmaid's Tale*. *Oryx and Crake*, *The Year of the Flood*, and *Madd Addam* form a trilogy about a world of fundamental environmental catastrophe. Reviewing *Oryx and Crake*, Kakutani in the *New York Times* wrote, “once again she conjures up a dystopia, where trends that started way back in the twentieth century have metastasized into deeply sinister phenomena.” *Science* contributor Susan M. Squier wrote that “Atwood imagines a drastic revision of the human species that will purge humankind of all of our negative traits.” Squier went on to note that “in *Oryx and Crake* readers will find a powerful meditation on how education that separates scientific and aesthetic ways of knowing produces ignorance and a wounded world.” Atwood’s most recent novels include *The Heart Goes Last* (2015), which she began in serial installments online, *Hag-Seed* (2016), a retelling of Shakespeare’s *The Tempest*, and the graphic novel *Angel Catbird* (2016).

Atwood is known for her strong support of causes: feminism, environmentalism, social justice. In *Survival: A Thematic Guide to Canadian Literature* (1972), Atwood discerns a uniquely Canadian literature, distinct from its American and British counterparts. Canadian literature, she argues, is primarily concerned with victims and with the victim’s ability to survive unforgiving circumstances. In the way other countries or cultures focus around a unifying symbol America’s frontier, England’s island—Canada and Canadian literature orientate around survival. Several critics find that Atwood’s own work exemplifies this primary theme of Canadian literature. Her examination of destructive gender roles and her nationalistic concern over the subordinate role Canada plays to the United States are variations on the victor/victim theme. Atwood believes a writer must consciously work within his or her nation’s literary tradition, and her own work closely parallels the themes she sees as common to the Canadian literary tradition.

Atwood has also continued to write about writing. Her lectures *Negotiating with the Dead: A Writer on Writing* were published under the same title in 2002. She has also released several essay collections, including *Moving Targets: Writing with Intent, 1982-2004* (2004) and *Curious Pursuits: Occasional Writing, 1970-2005* (2005). In 2008 she published the collection *Payback: Debt and the Shadow Side of Wealth*. Examining the peculiar financial straits of the 21st century, Atwood also traces the historical precedents for lending, borrowing, and debt. Her collection *In Other Worlds: SF and the Human Imagination* (2011) explores the resources of science fiction as speculative thought. According to Nick Owchar in the *Los Angeles Times*, “Atwood explains how the genre fits into a continuum dating to the world’s

oldest myths and continuing today with authors who use the genre to examine social ills, not run away from them.”

Although she has been labeled a Canadian nationalist, a feminist, a gothic and science fiction writer, given the range and volume of her work, Atwood both incorporates and transcends all of these categories.

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## Teaching essay writing to students in foreign language classes

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**Abstract:** The article focuses on the fact that with the renewal of educational programs in higher education in the context of modernization, students are increasingly involved in research work, participation in various international examinations in English. The article deals with the process of students' preparation for essay writing in foreign language classes. There are many effective teaching methods and means to develop and improve the learners' essay writing skills. They are structured taking into account interdisciplinary links and are aimed to prepare students for essay writing. So, this article will introduce a brief and clear guidelines and recommendations, as well as clichés for a proper essay writing.

**Key words:** written communication, productive skills, language skills, task-related skills, approaches to writing

With the modernization of education, changes in the structure and updating of educational programs in higher education, students are increasingly involved in scientific and research work in their specialty, participation in international English language examinations, such as IELTS, TOEFL and CEFR. This serves to increase motivation to study the foreign language discipline, which is a part of the international examinations. Students read literature from foreign sources and show interest in conducting research experiments and writing their research papers on the results of their work. Foreign language teachers help students to edit articles and teach them how to format them correctly. Besides that, it is known that nowadays one of the points of modern foreign language teaching programs in some different specialties is preparation for essay writing.

So, what is an essay? An essay is a creative work in which students should clearly express their points of view on a given topic, supporting them with logical arguments, introduce the reader to the opinion of opponents and convincingly refute it. The main task of the student is to clearly and distinctly formulate their thoughts and provide irrefutable proof of the correctness of their judgments [7, 8]. Essay writing is one of the types of students' independent work, when they learn the vocabulary of the specialty, learn to present the essence correctly and draw conclusions on the topic of the essay set by the teacher.

Nowadays there are great opportunities for students to study different issues problem in depth. Work on materials from various foreign sources is very welcome. Such

work motivates students to study a foreign language in detail and in depth. In the process of training students master different types of activities, for example, they learn the structure of scientific articles and how to work with them, read texts on specialization and translate them, mastering professional vocabulary, learn to write essays on a given topic, presenting their points of view in an argumentative way. These study guides contain a wide variety of authentic, technical texts taken from foreign academic journals and articles. The teachers recommend a variety of lexical and grammatical tasks to be completed. Their sequence is not accidental. They are very effective because they check, firstly, reading comprehension and, secondly, they lead the students purposefully to writing an essay on a given topic. Here is an example of such exercises:

- 1) answer the questions;
- 2) which statements are true (+) and which are false (-);
- 3) match the words and word combinations with the translation;
- 4) match synonyms;
- 5) match antonyms;
- 6) find the English equivalents;
- 7) fill in the gaps;
- 8) translate the sentences;
- 9) give a brief summary of the text;
- 10) write a few sentences with the main ideas of the texts.

Students may not have previously had to write an essay, so the teacher will give them the following guidelines for the general structure of an essay.

First, they should write an introduction. The introduction should give a clear idea of what is to be discussed next, and the teacher should see that the student is answering a specific set of questions.

So, a good introduction should demonstrate the students' intention to answer the question posed; show that they understand the topic; outline the structure of the answer and the main aspects it will address.

When writing an essay, students can be advised to use the following clichés that will help them to more accurately indicate the direction of the topic.

For example:

This essay deals with...

This assignment will examine...

This report will analyze...

Students can also use words and expressions that will emphasize the outline of the essay, for example:

The essay is divided into four sections...

It will first consider...

It will then continue to describe...

The third part compares...

Finally, some conclusions will be drawn as to....

The main body of the essay should present each of the arguments using examples. The information is to be clearly divided logically. For this purpose, the text should be divided into paragraphs. It is necessary to think about the structure of the essay and make sure that the main body logically leads to the conclusion.

Thesis is the students' thoughts on the issue at hand in the form of assertions, while arguments are the proofs of these assertions. Arguments may be facts, phenomena of social life, events, experiences, scientific evidence, references to scientists' opinions. Depending on the length of the essay, it is necessary to determine the necessary number of theses. At the same time, there should be two arguments for each thesis. The logic is simple: one argument is unconvincing; three arguments overload the text. Therefore, students are aimed to write the essay in such a way that each thesis is supported by two arguments. At this step, students are advised to get familiar with related issues on the topic of the essay. It will allow them to determine what they should write in the essay and what they shouldn't. After that, students study the literature, sources, outline the key points, define the main issues to formulate their own theses, thoughts, statements and support them with arguments. The conclusion should summarize the ideas expressed. Here the students should give an answer to the question formulated in the topic of the essay. Or, depending on the topic, indicate the perspective or consequences of the problem in question. The lecturer teaches that a good conclusion is not just about summarizing. The conclusion should be thoughtful, for example, applying what has been written to a real-life situation.

At the same time, there are points that should be avoided in the conclusion of an essay: for example, putting forward completely new ideas. If they are really important, they should be included in the main body. It is inappropriate to use an exculpatory tone. One should be confident in one's statements. Students are advised to avoid phrases like 'I may not be an expert' or 'At least this is my opinion'. According to many teachers, the conclusion is the most important part of an essay. It demonstrates that the student has a good command of the material and has thoughtfully approached the problem.

As a rule, a lecturer can devote an entire class to this work and comes up with a plan for writing an essay. Before they start working on the text, students are encouraged to compile a glossary, learn how to compose phrases using special vocabulary. This will make their future work much easier. A student should have a clear idea of the content of his/her essay, be able to write the essay, laying it out according to the suggested plan.

An essay in English should eventually fit into 200-250 words, where only the most basic points are given in a concise form. It is worth noting that in an essay the teacher suggests the extensive use of impersonal constructions giving the text objectivity: It is believed that... It cannot be argued that...; passive voice, non-categorical verbs, for example: suggest, claim, suppose; to show one's attitude to the issue, but to avoid personal judgments, one can use adverbs: apparently, arguably, ideally, strangely, unexpectedly. Students may use modal verbs would, could, may, might to tone down the categorism; to avoid generalization, the teacher suggests using qualifying adverbs: some, several, a minority of, a few, many.

The teacher can offer students individual homework assignments to write their own essay on a given topic. Such work arouses students' interest: they eagerly discuss the written essays, make comments, present their own ideas and modifications into the readymade essays of their classmates. Here is a sample essay on «Making a good salary is more important than job satisfaction» with the given plan.

What is your opinion?

Do you agree with this statement?

Write 200-250 words.

Use the following plan:

- make an introduction (state the problem);
- express your personal opinion and give 2-3 reasons for your opinion;
- express an opposing opinion and give 1-2 reasons for this opposing opinion;
- explain why you don't agree with the opposing opinion;
- make a conclusion restating your position.

Essay writing is an incomparably more effective way of developing skills in careful argumentation, conceptual clarity, sensitive interpretation and effective evidence gathering. As a result of the work done it turned out that preparation for writing an essay and the process of writing an essay on a given topic is a rather complicated work that requires certain lexical and grammatical knowledge, the ability to express thoughts, compare different points of view and draw conclusions. It should be noted that this work, being very 40 time-consuming, arouses a certain interest among students [5,6]. They work a lot with different texts and dictionaries, realizing that the main condition for writing a good essay is to be fluent in the subject. After all, the students will have to express their own points of view, reasons, and draw conclusions. To structure the work logically, the first thing to do is to think about the outline of the essay. It usually consists of separate brief thesis on a given topic, which as they are disclosed should be argued and supported by evidence. So the accumulated experience will be useful to students in their future scientific work and will help them not only to write articles, but also to communicate with foreign

colleagues and participate in international projects, conferences and international examinations.

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## “The importance of interpretation and basic features of phraseological units”

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**Abstract:** *This article revolves around the central concept of interpretation and its key variations. It primarily delves into the study of phraseology as a linguistic branch. Phraseological units exhibit several distinctive features that set them apart from other types of expressions. These features contribute to the fixed nature and specific meanings of phraseological units. Similar to individual words, phraseologisms are fixed units in language and exist within every phrase. They are considered as lexical units, akin to words, and are not just part of speech events but are integral to language events. The article also delves into the examination of phraseology, discussing the stages of its formation and its primary characteristics.*

**Key words:** *interpretation, phraseological units, fixedness, idiomaticity, stability, functionality, cultural specificity, the study of phraseology.*

Interpretation is an essential aspect of language comprehension and communication. It involves understanding the meaning of words, phrases, and sentences in different contexts. In the field of linguistics, interpretation also plays a crucial role in the study of phraseological units, which are fixed expressions consisting of two or more words. These units are an integral part of language and are used to convey specific meanings that may not be immediately obvious from the individual words. In this article, we will explore the importance of interpretation and examine the basic features of phraseological units.

Importance of Interpretation:

Interpretation is fundamental to language comprehension as it allows individuals to understand and convey meaning effectively. In everyday communication, people rely on interpretation to make sense of spoken and written language. Without interpretation, language would be meaningless and communication would be impossible.

In the context of phraseological units, interpretation is equally important. These fixed expressions often carry idiomatic or metaphorical meanings that cannot be deduced from the literal interpretation of the individual words. For example, the phrase "kick the bucket" does not literally mean to kick a bucket; instead, it is an idiomatic expression that means to die. Understanding the figurative meaning of such phraseological units requires interpretation.



Furthermore, interpretation is essential for cross-cultural communication. Different languages and cultures may have their own unique phraseological units, and interpreting these expressions accurately is crucial for effective intercultural communication. Without proper interpretation, misunderstandings and miscommunications can occur, leading to confusion and frustration.

**Basic Features of Phraseological Units:**

Phraseological units exhibit several distinctive features that set them apart from other types of expressions. These features contribute to the fixed nature and specific meanings of phraseological units:

1. **Fixedness:** Phraseological units are fixed expressions, meaning that their form and structure are typically preserved and cannot be altered without changing their meaning. In the context of phraseological units, fixedness implies that these expressions have a specific and unchangeable form. This means that the individual words within the unit are typically bound together and cannot be rearranged or replaced without altering the overall meaning of the expression. For example, the phrase "spill the beans" cannot be modified to "spill the peas" while retaining its idiomatic meaning. The specific combination of words in this expression is fixed and cannot be altered without losing its figurative meaning.

Fixedness also extends to the grammatical structure of phraseological units. In many cases, these expressions have a fixed syntactic pattern that must be preserved for the expression to convey its intended meaning. For instance, the phrase "hit the nail on the head" follows a specific syntactic pattern where the verb "hit" is followed by the direct object "nail" and then the prepositional phrase "on the head." Any deviation from this fixed structure would result in a loss of the idiomatic meaning of the expression.

The fixedness of phraseological units contributes to their stability and predictability in language usage. Because these expressions have a specific form and structure, they remain consistent across different contexts and generations. This stability allows speakers and listeners to rely on these fixed expressions as communicative tools, knowing that their meanings will remain unchanged over time.

Furthermore, the fixedness of phraseological units is closely related to their idiomatic nature. The specific combination of words in these expressions often carries a figurative or metaphorical meaning that cannot be deduced from the literal interpretation of the individual words. The fixedness of these expressions contributes to their idiomaticity, as any alteration in form or structure would disrupt the figurative meaning conveyed by the specific combination of words.

2. **Idiomaticity:** Idiomaticity refers to the characteristic of certain language expressions, such as idioms, phrasal verbs, and other fixed phrases, that have a meaning that cannot be derived from the literal meanings of their individual

components. These expressions are considered idiomatic because they possess a figurative or metaphorical meaning that goes beyond the sum of their parts. Understanding idiomaticity is crucial for comprehending the nuances of language and for effectively communicating in a natural and fluent manner.

One key aspect of idiomaticity is the figurative or non-literal nature of idiomatic expressions. Idioms, for example, often convey meanings that are not directly related to the definitions of the individual words they contain. For instance, the idiom "kick the bucket" does not actually refer to physically kicking a bucket but instead means to die. This figurative meaning is unique to the idiomatic expression and cannot be deduced by analyzing the literal meanings of its constituent words.

Another important feature of idiomaticity is the fixedness of idiomatic expressions. Idioms and other idiomatic phrases typically have a specific form and structure that cannot be altered without changing their meaning. This fixedness contributes to the distinctiveness of idiomatic expressions, as they maintain a consistent form across different contexts and cannot be modified arbitrarily. For example, the idiom "spill the beans" cannot be altered to "spill the peas" while retaining its idiomatic meaning, highlighting the fixed nature of idiomatic expressions.

Moreover, idiomaticity often involves cultural and contextual factors. Many idiomatic expressions are deeply rooted in specific cultural contexts and may not have direct equivalents in other languages or cultures. Understanding these idiomatic expressions requires familiarity with the cultural background in which they originated. Additionally, idiomatic expressions are often influenced by historical, social, or regional factors, further emphasizing the contextual nature of idiomaticity. Idiomaticity plays a significant role in language proficiency and communication skills. Mastery of idiomatic expressions allows speakers to convey complex ideas and emotions in a succinct and vivid manner. Idiomaticity also enriches language use by adding depth and color to communication, enabling speakers to express themselves with creativity and nuance.

3. **Stability:** Phraseological units tend to remain stable over time, maintaining their form and meaning across different contexts and generations. While language as a whole may evolve, certain phraseological units remain unchanged, preserving their traditional meanings and usage. Stability is a concept that encompasses the state of being resistant to change, disruption, or deviation from a particular condition or equilibrium. It is a fundamental characteristic that is observed in various domains, including physical, biological, social, economic, and political systems. The concept of stability is crucial for understanding the behavior and dynamics of systems and for assessing their resilience and sustainability.

In the realm of physical sciences, stability refers to the ability of a system to return to a balanced state after experiencing a disturbance. For example, in the context of

mechanical systems, stability is often associated with the equilibrium of forces and the tendency of an object to remain in a particular position or configuration. Understanding the stability of physical systems is essential for designing structures, predicting natural phenomena such as weather patterns, and ensuring the safety and reliability of engineering systems.

In conclusion, interpretation is essential for understanding the meaning of language, including the interpretation of phraseological units. These fixed expressions exhibit distinct features that contribute to their unique meanings and usage. By recognizing the importance of interpretation and understanding the basic features of phraseological units, individuals can enhance their language comprehension and communication skills, leading to more effective and nuanced expression in both spoken and written communication.

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## **JANUBIY KOREYA MAKTABGACHA TA'LIM TIZIMINING O'ZIGA XOS XUSUSIYATLARI**

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**Annotatsiya:** Ushbu maqolada dunyodagi ta'lim tizimi eng rivojlangan davlatlardan biri bo'lgan Koreya Respublikasining maktabgacha ta'lim tizimiga oid kerakli ma'lumotlar berilgan. Koreya Respublikasi maktabgacha ta'limining rivojlanish bosqichlari, yutuqlari va to'plangan ilg'or tajribalari namuna sifatida keltirilgan.

**Kalit so'zlar:** innovatsiyalar, maktabgacha ta'lim, beri, Inson kapitali ta'limi vazirligi, Maktabgacha ta'lim federatsiyasi

Koreya maktabgacha ta'lim tizimida bolalar ta'limi va tarbiyasi turli xildagi mukammal tuzilishdagi maktabgacha ta'lim muassasalarida olib boriladi. Janubiy Koreya maktabgacha ta'lim muassasalari 5 yoshdan 7 yoshgacha bo'lgan bolalarni maktabga har tomonlama barkamol shaxs etib tarbiya berishni o'z oldiga maqsad qilib qo'ygan va bu vazifalarni bajarish Ta'lim vazirligi hamda Inson potensiali rivojlanishi vazirligi tomonidan boshqariladi va nazorat qilinadi.

Koreya Respublikasida ta'lim masalalari bilan Ta'lim Vazirligi shug'ullanadi. 2001-yildan Kim De Chjun ma'muriyati fuqarolarning sifatli ta'lim olishi va umuman inson kapitalini rivojlantirish bo'yicha ustuvor vazifalarni boshlab berdi, natijada esa avvalgi vazirlik zimmasiga yana bir qator qo'shimcha vazifalar yuklatilib, ularning vakolatlari kengaytirildi, ular inson taraqqiyoti bo'yicha barcha masalalar bilan shug'ullana boshladilar, maorif vaziriga bosh vazir o'rinbosari lavozimi berildi. Vazir prezident tomonidan qisqa muddatga (taxminan bir yilga) tayinlanadi. Maktabgacha ta'lim majburiy hisoblanmasada, oxirgi yillarda bu ta'limga katta e'tibor qaratilmoqda.

1980-yilda mamlakat bo'ylab 901 ta bog'cha bo'lgan bo'lsa, 1992-yilga kelib, ularning soni 8498 taga yetdi. Bu bog'chalarga 450882 ta bola yoki 4 yoshdan olti yoshgacha bo'lgan bolalarning 40%i qatnagan. 2000-yilda ham ular soni o'zgarmay qoldi. Ta'lim va inson resurslarini rivojlantirish vazirligi maktabgacha ta'lim tizimini rivojlantirishning uzoq muddatli rejasini tuzdi. 2012-yilga kelib bu reja 100% maktabgacha bo'lgan bolalarni qamrab oldi. Bog'cha tarbiyachilari kollej yoki universitetda 2-4 yil kichik va katta yoshdagi maktabgacha bo'lgan bolalarni tarbiyalash va o'qitish dasturi asosida malakaga ega bo'lishlari shart.

Bog'chalar bolalarga nazariy bilimlar emas, aksincha, ularni har tomonlama shakllantirish, jismoniy sog'lom va emotsional shakllangan, o'ziga ishongan qilib tarbiyalashni maqsad qilib qo'ygan.

Koreyadagi ilk maktabgacha ta'lim muassasasi XIX asrning oxirlarida tashkil etilgan. Mamlakatning milliy maktabgacha ta'lim dasturi esa 1969-yilning birinchi choragida, ilk davlat maktabgacha ta'lim muassasasi esa 1976-yilda tashkil etilgan. 1983-yildan boshlab har bir shahar va provinsiyalar uchun Ta'lim vazirligi tomonidan bolalarni tarbiyalash va ularga ta'lim berishni nazorat qiluvchi rahbarlar tayinlandi. 1994-yildan boshlab Since to'liq kunlik bog'cha dasturlari qo'llanila boshlandi, 1997-yilda 5 yoshgacha bo'lgan bola maktabgacha yosh etib qonuniylashtirib qo'yildi. Janubiy Koreyada go'daklarga va bolalarga g'amxo'rlik qilish 1921-yildan boshlandi.

1991-yildan boshlab Koreya Sog'liqni saqlash va xalq farovonligi vazirligi bolalarni tarbiyalash va ularga g'amxo'rlik ma'suliyatini o'z zimmasiga oldi. Buning natijasida Koreya hukumati 1995-yildan 1997-yilgacha maktabgacha ta'lim tizimi uchun 1,3 trillion von mablag' (tahmiman 1milliard AQSH dollari) ajratildi. Natijada qariyb 20 000 taga yaqin bolalar uchun muassasalar ochildi. Bu davrlarda Koreyada tug'ilish ko'rsatkichlari o'sdi. Ammo shu qatorda oilaviy ajralishlar ham tezlik bilan o'sib bordi. Natijada 2002-yilga kelib ayollarning jamiyatdagi ishtiroki 49,8 foizga yetdi. Jamiyatdagi faol ayollar qatlamini 25 yoshdan 34 yoshgacha bo'lgan ayollar tashkil etar edi.

Ayollarning jamiyatda faol o'rin egallashining sabablaridan biri bu bolalarga davlat tomonidan yaratib berilgan qulayliklar va ularning ta'lim-tarbiyasi uchun ko'rsatilgan g'amxo'rliklardir. Chunki ayollar ushbu islohot amalga oshmaguncha faqatgina farzandlarining ta'lim-tarbiyasi bilan band bo'lib kelgan va o'z kasblari va karyeralari uchun vaqt ajrata olmas edi. Janubiy Koreyada bolalarga ta'lim berish va tarbiyalash uzoq tarixga borib taqaladi va tarixda ushbu tizim bir necha bosqichlarda rivojlanib kelgan. Yosh avlodni tarbiyalash tarixda ham huddi hozirgi kabi maktagacha ta'lim muassasalari tomonidan amalga oshirilgan. Ushbu muassasalar 3 yoshdan 5 yoshgacha bo'lgan bolalarni qamrab oladi.

Birinchi maktabgacha ta'lim muassasasi 1897-yilda qurilgan. Bu davrda Koreya davlati Yaponiya mustamlakasi tarkibiga kirar edi va bu muassasa ham yaponlarning tashabbusi va rahbarligi ostida tashkil qilindi. 1913-yilda esa Koreyaliklar ilk bora o'z farzandlari uchun bog'cha tashkil etishdi. 1914-yilda esa Amerika bilan hamkorlikda bog'chalar uchun pedagoglar tayyorlaydigan kollej va boshqa muassasalar ham qurildi. Maktabgacha ta'lim tizimi nazorati kuchaytirildi va qonun 1949-yilda ishlab chiqilganligiga qaramay 1922-yildan boshlab nazorat o'rnatildi.



Maktabgacha ta'lim muassasalari uchun yagona milliy dastur 1969-yil ishlab chiqildi va mamlakatdagi barcha bog'chalar ushbu dastur asosida faoliyat yurita boshlashdi. Xuddi shunga o'xshash ta'lim dasturlari boshlang'ich, o'rta, yuqori ta'lim tizimlari uchun ham ishlab chiqilib, har 5 yilda qayta ko'rib chiqilib, yangilanib turilishi belgilab qo'yildi. Ushbu yangilanishlarda hukumat dunyo miqyosida yuz beradigan yangilanishlar va o'zgarishlarni kiritib borgan. O'sha davrda yaratilgan dasturlar hozirda ham takomillashtirilgan ko'rinishda Koreya ta'lim tizimida amalda qo'llaniladi. Davlat tasarrufidagi ilk bog'cha 1976-yilda qurilgan.

Koreya davlatining yosh avlodni rivojlanishi va tarbiyasini nazorat qiluvchi hukumat idoralari tomonidan 1981-yildan boshlab xususiy maktabgacha ta'lim muassasalarini qurish va uni innovatsion dasturlar asosida boyitish tashabbusini berdi. Shunday qilib, 1927 ta davlat tasarrufidagi bog'chalar asosan qishloq joylarda qurilgan bo'lsa, 1023 ta xususiy maktabgacha ta'lim muassasasi qurildi. [1, 42]

Janubiy Koreya o'qituvchilar uyushmasi 1947-yilda o'qituvchilarning kasbiy malakasini oshirish hamda ta'lim tizimini rivojlantirish uchun jahon tajribalarini olib kirish maqsadida tashkil etilgan. Bu tashkilot turli ta'lim tizimida faoliyat yuritayotgan o'qituvchi, pedagoglarni birlashtirib turadi. Tashkilotning asosiy maqsadi yosh avlodga sifatli ta'lim-tarbiya berish va ularning bilim olishlari uchun qulay muhit yaratib berish. [1, 45]

Koreya davlati ta'lim tizimidagi yana bir o'ziga xosligi shundan iboratki, ularda Davlat maktabgacha ta'lim muassasasi federatsiyasi mavjud. Ushbu tashkilot 1981-yilning iyul oyida davlat maktabgacha ta'lim federatsiyasi nomi bilan tashkil etildi va 1996-yilda Koreya maktabgacha ta'lim federatsiyasi nomiga o'zgartirildi. Bu tashkilotning asosiy qisminini hozirgi kunda xususiy maktabgacha ta'lim muassasalari hisoblanib, federatsiyaning asosiy maqsadi ham milliy ko'rinishdagi ilg'or maktabgacha ta'lim muassasalarini tashkil etish va uni rag'batlantirishni ko'zda tutadi. Federatsiya o'z oldiga bolalarni tarbiyalash va ularga boshlang'ich bilimlarni berishda yangi va o'zgacha usul va usublarni izlab topishni maqsad qilib qo'ygan. Maktabgacha ta'lim federatsiyasi 1998-yil sentabr oyida imzolangan "Bolalar ta'limini rivojlantirish to'g'risida" gi qaror asosida o'z faoliyatini yuritadi. Foydalanilgan adabiyotlar:

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## **MOXLARNING TABIATDAGI O'RNI VA TARQALISH HUDUDLARI**

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**Annotatsiya:** Ushbu maqolada yo'sinlarning ahamiyati, jumladan, hayvon va inson hayotidagi o'rni. Bugungi kunda yo'sinlar tabiatda tarqalishi va ularning turlarini yo'qolib ketishini oldini olish maqsadida ko'pkina ilmiy va amaliy chora tadbirlar amaliyotga joriy etilib, o'zining ijobiy samaralarini berib kelmoqda.

**Kalit so'zlar:** Yo'sintoifalar, o'simlik, qo'riqxon, yaylov, sfagnum va funariya.

**Kirish :** Bir qarashda ko'rimsiz va xushmanzara bo'lmagan yo'sintoifalar tabiatda juda va muhim rol o'ynaydi. Ular tabiatda quyosh nurini qabul qilish kislorod ajratib moddalarning davriy aylanishini ta'minlab shuningdek yo'sintoifalar boshqa o'simliklar singari biosferaning muhim komponenti sifatida xizmat qilib xuddi odam singari ajralmas qismi hisoblanadi.

Yo'sinlar o'zgaruvchan haroratda ham ya'ni namgarchilikka yoki qirg'oqchilikda shuningdek kam hosildor muhitlarda ham jamoa hosil qilib o'sa oladi. Bunday joylarda boshqa yuksak o'simliklar ahyon – ahyonda yoki umuman uchrashi juda qiyin. Yo'sinlar odatda birlamchi o'simliklar guruhi tarkibiga kirib ular qoyalarga, toshlarga va suvli yalong'och tuproqlarga o'sa oladigan pioner o'simliklar hisoblanadi. O'sha muhitda birinchi paydo bo'lgan yo'sinlar asta sekinlik bilan nobud bo'lishi natijasida boshqa yo'sinlar yoki yopiq urug'li o'simliklar o'sishi uchun muhit yaratib beradi [42,43,44]. Ayniqsa kakku zig'iri (*Polutrichum commune*) bilan yoppasiga qoplana boshlaydi. Keyinchalik sfagnum yo'sinlari paydo bo'lishi o'simliklar qoplamidagi roli asta sekinlik bilan orta boradi va nihoyat yo'sinlarda tashkil topgan botqoqlik hosil bo'ladi.



Keyinchalik o'rmonning asta sekinlik tiklanish natijasida tuproqdagi namlik

darajasi o'zgarib boshlaydi. Bu esa sfagnum yo'sinlari va kakku zig'iri o'z o'rnini boshqa yo'sinlar va gulli o'simliklarga ajrata boshlaydi. Shimoldagi tayga zonalarida yog'ingarchilik yuqori bo'lishi natijasida ko'pchilik gulli o'simliklar namgarchilik va sovuq iqlimga moslasha olmay nobud bo'la boshlaydi va ularning qoldiklari organik o'g'itlarga aylanib torf yo'sinlarning o'sishi tezlashib torfli qatlam hosil qilib yerning yoppasiga gilamdek egallaydi. Agar insoniyat o'tloq hayotiga aralashmasa ya'ni suvni va havoni ta'minlamas ekan bu o'tloqlar keyinchalik botqoqlikka aylanadi. Sfagnumli botqoqliklar ahamiyati juda katta, ya'ni ulardan torf undan yoqilg'i sifatida foydalanadi. Shuningdek kimyo sanoati uchun xomashyo materiali hisoblanib qurilish va qishloq xo'jaligi uchun ham muhim xom ashyo hisoblanadi. Insoniyat bevosita yo'sintoifalarni bir qancha turlaridan foydalaniladi. Sfagnum yo'sini antibiotik xususiyatga ega bo'lib, u o'ziga katta namlik to'plab va issiqlikni o'tkazmaydi. Izolyasiya vositasi sifatida qo'llaniladi. Ayniqsa medisina yaralarga bog'lash uchun bog'lam sifatida ishlatiladi. Shuningdek bir qancha halq xo'jaligida (ayniqsa qish vaqtlarida) yosh bolalarni tagiga to'shaydigan taglik vositasi sifatida bir qancha xalqlar ishlatiladi. Sfagnum yo'sinlari qurilishda issiqlik izolyasiyasi sifatida akvariumlar uchun bir qancha yo'sinlardan manzarali o'simlik sifatida o'stirish mumkin, masalan suzuvchi richchiya misol bo'la oladi.



Sfagnum va bargli yo'sinlari mevalarni uzoq saqlashda uning ostki qismiga to'shsh va o'rash uchun yaxshi material hisoblanadi. Shuningdek chorva mollarning tagiga to'shshda ba'zan medisina dezenfeksiyalovchi material sifatida ishlatiladi. Biroq sfagnum yo'sinlari zarar ham keltiradi. Ular tundra sharoitida o'tloq va yaylov pichanzorlarini botqoqlantirib ayniqsa ko'p zarar yetkazadi [29,32,38]. Xozirda nam o'lchagich funariya (*Funaria hgrametria*) eksperimental botanik tajribalarida obyekt sifatida turli tashqi muhit faktorlarini o'simliklarga ta'sirini

o'rganiladi. Yo'sintoifalarda shuningdek atmosferaning ifloslanishi indikator aniqlaydigan o'simlik sifatida ham foydalanadi.

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## ДИНАМИКА ДИАСТОЛИЧЕСКОЙ ДИСФУНКЦИИ У ПАЦИЕНТОВ С ИНФАРКТОМ МИОКАРДА ПОСЛЕ ИНТЕРВЕНЦИОННОГО ЛЕЧЕНИЯ

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**Аннотация:** Диастолическая дисфункция и связанная с ней гипертрофия миокарда являются составляющими постинфарктного ремоделирования и независимыми предикторами кардиологических событий.

**Ключевые слова:** инфаркт, миокард, гипертрофия, ангиопластика.

**Цель:** Изучить динамику диастолической дисфункции и геометрии миокарда левого желудочка (ЛЖ), как составляющих постинфарктное ремоделирования ЛЖ, у пациентов после первичной коронарной ангиопластики при различных степенях поражения коронарных артерий (КА) и формах инфаркта миокарда.

**Методы исследования:** Для изучения динамики диастолической дисфункции и геометрии миокарда ЛЖ в сопоставлении с прогнозом был обследован 41 пациент после перенесенного инфаркта миокарда (ИМ), которым выполнялась коронарная баллонная ангиопластика со стентированием синдром-связанной артерии. На основании электрокардиографических и ангиографических данных пациенты были распределены на 4 группы: с Q-формой инфаркта миокарда и Не-Q-формой инфаркта миокарда на фоне однососудистого и многососудистого поражения КА.

**Полученные результаты:** При сравнении пациентов с многососудистым поражением не было выявлено динамики по изучаемым показателям. В обеих группах тип диастолической дисфункции исходно и через год был по псевдонормальному типу. Но тип гипертрофии был различен: у пациентов с Не Q-формой инфаркта миокарда гипертрофия носила концентрический характер, при Q-форме инфаркта миокарда - эксцентрический. Разные типы гипертрофии обусловлены глубиной поражения миокарда вследствие инфаркта. У пациентов с поражением одной коронарной артерии динамика различна. При не-Q форме инфаркта миокарда диастолическая дисфункция была по типу нарушения релаксации и осталась неизменной через год. Тип гипертрофии также не изменился - остался концентрическим. Самая



динамичная группа в исследовании - пациенты с Q-формой инфаркта миокарда на фоне поражения одной коронарной артерии. Псевдонормальный тип диастолической дисфункции на фоне инфаркта миокарда через год перешел в тип по нарушению релаксации. Исходная концентрическая гипертрофия - в эксцентрическую: индекс массы миокарда ЛЖ уменьшился с  $154 \pm 5$  г/м<sup>2</sup> до  $131 \pm 11$  г/м<sup>2</sup>; а относительная толщина стенки с  $0,44 \pm 0,01$  до  $0,41 \pm 0,02$ .

**Выводы:** Таким образом, у пациентов не Q-формой ИМ на фоне однососудистого поражения КА острое ишемическое событие при своевременной реваскуляризации не привело к усугублению диастолической дисфункции и гипертрофии миокарда, как составляющих постинфарктное ремоделирование и в совокупности с отсутствием неблагоприятных кардиологических событий эта группа является благоприятной.

В группе пациентов с многососудистым поражением КА ухудшения имеющихся структурно-функциональных перестроек миокарда также не произошло, что обусловлено наличием феномена гибернации. Но с учетом исходов, пациенты с Не-Q-формой ИМ требуют скорейшей полной реваскуляризации. Пациенты с Q-формой ИМ и поражением одной коронарной артерии, несмотря на своевременную полную реваскуляризацию, требуют наблюдения кардиолога из за развития постинфарктного ремоделирования и плохих прогнозов.

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## The Role of SGLT2 Inhibitors in the Management of Heart Failure

*Editors: Jobborov.O.O, Maksudova M.H, Murtozoyev E.A.*

**Abstract:** Sodium – glucose co-transporter 2 (SGLT2) inhibitors reduce blood glucose by inhibiting reabsorption of glucose from the proximal renal tubules. Initial studies showed that apart from reducing blood glucose they also reduce the combined endpoint of myocardial infarction, stroke, and cardiovascular death, hospitalization from heart failure, and occurrence of renal failure in patients with known cardiovascular disease or at high risk of developing cardiovascular disease. Recent studies have shown that these drugs also could be used in patients to treat heart failure or to slow the progression of renal failure, irrespective of whether the patients have diabetes or not. In this review, we discuss the clinical trial evidence for the use of SGLT2 inhibitors for the treatment of patients with heart failure with reduced ejection fraction and for the prevention of heart failure in patients with diabetes who are at high risk of cardiovascular events. The DAPA-HF study and the EMPERORREDUCED TRIAL have shown that Dapagliflozin and Empagliflozin could be used to treat patients with heart failure, with or without diabetes. SGLT2 inhibitors provide us with a new armamentarium for treatment of patients with a triad of diabetes, heart or renal disease. Their mechanism of action in prevention or treatment of patients with heart failure however still remains speculative.

**Key words:** Heart failure, Reduced ejection fraction, SGLT2 inhibitors, Diabetes, Renal disease.

**Introduction:** Cardiovascular diseases remain the leading cause of death worldwide, with heart failure (HF) being one of the significant causes of mortality in patients with type 2 diabetes mellitus (T2D). Heart failure (HF) is a global health problem with a prevalence of ~26 million worldwide. Patients with HF are at a 40%-50% risk of mortality within five years of diagnosis and suffer from recurrent hospitalizations and poor quality of life. Type 2 diabetes mellitus (T2DM) is growing with a prevalence of over 400 million globally. The deleterious effects of T2DM can be separated into microvascular (neuropathy, nephropathy, retinopathy) and macrovascular (coronary disease, stroke, peripheral arterial disease) complications. While there is moderate to high quality evidence that glucose control reduces the risk of microvascular complications, its beneficial effect on macrovascular complications are less apparent and appear to take longer to manifest.

Cardiovascular diseases (CVD) account for approximately half of the deaths in T2DM. CVD, HF, and T2DM are all associated with chronic kidney disease (CKD), which together further worsen prognosis. According to the Framingham study, the patients with T2D have a two- and five-fold higher risk of developing HF in men and women, respectively, compared to the healthy population. As a result, HF diminishes the quality of life and increases hospitalization, making this syndrome a growing public health matter. HF is present in about 20–40% of diabetic patients. The patients with HF are assessed mainly by echocardiography and their symptoms, and they are classified into three groups based on their ejection fraction (EF): reduced EF (EF < 40%; HFrEF); intermediate EF (EF between 40% and 49%; HFmrEF); and preserved EF (EF > 50%; HFpEF). The people suffering from HFrEF often show dyspnea, orthopnea, paroxysmal nocturnal dyspnea, fatigue, and ankle swelling. The currently approved pharmacological treatments for HF are reported in 2023. A new class of drugs, sodium-glucose co-transporter two inhibitors (SGLT2i), has been added to the treatment of HF. According to the European Medicines Agency (EMA) and the Food and Drug Administration (FDA), all new glucose-lowering agents used in patients with or without T2D must demonstrate cardiovascular safety to prevent cardiovascular complications.

**Main body:** Biological mechanisms and effects of SGLT2 inhibitors in heart failure  
The mechanisms of action of SGLT2 inhibitors in heart failure are still speculative although the drugs are shown to have several metabolic, hemodynamic, and organ-specific effects. In addition to glycosuria, SGLT2 inhibitors promote natriuresis and uricosuria. Other metabolic effects include increased insulin sensitivity and glucose uptake in muscle cells, decreased neoglucogenesis, and increased ketogenesis. These drugs also stimulate weight loss due to renal calorie loss in glycosuria and a favorable impact on body fat distribution. A rise in hematocrit was also seen with SGLT2 inhibitor therapy. The hemodynamic effects are mediated by several mechanisms including osmotic diuresis, and plasma and interstitial fluid volume reduction, leading to a reduction in ventricular preload and afterload. Furthermore, unlike diuretics, SGLT2 inhibitors seem to exert a greater reduction of interstitial fluid compared with plasma volume which may prevent plasma volume depletion and subsequent hypoperfusion occasionally observed with diuretics. However these favorable metabolic and hemodynamic effects are unlikely to be solely responsible for the prevention and treatment of heart failure. Another proposed mechanism for the beneficial effects of SGLT2 inhibitors is inhibition of the sodium-hydrogen exchanger (NHE1) activity which is up-regulated both in T2DM and heart failure. By inhibiting the NHE1 receptors, SGLT2 inhibitors may protect the heart from toxic intracellular Ca<sup>2+</sup> overload. SGLT2 inhibitors may also exert direct effects on myocardial metabolism, and decrease myocardial oxidative stress.

Similar to T2DM, HF is characterized by a state of insulin resistance. In the insulin-resistant heart, free fatty acids (FFA) are favored as an energy source over glucose which results in decreased cardiac metabolic efficiency (insufficient ATP production). By promoting a metabolic shift from FFA to glucose oxidation, SGLT2 inhibitors result in increased cardiac ATP production and prevent a decrease in cardiac function.

A benefit on ventricular remodeling was also demonstrated in patients with T2DM and coronary artery disease in the EMPA-HEART CardioLink-6 study, which showed a reduction in left ventricular (LV) mass index and improvement in diastolic function without changes in LV systolic function after 6 months of treatment with empagliflozin. Furthermore, a significant reduction in LV mass in patients with T2DM was observed with dapagliflozin in the DAPA-HF trial, suggesting a possibility of reverse LV remodeling. It is known that neurohormonal activation causes increased oxidative and other forms of cellular stress, which leads to dysfunction and loss of cardiomyocytes. Another postulated mechanism is that by inhibiting the energy surplus sensors SGLT2 inhibitors mimic cellular starvation and induce nutrient deprivation signals such as sirtuin 1 (SIRT1) which in turn inhibit activation of proinflammatory pathways, reduce cellular stress and promote autophagy. This helps in reversing mitochondrial dysfunction and slowing cardiomyocyte dysfunction and cell loss. Other hypotheses include cardiac anti-fibrotic effects, improved balance in adipokine secretion, beneficial effects on endothelial function, parameters of arterial stiffness and vascular resistance as well as a reduction in sympathetic nervous system activity.

There are many clinical trials that demonstrate SGLT2i role on HF. For example: Empagliflozin Several CVOTs were designed to evaluate the use of SGLT2i in patients with high cardiovascular risk. The first SGLT2i cardiovascular trial was EMPA-REG OUTCOME, which studied 7020 patients with T2DM and established atherosclerotic cardiovascular disease (ASCVD) over 3.1 years. The primary composite endpoint was major adverse cardiac events (MACE), such as cardiovascular death, nonfatal stroke, and nonfatal myocardial infarction. These showed a 14% reduction compared with the placebo group (HR, 0.86; 95% CI, 0.74–0.99;  $p = 0.04$  for superiority). In addition, the empagliflozin group had a 32% risk reduction in death from all-causes, a 38% risk reduction in cardiovascular causes (HR, 0.62; 95% CI, 0.49–0.77), and a 35% relative risk reduction in hospitalization for heart failure. No significant differences were found in the myocardial infarction or stroke rates between the two groups. An increased rate of genital infection was observed among the patients receiving empagliflozin. Empagliflozin reduced the overall burden of cardiovascular complications and hospital admissions in patients

with type 2 diabetes and atherosclerotic cardiovascular disease. The EMPEROR-REDUCED, a multicenter, randomized, double-blind, placebo-controlled trial, aimed to investigate the effect of empagliflozin in patients with established HF with an HFrEF. The study included 3730 patients with or without T2DM with a chronic HF for at least three months with a left ventricular ejection fraction (LVEF)  $\leq 40\%$ , treated with optimal medical therapy, result that relative risk reduction in hospitalization for heart failure.

**Dapagliflozin** Dapagliflozin is a selective inhibitor of SGLT2 that blocks the glucose reabsorption in the proximal tubule of the kidney, promotes glucosuria, and induces clinically significant changes in the glycemic parameters in T2DM patients. Dapagliflozin was evaluated in the DECLARE-TIMI 58 study, which enrolled 17,160 diabetic patients (HA1c level at least 6.5% but less than 12.0%) with or without (10,186 pts) established ASCVD and followed them for 4.2 years [30]. All of the eligible patients were 40 or older and had an estimated glomerular filtration rate (eGFR) of 60 mL/min. The patients were divided into two groups receiving dapagliflozin 10 mg or placebo. The primary efficacy outcomes were MACE and a composite of cardiovascular death or HFH. Compared to the EMPA-REG OUTCOME and CANVAS, the inclusion criteria for this study indicated that participants were at a lower risk for CVD. Dapagliflozin did not significantly reduce the primary composite outcome, including CV death, non-fatal MI, and non-fatal stroke (HR, 0.93; 95% CI, 0.84–1.03;  $p = 0.17$ ), and hospitalization, but did result in a lower rate of cardiovascular death or HFH. DECLARE-TIMI 58 was the first SGLT2i study to include HFH. There was no significant difference in the various primary endpoints in the dapagliflozin group compared with the placebo group; however, only HFH was significantly reduced by dapagliflozin (HR, 0.73; 95% CI, 0.61–0.88). The secondary evidence of efficacy was renal composite and death from any cause. Dapagliflozin also reduced the incidence of HFH or CV death by 17% (HR, 0.83; 95% CI, 0.75–0.95). In the baseline population, 3.9% of patients had HFrEF, 7.7% had HFpEF, and the remaining 88.4% had no history of HF. It was observed that dapagliflozin reduced the number of hospitalizations or cardiovascular deaths more in patients with HFrEF (HR 0.62, 95% CI, 0.45–0.86) compared with those with HFpEF (HR, 0.88; 95% CI, 0.76–1.02;  $p$ -interaction 0.046) [30,31]. However, this study reported only a 2% reduction in CV death with dapagliflozin, compared with a 38% reduction in Pharmaceuticals 2022, 14, 1730 6 of 13 cardiovascular death with empagliflozin. In addition, dapagliflozin showed a lower rate of adverse renal events.

The CREDENCE study examined the effect of canagliflozin in 4401 people with T2D and chronic kidney disease with or without CVD over 2.6 years. The primary



outcome was a composite of end-stage kidney disease, a doubling of the creatinine level, or death from renal or cardiovascular causes. The relative risk of the primary outcome was 30% lower in the canagliflozin group than in the placebo group ( $p = 0.00001$ ). HFH was reported in 4.0% of patients receiving canagliflozin, compared with 6.4% in the placebo group ( $p < 0.001$ ). In addition, CV death or HFH occurred in 8.1% of canagliflozin patients compared with 11.5% of placebo patients.

Ertugliflozin VERTIS-CV is a multicenter, double-blind trial that followed up 8246 diabetic patients with established ASCVD for 3.5 years and who were randomly assigned to receive 5 mg or 15 mg of ertugliflozin or placebo. In this trial, ertugliflozin did not achieve superiority in reducing major CV or secondary composite renal events. The incidence of death from CV causes or HFH did not differ significantly between the trial groups. However, HFH was reduced by ertugliflozin, and it was reported that when ertugliflozin is used alone with the standard of care medication, it can decrease the risk of a sustained 40% decline in eGFR in patients with T2DM and established ASCVD. Overall, ertugliflozin reduced the risk for first HFH (HR, 0.70 [95% CI, 0.54–0.90];  $p = 0.006$ ). Indeed, a subgroup analysis suggested a benefit for HFH and HFH/CV death with ertugliflozin vs. placebo among patients with a higher risk (presence of albuminuria, higher KDIGO class). The adverse events, such as urinary infections observed with ertugliflozin, were similar to the known risks of the medicines in the SGLT2 inhibitor class. In the patients with type 2 diabetes mellitus, ertugliflozin reduced the risk of first and total HFH and total HFH/CV death, further supporting the use of sodium-glucose cotransporter 2 inhibitors in the primary and secondary prevention of HFH.

Sotagliflozin Sotagliflozin is the most recent SGLT2i studied for safety and cardiovascular risk in diabetic patients. The SCORED study randomly enrolled 10,584 individuals with type 2 diabetes and chronic kidney disease, regardless of the presence of ASCVD (at least one major if age  $> 18$  years, at least two minor if age  $\geq 55$  years), to receive sotagliflozin or placebo. A total of 31% of the participants had a history of HF. The trial stopped early, after 1.3 years, due to a loss of funding due to COVID-19. To maintain the statistical power, the investigators changed the primary endpoint to CV death, HF hospitalization, and urgent visits for HF for sotagliflozin vs. placebo: 11.3% vs. 14.4% ( $p = 0.0004$ ). This achieved significance by 95 days of follow-up. Sotagliflozin is also able to reduce the gastrointestinal SGLT1 delay in glucose absorption and reduce postprandial glucose; this resulted in a 26% reduction in the primary outcome (HR, 0.74; 95% CI, 0.63–0.88).

**Conclusion:** SGLT2 inhibitors (empagliflozin, canagliflozin, dapagliflozin, ertugliflozin) are recommended to reduce the risk of HF hospitalization with or



without T2DM patients with either established cardiovascular disease or at high cardiovascular risk. Moreover, 2023 Focused Update addresses changes in recommendations for the treatment of HF because of this new evidence. Guidelines have given a Class I recommendation for dapagliflozin and empagliflozin for the treatment of HFrEF, HFmrEF, HFpEF, with or without T2DM so we it said that SGLT2I is currently best drugs to treat heart failure.

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## ENDOSCOPIC INTERVENTIONS FOR SUPERFICIAL NEOPLASMS OF THE UPPER GASTROINTESTINAL TRACT

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**Abstract:** The article highlights the results of endoscopic treatment of polypoid neoplasms of the upper gastrointestinal tract. The aim of this study is to reduce the risk of recurrence, bleeding and other postoperative complications after endoscopic removal of gastrointestinal polyps. The clinical study is based on an assessment of the results of treatment of superficial formations in the upper gastrointestinal tract. In the comparison group, 182 formations were removed in 134 (54.5%) patients and 167 formations were removed in 118 (55.1%) patients of the main group). Analysis of the long-term results allowed us to determine that excision of polyps using a diode laser according to the proposed method, due to the technical features of the method, reduced the risk of recurrence of the formation of superficial neoplasms from 17.4% to 3.1%. The results were considered satisfactory if there were no recurrence of pathology, but there were any clinically significant complications resolved conservatively (postpolypectomy electrocoagulation syndrome) or repeated endoscopic intervention (delayed bleeding) (grade 2-3a according to Clavien-Dindo).

**Keywords:** mucosal polyps; gastrointestinal tract; esophagogastroduodenoscopy; Clavien-Dindo.

Polyps of the mucous membrane of the gastrointestinal tract (GIT) are defined as luminal protrusions above the plane of the adjacent mucous membrane, regardless of its histological type [1]. Polyps of the upper gastrointestinal tract are usually

detected accidentally during esophagogastroduodenoscopy, and their prevalence is estimated from 0.5 to 23% of all studies conducted [2].

The aim of this study is to reduce the risk of recurrence, bleeding and other postoperative complications after endoscopic removal of GIT polyps. To do this, our clinic has developed a method for endoscopic excision of GIT polyps. The main technical aspects of the method include the introduction of a gel prepared from Hemoben powder and 20 ml of methylene blue solution into the submucosal layer in the area of the base of the polyp with the formation of a roller. Next, the polyp is excised along with the surrounding healthy mucosal tissue to the submucosal layer by using a diode laser of the Gbox system.

The clinical study is based on an assessment of the results of treatment of superficial formations in the upper part of GIT. In the comparison group, 182 formations were removed in 134 (54.5%) patients and 167 formations were removed in 118 (55.1%) patients in the main group). There were 104 patients with single formations in the comparison group, 86 in the main group, single formations (up to 5) were in 29 and 30 patients, respectively, multiple (up to 20) only in 1 and 2 patients. The average size of the formations in the comparison group was 0.9 cm, in the main group 1.0 cm.

Endoscopic interventions in the comparison group included cold removal with biopsy forceps, cold removal with a loop, thermal removal by electroexcision, EMR and dissection in the submucosal layer. A new method of endoscopic excision was used in the main group.

The conducted study on the first clinical evaluation of the effectiveness of the proposed method of endoscopic removal of superficial neoplasms of the upper GIT allowed us to establish that this technique increases the probability of performing excision in a single block from 69.8% to 82.6% ( $\chi^2=7.874$ ;  $df=1$ ;  $p=0.006$ ), significantly reduces the risk of hemorrhagic manifestations requiring additional manipulations after removal as during the intervention (from 6.6% to 0%), and delayed bleeding in the near term (from 3.3% to 0.6%) ( $\chi^2=14.966$ ;  $df=2$ ;  $p<0.001$ ), as well as the overall overall complication rate from 7.5% to 0.8% ( $\chi^2=6.578$ ;  $df=1$ ;  $p=0.011$ ), in general, a reduction in the hospital period after the intervention was also obtained from  $3.5\pm 1.2$  to  $3.1\pm 0.9$  days ( $t=2.90$ ;  $p<0.05$ ). At the same time, the technique allows performing R0 resection in 91.5% of cases (with polyps up to 1.0 cm - 96.3%, more than 1.0 cm – 88.6%).

Analysis of the long-term results allowed us to determine that excision of polyps using a diode laser according to the proposed method, due to the technical features of the method, reduced the risk of recurrence of the formation of superficial neoplasms from 17.4% to 3.1% ( $\chi^2=11.219$ ;  $df=1$ ;  $p<0.001$ ), while this trend was noted as when removing a single block (the recurrence rate was reduced from 5.0%

to 0.9%;  $\chi^2=4.511$ ;  $df=1$ ;  $p=0.034$ ), and with fragmented excision (from 28.0% to 7.7%;  $\chi^2=4.244$ ;  $df=1$ ;  $p=0.040$ ), as well as depending on the initial size of polyps: up to 1 cm from 7.8% to 0.9% ( $\chi^2=6,324$ ;  $df=1$ ;  $p=0.012$ ), 1-2 cm – from 33.3% to 4.5% ( $\chi^2=5,683$ ;  $df=1$ ;  $p=0.018$ ) and with formations of more than 2 cm – from 60.0% to 8.3% ( $\chi^2=5,236$ ;  $df=1$ ;  $p=0.023$ ).

Summarizing all the results of treatment, the following can be noted. If we consider all patients who were initially observed and subsequently traced in the long-term period after endoscopic interventions, the introduction of a new technique for endoscopic excision of GIT upper polyps allowed to generally improve treatment results. In our study, we considered the results to be good, which excluded the development of immediate complications after manipulation and recurrence of polyp formation. The results were considered satisfactory if there were no recurrence of pathology, but there were any clinically significant complications resolved conservatively (postpolypectomy electrocoagulation syndrome) or repeated endoscopic intervention (delayed bleeding) (grade 2-3a according to Clavien-Dindo). The results were considered unsatisfactory when there was a complication that required emergency surgery (perforation, (grade 3b according to Clavien-Dindo) or in the long term, recurrence of neoplasm formation was noted. If we consider the cohort of patients only followed in the long-term period, the proportion of good results in the comparison group was 73.4% (in 20 out of 109 patients), satisfactory - 8.3% (9) and unsatisfactory – 18.3% (20). In the main group, the results corresponded to good in 95.9% (in 94 of 98 patients) of cases, satisfactory in 1.0% (1) and unsatisfactory in 3 (3.1%) of cases ( $\chi^2=19.562$ ;  $df=2$ ;  $p<0,001$ ).

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## **Comprehensive study of immunity parameters in case of helminthic infestations in children**

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**Abstract.** The study comprehensively analyzed the parameters of immunity in case of worm infestations in children. The leukocyte formula of blood and indicators of cellular immunity were studied, represented by subpopulations of CD3+, CD4+, CD8+, CD16+, CD25+, CD95+ apoptosis receptor, indicators of humoral immunity CD20+ and immunoglobulins of the IgA, IgM, IgG, IgE class depending on the type of helminthiasis. A differentiated approach to the distribution of pathogens makes it possible to study the effect of each parasitic agent on the child's immune system separately.

**Keywords:** hymenolepidosis, enterobiosis, helminthiasis, immune system of children.

One of the promising directions in modern immunology is the search, evaluation and subsequent determination of the role of the most significant surface antigens expressed on immunocompetent cells in the implementation of a normal immune response and in pathology [1,2,3,4,5,6,7,8,9,10,11,12] . To date, the method of determining cellular receptors in immunology, widely used in both clinical and experimental immunology, allows us to analyze the processes of cellular activation of immunocompetent cells based on the identification of the main "early" and "late" surface activation molecules, markers of proliferative activity of cells of the immune system, apoptosis, intercellular cooperation, etc.

In case of parasitic invasion, the following stages of the development of the immune defense of the human body are distinguished. Stage I – reduction of nonspecific factors of resistance and barrier function of the intestine as a result of invasion of the parasite into the intestinal mucosa and damage to its integrity. Stage II – activation of phagocytosis [1,13,14,15,16,17,18,19,20,21,22,23,24]. It should be emphasized that classical phagocytosis in parasitic diseases is impossible due to the large size of the parasites. As a result, the cellular mechanism of action on a multicellular parasite is determined by the adhesion of immunocompetent cells and the release of enzymes, highly active oxygen species, myeloperoxidase of neutrophil leukocytes and a number of other active molecules. Stage III is the sensitization of the body by

synthesizing IgE and IgG antibodies in response to the introduction of helminth as an "antigen". IgE antibodies with their Fab fragments are fixed on the surface of helminth larvae and simultaneously bind to eosinophils with an Fc fragment.

**The purpose of the study:** comprehensive study of immunity parameters in case of helminthic infestations in children

**Materials and methods:**

In order to identify the prevalence of helminthiasis among 510 preschool children aged 3-7 years, worm infestations were detected in 194 (38%). All 194 children with helminthiasis made up the main group of clinical observations, 31 practically healthy preschool children were selected for the control group. All 225 examined children underwent general clinical, laboratory (general analysis of blood, urine, feces) and instrumental (ultrasound of abdominal organs: liver, gallbladder, pancreas and kidneys) methods of research.

To increase the information content and quality of the anamnesis collection, a double questionnaire was conducted by interviewing parents /guardians of children in a preschool educational institution and at the reception of a pediatrician.

**The results of the study:**

In order to comprehensively study the parameters of immunity in helminthic infestations in children, the leukocyte blood formula and cellular immunity indicators were studied, represented by CD3+, CD4+, CD8+, CD16+, CD25+ subpopulations, CD95+ apoptosis receptor, CD20+ humoral immunity indicators and immunoglobulins of the IgA, IgM, IgG, IgE class depending on from the type of helminthiasis. A differentiated approach to the distribution of pathogens makes it possible to study the effect of each parasitic agent on the child's immune system separately.

Leukocyte formula of children's blood depending on the type of helminthiasis

Table 1

Blood counts	Control 1-group (n=31)	2-group with enterobiosis	n=31) 3-group with hymenolepidosis (n=31)	(4-group with mixed helminthiasis (n=31)
Wand nuclear neutrophils, %	3,26 ±0,28	2,74 ±0,21	1,94 ±0,17	2,0 ±0,16**
senment nuclear neutrophils, %	55,87 ±1,06	52,23 ±1,2**	53,45 ±1,24**	48,41 ±0,98**

Eosinophils, %	2,94 ±0,23	5,03 * ±0,4	6,35 ±0,47	14,83 ±1,01
Basophils, %	0,42 ±0,11	0,58 ±0,14	0,26 ±0,08	0,59* ±0,11-
Monocytes, %	6,13 ±0,39	5,23 ±0,4	6,52 ±0,41	5,28 ±0,39
Lymphocytes, %	31,39 ±0,99	33,55 ±1,53	31,48 ±1,36	28,90 ±1,58

Note: \* - differences relative to the control group data are significant (\* - P<0.05, \*\* - P<0.01, \*\*\* - P<0.001)

Statistically significant results were obtained in the content of eosinophils in the leukocyte formula of children, which is confirmed by the data of numerous studies. According to Grishina E.A. 2016, Eosinophils are the main effectors of antiparasitic immunity, which, with the help of their low-affinity receptors, attach to IgE antibodies associated with helminths, degranulate and secrete the following cytokines – IL-1,-3,-4,-5,-6,-8 and others, as well as the main basic protein, cationic protein, peroxidase, superoxide anions that lyse the cuticle of helminths. Thus, in patients with enterobiosis, eosinophils were within the upper limit of acceptable values of 5.03±0.4%, with hymenolepidosis, eosinophilia was observed twice higher than the values of the control group of 6.35±0.47% versus 2.94 (0.23%), respectively. At the same time, the most pronounced eosinophilia was observed in the group of mixed helminthiasis, which amounted to 14.83± 1.01% and was 5 times higher than the result of healthy children and three times the reference values. No statistically significant results were obtained with respect to other representatives of leukocytes in peripheral blood.

When studying the indicators of cellular immunity of the invaded children, an increase in the relative concentration of the total pool of CD3+ T lymphocytes in the group of mixed helminthiasis 72.66±0.61% was revealed, which was 1.3 times higher than the control values of 57.97±0.47%, in the other groups there were no significant differences. The CD4+ lymphocyte cluster was reduced by 1.4 times in all main observation groups relative to the threshold values of the control group (P<0.05) (Table 3.3.2).

The suppressive activity of CD8+ lymphocytes was doubled in hymenolepidosis, which amounted to 38.97±0.98% against the control group of 20.71±0.34%, and in enterobiosis and mixed helminthiasis it was also increased and showed almost identical concentrations in group 2 of 27.87±1.09% and 28.69±0.47% in group 4.

The relative concentration of the CD16+ subpopulation was significantly increased three-fold in the group of children with hymenolepidosis 33.97±1.33% and

enterobiosis 29.23±1.04% compared with the control group 10.90±0.19%, which is a natural response of the body to invasion and a favorable prognostic indicator of the outcome of the disease. However, in the group of mixed helminthiasis, a statistically significant decrease in CD16+ lymphocytes of 7.59±0.12% was revealed by 1.4 times compared with healthy ones, most likely associated with depletion of the reactivity of the immune system as a result of chronic parasitosis (Table 1).

An increase in the relative content of CD8+ lymphocytes is associated with the probability of compensatory suppression of excessive killer activity lymphocyte activity in helminthiasis and activation of memory cells.

### Indicators of T-cell immunity of children depending on the type of helminthiasis

Table 2

Blood counts	Control 1-group (n=31)	2-group with enterobiosis	n=31) 3-group with hymenolepidosis (n=31)	(4-group with mixed helminthiasis (n=31)
CD3, %	57,97 ±0,47	54,10 ±1,12	54,68 ±1,7	72,66 ±0,61**
CD4+, %	42,26 ±0,73	29,84 ±1,19**	30,06 ±0,97**	29,66 ±0,51**
CD8+, %	20,71 ±0,34	27,87* ±1,09	38,97** ±0,98	28,69* ±0,47
CD16+, %	10,90 ±0,19	29,23** ±1,04	33,97*** ±1,33	7,59* ±0,12
CD25+, %	15,68 ±0,32	28,81** ±1,01	38,97*** ±0,95	24,45** ±0,48
CD95+, %	26,06 ±0,62	28,94 ±0,72	36,74* ±1,27	31,34* ±0,76

Note: \* - differences relative to the control group data are significant (\* - P<0.05, \*\* - P<0.01, \*\*\* - P<0.001)

In our studies, the relative concentration of CD95+ in the group of patients with hymenolepidosis was 1.4 times higher than the control values, which indicates an acceleration of the mechanisms of activation apoptosis. Compared with the 1st and 3rd main groups in hymenolepidosis, the expression of the inducer of cell death was significantly high, indicating a pronounced cytotoxic effect of the parasite metabolites. Most likely, the proportional increase in killer activity and CD95+ plays a crucial pathogenetic role in the induction of TNFα cytokine in hymenolepidosis.

**Conclusion:** The imbalance of cellular immunity indicators reflects the unique response of the immune system to each type of invasion. The imbalance of cellular immunity indicators reflects the unique response of the immune system to each type of invasion.

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## **Revmatoid artritni samarali davolash usullari**

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**Anotatsiya:** Revmatoid artrit bugungi kun tibbiyotida eng ko'p tarqalgan kasalliklardan biri bo'lib. Uni to'g'ri va samarali davolash va profilaktikasini olib boorish juda muxim sanaladi. Ushbu maqolada revmatoid artritni davolashni eng samarali va qulay usullarini ko'rib chiqamiz.

**Kalit so'zlar:** Artrit, fibromiyalgiya, fibroz ankiloz, Kortikosteroidlar, Sinovektomiya, jarrohlik.

Artrit atamasi bo'g'imlar atrofidagi biriktiruvchi to'qimalar va boshqa to'qimalar bilan birga bo'g'implarga ta'sir qiluvchi 100 ga yaqin sharoitlarni tavsiflaydi. Artrit so'zi bo'g'implarning yallig'lanishi degan ma'noni anglatadi.

Artrit belgilari vaqt o'tishi bilan rivojlanadi. Biroq, ba'zi hollarda, ular ham to'satdan paydo bo'lishi mumkin.

Kasallik ko'pincha 64 yoshdan keyin kuzatiladi. Ba'zida u bolalar, o'smirlar yoki yosh kattalarda ham rivojlanishi mumkin. Artrit ayollarda erkaklarga qaraganda ko'proq uchraydi. Bundan tashqari, ortiqcha vaznli odamlar artritga ko'proq moyil. JSST ma'lumotlariga ko'ra, tugadi 18 million kishi 2019-yilda butun dunyo bo'ylab revmatoid artrit bilan og'rikan. Ularning taxminan 70 foizi ayollar edi.

Revmatoid artritni (RA) davolash bo'g'inlar va atrofdagi to'qimalarni saqlab qolish uchun juda muhimdir. Agar davolanmasa, RA yurak, o'pka va asab to'qimalariga zarar etkazishi mumkin.

Artrit turlari:

- Yallig'lanishli artrit (odatda revmatoid artrit deb ataladi)
- Degenerativ yoki mexanik artrit (odatda deb ataladi Osteoartrit)

- Gout
- Fibromiyalgiya
- Bolalik artriti (balog'at yoshidagi idiopatik artrit)
- Psoriatik artrit
- Lupus

Ushbu autoimmun kasallik tananing immunitet tizimi o'z tanasiga ta'sir qila boshlaganda paydo bo'ladi. Romatoid artrit teri, ko'zlar, o'pka, yurak va qon tomirlari kabi bo'g'implardan tashqari boshqa qismlarga ham ta'sir qilishi mumkin. Eng ko'p ta'sirlanadigan bo'g'inlar qo'llar, oyoqlar, bilaklar, tirsaklar, tizzalar va to'piqlardir.

Revmatoid artrit odatda bir vaqtning o'zida bir nechta bo'g'implarga hujum qiladi. Qo'shimcha RA bilan ta'sirlanganda, bo'g'imning shilliq qavati yallig'lanadi. To'qimalarning shikastlanishi surunkali og'riq, deformatsiya va muvozanatning etishmasligiga olib keladi.

### **Revmatoid artrit belgilari**

Romatoid artritning alomatlari va oqibatlar kelishi va ketishi mumkin. Kasallikning yuqori faollik davri (yallig'lanish va boshqa belgilarning kuchayishi) alevlenme deb ataladi. Alomat bir necha kun yoki oy davom etishi mumkin.

RA ning dastlabki belgilari faqat og'riq va noziklikni o'z ichiga olishi mumkin. Qo'shimchalarda qizarish yoki shish bo'lmasligi mumkin. Keyingi bosqichlarda quyidagi alomatlar paydo bo'lishi mumkin:

- Olti hafta yoki undan ko'proq vaqt davomida bo'g'implarning og'rig'i, shishishi, sezgirligi yoki qattiqligi;
- Ertalab 30 daqiqa yoki undan ko'proq vaqt davomida qattiqlik;
- Bilan bog'liq charchoq, ishtahaning yo'qolishi va past darajadagi isitma;
- Bir nechta bo'g'inlar ta'sirlanadi;
- Kichik bo'g'inlar kabi bilaklar va qo'llar va oyoqlarning ayrim bo'g'implari ta'sirlanadi;
- Tananing har ikki tomonidagi bir xil bo'g'inlar ta'sirlanadi;

Bo'g'implardan tashqari, tananing quyidagi qismlari ham RA ta'sir qilishi mumkin:

- Ko'zlar: quruqlik, qizarish, yorug'likka sezgirlik, og'riq va ko'rishning buzilishi;
- Teri: Revmatoid tugunlar deb ataladigan suyak joylari ustida teri ostidagi mayda bo'laklar hosil bo'ladi;

- Qon: Anemiya - bu odatdagidan kamroq qizil qon hujayralari bilan belgilanadigan holat;
- Qon tomirlari yallig'lanadi, bu nervlarga, teriga va boshqa organlarga zarar etkazishi mumkin;
- Og'iz: quruqlik va tish go'shtining tirnash xususiyati yoki infeksiyasi;
- O'pka: nafas qisilishiga olib keladigan o'pkaning yallig'lanishi va chandiqlari;

Romatoid artrit to'rt bosqichga bo'linadi, ya'ni 1 bosqich - sinovit, 2 bosqich - pannus, 3 bosqich - tolali ankiloz va 4 bosqich - suyak ankiloz.

- **1 bosqichi:** Sinovit yoki 1-bosqich artrit qo'shma og'riq va qattqlik kabi engil alomatlar bilan ajralib turadi. Eng ko'p ta'sirlangan bo'g'inlar qo'llar, oyoqlar, to'piqlar va bilaklardir. RAning 1-bosqichida immunitet tizimi qo'shma to'qimalarga hujum qila boshlaydi, bu esa sinovial membrananing yallig'lanishiga olib keladi.
- **2 bosqichi:** Bu sinovial membrananing davom etayotgan yallig'lanishi xaftaga yuqalashishiga olib keladigan o'rtacha bosqich RA. Qo'shimchalardagi og'riqlar va qattqlik kabi alomatlar 2-bosqichda kuchayadi.
- **3 bosqichi:** RA 3-bosqichga yetgandan so'ng og'ir deb hisoblanadi. Bu fibroz ankiloz holati bilan belgilanadi, bunda shikastlangan bo'g'im tolali birlashtiruvchi to'qima bilan qo'shila boshlaydi. Bo'g'imlarning harakat doirasi jiddiy shikastlangan, oddiy ishlarni qiyinlashtiradi.
- **4 bosqichi:** Oxirgi bosqich RA yoki suyak ankilozu ikki suyakning birlashishi holatidir. Harakatlanish va mushaklarning kuchini sezilarli darajada yo'qotish mavjud. Tizza egilishi yoki sonning egilishi kabi bo'g'imlarning funktsiyalari ham yo'qoladi.

Ideal holda, revmatoid artritni davolash quyidagilarga qaratilgan:

- Yallig'lanishni to'xtating
- Semptomlarni engillashtiring
- Qo'shimchalar va organlarning shikastlanishining oldini olish
- Jismoniy funktsiyalarni va umumiy farovonlikni yaxshilang
- Uzoq muddatli asoratlarni kamaytiring.

### **Dorilar bilan davolash**

**NSAIDlar (steroid bo'lmagan yallig'lanishga qarshi dorilar):** Ular artritdagi og'riq va yallig'lanishni engillashtirish uchun buyuriladi. NSAIDLarni og'iz orqali

olish yoki shishgan bo'g'imning terisiga qo'llash mumkin. Ular retseptsiz sotiladi yoki shifokor tomonidan belgilanishi mumkin.

**Kortikosteroidlar:** Ular rivojlanayotgan yallig'lanishni nazorat qilish uchun ishlatiladi, boshqa dorilar esa ta'sirni boshlash uchun ko'proq vaqt talab etadi. Biroq, kortikosteroidlar suyaklarning ingichkalashi, vazn ortishi va diabet kabi yon ta'siri tufayli uzoq vaqt yoki yuqori dozalarda ishlatilmaydi.

**Kasallikni o'zgartiruvchi revmatik dorilar (DMARDs):** Ushbu dorilar kasallikning rivojlanishini sekinlashtirishga yordam beradi va bo'g'imga va ta'sirlangan tananing boshqa qismlariga zarar etkazadi.

**Biologik:** Ular, shuningdek, yallig'lanishni qo'zg'atadigan va bo'g'imlar va to'qimalarga zarar etkazadigan immunitet tizimining qismlariga qaratilgan biologik javob modifikatorlari sifatida ham tanilgan. Biologik preparatlar bemorda infeksiya xavfini oshiradi.

Jarrohlik bilan davolash

Vaziyatga qarab quyidagi operatsiyalar turlari amalga oshirilishi mumkin:

- **Sinovektomiya** yallig'langan sinoviyni (bo'g'imning shilliq qavatini) olib tashlash uchun operatsiya hisoblanadi. Sinovektomiya tirsaklar, tizzalar, bilaklar, barmoqlar va sonlarda amalga oshirilishi mumkin.
- **Tendonni tuzatish:** Yallig'lanish va bo'g'imlarning shikastlanishi bo'g'im atrofidagi tendonlarning bo'shashishiga yoki yorilishiga olib keladi. Shunday qilib, bo'g'im atrofidagi tendonlarni tuzatish uchun jarrohlik amaliyoti o'tkazilishi mumkin.
- **Qo'shma termoyadroviy:** Qo'shimchani barqarorlashtirish yoki qayta tiklash uchun bo'g'imning jarrohlik birikmasi tavsiya etiladi. Bu, shuningdek, bo'g'imlarni almashtirish variant bo'lmasa, og'riqni yo'qotishga yordam beradi.
- **Jami bo'g'inlarni almashtirish:** Bo'g'imlarni almashtirish operatsiyasi paytida bo'g'imning to'liq bo'g'imlari yoki shikastlangan qismlari olib tashlanadi va metall yoki plastmassadan yasalgan sun'iy (protezlar) bilan almashtiriladi.
- Xulosa

Revmatoid artrit bu shish, og'riq va bo'g'imlarning qattiqligiga olib keladigan surunkali holat. Dastlabki bosqichlarda RAni davolash bo'g'inlarni saqlab qolish uchun kerak. Biroq, kasallik dastlabki bosqichda sezilarli belgilar va alomatlarni ko'rsatmaganligi sababli uni tashxislash qiyin kechadi. Revmatoid artrit revmatolog deb ataladigan tibbiy mutaxassislar tomonidan davolanadi. RA uchun asosiy



davolash rejasi simptomlarni engillashtiradigan dori-darmonlarni, bo'g'implarning harakatchanligini tiklash uchun fizioterapiya va kasbiy terapiya kabi qo'llab-quvvatlovchi davolanishni va bo'g'implarning deformatsiyasini tuzatish uchun jarrohlikni o'z ichiga oladi.

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## АПРОФИЛАКТИКА ЗАБОЛЕВАНИЙ СЕРДЕЧНО-СОСУДИСТОЙ СИСТЕМЫ В ДЕЯТЕЛЬНОСТИ ПАТРОНАЖНОЙ МЕДСЕСТРЫ

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**Актуальность.** Проводится ряд научных исследований, направленных на раннее выявление, лечение и профилактику сердечно-сосудистых заболеваний, своевременную организацию патронажной службы медсестер, работающих в первичных медико-санитарных учреждениях, а также на выявление их роли и значения в борьбе с сердечно-сосудистыми заболеваниями. В связи с этим актуальными вопросами являются повышение теоретических и практических знаний, совершенствование работы патронажных медсестер, выявление групп риска среди населения, разработка и реализация программы индивидуальной работы с ними, разработка мер, направленных на профилактику данной группы заболеваний. Показано, что в первичном звене здравоохранения особое значение приобретает оптимизация работы патронажных медсестер по снижению заболеваемости сердечно-сосудистыми заболеваниями и инвалидности от них среди населения, продлению средней продолжительности жизни.

**Цель.** Изучение деятельности патронажной медсестры в профилактике сердечно-сосудистых заболеваний.

**Материалы и методы.** Изучены показатели деятельности 383 патронажных медсестер семейных поликлиник, сельских врачебных пунктов. В исследовании использовались анкетирование, социологические и статистические методы.

**Результаты и обсуждение.** Для определения уровня знаний медсестер по вопросам профилактики сердечно-сосудистых заболеваний проведен опрос, среди 383 патронажных медсестер, работающих в семейных поликлиниках, это составляло 17,7% от общего числа патронажных медсестер в Хорезмской области.

В общей сложности более половины участвовавших патронажных медсестер имели более 10 лет опыта работы в поликлинике. Однако 33% патронажных медсестер восстановились к работе после декретного отпуска.

На вопрос «Знаете ли Вы весь контингент прикрепленного участка?» 88,2% ответили, что почти знают всех, 5% сказали, что только начали работать на

этом участке, 6,8% ответили, что знают по документам, т.к. во время патронажа пациентов не бывает дома.

По мнению 95% опрошенных патронаж необходимо проводить каждый день, остальные считают, что можно проводить в неделю 1-3 раза, самое главное охватить всех. Такое мнение медсестер приводит к тому, что они не уделяют должного внимания своим пациентам, не успевают их полностью опросить за неимением времени. В большинстве своем медсестры проводят дородовой и послеродовой патронаж.

Имеются ли на обслуживаемом участке больные ССЗ почти все ответили, что имеются. Наиболее частыми формами ССЗ были гипертоническая болезнь, стенокардия, постинфарктные, постинсультные больные, больные перенесшие кардиохирургические вмешательства, дети с врожденными пороками сердца и другие.

В вопросах состоянии здоровья самих медицинских сестер большинство случаев (64,8% (248)) оценили свое здоровье как удовлетворительное, пятая часть считают свое здоровье хорошим (20,0%), 15,2% отметили собственное здоровье как плохое.

Более половины респонденток правильно ответили на вопросы об основных факторах риска ССЗ, смогли правильно классифицировать массу тела и рассчитать ИМТ. Большинство медсестер осведомлены в вопросах нормальных уровней АД (77,0%). Не все смогли дать правильные ответы о рекомендуемых дозах овощей и фруктов (55,0%), 42,2% не смогли правильно назвать рекомендуемое ВОЗ количество потребления соли при АГ.

Необходимо отметить, что на многие ключевые моменты в вопросах здорового питания медсестры не смогли дать полный ответ, и сказали, что часто при консультировании пациентов по вопросам питания чувствуют неуверенность, и нуждаются в дополнительных знаниях (52,2%). Проведенный опрос позволил определить наиболее востребованные темы по профилактике НИЗ, в частности ССЗ.

Наиболее интересующейся темой патронажных медсестер были вопросы питания, многие хотели бы получить информацию о здоровом питании (54,8%), функциональном питании (39,6%), а также о современных подходах к лечебному питанию.

Почти все медсестры проводят мероприятия по выявлению факторов риска НИЗ, в т.ч. и ССЗ (94%), однако всего лишь 78,3% считают, что это соответствует их профессиональной компетенции.

Несмотря на то, что основная часть считают, что проведение обследования на дому (измерение АД, пульса, МТ) входит в их профессиональную компетентность (90,3%), всего лишь 73,1% осуществляют это на практике.

Всего лишь 70% патронажных медсестер проводят разъяснительные работы по устранению или смягчению факторов риска ССЗ, такие как курение, употребление жареной, соленой пищи, низкая физическая активность, причиной этому, по их мнению, данная обязанность не входит в их профессиональную компетентность.

**Заключение.** Проведенный опрос медицинских сестер показал, что в большинстве своем они осведомлены в вопросах профилактики, факторах риска, первичных симптомах ССЗ. Следовательно, сестринский персонал должен рассматриваться как ценный ресурс здравоохранения для проведения мероприятий по первичной и вторичной профилактике ССЗ среди населения, формированию здорового образа жизни среди населения, т.е. предоставления населению доступной, приемлемой и экономически рентабельной помощи.

## **ИЗУЧЕНИЕ ОСНОВНЫХ ПРИЧИН БЫТОВОЙ ТРАВМЫ У ДЕТЕЙ И МЕДИЦИНСКО-СОЦИАЛЬНОЕ ЗНАЧЕНИЕ ЕЕ ПРОФИЛАКТИКИ**

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Бытовые травмы, которые часто встречаются у детей школьного возраста, особенно распространены в летние месяцы - во время каникул, а также, в зимние месяцы, когда становится трудно присматривать за детьми и защищать их от опасностей. Это, естественно, требует увеличения родительской ответственности в воспитании детей. Причина, по которой детские травмы встречаются гораздо чаще, чем травмы взрослых заключается в том что, дети более подвижны и любопытны к окружающей среде. Бытовые травмы наиболее распространены среди детей, и во многих случаях причиной является пренебрежение родителей. Чрезмерная подвижность, активность детей школьного возраста, переоценка детьми собственных возможностей, игнорирование уровня внешней опасности также могут спровоцировать у них различные бытовые травмы. Виды травм зависят от возраста детей, что требует внимания к их возрасту при профилактике. Основные виды бытовых травм, которые дети младшего школьного возраста могут получить дома: это ожоги от плиты, кипятка и пара, электроприборов и открытого огня. Среди детей среднего школьного возраста чаще встречаются раны, нанесенные острыми порезами и колющими предметами, лестницами, прыжками из окон, отравления химическими веществами и лекарственными препаратами в домашних условиях. А у детей старшего школьного возраста может возникнуть поражение электрическим током из-за неисправного электрооборудования или оголенных проводов, травмы при падении с велосипеда и несоблюдение правил дорожного движения. Также характерной особенностью школьных травм в здании школы является поведение детей вне школы, а на уроках физкультуры травмируется значительная часть детей. Проведенные научные исследования и полученные данные свидетельствуют о том, что в отдельных районах Хорезмской области, где проводятся исследования, в течение 2016-2020 годов травматизм среди детей имеет традицию увеличения, в 2016 году травматизм среди детей составил 6,9% от общей заболеваемости, а к 2020 году этот показатель составил 9,0%, а травматизм увеличился чуть менее чем на 30%, 60,5% детских травм

приходится на мальчиков и 39,5% на девочек., было обнаружено, что у мальчиков его уровень в 1,53 раза выше. Также было отмечено, что в Хорезмской области травматизм среди всего населения в городе в 3,1 раза выше, чем в сельских районах, у мужчин в 1,2 раза выше, чем у женщин, а у детей в возрасте 0-14 лет в городе в 3,8 раза выше, чем в сельских районах. Было обнаружено, что изученных в городе и сельских районах травматизм среди лиц в возрасте 18 лет и старше увеличился в 2020 году в 1,4 раза по сравнению с 2016 годом, в то время как в сельских районах травматизм, особенно среди подростков, был в несколько раз выше, чем среди людей других возрастов. Профилактика бытовых травм среди детей является одним из важнейших и актуальных медико-социальных вопросов во всех странах мира, в том числе в нашей стране и Хорезмской области, где проводятся исследования.

Во избежание травм среди детей следует уделять внимание их возрасту:

1. Важно, чтобы дома родители и другие взрослые разъяснили детям правила безопасности;
2. Дома необходимо постепенно знакомить детей с правилами пользования бытовой техникой. Например, родители должны объяснять, какие травмы получают, когда использует предметы на кухне, чтобы обезопасить своего ребенка. Нельзя подходить к горячей газовой плите, потому что вы можете обгореть, это очень больно, и вы не можете этого вынести, вы будете плакать, мне тоже будет грустно, говоря что-то вроде этого, необходимо правильно научить ребенка;
3. Шкафы, полки и другая мебель в доме и в детских комнатах должны быть надежно закреплены, чтобы открывались и закрывались без звука. Потому что ребенок может получить травму из-за неправильного использования каких-либо острых заглушек или тупого оборудования, пытаясь исправить этот недостаток.
4. Взрослые семьи, живущие в многоквартирных домах, должны быть особенно осторожны, дети должны находиться под присмотром взрослых на балконе дома и возле открытых окон.
5. Воспитание ребенка дома в соответствии с нашими национальными традициями также способствует снижению травматизма. Например, правила поведения кушать без спешки, не разговаривать во время еды, тогда как, удерживает ребенка от непроизвольного застревания пищи, в то время когда ребенок должен научиться правильно вести себя за столом, использовать столовые приборы и знать, что оставлять свое место во время еды не только



некультурно, но и опасно. Шутить и играть с ребенком во время еды-это неправильно, и этого нельзя допускать.

6. Средства, представляющие опасность для детей в домашних условиях, включая различные лекарства, уксусную кислоту, бытовую химию, краски, растворители и другие вредные вещества, а также спиртные напитки, следует хранить в недоступном для детей месте.

7. Детям нельзя пользоваться электроинструментами дома.

8. Оставлять детей, особенно детей младшего возраста и дошкольников, одних на улице и во дворе без присмотра считается опасным, поскольку в этом возрасте они будут стремиться к свободному передвижению и будут проявлять повышенный интерес к окружающей среде.

9. Необходимо обучать детей школьного возраста правилам на пешеходных дорожках и проезжей части. Родители не должны забывать, что если совершает ошибку, переходя проезжую часть автомобильной дороги вместе со своим ребенком, ребенок, безусловно, может извлечь из этого пример. Это приводит к тому, что дети получают травмы в результате дорожно-транспортных происшествий.

10. Родители должны объяснить своим детям важность правильного использования защитных приборов (сиденья, ремни) для защиты от транспортных травм.

11. В школе необходимо учить детей правилам ходьбы на переменах, на уроках физкультуры особое внимание следует уделять движениям детей. Потому что больше всего травм дети получают в школе на уроках физкультуры.

Многие травмы могут быть предотвращены, если родители наблюдают за своими детьми дома и учат их безопасности, учителями в школе, воспитателями в дошкольных учреждениях и в общественных местах, если дети не остаются без присмотра на улицах. Мы не должны забывать-что несем ответственность за здоровье наших детей.

## Consolidation and generalization of theoretical knowledge through independent education

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**Abstract.** Strengthening and generalization of students' theoretical knowledge of science through independent education and formation of students' skills and abilities to independently learn the basics of science; development of students' cognitive activity, independent creative work skills and creative skills; is to determine the skills of self-professional development and improvement in students.

**Key words:** student, science, independent education, theoretical knowledge, strengthening, skills, skills, independent creative work, development, improvement. The topic of independent education consists of lectures and seminar topics that student's study independently. Including: the national model of personnel training and its components, the formation and development of the science of pedagogy, its goals and objectives, its subject, scientific research methods, personal development and the factors affecting it, the single pedagogical process and its essence, didactics (education theory), laws and principles of the educational process, educational content, educational methods and tools, forms of educational organization, diagnosis of students' knowledge, skills and qualifications, content, essence, laws of the educational process, principles, general methods of education, content, essence, goals and tasks of types of education, forms, methods and tools, management of educational institutions, foundations of correctional pedagogy. Independent education helps students strengthen their theoretical knowledge, develop their ability to understand topics to the maximum extent, and expand their general outlook.

Independent work of students plays an important role in the radical reconstruction of the specialist training system and in increasing the importance of the educational process. The analysis shows that independent work is understood as such educational activity, in which, along with the acquisition of knowledge, the formation of skills is ensured. In practice, this is done in four independent types of work, depending on the specific didactic goals.

The first type of private-didactic purpose of independent work is the algorithm of activity, which, on the surface, consists of information and conditions of tasks, that is, to determine the skills that are formed in students and required of them based on

the factors of the formation of initial knowledge (the first stage of knowledge). To achieve this goal, it is necessary to solve the tasks perceived by students.

The second type of private-didactic purpose of independent works is the formation of knowledge aimed at processing the acquired information in memory and performing typical tasks, that is, the second stage of knowledge. The general description of all types of independent works of the second type is that in such works the idea (principle) of solving tasks is announced, methods and methods of developing this idea (principle) and applying it to concrete conditions are required from students.

The third type of private-didactic purpose of independent works consists of knowledge formed in students during the third stage - performing non-typical tasks. This goal can be achieved in the process of solving knowledge (perception) issues that require students to create algorithmic bases of the causes of changes in the studied object. The fourth type of private didactic purpose of independent work is to create factors for creative activity.

The cognitive activity of students in performing such work is that students go deeper and deeper into the essence of the subject under discussion, find the necessary new, previously unknown ideas and solve the principles of creating new information. New connections build relationships. At the same time, the student is forced to puzzle over the essence of new actions, the nature of this or that information, which he has to create at each stage of performing the tasks. The following types of independent work are noted in the literature on pedagogy: independent work on samples; reconstructive-variative; heuristic (partial, creative); creative research. Independent work on samples is solving typical tasks, various exercises based on samples.

They are a factor in mastering the material, but do not increase students' creative activity. Reconstructive-variational independent works envisage not only the practical description of knowledge, but also the redevelopment of the structure of knowledge, the involvement of existing knowledge in solving problems. Heuristic independent work is related to the solution of some issues and problems posed in lectures, laboratories, practical exercises, seminars. Independent research work aims at the ability to see a research problem, to be able to express it independently, to define a hypothesis, to develop a plan for solving the problem, to solve it. Creative research work. In such cases, the task is to create conditions that require the occurrence of a problematic situation. In his work, the student searches for ways to solve the problem, free from ready-made examples. Such work includes tasks related to setting up experiments, designing equipment, models, and machines. Thus, independent work is the most important method of teaching, in which students' individual activity increases in the process of preparing for classes, strengthening acquired knowledge, skills and abilities.

The main conditions for effective organization of independent work are as follows:

- scientificity of independent work, its research character; the formation of the need to independently improve one's knowledge;
- individualization of tasks of independent work;
- methodical management of the organization of independent work.

The process of independent education must cover its exact form, methods and methods. The main method of independent education is individual work on literature. This method forms the ability to find the most important information in the flow of information, give it the correct assessment, and use this information in one's professional activity. It allows you to use independent training methods based on the obtained information. The use of this method provides necessary quality indicators in practical work. Independent learning also includes performing practical tasks and working with audio-visual equipment. One of the important methods of independent education is their communication. The ultimate goal of independent education is to attract students to creative research, to work on themselves, to understand the essence of comprehensive research.

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## POST-VACCINATION IMMUNITY TO MEASLES IN CHILDREN WHO HAVE HAD COVID

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**Rationale.** Patients with juvenile idiopathic arthritis (JIA) may have low protective levels of antibodies to vaccine antigens due to the immunologic features of the disease, disrupted vaccination schedules, and use of immunosuppressive medications.

The purpose of the study was to study the state of post-vaccination immunity and determine the factors associated with the preservation of the protective level of antibodies in patients with JIA.

**Methods.** The cross-sectional study included patients with JIA aged 2 to 17 years who were vaccinated before the age of 2 years (before the development of JIA) against measles, rubella, mumps, hepatitis B and diphtheria. IgG levels to vaccine antigens were determined by enzyme immunoassay. The minimum protective level for measles IgG was considered to be 0.18 IU/ml, for antibodies to the rubella virus - 10 IU/ml, for mumps - positivity rate > 1.0, for hepatitis B - 10 mME/ml, for anti-diphtheria antibodies - 0.09 IU/ml.

**Results.** The study included 90 patients with JIA (71% girls) aged (median) 11.3 (7.5; 14.9) years. The age of onset of JIA was 6.0 (4.0; 8.0) years, the duration of the disease was 4.0 (2.0; 7.3) years. 24/88 (27%) patients received glucocorticosteroids in the past or at the time of inclusion in the study, methotrexate - 81/88 (92%), genetically engineered biological drugs - 54/89 (61%). A protective level of antibodies against the measles virus was detected in 45 (50%) children with JIA, against the rubella virus - in 88 (98%), mumps - in 68 (76%), hepatitis B - in 49 (54%), and diphtheria toxoid - in 45 (50%). The duration of JIA and therapy with glucocorticosteroids (against diphtheria), as well as an incomplete set of vaccinations (against measles), were associated with a decrease in the intensity of post-vaccination immunity.

**Conclusion.** A significant proportion of children with JIA are not protected from measles, mumps, hepatitis B or diphtheria. The high risk of developing vaccine-preventable infections in such children requires the development of individual vaccine prevention programs.



Children with JIA treated with systemic corticosteroids generally maintained minimal protective antibody titers after vaccination, but their geometric mean levels may have been lower compared to patients who did not receive such treatment. In general, there was no significant effect of glucocorticosteroids on the levels of post-vaccination antibodies against mumps, measles and rubella, tetanus and diphtheria, but it is important to consider the duration of this therapy and the cumulative doses of drugs. Children with JIA who received therapy with glucocorticosteroids and methotrexate and were vaccinated against hepatitis B had an adequate immune response.

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## COMPARATIVE EVALUATION OF THE RESULTS OF ECHINOCOECTOMY FROM THE LIVER DEPENDING ON THE CONDITION OF THE FIBROUS CAPSULE

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### **Abstract**

In the surgery of liver echinococcosis in the Republic of Uzbekistan, organ-preserving minimally invasive and traditional interventions continue to dominate in clinics of various levels of healthcare. All patients were divided into two groups. The main group included 192 patients with liver echinococcosis who underwent additional treatment options for the residual cavity using the proposed methods during laparotomy or laparoscopic operations after the echinococcectomy stage. Residual cavities with dense fibrous walls, which are not amenable to suturing, are of particular difficulty in the surgery of echinococcosis. The use of the proposed method of treatment of the residual cavity with a rigid fibrous capsule in both open and laparoscopic interventions reduces the risk of early complications from 19.1% to 4.5%.

**Keywords:** echinococcosis of the liver; the condition of the fibrous capsule; Hemoben; FarGALS antiseptic solution; pericystectomy.

In the surgery of liver echinococcosis in the Republic of Uzbekistan, organ-preserving minimally invasive and traditional interventions continue to dominate in clinics of various levels of healthcare. Against this background, one of the urgent issues remains the option of treating the residual cavity after echinococcectomy, implying both antiparasitic efficacy and the possibility of accelerating the processes of obliteration of the fibrous capsule.

The study is devoted to the development of optimal methods for additional treatment of the residual cavity, taking into account the elastic or rigid walls of the fibrous capsule to reduce the risk of developing specific complications from the residual cavity and accelerate the processes of its obliteration. All patients were divided into two groups. The main group (2020-2023) included 192 patients with liver echinococcosis who underwent additional treatment options for the residual cavity using the proposed methods during laparotomy or laparoscopic operations after the echinococcectomy stage. The comparison group (2016-2019) included 211 patients who underwent similar interventions using the traditional method.

According to the type of fibrous capsule, both groups were divided into 2 more subgroups: elastic or rigid fibrous capsule. Accordingly, in the comparison group there were 102 patients with an elastic residual cavity and 94 patients with a rigid residual cavity, in the main group there were 101 and 88 patients, respectively.

With an elastic fibrous capsule in the comparison group, traditional echinococcectomy was performed in 81 (69.2%) cases, in the main group in 62 (59.6%) patients, laparoscopic echinococcectomy in 34 (29.1%) and 40 (38.5%) patients, respectively, liver resections (marginal or anatomical) were performed in 2 (1.7%) and 2 (2.0%) patients.

With a rigid fibrous capsule in the comparison group, traditional echinococcectomy was performed in 82 (87.2%) cases, in the main group in 60 (68.2%) patients, laparoscopic echinococcectomy in 8 (8.5%) and 21 (23.9%) patients, respectively, liver resections (marginal or anatomical) were performed in 4 (4.2%) and 7 (7.9%) patients. The method of treating a fibrous capsule in uncomplicated forms of liver echinococcosis lesion includes the following technical aspects: the use of a domestic bioabsorbable hemostatic agent HEMOBEN, the use of a Matrix laser therapy device, as well as a Redon type drainage kit and postoperative laser irradiation Pulse-100 percutaneously.

Residual cavities with dense fibrous walls, which are not amenable to suturing, are of particular difficulty in the surgery of echinococcosis. In this aspect, we propose an improved method of processing the fibrous capsule, which includes the following distinctive steps: laser exposure to the wall of the fibrous capsule with a high-energy Lakhta-Milon laser; additional antiparasitic chemical treatment with FarGALS antiseptic solution; application of HEMOBEN composition.

In patients with echinococcosis of the liver, the presence of an elastic fibrous capsule allows for open operations in 74.5-78.7% (for both groups) to perform complete suturing of the residual cavity (54.3-69.3%) or drainage (9.3-20.2%), in 12-12.8% of patients it is possible to perform abdominization of the residual cavity and only in 9.3-12.8% of cases, due to the difficult localization of the cyst (more often deeply intraparenchymatous), the operation is limited to drainage of the residual cavity with a minimum volume of pericystectomy. In turn, with the availability of echinococcal cysts for laparoscopic intervention, the probability of performing wide abdominization was 42.1-68.9%, and in other cases only partial pericystectomy with drainage is performed. At the same time, the use of the proposed method of treatment of the residual cavity with an elastic fibrous capsule in both open and laparoscopic interventions reduces the risk of early and late specific complications. Thus, the incidence of complications in the early postoperative period in the comparison group was 14.5%, whereas in the main group it was 2.9% ( $\chi^2=9.072$ ;  $df=1$ ;  $p=0.003$ ), and in the period up to 3 months after surgery, this indicator was 12.8% versus 2.9%

( $\chi^2=7.265$ ;  $df=1$ ;  $p=0.008$ ), which reduced the need for repeated minimally invasive interventions in these periods from 9.4% to 2.0%. The use of the proposed method of treatment of the residual cavity with a rigid fibrous capsule in both open and laparoscopic interventions reduces the risk of early complications from 19.1% (in 18 of 94 patients in the comparison group) to 4.5% (in 4 of 88 patients in the main group;  $\chi^2=9.121$ ;  $df=1$ ;  $p=0.003$ ), and in the period up to 3 months after surgery, this indicator was 16.0% (15) versus 3.4% (3;  $\chi^2=8.030$ ;  $df=1$ ;  $p=0.005$ ), which reduced the need for repeated minimally invasive interventions in these periods from 6.4% to 3.4%, while Another 3.2% (3) of patients in the comparison group were re-operated in an open manner, and 6.4% of complications were resolved conservatively ( $\chi^2=14.609$ ;  $df=4$ ;  $p=0.006$ ).

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## Alkogolizm va giyohvandlik

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**Abstract:** Alcoholism is a chronic disease caused by constant alcohol consumption, which is accompanied by changes in the internal organs and systems of the body, specific mental disorders, and the development of addiction to alcohol. In the social sense, alcoholism means drinking excessive alcohol that harms the well-being of society and the criminal situation, people's health, life, and work. Mental disorders include a pathological tendency to alcohol, dependence, the emergence of hangover syndrome, signs of drunkenness, changes in endurance (the body's resistance to ethanol) and a person's personality.

It is manifested by the development of changes. Cardiovascular, nervous system, all internal organs and brain diseases in alcoholism development is of great importance.

**Key words:** clinic, etiology, alcoholic delirium, alcoholic psychoses, hallucination, levels of intoxication, adaptation, drug addiction, mental tendency, polynarcotics

Alkogolizm – ashaddiy ichki likbozlik, spirtli ichimliklarni salomatlikka va mehnat qobiliyatiga zarar yetkazadigan darajada, muntazam ravishda me'yoridan ortiq iste'mol qilish tufayli yuzaga keladigan va insonning ma'naviy qiyofasini izdan chiqaradigan kasallik shakllaridan biri. Alkogolizm inson organizmini ishdan chiqaradi, uning ma'naviy-ruhiy dunyosini buzadi. Alkogolizmga duchor bo'lgan kishilar o'z ijtimoiy vazifasini to'laqonli bajara olmay qoladi, odamlar o'rtasida obro'-e'tiborini yo'qotib, ko'pchilik nazaridan qoladi. Alkogolizm hodisa sifatida sotsial kasalliklar qatoriga kiradi, chunki u jamiyat a'zolari ongidagi ijtimoiy, iqtisodiy buzilishlar bilan bog'liq.

Alkogolizm rivojlanishida boshlang'ich, o'rta va so'nggi bosqich alomatlari kuzatiladi. Boshlang'ich bosqich – asosan, alkogolga nisbatan haddan ortiq



maylning paydo bo'lishi va unga bo'lgan chidamlilik (tolerantlik) ning oshishi, qayt qilish himoya refleksining yo'qolishi, yashirin yoki yolg'iz ichib mast bo'lish, ichayotgan alkogol miqdorini nazorat qila olmay qolishi, perforatsion amneziya, faqat ichish itagining miyaga o'rnashib qolishi, alkogoldan o'zni tiyganda holsizlanish (asteniya) holatining yuzaga chiqishi bilan ifodalanadi. O'rta bosqichda – alkogolga bo'lgan chidamlilik juda oshadi, «alkogol ochligi» – xumor (abstinent) holatining yuzaga kelishi, alkogolga bog'lanib qolish, soxta mayzadalik (psevdozпой), alkogol psixozlari va shaxsning ruhiy jihatdan tubanlashuvi kuzatiladi. So'nggi bosqich esa alkogolga chidamsizlik (intolerantlik), muttasil ichishning davriy tus olishi, chin mayzadalik, ruhiy va jismoniy zaiflashish, nerv va ichki a'zolar faoliyatining izdan chiqishi, dispeptik holat, o'tkir va surunkali alkogol psixozlari, xotira va es-hushning aynishi bilan ifodalanadi. Alkogolizm odam organizmidagi hamma tizimlar va a'zolar faoliyatiga putur yetkazadi. Ichkilikboz odam o'zi ichayotgan ichkilik miqdorini bilmay qo'yadi, markaziy va periferik nerv tizimi faoliyati buzilib (psixik kasalliklar, nevrillar va boshqa(lar) paydo bo'ladi), ichki a'zolar faoliyati izdan chiqadi. Ichkilikning zaharli ta'siri moddalar almashinuvi, ayniqsa, vitaminlar almashinuvining buzilishiga olib keladi. Ichkilikboz odam qo'l barmoqlari, ko'z qovoqlari, til uchining titrab turishi, shuningdek, har kuni bajarib yurgan odatdagi ishini bajara olmay qolishi mumkin. Ko'p ichadigan Odamda ko'z xiralashib, ba'zan quloq ham og'irlashdi. Ichkilikning me'daga ta'siri natijasida shu a'zoning barcha faoliyatlari buziladi. Ichkilik, ayniqsa, jigarga zararli ta'sir ko'rsatib, jigar sirrozi yuzaga keladi. Alkogolizm pankreatit, qand kasalligi, stenokardiya va miokard infarkti kasalliklariga ham sabab bo'lishi bilan birga ichki sekresiya bezlari va birinchi galda jinsiy bezlarga zarar yetkazadi, mijoz susayib, jinsiy zaiflik paydo bo'ladi. Ayollar ichkilik ta'sirida tez so'lib qoladi, pushti susayib, homiladorlik vaqtida har xil asoratlar ko'p uchraydi. Doimiy ichkilikbozlik kishining barvaqt qarib, nogiron bo'lib qolishiga olib keladi.

Oldini olish. Alkogolizm belgilari paydo bo'lganda, ichkilikbozni narkologiya shifoxnalariga yotqizib, uzoq vaqt davomida narkolog shifokor kuzatuvida muntazam davolanishni tashkil qilish lozim.

Narkomaniya so'zi keng ma'noga ega bo'lib, tarixan turlicha so'zlar bilan talqin qilingan (narkomaniya – giyohvandlik, bangilik, nashavandlik, karaxtilik). Bangilik – xalq tilida atalib kelgan so'z, bangi – bangi bo'lib qolishlik ma'nosida. Nashavandlik – nasha o'simligi, nasha preparatlariga o'rganib qolishlik. Giyohvandlik – kayf keltirib chiqaruvchi, o'ziga o'rgatib qo'yuvchi vositalardan, masalan ko'knori, tamaki, nasha, kanop o'simligining ayrim turi va ularning preparatlarini iste'mol qilishlikni anglatadi. Karaxtilik esa karaxt bo'lib qolgan,



o'zini bilmay qolgan, narkoz holatiga tushishlik degan ma'noni anglatadi va bundan asl ma'no kelib chiqadi. Narkomaniya esa «Narko» (narkoz) va «maniya» (odam) so'zlarining yig'indisi hisoblanib, narkoz – hech narsani sezmaydigan holatni anglatadi.

Giyoxvand moddalarni iste'mol qilish (xattoki bir marta) organizmga o'ta jiddiy zarar yetkazishi bilan birga og'ir xastalik, ya'ni giyoxvandlikka (narkomaniyaga) olib kelishi mumkin. Giyoxvand moddalarni iste'mol qilish oqibatida organizmning surunkali zaxarlanishi yuz beradi, buning natijasida tolerantlikni o'zgarishi, o'rganib qolish, maxrum bo'lish sindromi, emotsional-psixik o'zgarishlar, jismoniy xamda jinsiy o'zgarishlarga olib keladi.

VOZ (Xalqaro sog'liqni saqlash tashkiloti) 1991 yil giyoxvand moddalar toifasiga quyidagilarni kiritdi:

- Alkogol - barbiturat moddalar tipi: etil spirti, barbituratlar, sedativ - meprobronat, xloralɔgid va boshqalar.
- Amfetamin tipidagi moddalar: anfetamin, fenmetrazin.
- Kannabis tipidagi moddalar: marixuana, gashish.
- Kokain tipidagi: kokain, koka barglari.
- Gallyutsinogen moddalar: LSD, meskalin.
- Kata tipidagi moddalar.
- Opiada tipidagi: morfin, heroin, kofein, metdon.
- Efir suyuqliklari tipidagi moddalar: toluol, atseton, tetroxlormetan.

Narkomaniyalik belgilari:

- Birinchi belgi og'iz burun va ko'z qovoqdir. O'quvchilar jiddiy darajada torayptilar yoki ko'payib ketishdi.
- bir kishi zaiflashadi, to'sqinlik qiladi, yo'qoladi yoki aksincha, ortiqcha harakatni amalga oshiradi;
- ishtaha butunlay yo'q bo'lib ketishi yoki haddan ziyod yuqori bo'lishi mumkin;
- qaroqchi qo'rqib ketadi, [beparvolik](#), g'azablansa yoki aksincha, shubhali, tajovuzkor, har qanday kichik narsalar sababli portlatishga tayyor bo'ladi;
- Odatdagidek, og'izdan va tanadan yoqimsiz hid bor;
- sog'liqni saqlash muammolari bo'lishi mumkin, ya'ni: ko'ngil aynishi, diareya, qusish, bosh og'rig'i, ko'zlardagi juftliklar;
- badanga, tez-tez qo'llaringizga, inyeksiya izlarini ko'rishingiz mumkin. Infektsiyani qabul qilganda, yaralar paydo bo'ladi, xo'ppozlar paydo bo'ladi.

Bundan tashqari, har bir odamning salomatligi muammosi bor. Ko'pincha ular uyqudagi muammolar, shuningdek, burun burunlari, yo'talish, qon bosimi, miya oshqozonlari. Giyohvand moddalar iste'molchilari rivojlanishda orqada qolmoqda. Sochlari mo'rt bo'lib ketadi, terining rangi porloq bo'ladi.

Narkomaniyani davolash

1. PFM (psixofaol moddalar)ni kabulini tuxtatish, abstinent sindromni, birlamchi ruxiy moyillikni bartaraf etish. Abstinentiyadan sunggi ruxiy buzilishlarni davolash.

2. Tibbiy-ijtimoiy reabilitatsiya.

Ko'pgina giyohvandlik zamonaviy odamlarning hayotiga shunchalik kirib kelganki, ular o'sishni boshlaguncha hech qanday xavf tug'dirmaydi. Afsuski, keyingi bosqichlarda giyohvandlik bilan mustaqil kurashish deyarli mumkin emas. Tegishli terapiya qanchalik erta boshlansa, tiklanish ehtimoli shuncha yuqori bo'ladi. Narkomaniyaga qarshi samarali kurashishning asosiy sharti - bu o'z holatining patologik xarakterini to'liq bilish. Faqat o'z muammolarini to'liq qabul qilib, davolanishga tayyor bo'lganlarga giyohvandlikdan qutula oladi. Bugungi kunda bunday hollarda qo'llaniladigan terapiyaning bir necha yo'nalishlari mavjud. Muayyan usulni tanlash davolovchi shifokor tomonidan amalga oshiriladi

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## PEDAGOGICAL FUNDAMENTALS OF INNOVATIVE MANAGEMENT OF EDUCATIONAL INSTITUTIONS

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**Abstract:** This article explains the best principles of innovative development of educational institutions and their management from the very first principle to the socio-economic principle of the developing country.




**Key words:** Educational development, Conceptual, Organizational and activity, Scientific-methodological level

**The main part:** The development of education serves to solve the problems of socio-economic development of the country and is one of the priorities of the Republic of Uzbekistan. In order to maintain its position in the domestic and world markets, our country must maintain a high position. The level of education provided in schools and universities. In solving this problem, it is important to ensure effective management of educational institutions. The economic conditions of the country lead universities to the commercialization of education and scientific activity and the ability to create and use the results of scientific and technical creativity. Scientific products produced in educational and higher education institutions should be innovative and competitive. The use of innovative mechanisms increases competitiveness and the quality of educational services. A modern higher education institution can promote innovative activities independently or in cooperation with other universities or commercial enterprises. projects from concept to implementation. The solution to the problem of improving the effectiveness of education requires the development of a management optimization strategy. Therefore, the modern activities of higher education should include the study of innovative activities. Modern trends and changes in the field of higher education are reflected in the transfer of universities from the classical model of education to the model of innovative education. In connection with these trends, the problem of innovative management is processes in the educational environment. By turning the typification of innovations into education, we can determine the influencing factors on innovative activity and innovation management, these are: organizational, technological; motivational, informational, intellectual, technical. The need to

develop an innovative environment, activation of innovative activity determines the relevance of research in the field of innovation management in higher educational institutions.

At the moment, serious changes are being made in the national education policy in our country. Due to this, the transition to a self-oriented pedagogic position. One of the tasks of the modern high school is to reveal the potential of all participants of the pedagogical process, to give an opportunity to show their creative abilities. Thus, the change of the role of education in society mainly led to innovative processes. About high-level innovation

### **Education, researchers distinguish three levels of innovation:**

-  conceptual
-  Organizational activity
-  Scientific and methodical

#### ***1. The conceptual level reflects the need to perform the following tasks:***

- Methodological justification of previous general scientific ideas necessary and sufficient for its development
- The concept of restoration;
- Orientation to the pedagogical theory that gives an idea of the integrity of the educational process;
- The concept clearly reflects the specific work of the HEI.

#### ***2. The level of organization and activity implies the achievement of the following goals:***

- Selection and appointment of teaching personnel, search and attraction of scientific consultants at the Higher Education Institution; specialists in conducting new courses and electives;
- Establishing a scientific and methodological council for planning, coordination and control of experimental work;
- Organization of creative groups of experimental teachers to develop and test new courses;
- Provision of material and technical conditions for conducting experimental work.

#### ***3. The scientific-methodical level implies the following:***

- Development and testing of various options of educational plans, programs, ways and means of their achievement;

- Determining the level of knowledge and developing methods of obtaining knowledge;
- Highlight the efficiency criteria for the implementation of the educational concept of this Higher Education Institution;
- Determining an effective mechanism for the generalization and dissemination of best practices and innovations;
- Scientific provision of effective methods of teacher training and professional development.

**Conclusion:** Taking into account the process of innovation management in educational institutions, we can define innovative activity as a set of HEI processes: educational, scientific-innovative and strategic processes of human potential formation. Teachers of higher education organizations can be involved in these processes. Taking into account innovative activities, it is appropriate to emphasize the motivation and readiness of teachers for innovation. It should be taken into account that the effectiveness of innovative activity is ensured if teachers are motivated, if they are ready for innovation; able to eliminate the causes of resistance, that is, teachers are involved in innovation. This is ensured by the introduction of the author's technology of management of the innovation process in the department. The extrapolation of the components of the technology developed in the organization of HEI work ensures effective management of innovative processes in the specified educational organization.

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## PREVENTION OF PERIODONTITIS DISEASE IN MIDDLE-AGED WOMEN

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**Relevance of the topic:** Today, one of the most common stomatological diseases is periodontitis, which is an inflammatory disease of the gums, which over time leads to atrophy of bone and connective tissue of the gums, resulting in tooth decay and spontaneous loss of teeth.

In general, bad habits and general diseases, smoking, diabetes, gastrointestinal diseases, diseases of the cardiovascular system, stress, squeezing the gums due to the formation of alloy stones around the teeth, defects in the development of the jaw and palate, improper growth of teeth, teeth It is caused by diseases such as crooked position and mouth breathing.

**Purpose of work:** as the purpose of the work, the occurrence, causes and spread of periodontitis in middle-aged women living in the city of Urganch were studied.

**Results obtained:** The results of the investigation showed that periodontitis is mainly found in women aged 30-35, and the cause of the disease is that they do not follow the rules of dental hygiene in time.

Also, as a complication, the loss of teeth, as well as the absorption of toxins from microbes that caused periodontitis, cardiovascular system diseases, rheumatoid arthritis, atherosclerosis, and respiratory system diseases were also detected.

**Conclusions:** In conclusion, it can be said that periodontitis disease is mainly due to non-observance of dental hygiene, and as a result, teeth fall out on their own, and as a result of the microbes in the oral cavity, other diseases occur in our living body, that is, diseases of the cardiovascular system, rheumatoid arthritis, atherosclerosis, and respiratory system diseases.

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## IDENTIFICATION OF EARLY MARKERS OF NAFLD DEVELOPMENT IN YOUNG PEOPLE OF THE UZBEK POPULATION, OPTIMAL TREATMENT AND PREVENTION REGIMENS

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**Abstract:** Non-alcoholic fatty liver disease (NAFLD) is emerging as a major health concern worldwide, affecting individuals of various age groups and ethnicities. This scientific article focuses on the identification of early markers of NAFLD development in young people within the Uzbek population, along with exploring optimal treatment and prevention regimens. Through a comprehensive review of current research, clinical studies, and epidemiological data, this article aims to contribute to the understanding and management of NAFLD in the context of Uzbekistan. Key findings emphasize the significance of early detection, personalized treatment approaches, and lifestyle interventions to mitigate the progression of NAFLD in young individuals.

**Keywords:** NAFLD, Non-alcoholic fatty liver disease, early markers, young people, Uzbek population, optimal treatment, prevention regimens.

**Introduction:** Non-alcoholic fatty liver disease (NAFLD) is a multifaceted hepatic disorder characterized by the accumulation of fat in the liver, unrelated to excessive alcohol consumption. This condition encompasses a spectrum of liver abnormalities ranging from simple steatosis to non-alcoholic steatohepatitis (NASH) and, in severe cases, cirrhosis and hepatocellular carcinoma. NAFLD is closely associated with metabolic syndrome, obesity, insulin resistance, and other cardiovascular risk factors, making it a significant public health challenge.

While the global prevalence of NAFLD is on the rise, the burden of the disease varies across different populations. The young population in Uzbekistan is not exempt from this trend, necessitating a focused investigation into early markers of NAFLD development specific to this demographic. Early identification is crucial for implementing effective intervention strategies that can prevent or delay disease progression.

This scientific article reviews the current state of knowledge regarding early markers of NAFLD in young individuals of the Uzbek population. Genetic predisposition, lifestyle factors, and metabolic parameters will be explored as potential indicators of susceptibility to NAFLD. Additionally, we will discuss the optimal treatment modalities and prevention regimens tailored to the unique characteristics of the Uzbek population.

The pathogenesis of NAFLD involves a complex interplay of genetic, environmental, and lifestyle factors. Several studies suggest a genetic component to NAFLD development, and ongoing research aims to identify specific genetic markers associated with increased susceptibility. Furthermore, lifestyle factors such as diet, physical activity, and sedentary behavior play a crucial role in the development and progression of NAFLD. Cultural and regional variations in dietary habits and lifestyle practices among the Uzbek population may contribute to unique risk profiles, emphasizing the need for population-specific studies.

Understanding the early markers of NAFLD in the young Uzbek population is essential for the development of targeted screening programs. Early detection allows for timely intervention, potentially preventing or mitigating the progression of NAFLD. Personalized treatment approaches, including pharmacological interventions and lifestyle modifications, will be discussed based on the latest evidence.

Prevention strategies are equally important in managing NAFLD in young individuals. Public health initiatives should aim to raise awareness about the risks associated with sedentary lifestyles, unhealthy dietary patterns, and excessive calorie intake. Tailored educational programs and interventions promoting physical activity and a balanced diet can contribute significantly to NAFLD prevention in the Uzbek youth.

In conclusion, this scientific article provides a comprehensive overview of the identification of early markers of NAFLD development in young people within the Uzbek population. The insights gained from this research can inform targeted screening programs, personalized treatment approaches, and effective prevention strategies. By addressing the unique genetic, lifestyle, and cultural factors associated with NAFLD in Uzbekistan, healthcare professionals can contribute to the reduction of NAFLD burden in the young population.

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## THE INTERPLAY BETWEEN SOCIAL ENTREPRENEURSHIP ORGANIZATIONAL MECHANISMS AND SOCIOL- ENTREPRENEURSHIP ENVIRONMENTS IN HIGHER EDUCATION INSTITUTIONS

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**Abstract:** Higher Education Institutions (HEIs) stand at the forefront of fostering innovation, collaboration, and societal impact. This article aims to integrate two critical aspects: the development of social entrepreneurship organizational mechanisms within HEIs and the evaluation of the sociol-entrepreneurship environment surrounding them. By examining these facets holistically, we can unravel a comprehensive framework that propels HEIs into becoming dynamic hubs of entrepreneurial excellence, societal transformation, and global collaboration.

**Keywords:** Sociol-Entrepreneurship, Higher Education Institutions, Organizational Mechanism, Entrepreneurial Development, Innovation, Collaboration, Environmental Assessment, Social Responsibility.

The landscape of social entrepreneurship is ever-evolving, and Higher Education Institutions (HEIs) stand at the forefront of fostering innovation, organizational mechanisms, and sociol-entrepreneurial environments. This comprehensive article explores the interconnected facets of HEIs, examining both their organizational mechanisms and their influence on the sociol-entrepreneurship environment. By integrating the insights from two distinct articles, we aim to provide a holistic understanding of how HEIs can contribute significantly to the development of social entrepreneurship. Organizational Mechanism Development. Organizational mechanisms within HEIs are integral to their role in social entrepreneurship. The development of these mechanisms involves actively shaping transparent consultations, adopting innovative approaches, and embracing technological advancements.

Institutions of Higher Education, through the organizational mechanism lens, can integrate various functions such as data mining, management, and recognition systems. These technological tools facilitate efficient business processes, including improving activities, analyzing customer needs, and defining marketing strategies. The development of organizational mechanisms is a dynamic process, requiring constant evolution to meet the challenges of the entrepreneurial landscape. Stimulating innovation, supporting entrepreneurship, and embracing technological advancements are key characteristics that define the developmental trajectory of HEIs. One of the standout features in this developmental process is the central role

played by higher education institutions in implementing major changes and automating processes. These institutions serve as technological tools, facilitating data-driven exercises that enhance business activities and strategic decision-making.

Compared to broader societal development, the characteristics of the organizational mechanisms within HEIs bear tremendous significance. They pave the way for innovative approaches, streamline activities, and facilitate the integration of information and automation. Moreover, these mechanisms ensure the delivery of safe and high-quality services to customers, fostering effective management of business activities. The role of Higher Education Institutions in the development of social entrepreneurship organizational mechanisms extends beyond mere technological facilitation. They are instrumental in instigating a cultural shift within organizations, emphasizing the importance of social responsibility, ethical business practices, and sustainable development. For effective development in the realm of social entrepreneurship, it is imperative for higher education institutions to prioritize innovation, both in their curriculum and operational processes. Investing in research and development, encouraging interdisciplinary collaboration, and fostering a culture of creativity can catalyze groundbreaking solutions to societal problems.

To strengthen cooperation between higher education institutions and external organizations, the establishment of central cooperation platforms is essential. These platforms serve as conduits for business community interactions, information exchange, and resource pooling. By developing such platforms, institutions can actively contribute to the creation of a supportive ecosystem for social entrepreneurship initiatives.

Assessing the sociol-entrepreneurial environment is integral to the development and revenue generation of Higher Education Institutions (HEIs). It involves studying, evaluating, and developing the social responsibilities of HEIs, aligning them with innovative directions and fostering success. The sociol-entrepreneurial environment includes components such as establishing guidelines, human resources and resource management, external relations and cooperation, and data management. These elements contribute to the overall development and improvement outcomes for HEIs. Assessing the sociol-entrepreneurial environment is crucial for the continued development of HEIs. It involves analyzing the drivers that change entrepreneurial activity, identifying elements of the environment that influence action, and recognizing challenges and opportunities. Innovation and technological advancements are key areas of focus in evaluating the sociol-entrepreneurial environment. Keeping abreast of new technologies, communication tools, and inter-organizational communications is critical for the success and adaptability of HEIs.

Effective assessment of the sociol-entrepreneurship environment enables HEIs to achieve high indicators for entrepreneurial development. Innovation, collaboration, and optimization of opportunities are key factors contributing to success. A sociol-entrepreneurial environment should encourage cooperation and mutual collaboration, stimulate new ideas and technologies, and provide opportunities for their development and implementation. Collaboration with entrepreneurs, organizations, and industries is vital for HEI development. Mergers, knowledge exchange, resource sharing, and cooperation contribute significantly to the growth of HEIs. Social capital and organizational change play crucial roles in creating an entrepreneurial environment, adapting human resources, information, and inter-organizational relations to changes.

Assessing the sociol-entrepreneurial environment involves analyzing the environment, understanding its impact on development, and ensuring its orientation towards development. Indicators such as social-entrepreneurial organizations, teaching methods for entrepreneurship, resources and opportunities, and various activities related to social entrepreneurship play a crucial role in shaping the entrepreneurial ecosystem. By paying attention to these indicators, HEIs can strategically plan and steer their efforts towards creating a conducive environment for entrepreneurial development. Collaboration with external partners, the adoption of innovative approaches, and fostering a culture of creativity contribute to the overall success of HEIs in the sociol-entrepreneurial landscape.

In conclusion, the development of higher education institutions and their social entrepreneurship organizational mechanisms is of paramount importance in fostering innovation, employee development, and inter-organizational cooperation. The integration of innovative approaches, technology, and ethical business practices positions these institutions as catalysts for positive societal change. As the world grapples with complex challenges, the organizational mechanisms developed within higher education institutions serve as beacons of hope, guiding the way toward a more sustainable and socially responsible future. This article serves as a comprehensive guide, offering insights into the crucial role of higher education institutions in advancing the organizational mechanisms of social entrepreneurship. In conclusion, the evaluation of the sociol-entrepreneurship environment is a crucial and necessary process for the development of Higher Education Institutions. It guides institutions through change, builds confidence, and sets the stage for success. By understanding the needs of the environment and fostering international collaborations, HEIs can play a vital role in creating an environment that promotes ease of management change, innovation, and overall development.

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## YONG‘OQ (*Juglans regia L.*) YOG‘INING TARKIBI VA FOYDALI XUSUSIYATLARI

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**Annotatsiya.** Yong‘oq qadim zamonlardan beri sog‘liq uchun iste‘mol qilinishi tavsiya etilgan oziq-ovqatlar qatoriga kiradi. Yong‘oqdan olingan yong‘oq yog‘i sog‘liq uchun juda foydali hisoblanadi. Yong‘oq yog‘i yuqori darajada omega-3 yog‘ini o‘z ichiga oladi. Minerallarga boy yong‘oq yog‘i tarkibida mis, magniy, oqsil va fosfor ham mavjud.

**Kalit so‘zlar:** Yong‘oq (*Juglans regia L.*), B1, B2, P vitaminlari, omega-3, yong‘oq yog‘.

Yong‘oq (*Juglans regia L.*) — yong‘oqdoshlar oilasiga mansub daraxt turi, yong‘oqmevali daraxt. Yovvoyi holda Kichik Osiyo, Bolqon yarim oroli, Kavkaz, Eron, Xitoy, Koreya yarim oroli, Afg‘onistonda o‘sadi. O‘rta Osiyo tog‘larida tabiiy yong‘oqzorlar ko‘p. Jahondagi ko‘pgina mamlakatlarda ekma yong‘oqzorlar barpo qilingan. Yong‘oq O‘zbekistonning tog‘li zonalarida va deyarli barcha sug‘oriladigan mintaqalarida o‘stiriladi. Bo‘yi 15-30 m, yo‘g‘onligi 1,5-2 m gacha boradi.

Mevasi — yong‘oq, dumaloq yoki cho‘ziqroq, po‘chog‘i qattiq, yumshoq, g‘alvirak tuzilishga ega. Bir dona yong‘og‘i 5-23 g atrofida (mag‘zi 40-75%)vaznga ega.

Xalq xo‘jaligida yong‘oq daraxtining hamma qismidan keng miqyosda foydalanish yo‘lga qo‘yilgan. N.V.Michurin yong‘oqni “kelajakning noni” deb atagan. Uning bargidan ajralib chiqadiga fitonsidlar mayda organizmlarni 12-18 sekundda halok qilishi aniqlangan. Bargi tarkibida yana B1, B2, P vitaminlari, A provitami, karotin, bo‘yoqbob va oshlovchi moddalar, efir moylari, inulin, yuglandan alkaloidi va ko‘plab mineral tuzlar mavjud. Gulda yetiladigan chang donachalarida 23,5 % oqsil, 13,72 %shakar, 38,6 % kletchatka, 3,91 % suv, 3,07 % kul bor.

Mevasining mag‘zi tarkibida 60-70% miqdorda yog‘, 17-19 %oqsil, 16%shakar, ozroq miqdorda suv, 0,3 mg %B1 vitamini, A va B2 vitaminlari, 30-40 %C vitamini mavjud.





1-rasm. Yong‘oq mevasi

### Yong‘oq yog‘i

Yong‘oq yog‘i juda ko‘p foydali xususiyatlarga ega. Yong‘oq yog‘i keng ko‘lamli foydalanishga ega. Ovqat tayyorlash paytida siz tanlab olishingiz mumkin bo‘lgan bu taomni teriga g‘amxo‘rlik qiladigan odamlar ham tez-tez afzal ko‘rishadi.

Yong‘oq yog‘ini olish sovuq presslash texnikasi yordamida amalga oshiriladi.

Yong‘oq yog‘ini olish uchun avval yong‘oqni qobig‘idan ajratib, quritish kerak. Yong‘oq quritilganidan keyin ular qayta ishlanadi va suyuqlik olinadi. Bu suyuqlik yong‘oq yog‘idir. Yog‘ chiqarish zavodlarda sovuq presslash mashinalari yordamida amalga oshiriladi. Yong‘oq yog‘i juda bardoshli mahsulot bo‘lib, u olinganidan keyin bir yilgacha saqlanishi mumkin. Yog‘ uzoq vaqt davom etishi uchun uni to‘g‘ridan-to‘g‘ri quyosh nuri va namlik bo‘lmagan joyda saqlash kerak.



2-rasm. Yong‘oq yog‘i

### Yong‘oq yog‘ining foydalari.

Yong‘oq yog‘i nima uchun ishlatiladi degan savolga ko‘p javoblar mavjud. Yong‘oq; Bu omega 3, omega 6 va omega 9 kabi yog‘ kislotalarini o‘z ichiga olgan mahsulot. Yong‘oq yog‘ining afzalliklaridan biri bu xotirani yaxshilashdir. Yong‘oq tarkibidagi minerallar miyani tiklaydi. Yong‘oqni muntazam iste‘mol qilib, xotirangizni yaxshilashga hissa qo‘shishingiz mumkin. Bundan tashqari, unutulchanlik, diqqatni jamlashda qiyinchilik va chalg‘itish kabi muammolarni hal qilish uchun yong‘oq yog‘ini tanlashingiz mumkin. Yong‘oq yog‘ining foydalari



haqida ma'lumot berish bilan birga, uyqu rejimining yaxshilanishini ham aytib o'tish kerak. Yong'ocq tarkibida melatonin deb ataladigan modda mavjud. Ushbu modda tanada etarli miqdorda bo'lsa, uxlab qolish jarayoni osonlashadi va uyqu muammosi bo'lgan odamlar yaxshilanishni boshdan kechiradilar. Yong'ocq yog'ini salatlar va ovqatlarga qo'shib, uyqu muammolarini oldini olishingiz mumkin.

Ushbu moyning yana bir ijobiy ta'siri shundaki, u to'liqlik hissi beradi va ishtahani bostiradi. Shu nuqtai nazardan, yong'ocq yog'i dietaga yaxshi yordam beradi, deyish mumkin. Tayyorlagan sog'lom retseptlaringizga yong'ocq yog'ini qo'shib qisqa vaqt ichida maqsadlaringizga erishishingiz mumkin. Yong'ocq yog'i nima uchun foydali degan savolga javob berganda, bu yog' antioksidantlarning kuchli manbai ekanligini ta'kidlash kerak. Yong'ocq yog'i tananing yangilanishi va tiklanishini ta'minlaydi. Ayniqsa, kasalliklardan himoyalaniшни xohlovchi va sezgir tanaga ega bo'lgan kishilarga yong'ocqni me'yorida iste'mol qilish tavsiya etiladi.

Yong'ocq yog'ining teri uchun foydalari juda ko'p. Yong'ocq yog'i ko'plab kosmetik mahsulotlarda mavjud. Buning sababi shundaki, yong'ocq E vitamini va aminokislotalarga boy. Yong'ocq yog'i yuz uchun foydaliligi tufayli sog'lom ko'rinishga ega bo'lishni xohlaydigan foydalanuvchilarning e'tiborini tortadi.

Yong'ocq yog'idan foydalanish juda ijobiy odatdir. Ko'p foyda keltiradigan yong'ocq yog'ini o'z odatlaringizga ko'ra ishlatishingiz mumkin. Barcha yoshdagi odamlar uchun tavsiya etilgan yong'ocq yog'i sog'lom ovqatlanishni xohlaydigan odamlar tomonidan qadrlanadi.

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## Dorivor lavanda o‘simligining shifobaxshlik xususiyatlari

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**Annotasiya:** Maqola maqsadi bu o‘simlikni shifobaxshlik xususiyatlarini va yetishtirish texnologiyasini o‘rganish.

**Annotation:** The purpose of the article: medicinal properties and cultivation technology of the plant

**Kalit so‘zlar:** lavanda, lavandula, parfyumeriya, efir moyi, buta

**Keywords:** lavanda, lavandula, parfum, essential oil, bush

Lavanda (lotincha Lavandula)-Lamiaceae (Labguldoshlar) oilasiga mansub bo‘lib, buta yoki doim yashil chala butalar turkumiga kiradigan o‘simlik hisoblanadi. Taxminan 47 turni o‘z ichiga oladi. Shulardan 25 dan ortiq turi o‘rta dengiz sohillarida uchraydi. Lavandaning vatani O‘rta yer dengizining Ispaniya va Fransiya Qirg‘og‘i bo‘lib, u yerlarning toshli yonbag‘irlarida yovvoyi holda o‘radi. Bundan tashqari lavanda Kanar orollari, Shimoliy va Sharqiy Afrika, Avstraliya, Janubiy Yevropa, Arabiston va Hindiston, Ukraina va Rossiya kabi davlatlarda ham o‘radi. Madaniy shakllari esa butun dunyo bog‘larida o‘stiriladi. Qalamchalaridan ko‘paytiriladi. Lavanda butasi kurtaklar to‘plamidan iborat bo‘lib, diametri 1 metr hamda balandligi 50-70 smgacha o‘sishi mumkin. Eng avvalo u suvsizlikka chidamli bo‘lib, yil davomida sug‘orish shart emas. Eng muhimi esa bir marta ekilgan ko‘chatlar maksimal darajada 30-50 yil hosil berar ekan.

**Yetishtirish texnologiyasi:** Lavanda o‘simligi quyosh yaxshi tushadigan va namni yaxshi o‘tkazadigan tuproqlarda o‘stiriladi. Lavanda o‘simligi urug‘idan ko‘paytiriladi. Urug‘lar kech kuzda dalaga ekiladi. Bunda qishlash davrida rozetka holida o‘taydilar. Agarda urug‘lar bahorda ekilsa, bunda urug‘larni maxsus joylarda va salqin yerda saqlanadi. Nam qumni qutilarga vaqti – vaqti bilan ularni mog‘orlamasligi uchun namlab va aralashtirib turiladi. Bahorda urug‘lar aprelning boshlarida egat oraliqlarini 70 sm qilib ekiladi. Bir gektaga 4 – 4,5 kg urug‘ sarflanadi. Ekishdan so‘ng sug‘oriladi. Urug‘lar 10–12 kunda unib chiqadi, 2 – 3 bargcha chiqqandan so‘ng qator oralariga traktorda ishlov beriladi va kultivatsiya qilinadi. Bundan tashqari yer yumshatiladi va yagana qilinadi. Yagana

qilishda bir tupda 2 – 3 tadan o‘simlik qoldiriladi, ularning oralig‘i 20–30 sm ni tashkil qiladi. Kuzda ekilgan o‘simliklar may – iyun oylaridan gullaydi va bahorda ekilganlari iyul oyida gullaydi. Lavanda o‘simligining ildiz tizimi yaxshi tarmoqlanganligi sababli kop sug‘orishni talab etmaydi. Vegetatsiya davomida 6 – 9 marta sug‘oriladi. 2 – 3 sug‘orishdan so‘ng, gektariga 80 – 100 kg dan ammiakli selitra va 70 – 80 kg superfosfat solinadi. Go‘ngli eritma bilan oziqlantirilsa maqsadga muvofiq bo‘ladi.

**Lavanda o‘stirishning asosiy maqsadlari:** Sanoat miqyosida asosan efir moylarini ishlab chiqarish uchun yetishtiriladi. U dezinfeksiyalash, yallig‘lanishga qarshi xususiyatlarga ega, shuning uchun u ko‘pincha turli malham va kremlarga qo‘shiladi. Shuningdek, u kuyishlarni davolashga yordam berishi bilan mashhur.

Lavanda aromaterapiyada qo‘llaniladi. O‘simlik ekstraktlari yuvish vositalarida xushbo‘y hid sifatida ishlatiladi. Uning xushbo‘yli tinchlantiruvchi ta‘sirga ega.

Lavanda asalarilar va boshqa changlatuvchilar uchun yaxshi. Gullash davrida lavanda ko‘plab asalarilarni o‘ziga jalb qiladi. Asalarilardan tashqari, kapalaklar va boshqa foydali hasharotlarni ham o‘ziga tortadi.

Lavanda zararkunandalarga qarshi kurashadi. Yalpiz kabi, lavanda ham chivinlar va zararli hasharotlarni qaytaradi. Shuning uchun, lavanda ko‘pincha spreylarda qo‘llaniladi. U hatto burga va bitlarni daf qiladi, shuning uchun u uy hayvonlari uchun qulaydir.

Oziq-ovqatda sifatli lavanda o‘simligining hom-ashyosidan mazali taom tayyorlash uchun ishlatiladi. Oziq-ovqatda lavandadan murabbo va jele tayyorlanishi mumkin, masalan, ko‘k lavanda lavanda murabbosi.

**Lavanda efir moyining tarkibi.** Lavanda gullarining tarkibida 1,2-2,3% foizdan ko‘p efir moyi bo‘ladi Tabiiy mahsulot tarkibida 200 dan ortiq komponentlar mavjud. Vitaminlar: A, E, C, B, PP guruhleri. Kislotalar: valerian, neylon, moy, sirka. Bundan tashqari, efir tarkibiga taninlar, achchiq, qatronlar, spirtli efirlar, karyofilin, lavandiol, nonanal, geraniol, kumarin, borniol, herniarin kiradi. Lavanda o‘simligi efir moyini parfyumeriya, kosmetika, sovun tayyorlash va tibbiyotda qo‘llaniladi. Xalq tabobatida lavanda yog‘i kuyish va ko‘karishlarni davolash uchun ishlatiladi.

**Foydali xususiyatlari.** O‘simlikning yer ustki qismi organizmga tinchlantiruvchi, stressga chidamlilikni oshirishuvchi, ruhiy holatni me‘yorlashtiruvchi, teri holatini yaxshilovchi sifatida tasir etadi. Lavanda gullari diuretik, antikonvulsant va tinchlantiruvchi xususiyatga, moyi esa antiseptik va bakteritsid ta‘sirga ega. Bundan tashqari, lavanda moyi epidermal hujayralarni to‘liq qayta tiklash xususiyati bilan faol yaralarni davolashda (ayniqsa, kimyoviy kuyishlarni) ijobiy ta‘sir ko‘rsatadi. Chandiqlarni kichraytirish va bo‘rtmalarni so‘rilishiga yordam beradi. Qabul qilinganda kranial(cherepnoy) qon bosimi pasaytiradi, bronxospazmni yo‘qotadi,

ichak tonusini oshiradi, ichni yumshatuvchi va yengil siydik haydovchi sifatida ta'sir ko'rsatadi, oshqozon kislotaliligini oshiradi hamda ishtaxani yaxshilaydi. Lavanda gullari markaziy asab tizimiga, shuningdek, nafas yo'llarining asab tizimiga tinchlantiruvchi ta'sir o'rsatadi. Tarkibiga kiruvchi sineoldan farmakologiya sanoatida antiseptiklar tayyorlashda va balg'am ko'chiruvchi preparatlar olishda keng foydalaniladi. Tarkibida taninlarning mavjudligi sababli, ular diareya, ayniqsa fermentatsiya bilan sodir bo'lgan diareyaga qarshi ta'sirga ega. Ma'lum darajada, lavanda gullari ham xoleretik vosita bo'lishi mumkin. Lavanda gullari kumarinlar saqlaganligi sababli sodda organizmlar va hasharotlar rivojlanishiga yo'l qo'ymaydi. Shu tufayli lavanda pedikulyoz, parazitlar va kuyaga qarshi kurashda yaxshi samara beradi. Spirtli ichimliklar bilan suyultirilgan lavanda moyi migren paytida, kuchli yurak urishi bilan, asabiylashish kuchaygan davrda, revmatizmning o'tkir xurujlarida ichiladi. Lavanda gripp bilan og'rigan foydali ta'sir ko'rsatadi. Shuningdek ushbu o'simlik tarkibida vitamin va minerallarni ham ko'rishimiz mumkin.

**Xulosa.** Xulosa qilib shuni aytish kerakki, Lavanda o'simligi eng avvalo u suvsizlikka chidamli bo'lib, uning barcha qismlari foydali xususiyatlarga ega, ayniqsa efir moyini parfyumeriya, kosmetika, farmatsevtika va xalq tabobatida qo'llaniladi. Shu sababdan lavanda yetishtirishni xalqimiz orasida ommalashtirishimiz va ko'paytirishimiz kerak. Lavanda nafaqat dorivorlik xususiyatlari tufayli balki manzarali dekorativ o'simlik sifatida va estetik zavq olish maqsadida ham ekib o'stiriladi.

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**XALQ OG'ZAKI IJODI VA A. NAVOIYNING DOSTONLARI  
VOSITASIDA O'QUVCHILARDA AKSIOLOGIK ONGNI  
SHAKLLANTIRISHNING PEDAGOGIK TIZIMI.**

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**Annotatsiya:** Mazkur maqola Xalq og'zaki ijodi, Alisher Navoiy va Boburning go'zal xulq- odobi Qur'oni karim va Hadis kitoblaridan namunalar keltirish orqali yuksak komillik martabaları haqida yoritib berilgan. Alisher Navoiyning "Arbain" "(Qirq hadis" )kitobi ham asos qilib olingan. Bu ikki siymoning kelajak avlod uchun, aksiologik ongni shakllantirishning pedagogik tizimi, ma'naviy-tarbiyaviy axloqiy qarashlari ifoda etilgan.

**Аннотация:** В данной статье народные творчество и при помощи примеров книгах " Корана" и " Хадиса" раскрыто высокое совершенство великолепного воспитания аксиологическое сознательное педагогическое связи и повидения Алишера Навои и Бобура взята и книга А. Навои " Арбаин" Тут изображается высокие , духовно просветительские взгляды для будущего поколение двух великих людей.

**Abstract:** In this article, verbal creativ pepli, Alisher Navoi and Babur's beautiful manners are highlighted by examples from the Holy Qur'on and the books of Hadith Alisher Navoi' book" Arbain " 40 Hafis was also yused as a basis. The spiritual, educational and moral views of these two figures are expressed for the future generation.

**Kalit so'zlar:** "Arbain", " Nazm ul- javohir", vatanparvarlik, saxiylik, Hadis va Qur'oni karim, " Boburnoma" , Xalq og'zaki ijodi.

**Ключевые слова:** "Арбаин", Назм ул -жавабир, патриотизм, щедрость, Коран, Хадис, " Бабурнама", устный народные творчество

**Key Words:** " Arbain", " Nazm ul- javohir", patriotism, generosity, Qur'on, Hafis, "Baburnama", verbal creativ peopl

Umumiy o'rta ta'lim maktablari dastur va darsliklarining tahlili shuni ko'rsatadiki, xalq og'zaki ijodi namunalari, ayniqsa, dostonlar asosida o'quvchilarning ma'naviy-axloqiy tarbiyasi rivojida katta muvaffiqiyatlarga erishish mumkin. Lekin bunday pedagog muammoni samarali hal etish uchun o'quv dastur talqinlarida , darsliklarda berilgan matnni o'zlashtirishga yo'naltiruvchi savol -topshiriqlarda ham bir dostonning badiiy- estetik va aksiologik tahlili bilan birga uning tarbiyaviy-didaktik ta'siriga ham alohida e'tibor qaratish lozim.



O'zbekiston Respublikasining " Ta'lim to'g'risida"gi Qonuniga muvofiq, Oliy ta'lim va maktabgacha va maktab ta'limida Xalq og'zaki ijodi alohida o'quv fani sifatida o'rganiladi. Buning uchun alohida dastur va darsliklar mavjud. Dasturning namunaviy mavzular rejasida. "O'zbek xalq dostonlari", " Ularning o'ziga xos xususiyatlari", " Alpomish dostoni, uning o'zbek xalq milliy madaniyatidagi o'rni, obrazlar tahlili", "O'zbekistonda dostonchilik an'analari, dostonchilik maktablari, ularning xususiyatlari ", shuningdek, Ergash Jumanbulbul o'g'li, Fozil Yo'ldosh o'g'li, Muhammadqul Jonmurod o'g'li Po'ltan, Islom shoir Nazar o'g'li haqida ma'lumotlar o'rganish uchun tavsiya etilgan.

Mazkur dasturda ham "O'zbek xalq dostonlari, ularning o'ziga xos xususiyatlari" mavzusiga to'rt soat ajratilgan . Dasturda " Alpomish" dostoni, uning o'zbek xalq milliy madaniyatidagi o'rni, g'oyaviy-badiiy ahamiyati mavzusiga uch soat ajratilgan. Unda mazkur dostonning shakllanish tarixi, asardagi yetakchi milliy g'oyalarning doston timsollarida o'ziga xos shaklda aks etishi, dostondagi ijobiy va salbiy obrazlar, doston kompozitsiyasi va badiiy vositalari haqida ma'lumot berish ko'zda tutilgan. Shuningdek "Alpomish"ning jahonshumul ahamiyati, bu dostonning variant va versiyalari haqida ma'lumot berishga alohida e'tibor qaratilgan. Darslikda dasturda nazarda tutilgan mana shu talqin to'la o'z aksini topgan., deyish mumkin.

8- sinfda " Kuntug'mish" dostonini o'rganishga to'rt soat vaqt ajratilgan. Unda, avvalo, dostonning milliy aksiologik psixologiyasini shakllantirishdagi o'rni, xalq epik dostonlarining turlari, badiiy -estetik xususiyatlari , turkiy dostonlarning dunyo dostonchiligida tutgan mavqeini yoritib berish nazarda tutilgan. " Kuntug'mish" ishqiy qahramonlik dostonlarining go'zal namunasi ekanligi, dostonda baxshi mahoratining namoyon bo'lishi, asar syujetining sarguzashtlarga boyligi, ayni vaqtda, qahramonlar taqdirini belgilovchi hodisalarning maishiy turmushga yaqinligi alohida ta'kidlangan.

9-sinf "Adabiyot" darsligida " Xalq og'zaki ijodidan" rukni ostida "Alpomish" dostoni maxsus o'rganiladi. Dasturda ko'rsatilishicha, turkiy xalqlar madaniyati va ma'naviyati shakllanishida " Alpomish dostoninig o'rni, epik ko'lamining turkiy estetik tafakkur va turkona saltanatchilik bilan bevosita bog'liqligini yoritib berish nazarda tutilgan. Qomusiy epik asarning siyosiy saltanat va yuksak milliy madaniyatga ega xalqdagina bo'lishi mumkinligiga e'tibor qaratilgan. Bulardan tashqari, mavzuni o'rganish jarayonida dostondagi o'zbekning milliy ruhiyati va aksiologik qarashlari, urf-odatlarini tasviri, mardlik, sadoqt, ezgulik, iymonga egalik fazilatlarining Alpomish, Qorajon, Oybarchin, Qaldirg'och obrazlari orqali ifodalanshi, shuningdek, asarning til xususiyatlari va unda qo'llanilgan tasvir unsurlari, dostonning bizgacha badiiy yuksak holda yetib kelishida Fozil Yo'ldosh o'g'lining xizmatlari alohida ekanligi uqtiriladi va shular asosida " Alpomish

"dostoni haqida kengroq, atroflicha ma'lumotlar berishga erishiladi. Doston syujetining tarix bilan bog'liqligi, xalq estetik tafakkurining nihoyatda yuksakligi , va eng muhimi, asarda tasvirlangan turkona hayot tarzi, yurt va vatan birligi uchun kurashlar o'quvchida tiniq tasavvur paydo qiladi. Doston timsollaridagi xalqona mardlik, sadoqat, ezgulik va iymonga egalik kabi bir qator insoniy fazilatlarga mehr uyg'otadi. O'quvchilar shular asosida ma'naviy-axloqiy va ma'rifiy jihatdan kamol topib boradilar.

Xalq og'zaki ijodi dostonidagi aksiologik, ongni shakllantirishning. pedagogik vositalarini bevosita mumtoz adabiyot dostonlari zahirida ham, kuzatish mumkin. Zero, Alisher Navoiy " Xamsa" sining birinchi dostoni " Harat ul- abror " (" Yaxshi kishilarning hayratlanishi" ) falsafiy ta'limiy doston bo'lib, u 20 ta maqolatdan iborat. Dostondagi maqolatlarda asosiy g'oyaviy chiziq:

Odami ersang demagil odami,

Aniki yo'q xalq g'amidin g'ami.

shiori ostida xalq manfaatlarini himoya qilish, insonparvarlik va ma'rifatini ulug'lashdir. Dostonda mana shu asosiy mavzu atrofida o'z davri bilan bog'langan holda juda ko'p muammolar qo'yilib, ular tarbiyaviy jihatdan hal etiladi. Navoiy kishilarni insofga, rostgo'ylikka va to'g'rilikka, vafo, sadoqatga, himmat va muruvvatga chaqiradi bu esa kelajak avlodni bevosita aksiologik ongining shakllanishida asosiy vosita hisoblanadi. Mana shu g'oyani tarbiyalash maqsadida bola tarbiyasi haqida alohida to'xtab, ota-onalarga va bolalarga qarata ta'limiy-tarbiyaviy mulohazalar yuritadi. Navoiy asarlari o'quvchilarada adolatparvarlik, odillik tushunchalarini ham uyg'otadi.

Navoiy o'z davrida ilm olishning naqadar qiyinligini, ilm va ilm ahlining xorligini tasvirlaydi. Kambag'al talaba och-nahor ilm olish yo'lida tortgan azob-uqubatlarini va ularga hech kim yordam qo'lini cho'zmaganligini tasvirlab, kambag'al talabalarga achinadi.

Zulm durur ushubki bir notavon,

Ilm tilab shahridin o'lg'ay ravon.

Ayni falokatdin ayog'i yalang,

To'ni yo'qdin tani dog'i yalang.

Och etibon qornini muhtojlik,

Tumaga muhtoj etibon ochlik,

Xalq ko'bu, yo'q bir yori aning,

Ko'zdin o'chib shahri diyori aning.

Adolat, saxovat, odob, kamtarlik, himmat, muruvvat, ilm, hunar, hayo, vafo va haqiqiy ishq- muhabbat kabi masalalar "Hayrat ul-abror" ning asosiy g'oyaviy masalalarini tashkil etadi. Dostonning beshinchi maqolatida Navoiy saxiylik va

baxillik haqida fikr yuritib, ta'magirlik, ochko'zlik bilan mol-dunyo yig'ib, o'z manfaatiningina ko'zlovchi xasis, baxil kishilarga qarshi, o'z halol mehnati bilan kun ko'ruvchi kambag'allarning ta'masiz hayotini, saxiylik va himmatini ulug'laydi. Bu mulohazalarni jonlantirish uchun Hotami Toyi afsonasidan bir hikoya keltirib, saxiylikda nom chiqargan afsonaviy Hotami Toyidan ham ko'ra, o'tin terib kun ko'ruvchi bir kambag'alning saxiylik va himmatdagi ustunligini tasvirlaydi. Birov bergan minnatli ganj - boylikdan ko'ra o'z mehnati bilan topgan halol, beminnat bir chaqa afzalligini tasdiqlab, kambag'al tilidan shunday deydi:

Bir diram olmoq chekibon dast ranj,  
Yaxshiroq andinki, birov bersa ganj.  
Sen dog'i chekkil bu tikan mehnatin,  
Tortmag'il Hotami Toyi minnatin!..

" Hayrat-ul abror"ning oltinchi maqolatida Navoiy odob- tavozi va kamtarinlikni ulug'laydi. Shoir odobning asosiy belgisi kamtarlik deb biladi. Shoir dostonning yana shu oltinchi maqolatida bolani qanday tarbiyalash uning ilm- hunar egallashi, ota-ona va katta - kichik bilan bo'ladigan munosabatda odob, hurmat saqlashi zarurligi haqida shunday fikr beradi.

Boshni fido ayla oto qoshig'a,  
Jismni qil sadqa ono boshig'a  
Kimki ulug'roq, anga xizmat kerak,  
Ulki kichikroq, anga shafqat kerak

Navoiy " Xamsa" sining ikkinchi dostoni mashhur " Farhod va Shirin"dir."Farhod va Shirin"- chin muhabbat, mehnat va qahramonlik dostonidir. Mehnat va ijodkorlik, do'stlik va vafodorlik, mardlik va vatanparvarlik dostonning asosiy, g'oyaviy motivlaridir. Navoi yaratgan qahramonlar Xalq og'zaki ijodida yaratilgan doston qahramonlari singari barcha aksiologik vositalarni o'zida jamlagandir. Ular mehnatda ham, kurashda ham ulug' kishilardir. Farhod va Shirinlar zolim shoh Xisravga qarshi xalq va mamlakatni mardlarcha himoya qiladilar. Zolim Xisrav va uning o'g'li Shiruya dastidan vafot etgan Farhod va Shirinlar xalqning sevimli qahramonlari bo'lib, xalq bu qahramonlar nomini abadiylashtirdi. O'tmishda ota-bobolarimizning kurashi va istaklarini ifoda etgan" Farhod va Shirin" dostoni bizning sevimli dostonimiz bo'lib, Farhod va Shirindagi oliyjanob, xislatlar, yanada bizning vatanparvarligimizni, qahramonligimizni oshiradi.

Navoi "Xamsa"sining to'rtinchi dostoni " Sabba'i sayyor"( "Yetti sayora" ) bo'lib. Navoiy xalq og'zaki badiiy ijodiyotidan ijodiy ravishda keng foydalanadi. Dostondagi yetti hikoya Bahrom va Dilorom haqidagi hikoya orasiga kiritilgan. Dostondagi yetti hikoyada adolat, saxovat, muruvvat, sadoqatmardlik va aksiologik ong shakllari ilgari surilib, bir necha qahramonlar obrazi yaratilgan. Navoiy "

Xamsa" sining beshinchi dostoni " Saddi Iskandariy" ("Iskandar devori") dostonidir. Bu qahramonlik dostonida Alisher Navoiy adolatli shoh Iskandar obrazini yaratgan. Bu Iskandar tarixiy Iskandar Aleksandr Makedonskiy obrazi bo'lmasdan, balki ideal shoh obrazidir. Iskandar yer yuzi mamlakatlarida adolat va insof o'rnatadi. Navoiy Iskandarga o'xshash shohni orzu qilar edi. Shoh Iskandar yaratgan har bir tilsim, bugungi kun o'quvchi- yoshlariga yangi kreativ qarashlarning, yangicha interaktiv g'oyalarning shallanishida turtki bo'la oladi. Dostonda ilm ahamiyati, qahramonlik, vatanparvarlik kabi g'oyalar mahorat va badiiy ustalik bilan ilgari surilgan. Dostonda bir necha mustaqil syujetli hikoyalar ham berilgan. Bulardan birida Kaptar orqali vatanparvarlik g'oyasi ilgari suriladi.

Hadis islom olamida Qur'oni karimdan keyingi ikkinchi muqaddas g'oyaviy-ma'naviy, ijtimoiy-huquqiy manba hisoblanadi. Islom dunyosi xalqlari tarixi, madaniyati, falsafasi va adabiyotida hadislarining ta'siri benihoya kattadir. Ushbu manba musulmon dunyosi ilm ahli tomonidan chuqur o'rganilgan va bu bilan " muhaddislik" degan maxsus bir sohaga asos solingan . Hadislarda islom dini arkonlari, ya'ni farz, vojib, sunnat, halol, harom, makruh, kabilar xususida tushuncha berishdan tashqari, umuminsoniy fazilatlarni ulug'lash va targ'ib qilish, halollik, poklik, xayr-ehson, himmat, saxiylik, birodarlik va boshqa ko'pgina musulmonchilik axloqi mezonlari, ya'ni axloq-odobga doir ko'rsatmalar ham talqin qilinadi. Hadis ilmi islom tarixidagi bir qator ahkomlarga aniqlik kiritishi, ularni mazmunan rivojlantirishi bilan ham ahamiyatlidir. Shundan bo'lsa kerak, zikri o'tgan musulmonchilikka e'tiqod qo'ygan xalqlarning madaniyati ravnaqida tayanch g'oyaviy-ma'naviy sarchashmalarning hayotbaxsh ta'siri yorqin nazarga tashlanadi. Islomiy manbalarning Alisher Navoiy ijodidagi o'rni haqida gapirib, navoiyshunos olim A. Hayitmetov , xususan, shunday yozadi: " Va nihoyat, Navoiy ijodining yana bir muhim manbai diniy va so'fiy adabiyotlardir... Ammo Navoiyning diniy adabiyotga munosabati, diniy adabiyotlar, xususan, Qur'on va hadislar shoir ijodining doimiy va muhim manbalari bo'lgani, o'z davri ijtimoiy siyosiy va madaniy- ma'naviy masalalarini ulug' shoir ko'p vaqt shu asarlariga suyanib hal etganligi shu paytgacha deyarli o'rganilmadi, hatto bundan ko'z yumib kelindi" ( Hayitmetov . A Alisher Navoiy ijodi manbalari haqida// Alisher Navoiyning adabiy mahorati masalalari. Maqolalar to'plami. -T,: " Fan", 1993.-3-13- betlar).

Hadislar islom Sharqi mumtoz adabiyotida axloqiy- ta'limiy mavzuning ma'naviy zaminlaridan biri sifatida keng qo'llanilib kelingan. Hadislar tarkibiga xalq og'zaki ijodidan ko'pgina hayotbaxsh tuyg'ular kirib qolganidek, bunday islomiy - ilohiy hikmatlar o'z navbatida xalq og'zaki ijodiga ham, yozma badiiy adabiyotga ham katta ta'sir ko'rsatib keldi.

Hadislar hayot saboqlarini talqin etishda bevosita Qur'oni karimdan oziqlanib kelganligi sababli islom olamida e'tibori benihoya yuksak bo'lgan. Ular islom

dunyosining turli sohalariga - Islom qonunshunosligi va shariatga, falsafa, siyosat, diniy va dunyoviy axloq qoidalariga, san'atga va ayniqsa, adabiyotga, xususan musulmon mintaqada mumtoz she'riyatiga katta ta'sir ko'rsatgan ma'naviy sarchashmadir. Muhammad (s.a.v) dan " Kimki mening hadislarimdan 40 tasini yod bilsa, qiyomat kuni mening shafotim ostida bo'ladi", - degan hadis yetib kelgan. Shu hadisga binoan musulmonlar hadislardan 40 tasini yodlab olishga va ularni atrofda qilargalarga yetkazishga intilganlar. Hadislar iymonli inson diliga yaqin bo'lgani uchun ham arab, fors va turkiy tillardagi adabiyotlar ularni o'zining mag'z-mag'ziga singdirib oldi. Zotan, bir hadisda aytilganidek, " Mendan rivoyat qilingan birorta hadisni eshitganlaringizda, dillaringizga sig'adigan bo'lsa, demak, u mening aytgan hadisimdir. Ammo eshitgan hadislarinigiz buning aksidek bo'lsa, demak, u mening aytgan hadisim emasdir".( Axloq-odobga oid hadis namunalari.-T:"Fan",1990.26-bet) .

Hadislarning bunday kafolatlanishi ularga asoslangan asarlarning g'oyaviyligi, badiiyati va xalqchilligini ta'minlaydi, albatta.

Muhammad Mustafo (s.a.v) o'z hadislarining tarqalishiga, ular orqali jamiyatda ezgulik urug'i sochilishiga katta umid bog'laganlar . " Bizning so'zlarimizni eshitib olib, o'zgartirmagan holda odamlarga yetkazadigan kishining yuzini Tangri yorug' qilsin! Bevosita bizdan eshitgan odamdan ko'ra ko'proq g'oyibona rivoyat qiluvchilar (kelajak avlod) orqali eshitgan kishilar hadislarimni yaxshiroq saqlaydigan bo'lishi mumkin. ". Chindan ham , payg'ambarimizdan keyin bu hadislariga bo'lgan qiziqish ortsa ortdi, ammo kamaymadi. Ayniqsa, qalam ahli o'z asarlarida hadislardan mohirona foydalana boshladilar. Badiiy adabiyotda hadislardan foydalanishning ko'rinishlari ko'p. Quyida ularning eng ko'p ommalashgan shakllariga to'xtalib o'tmoqchiman. Chunonchi: Bir hadisning o'zi turli munosabat bilan muayyan muallifning bir asarining turli munosabat bilan muayyan muallifning bir asarining turli o'rinlarida xilma-xil maqsadlarga qo'llanilishi hollari ham kuzatiladi. Jumladan, Alisher Navoiyning " Mahbub ul-qulub" asarida " Bir soatlik adolat insu jinsning (oltmish yillik) ibodatidan yaxshidir" hadisi uch o'rinda uch talqinda ishlatilganligini ko'ramiz.

She'riy misralarga mazmunan muvofiqlashtirilgan hadislarini ham Alisher Navoiy ijodi misolida ham ko'plab kuzatish mumkin.

Bulardin gar a'lo gar adno durur,

Kim, andin xaloyiqqa iyyo durur.

Shah o'lturmas avlodur ul elni bot.

Ki, debdur nabiyy " iqtילו al- mu'ziyyot

(MAT. XIV jild, 16-bet)

Yoki:

Xaloyiqqa iyyo alarg'a sifot,



Nabiy dedikim: " Uqtil ul- mu' ziyot "  
( MAT. XIV jild 39- bet)

Yoki:

Ul sham'ki, "Vazzuho" quyosh yuzidur,

Mozog' bila surma chekilgan kozidur.

Aning bilakim, o'zi ulu ul o'zidur,

Borcha " Anna minka va minniy " so'zidur.

(Ilmiy tanqidiy matn. 2- bet)

A. Navoiyning " Hibbat ul - haqqoyiq " hadislarining ijodiy ta'sirida yaratilgan mustaqil asar bo'lsa-da, uning satrlarida Muhammad Mustafo hadislarida kelgan umumbashariy g'oyalarning singdirilishi yetakchilik qiladi. Shoir tanlagan bunday uslub u yaratgan she'riy misralarning g'oyaviy - badiiy ta'sirchanligini oshirishga xizmat qilgan. Hadislar insonni axloqan pok va ruhan balog'atga yetkazishda muhim omil hisoblanganligi tufayli adiblar bunday ilohiy-irfoniy sarchashmalarga tez-tez murojaat qilishgan. Eslatilgan zaminda badiiy adabiyotda axloqiy- ma'naviy yo'nalishdagi 40 hadis ta'sirida " Chihil hadis" ( Arbain) yaratish an' anasi shakllangan. Ulug' mutafakkir shoir Abdurahmon Jomiy 886/1482yillarda eng sahih , eng mo'tabar va yodlashga oson bo'lgan qisqa, axloqiy mavzudagi hadislardan 40 tasini ajratib olib , ular mazmunini forsiyda nazmga solish orqali " Chihil hadis" asarini yaratdi. Alisher Navoiy esa ustoz va piri Jomiyning fotihasi, ijodatini olib, o'sha yili murshidi komil "Chihil hadis"ini nazmda forsiydan turkiyga o'girib, " Arbain hadis" asarini yaratadi.

Alisher Navoiy asarlarining manbaalari haqida gap borganda, shuni e'tibordan qochirmaslik lozimki, u o'zigacha bo'lgan arab, fors, va turkiy adabiy - ma- naviy meros bilan puxta tanishib chiqqan. Ularning eng yaxshi an'analardan saboq olib, ijodiy adabiy tajribasida rivojlantirgan. Ulug' shoir o'sha javohirotni xazinasidagi ijtimoiy- ma'naviy, axloqiy- ma'rifiy tarbiyaga oid asarlarini alohida e'zozladi. Ularda aks ettirilgan go'zal fazilatlar bilan o'z qahramonlarini bezadi. O'zi ham ayni shu ruhdagi asarlar yozish bilan o'sha sohaning rivoju- ravnaqiga katta hissa qo'shdi. Bunday asarlarning barcha - barchasi kelajak avlodning yuksak salohiyatli insonlar bo'lib yetishishida dasturul amal bo'lib xizmat qiladi. Alisher Navoiy " Nazm ul- javohir" dan o'rin olgan ruboiylarda hayotning bebaqoligi, umrning o'tkinchiligi , odam o'z umrini yaxshilikka bag'ishlasagina , uning nomi abadiy qolishi , " olam guli" bo'lgan inson uchun eng muhim ne'mat oltin kumush emas, balki odob ekanligini ta'kidlaydi.

Go'zal xulqlar- hayo, va ibo, mardlik, kechirimli bo'lish, sabr- qanoat, odillik, muloyimlik, saxiylik, mehribonlik, ahdga vafo, do'stga sadoqat kabilar- insonni suvrat va siyratning ibratidan nishonadir. Din insonlar o'rtasida xushxulqlilikni targ'ib etadi. Payg'ambarimiz(s.a.v.) " Din nasihatdir",-deya marhamat qiladilar .



Chunki dinimizning asl g'oyasi yomon fe'l-atvordan poklangan- odobi go'zal xushxulq insonni tarbiyalashdir. Shu jihatdan "Nazm ul -javohirni" yaxlit holida nodir axloq targ'ibotiga qaratilgan majmua degimiz keladi. Professorlar R. Vohidov va M. Mahmudovlarning "Nazm ul- javohir" da Alisher Navoiyning nafosat va axloqqa doir fikrlari o'zining badiiy ifodasini topadi" tarzidagi ta'kidlari haqiqatga yaqinligi bilan e'tiborni tortadi (Vohidov. R, Mahmudov.M. Ma'naviyat-komillik saodati.- T.: Ma'naviyat, 1997.-167-bet).

Ulug' shoir davr ahlini illatlarfan xoli ko'rish va loqaydlikka keskin zarba berishni istaydi. Poklangan inson esa, din va iymon nuridan bahramand bo'lishga sazovordir. Chunonchi, "Nazm ul- javohir"dagi dastlabki hikmat va ruboyi vafo haqida. Tabiiyki, ular ham iymon nuri bilan yo'g'rilgan.

Kim olam aro diyonati yo'qtur oning,

Din nuqtasida fatonati yo'qtur oning,

Dindor ulkim, xiyonati yo'qtur oning,

Yo'q din angakim, amonati yo'qtur oning ( 116- bet)

Ruboiyda barcha insoniy fazilatlarining qamrab olinishi kishini hayratga soladi. Ya'ni ahdiga vafo- iymon; hayo, vafo, saxovat- iymon; oliy himmatlilik- iymon amallaridan hisoblanadi. Boshqacha aytadigan bo'lsak, iymon- qalbga quvvat; iymon- yaxshi uyqu, iymon- ogohlik, iymon- poklik....

Yana bir baytida kishining iymoni ahdiga vafo qilishida bilinadi.

Iymon oningki kufriga sotir erur,

Chun nuqta demakka ul kishi qodir erur,

Har kimsaki, iymon ishida mohir erur,

Iymonini bilki, so'zidin zohir erur. ( 34- bet)

Iymonning uchdan biri hayo, uchdan biri vafo , uchdan biri saxiylikdir.

Uch qism ila iymong'a bino fahm ayla,

Avvalg'isini oning hayo fahm ayla,

Ikkunchisini dog'i vafo fahm ayla,

Uchunchini bilmasang, saxo fahm ayla.

Hayo, vafo va saxiylik- iymon binosining ustunlaridir. Bu go'zal xulqlar insonlarni doim yaxshilik sari yetaklaydi, yomon ishlardan saqlaydi. Rasululloh (s.a.v.) : " Hayo faqat yaxshilik keltiradi",- degan hadislarini orqali esa hayoning yaxshilikni harakatga keltiruvchi kuch sifatidagi qudratini ta'kidlaganlar. Bu yerda ham- ahdga vafo iymonning yana bir nishonasi sifatida keltirilgan .

To'rtinchi misradagi saxovat esa, avvalo, ruboiyda aytilganidek, iymon yetukligining belgisidir. O'zgalar muhabbatini uyg'otuvchi ham, sharaf va martaba orttiruvchi ham, seni sevikli qiluvchi ham saxovatdir.

Quyidagi dilbar ruboiy fikrimizni tasdiqlaydi: Kishilarning bezagi odobdir.

Zevar kishiga ne toju ne afsar bil,

Ul zevar adab bila hayo darxur bil,  
Har kimki adabsizdur ishin abtar bil,  
Alqissa, eranlarga adab zevar bil (51- bet)

Qur'onning ko'pgina oyatlaridagi singari payg'ambarimiz hadislarida ham mo'min-musulmonlarni bilimli, ma'rifatli, o'qimishli bo'lishga da'vat ; ilmning dinni mustahkamlash, e'tiqodni poklashdagi ta'siri; inson hayoti va jamiyatdagi o'rni, uning fazilati haqida ajoyib fikrlar mavjud. Ilm- millatning farovon yashashi, dinning mustahkamlanishi uchun kerak bo'lgan ma'naviy xazinadir. Bu xazinadan olingan, mo'min va mo'minalarning dinu millat, xalq, fan foydasiga yaraydigan ma'naviy boylikni o'rganishga sarflangan vaqti- har qanday toatdan afzaldir. Boisi har qanday toatning boshi ma'rifatdir.

Buyuk shoh va shoir Z. M. Bobur ijodiyoti tajallisida ham ta'lim-tarbiyaga oid , ma'naviy- marifiy qarashlarning yorqin nurlarini kuzatishimiz mumkin. " Boburnoma" asarida adibning shaxsi, uning tarjimai holi, xarakteri, qiziqishlari, kishilarga munosabati borasidagi qarashlari tegishli tarzda o'z aksini topdgan. Biz asar sahifalaridan Bobur shaxsiyatidagi rostgo'ylik, mardlik, afolatparvarlik, mehribonlik, qattiqqo'llik, hassoslikning namoyon bo'lish holatlari bilan tanishamiz." Mubayyin"da Bobur e'tiqodi diniy yo'nalishda bayon etiladi. Adib islom ruknlari haqida yozar ekan, Bobur farzandlari Humoyun va Kamron mirzoga pand-u nasihatlarini aytadi. Bular irfoniy she'riyatning go'zal namunalari. Bu esa o'quvchi-yoshlarni tarbiyalashimizda ota- bobolarimizning an'analari as qotadi. Boburning irfoniy qarshlari uning ijodiyotida ham, "Boburnoma," " Aruz risolasi", " Mubayyin" maktublari, hatto farmonlarida ham aks etgan. Boburdagi oriflik, ilmga, hayotga, davlatga munosabat ro'yi rost ko'rinadi. Ma'naviy barkamollik, ilm-ma'rifatga intilish Bobur munojotlarining ham, Bobur pandlarining ham, Bobur faoliyatining ham markazida turgan." Kim bor anga ilm- tolibi ilm kerak..."deb boshlangan ruboiydagi maqsad ayon, izoh talab qilmaydi. Bobur she'riyatida inson dilining latifligi, chehrasining go'zalligi, ruhiy holati ta'riflari " Qur'oni karim va Hadisi sharif hikmatlari asosida vujudga kelganligi sabab kelajak avlod tarbiyasida ayricha o'rin egallaydi. Uning " Irfonning eng baland maqomi -ma'rifat, eng xushtar(lazizroq) holi irfondir" degan fikrlari lafzimizning dalili bo'la oladi.

Zahiriddin Muhammad Boburning mehr- muruvvati, saxiyliigi, insonparvarligi tahsinga sazovordir. Uning kechinmalari insonlarga o'rnak bo'la oladi. Mamlakatda turli xil din vakillari bo'lishiga qaramay ularga din erkinligini beradi va bu xususida farzandlariga ham maslahatlar beradi. Vatandan yiroqda bo'lsada yurtni yodidan chiqarmadi. Movarounnahrda hukmdorlik qilayotgan sulolar bilan iqtisodiy va ijtimoiy aloqalarni tikladi. Bobur shaxsiyati tahsinga sazovorligi butun dunyo Boburshunos olimlari tomonidan e'tirof etildi.

Xulosa o'rnida aytish mumkinki , o'zining keng qamrovli ma'naviy merosida o'lmas umumbashariy g'oyalar targ'ibotchisi qiyofasida namoyon bo'lgan ulug' shoir ana o'sha muborak sadoqatida " Nazm ul -javohir" da ham sodiq bo'lgan Shunday ekan, mazkur durdonalar respublikamizda kechayotgan ta'lim jarayonini chuqur isloh qilish, oqibat natijada barkamol shaxsni shakllantirish, milliy g'oyani yanada takomillashtirish yo'lida xizmat qilishda davom etadi.

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## ASSESSMENT OF PESTICIDE RISK INDICATORS IN SOIL

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**Abstract:** In this article, it is discussed about the risk assessment of pesticides in the soil, the impact on soil microflora and agriculture.

**Key words:** soil pollution, pesticide safety, assessment of pesticide, soil microflora, pesticides, microorganisms, soil fertility.

One of the negative problems of the present time is the global chemical pollution of different types of soil and biosphere in the cultivated fields of our Republic, which raises reasonable concerns about the possible disturbance of the ecological balance in individual ecosystems. Unnatural synthetic, chemical compounds and substances entering various parts of nature as a result of human economic activity are especially dangerous. An important place among them is occupied by chemical means of protection of plants and animals - pesticides. The use of pesticides to increase the productivity of agricultural crops and livestock leads to an increase in their production volume and assortment. The second half of the 20th century is the era of synthetic compounds completely alien to wild nature. Since the problem of soil pollution and degradation has always been relevant, now anthropogenic factors have a great impact on nature and are only growing. After all, the soil is one of the main sources of food and clothing for human life, and they should have a harmonious relationship. Regardless of the forms and methods of application, pesticides continue to enter the soil, accumulate in it, and negatively affect microbial communities. In separate literature, it was determined that the response of soil microorganisms to the effects of pesticides is very diverse and depends on many factors, including the resistance of chemical preparations, soil and climate characteristics, and others.

The need to study the interaction of pesticides with soil microflora is related

to the important role of microorganisms in maintaining soil fertility and optimizing plant growth conditions. Therefore, it is important to develop a microbiological method of cleaning the soil from pesticides. It should be noted that widespread use of microorganism-based remediation method in reducing and eliminating the toxic effects of pesticides on the environment is of great interest because it is convenient, environmentally friendly, and at the same time effective. Therefore, it is important to use microorganisms with high activity in the process of breaking down pesticides and to put them into practice. In the world, many scientific studies are conducted on the isolation and identification of microorganisms that break down pesticides, and the use of microorganisms in bioremediation processes. In particular, by sorting and separating microorganisms capable of degrading pesticides from soils contaminated with various pesticides, wastewater, activated sludge from treatment facilities, and other sources, and determining the optimal conditions for them (temperature, pH, humidity, pesticide concentration, etc.) selection of representatives with high destructive properties is one of the most important processes. Then, to analyze the obtained microorganisms using various modern methods, to determine their growth and reproduction activities in nutrient media with high amounts of pesticides, as well as to determine the activity of degrading pesticides by introducing these microorganisms into pesticide-contaminated environments (soil, water). special attention is paid to the identification. Accordingly, the isolation of microorganisms with destructive activity and the improvement of the biotechnology of breaking down various pesticides from them are of great scientific and practical importance. Pesticides are widely used in most sectors of the agricultural production to prevent or reduce losses by pests and thus can improve yield as well as quality of the produce, even in terms of cosmetic appeal, which is often important to consumers. Pesticides can also improve the nutritional value of food and sometimes its safety. There are also many other kinds of benefits that may be attributed to pesticides, but these benefits often go unnoticed by the general public. Thus, from this point of view, pesticides can be considered as an economic, labor-saving, and efficient tool of pest management with great popularity in most sectors of the agricultural production.

Despite their popularity and extensive use, pesticides serious concerns about health risks arising from the exposure of farmers when mixing and applying pesticides or working in treated fields and from residues on food and in drinking water for the general population have been raised. These activities have caused a number of accidental poisonings, and even the routine use of pesticides can pose major health risks to farmers both in the short and the long run and can degrade the environment. In developing countries, farmers face great risks of exposure due to the use of toxic



chemicals that are banned or restricted in other countries, incorrect application techniques, poorly maintained or totally inappropriate spraying equipment, inadequate storage practices, and often the reuse of old pesticide containers for food and water storage. Obviously, exposure to pesticides poses a continuous health hazard, especially in the agricultural working environment. By their very nature most pesticides show a high degree of toxicity because they are designed to kill certain organisms and thus create some risk of harm. Within this context, pesticide use has raised serious concerns not only of potential effects on human health, but also about impacts on wildlife and sensitive ecosystems. Often, pesticide applications prove counterproductive because they kill beneficial species such as natural enemies of pests and increase the chances of development of pest resistance to pesticides. Furthermore, many end users have poor knowledge of the risks associated to the use of pesticides, including the essential role of the correct application and the necessary precautions. Even farmers who are well aware of the harmful effects of pesticides are sometimes unable to translate this awareness into their practices.

Although pesticides have been developed to function with reasonable certainty and minimal risk to human health and the environment, the published results are not always in agreement with this fact. Even though the development of toxicity reference levels for pesticides incorporates uncertainty factors that serve to achieve this regulatory standard, in reality, we may never know whether a pesticide is safe under all circumstances, nor can we predict with certainty its performance in hypothetical situations. Scientific investigation is bound by the tools and the techniques that are available and therefore new developments continually redefine our capabilities. Despite many studies on the fate and toxicity of pesticides, there are research gaps causing uncertainty in the predictions of their long-term health and environmental effects. On the basis of these contradictory results of the literature, discussions among scientists and the public focused on the real, predicted, and perceived risks that pesticides pose to human health (worker exposure during pesticide use and consumer exposure to pesticide residues found in fresh fruit, vegetables and drinking water) and the environment (water and air contamination, toxic effects on non-target organisms) are fully justified.

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## ANALYSIS OF AIRFLOW IN THE PIPE IN PNEUMATIC CONVEYING SYSTEMS

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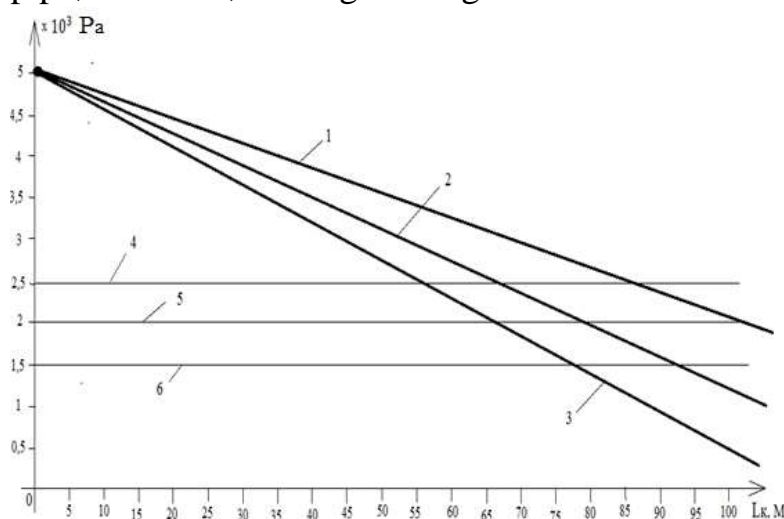
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**Abstract.** It is the aim of this article to examine and analyze the air flow and velocity in the pipe when seed cotton is being transported by air. There is a discussion in the article about how seed cotton, as it moves through the pipe, affects both the air flow rate and velocity in the pipe during its passage. The investigation revealed that the air flow in the pipe is variable, thus many tests were carried out to get it to move consistently. Air flow affects the seed cotton and the pipe, reducing pressure and speed and increasing consumption.

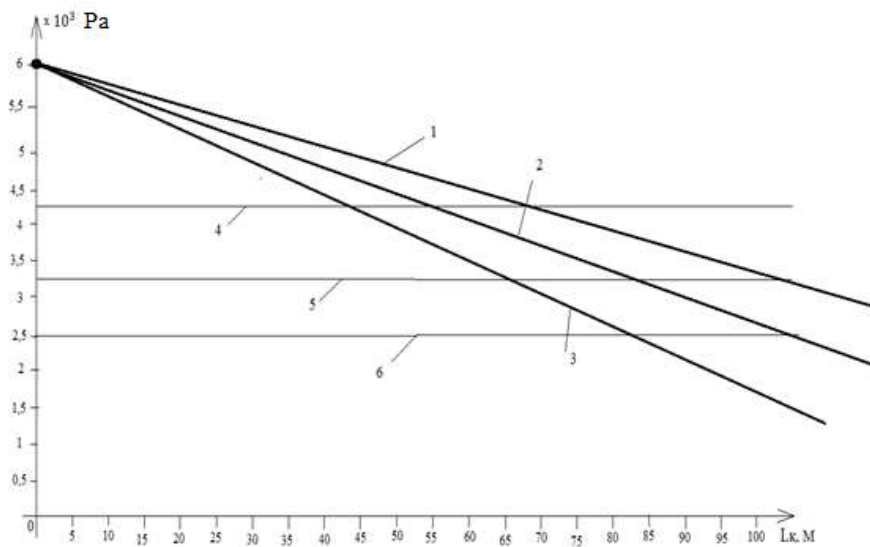
**Keywords:** Pneumatic systems, seed cotton, airflow, velocity, volume, resistance, friction.

**Introduction.** The obtained equations are used in the example of VS-10M and VS-12M ventilators used in the cotton industry. was analyzed using the Maple 2020 program on the computer at different values of the nominal pressure  $R_n = 5 \text{ kPa}$  and  $6 \text{ kPa}$ ;  $d_q = 0.4 \text{ m}$  and  $d_v = 0,6 \text{ mand}$ . K The change of dynamic and static pressures obtained as a result of the analysis along the length of the pipe are presented in Figures 1 and 2.

we can observe that the dynamic pressure does not change along the length of the pipe, therefore, it is high at large values and low at low values.  $K_b$



**Figure 1. Distribution of dynamic and static pressure along the pipe length (in the case of the VS-10 M fan)**



**Figure 2. Distribution of dynamic and static pressure along the pipe length (in the case of the VS-12 M fan)**

Furthermore, a high-power fan creates greater dynamic pressure than a low-power one, which is also logical. The static pressure in front of the fan is equal to its nominal pressure, decreases with lower intensity at large values of the coefficient of transverse forces, and increases with higher intensity at small values from the front of the fan towards the pipe head. Similar to dynamic pressure, high-powered fans produce high static pressure, and low-powered fans produce low static pressure. During our practical studies, we also observed this situation in accordance with laws of aerodynamics. Also, the aerodynamic force generated in the pipe changes according to the same laws. When we consider the equation of change of this force, it changes depending on the values of dynamic and static pressure in the pipe. When this force is greater, then the equipment is more capable of transporting material via pneumatic transport. The greater the force, the better the equipment works.

**Conclusion.** Temperature or changes in air density caused by moisture or other external influences cause changes in air pressure. To facilitate process analysis in theoretical works, the concept of air tension coefficient was proposed and it represents the ratio of real air density to the nominal density of atmospheric air in that area. Based on the analysis of the influence of the fan parameters on the air pressure and consumption indicators, alternative forms of dynamic and static pressure and air consumption expressions have been developed that give results closer to the actual values, and according to them, it is possible to observe that the dynamic pressure does not change along the length of the pipe. The static pressure in front of the fan is equal to its nominal pressure and decreases with different intensities from the front of the fan to the pipe head.

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UDC: 616.831-002.951.36

## FEATURES OF DIAGNOSIS OF SURGICAL TACTICS IN PATIENTS WITH RECURRENT LIVER ECHINOCOCCOSIS

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**Summary.** The use of the developed algorithm for diagnosing recurrent liver echinococcosis in clinical practice allows for timely detection of the disease and early surgical interventions.

Repeated operations for recurrent liver echinococcosis should be performed in specialized departments by hepatosurgeons in the amount of economical resection and subtotal pericystectomy.

**Key words:** liver echinococcosis, relapse, reinvasion, forgotten untreated cysts.

**Relevance.** Liver echinococcosis is a severe chronic parasitic disease that is widespread in the Central Asian region, including the Republic of Uzbekistan. Today, the only radical treatment method is surgery [1,20,26,27]. The disadvantages of the surgical method of treating this disease include the occurrence of relapses, the frequency of which ranges from 3.3 to 54%. Diagnosis of recurrent echinococcus of the liver (REH) in some cases presents significant difficulties, since the issues of repeated reinvasion and forgotten untreated cysts remain unresolved, and the long, often atypical clinical course of the disease creates certain difficulties in the modern diagnosis of ECH and leads to the development of severe complications, posing a threat to the lives of patients [1,2,3,4,5,6,7,8].

It should be noted that to date, many aspects related to the causes of relapse of the disease, the characteristics of its clinical manifestations, as well as methods of prevention and treatment have not been resolved and require further study [2,23,24,25]. There is an opinion that relapses of the disease occur due to germinal elements penetrating the fibrous capsule, as well as due to residual cavities, which prompts many surgeons to abandon organ-preserving operations and resort to liver resection [1,20]. However, radical operations for REP, as a rule, are performed in difficult conditions of adhesive and infiltrative-inflammatory processes, altered anatomy and often against the background of factors aggravating the patient's condition, which leads to an increase in the frequency of postoperative complications (bleeding, bile leakage) and deaths [3,9,10,11,12,13,14,15].

The issues of choosing methods of prevention and methods of performing repeated surgical intervention for REP deserve close attention. In this regard, it is important to carry out comprehensive preventive measures, including intraoperative and postoperative measures with the use of modern antiseptics and antiparasitic agents



when performing organ-preserving and surgical interventions aimed at radical removal of hydatid cysts along with the liver area.

The above arguments served as the basis for conducting this study concerning this very important and pressing problem of modern hepatosurgery of recurrent liver echinococcus.

**The purpose** of the study is to improve the results of surgical treatment of recurrent liver echinococcosis.

**Materials and methods.** This work is based on an analysis of the results of a comprehensive examination and treatment of 84 patients with REP who were hospitalized in the regional hospital of the city of Bukhara from 2021 to 2023. Of this number, 71 (84.5%) patients, after primary surgical interventions, were admitted to the clinic from various medical institutions of the Republic of Uzbekistan and 13 (15.5%) patients were operated on in the clinic. Thus, out of 84 patients with REP, 47 (56%) were urban residents, and 37 (44%) were rural residents, which was due to the increased migration of the rural population over the past 10-15 years.

**Research results and discussion.** In 52(62%) cases the patients were male, and in 32(38%) they were female. 70 (83%) patients were of working age, which was not only of great medical importance, but also social. A detailed analysis of the medical history of primary operations for echinococcosis showed that in 97-98% palliative methods of operation were performed. In 82 (97.6%) cases, patients had previously undergone so-called palliative non-radical methods of echinococcectomy. Only in 2 (2.4%) cases conditional radical interventions in the form of subtotal pericystectomy were performed.

The timing of the appearance of REP varied and, above all, depended on the nature of the surgical interventions performed and the postoperative chemotherapy administered.

Relapses of the disease were most often observed within a period of up to 1 year - in 37 (44.0%) patients, while in 8 observations there was a 3-fold relapse of the disease in the past. In a period of 1 to 2 years, 23 (27.4%) patients in 7 observations had a 5-fold relapse of the disease. In the long term (2 to 5 years), relapses of the disease occurred in 24 (28.6%) patients, while 11 patients had a 2-fold relapse of the disease. Analysis of the study showed that 79 (94.1%) of 84 patients did not receive postoperative antiparasitic chemotherapy. When patients with REP were admitted, great importance was attached to the location and volume of recurrent echinococcal liver. According to the localization of REP in 53 (63.1%) cases, they were in the right lobe of the liver, in 19 (22.6%) - in the left and in 12 (14.3%) cases, echinococcal cysts were localized in the right and left lobes of the liver.

When determining the size of identified recurrent cysts, we were guided by the volume and diameter of the hydatid cyst and the volume of the residual cavity. Thus,

in 17 (20.2%) cases, recurrent echinococcal cysts had small (from 4 to 6 cm) sizes, the volume of the residual cavity was up to 500 ml, the average cyst size (from 6 cm to 10 cm) with a volume from 500 ml to 800 ml occurred in 37 (44.0%) patients, in 21 (25.0%) patients large recurrent echinococcal cysts (size from 10 cm to 20 cm) with a residual cavity volume of 800-1000 ml were observed, in 9 (10.7%) patients had giant recurrent hydatid cysts (cyst size over 20 cm) with a residual cavity volume over 1000 ml.

When choosing the method and extent of reoperation for REP, the presence of concomitant diseases, which in some cases had a negative impact during the postoperative period, was of great importance. In 37 (44%) cases out of 84 (100%) patients with REP, concomitant diseases were observed.

To identify the presence of REP, anamnestic data is needed, which allows us to identify predictors of the risk of REP, such as: Multiple nature of liver echinococcosis during the primary operation (36%). Presence of a dead parasite and a complicated cyst (73%). Past palliative primary interventions (98%). Lack of data on postoperative anti-relapse chemotherapy (41%). Lack of data on follow-up (dynamic ultrasound, serological tests) (70%).

A detailed and comprehensive preoperative study of clinical and laboratory data for REP did not reveal significant changes. Only with the development of complications from the hydatid cyst, caused by its inflammation and suppuration, changes in laboratory data were detected.

In 52(62%) cases, anemia of varying severity was observed during REP, characterized by a decrease in the number of red blood cells and hemoglobin level ( $108.3 \pm 3.0$  g/l). Along with this, in 32 (38%) observations a decrease in the level of total protein ( $58.4 \pm 1.4$  g/l) was noted, especially during suppuration of the hydatid cyst. Pronounced changes were found in biochemical parameters in large and giant recurrent cysts (n=12) of the liver. Against the background of moderate hyperbilirubinemia ( $19.2 \pm 0.6$   $\mu$ mol/l), an increase in the level of cytolytic enzymes was observed (AcAt- $0.760 \pm 0.029$   $\mu$ m/ml/g, AlAt- $0.560 \pm 0.019$   $\mu$ m/ml/g).

The results of clinical and biochemical laboratory parameters indicate that patients with REP had liver dysfunction before repeated surgery. To diagnose REP, ultrasound was performed in all 84 (100%) patients. Comprehensive ultrasound made it possible not only to diagnose the presence of a recurrent hydatid cyst, but also to determine the size and number of cysts, its contents, developed complications from the cyst, as well as its relationship with intrahepatic tubular structures and liver segments. For the distribution of liver echinococcosis, we used the WHO classification of ultrasound images adopted in 2003. In type I (n=26), simple recurrent hydatid cysts looked like anechoic neoplasms of spherical or oval shape with clear boundaries. In type II, hydatid cysts occurred in 28 (33.3%) patients with

REP, and large single-chamber fluid containing formations with thin septa was observed. Type III (n=18) was characterized by the presence of a single-chamber cyst with finely dispersed contents, and type IV (n=12) was characterized by the presence of a dense partially calcified wall, thick septa, and the presence of daughter living echinococci.

Currently, CT and MRI are effectively used to diagnose REP, along with ultrasound. It should be noted that CT and MRI make it possible to more clearly and deeply determine the localization of parasitic cysts in the liver in accordance with the segmental structure, the relationship of the parasitic focus to the parenchyma, the portal capsule of the liver, large vessels, the inferior vena cava and neighboring organs. In 11 cases, for the purpose of differential diagnosis of REC and a tumor process in the liver, CT was used, where the shape, internal contour of the cyst, thickness and density of its wall, contents, and signs of calcium salt ratios were assessed. CT scans of the studied patients revealed multiple daughter blisters, thickening of the cyst walls, unevenness of its contours, dissection of the parasitic membranes and heterogeneity of the contents. In the presence of REP on CT, cavitory formations of various sizes were diagnosed in 11 (13%) of the examined patients. In cases of diagnostic difficulties in differentiating residual cavities after echinococectomy with recurrent cysts, the detection on tomograms of a clearly defined cuticular layer of hydatid “sand” in the lower segment of the cyst facilitated the differential diagnosis in favor of REP. Magnetic resonance imaging (MRI) was usually used at the final stage of non-invasive examination in 8 (9.5%) patients with REP in order to detail the nature of pathomorphological changes in the lesion and clarify the degree of involvement of large vascular-secretory structures in the process. In an MRI study, a ribbon hyperechoic structure in the lumen of the cyst (exfoliated chitinous membrane), as well as additional cystic inclusions (daughter cysts), were characteristic of REC.

**Conclusions:** Predictors of relapses of liver echinococcosis are: the multiple nature of echinococcosis, the presence of a dead parasite, the absence of postoperative anti-relapse chemotherapy, medical examination, reinvasion of the parasite, as well as palliative interventions.

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## **TA'LIM TIZIMINING RIVOJLANISHIDA TEXNIKA TARAQQIYOTINING MUHIM JIHA TLARI**

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**Annotatsiya:** Ushbu maqolada ta'lim tizimining rivojlanishida texnika taraqqiyotining muhim jihatlari ko'rsatib o'tilgan. Ta'limni modernizatsiyalashda bugungi kundagi texnika taraqqiyotining rivojlanishi undagi potensial imkoniyatlardan to'laqonli foydalanilsa, pirovard natijada ta'limni uzviyligini ta'minlash bilan birga takomillashtirish imkoniyatlari namoyon etilgan.

**Kalit so'zlar:** fizika, ta'lim, texnika, taraqqiyot, elektr toki, elektr jihozlari.

Fizika materiyaning eng sodda va shu bilan bir qatorda umumiy xossalar va qonunlari haqidagi fandır. U o'zi kashf etgan tabiat qonunlarini o'qitishni o'z oldiga maqsad qo'ymadi. Fizika fanining fizika didaktikasidan farq qiladigan o'z o'rganish obyekti va tadqiqot metodlari bor. Demak, tabiatni ilmiy bilish bilan o'qib-o'rganish o'rtasida katta farq mavjud. Fizika fani kun sayin ravnaq topib bormoqda. Masalan, Asrimizning 70 yillarida har kuni o'rta hisobda 3 tadan kashfiyot ro'y bergan. Lekin, shu kashfiyotlarning bir qismigina maktab fizika kursida o'z aksini topishi mumkin, xolos. Shu beriladigan qismi nimadan iborat bo'lishi kerak va u o'quvchilarning yosh xususiyatiga qarab qaysi sinfda bayon etilishi lozim? Berilayotgan bilimning yosh avlodga ta'lim-tarbiya berishda qanchalik hissasi bo'ladi? kabi muammoni fizika o'qitish metodikasi hal etadi. Demak, fizika va didaktika fanini chuqur tahlil qilish asosida o'qitish uchun lozim bo'lgan material va uni o'quvchida shakllantirish uslubi tanlanadi.

Ta'lim tizimida olib borilayotgan qator islohotlar tub zamirida o'quv jarayoni samaradorligini oshirish, raqobatbardosh kadrlar tayyorlash masalasi turadi. So'nggi yillarda bu borada salmoqli ishlar qilinganligini, shuningdek, moddiy-texnik bazani mustahkamlanib borayotganligi hech kimga sir emas. Ta'limni modernizatsiyalashda bugungi kundagi texnik rivojlanishni undagi potensial imkoniyatlardan to'laqonli foydalanilsa, pirovard natijada ta'limni uzviyligini ta'minlash bilan birga takomillashtirish imkoniyatlari yaqqol namoyon bo'ladi. Barcha rivojlangan mamlakatlar ta'lim tizimiga e'tiborni qaratadigan bo'lsak, aynan texnika taraqqiyoti mahsulidan unumli foydalanganliklarini ko'rishimiz mumkin. Ilmiy texnikaning jadal rivojlanishidan ta'lim tizimida foydalanish bugungi kundagi dolzarb masalalardan biri hisoblanadi.

Qiyosiy pedagogik tahlillar va hayotiy kuzatishlar shuni ko'rsatmoqdaki, bugungi kunda yoshlarimiz elektron tizimlar asrida tezkorligi yuqori rivojlanish davrida ta'lim olar ekanlar, xohlaymizmi yo'qmi uning ta'siri ostida raqamlar dunyosida yashaydilar. Azaldan tarixiy kelib chiqishimizdan bir narsa ayonki, ta'limda va tarbiyada hech qachon hech qolmaslik kerakligi bizga qoldirilgan ilmiy meros; adabiyotlarimizda o'z aksini topganligini hamma biladi. Uzoq yillik pedagogik kuzatishlar shuni ko'satmoqdaki, davlat ta'lim standart (DTS) larimiz qanchalik takkomilashtirib borilmasin, texnik taraqqiyot odimlashib bormoqda.

Bugungi kunda zamonaviy texnik va elektron qurilmalarning ko'payishi, aloqa vositalarining tezkorligi, axborot almashinuv tizimining globallashuvi keskin ortmoqda. So'nggi 30 yil ichida dunyoda birgina elektr tokida ishlayotgan qurilma va jihozlar misli ko'rilmagan darajada, ya'ni 1000 barobarga oshganligini ko'rsatmoqda. Shunday bir haqiqatni qiyosiy tahlil qilaylik: farzand dunyoga kelish bilan uni tug'ruqxonadan uyga olib kelamiz. Bola uy sharoitida turli o'yinchoqlarni o'ynash bilan birga uydagi elektron jihozlarga o'qinchoq kabi murojaat qiladi va o'rgana boradi. Muhim jihati shundan iboratki, bola besh yoshga kirguniga qadar barcha texnik qurilmalarni ishlash tizimini o'rganib oladi. Agar o'tgan asrning 90-yillariga qadar bu qurilmalar kamligini va bugungi kunda yuqorida ko'rsatilganidek, ularning soni 1000 barobardan ziyodligini e'tiborga olsak, undan qiyosiy tahlil natijasida quyidagi xulosaga kelamiz:

1. Bola uydagi televizor, muzlatkich, konditsioner boshqaruvini o'rganadi;
2. Qo'l telefonlaridan foydalanishi bilan birga, o'zi uchun undagi boshqa imkoniyatlardan foydalana oladi;
3. Uy kompyuterlarini yoqish, o'chirish, o'yinlarni o'ynash malakalari hosil bo'ladi;
4. Boshqa uy-ro'zg'or jihozlari (elektr choynak, dazmol, fen, kofe qaynatkich, elektroqizdirgich va boshqalar) ni ishlash tizimini o'rganib oladi.

Demak, bu elektron jihozlar qamrovida qolgan bola tabiiy holki, alfavitni, sanashni, harakatni, harakat turlarini, o'yinlar orqali boshqarishni o'rganib oladi. Unda boshlang'ich ko'nikma va malaka hosil bo'ladi. Biz bola 5 yoshdan 10 yoshgacha 75% axborotni qabul qilishini inobatga olsak, ayni shu yoshda ta'limiy-tarbiyaviy tushunchalarni shakllantirishda yuqorida ko'rsatilgan elektron qurilmalar vositalaridan foydalangan holda amalga oshirish kerakli samaradorligini berishga hech qanday shubha yo'q.

So'z bola tarbiyasi ustida ketar ekan, rivojlangan davlatlar ta'lim tizimiga e'tiborni qaratadigan bo'lsak, ularda yirik sanoat kompaniyalari o'z daromadining ma'lum qismini ta'limga ajratishini qayd etishimiz lozim. Bunday texnik imkoniyatlardan foydalanishimiz zarurligi o'zini yaqqol namoyon qiladi.

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## **THE ROLE OF NAMATAK PLANT IN FOLK MEDICINE**

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**Abstract.** In this thesis, the family, structure, species of the "Namatak" plant, its role in medicine, its medicinal properties and functions are fully discussed. The fact that one plant is a natural medicine for many diseases. It is reported that it has its place in modern treatment.

**Key words:** Begger's milk, Itburun's milk, Fedchenko's milk, Kokan milk, acids, salts,

**Introduction.** Belongs to the rhododendrons, 1.5-3 meters tall, sometimes up to 6 meters. A thorn bush. The stem is flexible, spiny and shiny, brown-green in color. The leaves are arranged in a row. The flower can be white, red, pink, orange-red and yellow. The fruit is red and false. The fruit ripens at the end of autumn. The following types are used:

*Begger's name*

*Itburun namatak*

*Fedchenko namatak*

*Kokan namatak.*

Used part. Fruit and root. The fruit is harvested until late autumn. The content of vitamin C decreases in cold-pressed fruit. Fruits are dried in the sun or in ovens.

Chemical composition and use. Namatak fruit contains a large amount of vitamin C (up to 18%). There are P, K, B group vitamins and flavonoids, organic acids, sugar, pectin, flavoring agents, lycopene, potassium, iron, manganese, phosphorus, calcium, and magnesium salts.

Fruit seeds contain vitamin E and oils.

Namatak fruits are often used in avitaminosis diseases. Keratolin, an oil extract made from the seed oil and the soft part of the fruit, is used for burns, tropical wounds, eczema, skin diseases, X-ray burns, ulcerative colitis and other diseases.

Vitamin supplements and juice are made from some types of Namatak, vitamin C is obtained, tablets and habdori are made from its dried fruit. Ascorbin is part of many complex drugs.



The preparation of kholosas, prepared from its fruit, is used in the treatment of liver diseases. In folk medicine, tinctures and decoctions are used for gastrointestinal diseases, uterine bleeding, antipyretic, bile and diuretic. This tincture is used to rinse the gums with colds and bleeding. Namatak fruit is used to energize a person, improve metabolism, and its seeds are used as a driver for diseases of the kidneys and urinary tract. According to A. D. Turova, Namatak drugs reduce the amount of cholesterol in coronary arteriosclerosis, which is dangerous in the human body.

Useful properties of Namatak. Namatak has been consumed by our ancestors since ancient times. The useful properties of Namatak are as follows:

- ▶ Namatak contains a lot of vitamin C: 10 times more than blackcurrant, 50 times more than lemon;
- ▶ Namatak should be consumed now to prevent and treat colds and viruses that peak in autumn;
- ▶ It strengthens immunity and makes the body healthy;
- ▶ It has a good effect on the heart and blood vessel system;
- ▶ Normalizes blood pressure;
- ▶ It is also useful in anemia;
- ▶ Improves gastrointestinal function, removes harmful toxins and slags;
- ▶ Helps to lose weight;
- ▶ It is considered a means of driving bile and urine

Harmful aspects of Namatak. ✘

Namatak is not recommended for everyone. Due to the fact that it contains a lot of acids, it is not recommended for people suffering from gastritis and stomach ulcers. It is not recommended to drink tinctures made from namatak for people with low blood pressure. In addition, regular and large consumption of herbal tea can lead to non-infectious jaundice.

**Conclusion.** We can conclude about this plant that this plant alone is a natural remedy for a number of diseases. We only need to know the ways to use this plant correctly. Namatak the plant itself and preparations made from it can be found in pharmacies all over the country. It is our happiness that we have such a plant. Namatak is a priceless blessing. let's appreciate medicinal plants!

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## **Вирусли гепатит С клиник ва эпидемиологик хусусиятлари**

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**Аннотатсия:** Вирусли гепатит С (HCV) - **Flaviviridae** оиласига мансуб РНК сақловчи вируслар томонидан келиб чиқадиган касаллик. Вирусли гепатит С касаллигида фулминант гепатит ва ўлим кам учрайди. Сурункали гепатит тахминан 75% ҳолларда учрайди ва циррозга ва камдан-кам ҳолларда гепатотселлюляр карсиномага олиб келиши мумкин. Бутун Жаҳон Соғлиқни Сақлаш Ташкилотининг (ЖССТ) маълумотларига кўра, 2019 йилда дунё бўйлаб сурункали гепатит С тахминан 58 миллион одам касалланган, ҳар йили тахминан 1,5 миллион янги инфекция аниқланиб, шуладан тахминан 3,2 миллион бола ва ўсмирлар. Гепатит С дан 290 000 га яқин одам, асосан, цирроз ва гепатоцеллюляр карцинома (бирламчи жигар саратони) туфайли вафот этган.

**Калит сўзлар:** Вирусли гепатит С, цирроз, қон, парентерал, антиген, РНК.

**Abstract:** Viral hepatitis C (HCV) is a disease caused by RNA viruses belonging to the Flaviviridae family. Fulminant hepatitis and death are rare in viral hepatitis C. Chronic hepatitis occurs in approximately 75% of cases and can lead to cirrhosis and, rarely, hepatocellular carcinoma. According to the World Health Organization (WHO), chronic hepatitis C infected approximately 58 million people worldwide in 2019, with approximately 1.5 million new infections occurring annually, including approximately 3.2 million children and adolescents. About 290,000 people have died from hepatitis C, mainly from cirrhosis and hepatocellular carcinoma (primary liver cancer).

Парентерал йўл билан юқадиган А хам эмас В хам эмас гепатит, 1989 йилдан гепатит С деб номланган. Илгари бу гепатитнинг специфик лаборатория диагностикаси унинг вируси номаълум бўлганлиги учун ишлаб чиқилмаган эди. 1989 йилда АҚШ да Шоо хамкасабалар билан ва япониялик Агима хамкасабалар билан қон зардобидан вирусли гепатит С касаллиги агентини

ультрацентрифуга усули билан йиғиб, ундан нуклеин кислотасини ажратиб олдилар. Ген инженерия усулни қўллаб, бу нуклеин кислотасини микроорганизмларга олиб ўтиб, уларни гепатит С вирусига хос рекомбинант оксил (С 100 - 3) синтез қилишга эришдилар. Бу оксил ГС билан оғрган (асосан сурункали формаси билан) беморларнинг қон зардобида антителоларни (анти - HCV) топишда ишлатила бошланд. ИФА ва РИА усулига асосланган ГС нинг диагностикаси учун тест система яратинди. ГС вирусининг катталиги 30-60 нм ни ташкил қилади, қобиғи бор, геном эса РНК дан иборат. Хужайралар, тўқималар культурасида деярли ривожланмайди.

Гепатит С вируси тузатиб бўлмайдиган РНК репликацияси мутацияларнинг юқори частотаси билан тавсифланади. РНКнинг сезиларли генетик ўзгарувчанлиги беморларда узоқ муддатли ташувчи бўлиб қолишлар, сурункали шаклга ўтиш эҳтимоли юқори эканлигига, даволаш ва самарали вакциналарни яратишда қийинчиликларга олиб келади. РНК нуклеотид секансларининг таклиф етилади 6 та асосий генотипни ва юздан ортиқ кичик типларни фарқланади, ҳамда улар лотин ҳарфлари билан белгиланади (1a, 1b, 2a, 2b, 2c, 3a). Улар дунёнинг турли минтақаларида тенг тақсимланмаган - улардан баъзилари универсал, бошқалари фақат чекланган географик худудларда учрайди. Генотип 1b Европанинг жанубида кенг тарқалган Хитой, Япония, Россия (50-80%). АҚШ ва Жанубий Америка мамлакатларида Ғарбий Европанинг шимолида 1a ва 1b генотиплари, камроқ 2 ва 3 генотиплари учрайди. 4-генотип Шимолий ва Марказий Африкада кенг тарқалган, қитъанинг жанубида 5-генотип асоси ҳисобланади. 3-Генотип У деярли ҳамма жойда учрайди ва Австралия ва Жануби-Шарқ Осиёда асосий ҳисобланади. 6-генотип Жануби-Шарқий Осиёда ҳам кенг тарқалган ва Ветнамда, Таиланд, Индонезиядаги асосий турлардан бири. Генотипни аниқлаш вирусга қарши терапиянинг самарадорлиги баҳолаш учун катта клиник аҳамиятга эга.

Вирусли гепатит С инфекциясининг манбаи касалликнинг ўткир ва сурункали шакллари билан касалланган одамлар. Юқиш йўллари ҳар хил: қон қуйиш, стерилланмаган шприцлар фойдаланиш орқали (гиёҳвандлар орасида), гемодиализ. Инфекциянинг жинсий йўл билан юқиши исботланган, аммо унинг амалга оширилиши бошқа ҳолатларга қараганда камроқ кузатилади. Вирусли гепатит инфекцияси учун юқори хавф гуруҳга кирувчиларга қон қабул қилувчилар, наркомалар, сурункали гемодиализ қабул қилувчилар, тиббиёт ходимлари, қон компонентлари таёрлавчи ходимлар, гомосексуалистлар.

Жигар тўқималарига зарар этказишнинг иммун механизмлари билан биргаликда гепатотситларга зарар этказишда вируснинг бевосита ситопатик таъсири эҳтимоли тахмин қилинади.

Клиникаси. Инфекциянинг кечиш даврлари, касаллик шакллари. ВГСнинг асосий хусусиятларидан бири касал-ликнинг латент- субклиник кечиши, узок муддатда аниқлан-маслигидир. Шу билан бирга аста-секин ривожланиб, кейин-чалик жадаллашиб жигар циррози ва жигарнинг бирламчи ўсмаси билан тугалланиши мумкин. ВГС касаллиги узок йил -лар чўзиладиган касалликдир, касалликнинг манифест шакл-ларини аниқлаш учун бир неча йиллар (баъзида 10 йил ҳам камлик қилади) керак бўлади.

Ўткир даври. Субклиник ёки клиник кечиши мумкин. Касалликнинг субклиник шакллари нисбатан кўп учраб касалларнинг 2/3 қисмида касаллик аниқланмай қолади. Мана шу учун ҳам ГСнинг сурункали шакллари билан оғриган беморлар анамнезида касалликнинг ўткир шаклини бошидан ўтказганлиги ҳақида маълумот бўлмайди. Касалликнинг суб -клиник шаклини ташхислаш учун касалликка мойил шахсларни қон зардобида ЗПР ёрдамида HCV – РНК аниқлаш-дан иборат. HCV – РНК қон зардобида антителолар пайдо бўлмасдан, АлАТ фаоллиги меъёрдалигида аниқланади. Анти -телолардан олдин анти HCV шаклида гипертранс - аминаземия хос бўлиб, меъёридан 5 –10 марта ошади. АлАТ фаоллигини ошиши кўзғатувчи тушгандан 8-10 ҳафта (10-150 кун бўлиши мумкин) дан сўнг қайд қилинади. Гипертрансаминемия кўпинча тўлқинсимон баъзан доимий тавсифли бўлади.

Ўткир гепатит. Касалликнинг манифест шаклида лоҳаслик, камқувватлилик, иштаҳа пасайиши, ўнг қовурға соҳасида оғирлик ҳисси каби белгилар қайд қилинади. Беморни кўриқдан ўтказганда жигар ўлчамларининг бироз катталашгани, унинг консистенцияси юмшоқлиги аниқланади. Касаллик паст даражали умумий захарланиш белгилари билан енгил кечади. Беморларда сариқлик пайдо бўлиши ташхисни осонлаштиради. Сариқлик паст даражада намоён бўлади. Ташхис асосан вирус маркерлари HCV-РНК аниқланиши ва АлАТ фаоллиги ошиши асосида қўйилади. Касалликнинг ўткир даври баъзи ҳолатларда соғайиши билан тугайди. Қолган ҳолатларда жараён сурункали тус олади.

Сурункали гепатит. HCV-инфекциясининг асосий клиник шакли ҳисобланади. Бу шакл кўпинча катта ёшдагиларда қайд қилинади. СГС клиник тавсифи жихатидан САГ нинг енгил кечишига ўхшаб кетади. Беморларда субъектив ва объектив белгилар намоён бўлмасда, гиперферментемия доимий ёки даврий кузатилади, астения белгилари: тез

чарчаш, лоҳаслик, уйқу бузилиши, меҳнат қобилиятини сусайиши кузатилади. Иштаҳа пасайиши, вазн йўқотиши хос бўлиб, объектив кўрганда жигар катталашган ва қаттиқлашган бўлади.

Давоси. Худди ВГВ никидек. Этиотроп даво воситаси сифатида роферон рибавирин билан биргаликда терапевтик дозада 3-6 ой мобайнида буюрилади. Кейинги йилларда рофероннинг узоқ таъсир этувчи шакли Пегасис 180мкг ҳафтасига 1 марта рибавирин билан биргаликда қўлланилмоқда.

Профилактикаси. Умумий эпидемияга қарши чора-тадбирлар парентерал йўли билан юқувчи вирусли гепатитларникидек амалга оширилади. Хусусий профилактика ишлаб чиқилмаган.

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## UNTERSUCHUNG DER ENTZÜNDUNGSHEMMENDEN WIRKUNG VON PHYTOPHERON

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**Relevanz:** Aus der Literatur ist bekannt, dass Phytopheron mit seiner heilenden biologisch aktiven Substanz entzündungshemmend wirkt. Phytoferon löst Phagozytose, Zytolyse und humorale Funktionen aus, die den schädlichen Faktor von Wundherden aufgrund seiner Reaktion gegen die Wirkung verursachender schädlicher Faktoren ( physikalisch, chemisch, biologisch) unterdrücken. Gleichzeitig wird die Entwicklung der lokalen und allgemeinen Immunität angeregt. Das heißt, die Pflanzen, die in dem Medikament "Phytoferon" enthalten sind, das aus einer Sammlung von Heilpflanzen besteht, sind genau reich an Proteinen, Vitaminen, Makro und Mikroelementen, insbesondere Eisen, sowie Kobalt, Kupfer, Zink und anderen Mikroelementen, die zu seiner Aufnahme im Körper beitragen.

**Zweck der Studie:** Infolge der in unserer Republik durchgeführten Reformen wird besonderes Augenmerk auf die Schaffung von Arzneimitteln zur Vorbeugung und Behandlung verschiedener Pathologien auf der Grundlage lokaler Heilpflanzen gelegt, die ihre therapeutische Wirkung nachweisen, die Bevölkerung mit bezararen und kostengünstigen Präparaten versorgen und bestimmte Ergebnisse erzielen. In diesem Zusammenhang wird der Schaffung neuer hocheffizienter, sicherer und erschwinglicher Arzneimittel und biologisch aktiver Zusatzstoffe aus pflanzlichen Quellen zur Behandlung entzündlicher Erkrankungen eine wichtige wissenschaftliche Bedeutung beigemessen.

**Methoden und Stile:** Phytoferon Heilkräuter-Abkochung von Blatt-Boymadaron , Vogel-Taron, Süßfleischwurzel, Heilkamille und Wasserpfeffer wurde in einem speziellen entzündungshemmenden, spähenden Antrieb, beschleunigender Blutgerinnung, Verbesserung des Stoffwechsels und Blutverbandes, Senkung des Blutzuckerspiegels und zur Anwendung bei einer Vielzahl anderer Krankheiten eingesetzt. Das heißt: Die Wirkung von Abkochungen von Heilpflanzen in verschiedenen Anteilen auf die Menge an Erythrozyten im Blut wurde mit der Screening-Methode untersucht. In dieser Tinktur Nummer eins: medizinische Kamille, Knollenblatt-Boymadaron, gesüßt, Wasserpfeffer und Vogeltaron im Verhältnis von 1:2:1:2: 1, verhältnis Tinktur Nr. 2-2: 1:2: 1:2 und Tinktur Nr. 3-1:1:1:1:1 proportional ausgewählt. 3 Tinktur hat eine wirksame Wirkung auf die Menge der Erythrozyten im Blut. In diesem Experiment wurde der Trockenextrakt dieser Pflanzen ( 1:1:1:1:1 relativ)



wurden die toxikologischen und pharmakologischen Eigenschaften des Arzneimittels Phytopheron untersucht.

**Suchergebnisse:** Wenn der Entzündungszustand an die Oberfläche gebracht wurde, nahmen die peripheren blutförmigen Elemente der Kaninchen im Experiment auf das Niveau der mathematischen Genauigkeit ab. Insbesondere nahm die Hämoglobinmenge im Vergleich zu den Anfangsindikatoren um 35% ab, bis eine Entzündung auftritt. Unter den gleichen Bedingungen nahm die Menge an Erythrozyten im peripheren Blut um 39,7% und die Menge an Leukozyten um 19,9% ab. Der Allgemeinzustand der Kaninchen im Experiment ist viel schwerwiegender geworden, ihre Gewohnheiten, ihr Körpergewicht haben abgenommen und ihr Appetit hat abgenommen. Als der entzündliche Zustand und die Krankheit an die Oberfläche gebracht wurden, wurden die Tiere in 3 Gruppen von 5 eingeteilt. Tiere der Gruppe 1-2 wurden mit oraler Verabreichung der Tinktur in einer Massenzahl von 1 mg und 2,5 mg/100 g für 21 Tage behandelt, d. H. in Dosen von 5 mg/kg und 10 mg/kg. Destilliertes Wasser wurde entsprechend den Kaninchen der 3. Gruppe geschickt. Während des gesamten Experiments lag das Hauptaugenmerk auf dem Allgemeinzustand der Tiere, der Menge an Hämoglobin, Erythrozyten und Leukozyten in ihrem peripheren Blut. Das Medikament "Phytoferon" hat eine positiv - heilende Wirkung auf die Tiere im Experiment.

**Rückschlüsse:** Es ist bekannt, dass der geschädigte Bereich durch eine Entzündungsreaktion vom gesunden Gewebe des Organismus getrennt wird und die Ursache für Entzündungen ist. Wenn eine Entzündung genannt wird, nahm die Hämoglobinmenge im peripheren Blut von Kaninchen im Experiment im Vergleich zu den Anfangsindikatoren um 35% ab, und die Anzahl der roten Blutkörperchen nahm um 39,7% ab. Als Ergebnis der Behandlung mit "Phytoferon" stieg die Exposition bei 5 mg /kg und 10 mg/kg am 10. Versuchstag um 25% und 30% ( $R < 0,05$ ) im Vergleich zu ihrem reduzierten Hämoglobin bei Anämie (axc) und am 30. Behandlungstag war gleich intakt. Es wurden fast keine Veränderungen in der Leukozytenmenge beobachtet. **Liste der verwendeten Literatur:**

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## CHARACTERISTICS OF THE PULMONARY ENDOTHELIAL SYSTEM IN ABDOMINAL SEPSIS

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**Summary.** Molecular-biochemical parameters of the endothelial system of the lungs during experimental modeling of abdominal sepsis showed an ambiguous picture of the changes occurring, which were of a phase nature and depended on the timing of the development of the pathological process.

**Key words:** Abdominal sepsis, lungs, endothelial system.

**Relevance.** Throughout the last century, abdominal sepsis has been and remains a dangerous disease in which dysfunction of vital organs develops as a result of the aggression of introduced microorganisms.

The high incidence of abdominal sepsis is accompanied by high mortality, which can vary from 7.6% to 36.0% (1,3,5,25,26,27,28,29,30,31,32,33). Intra-abdominal contamination and secondary peritonitis are a constant source of pathogen-associated molecular patterns (via spillage of intestinal contents) and through direct damage to internal and abdominal organs. This “engine of multisystem organ failure” provides continuous cytokine fuel for the raging systemic response (2,4,6,8). For example, TNF- $\alpha$  and IL-1 are important proinflammatory cytokines. Each has been shown to induce vascular permeability, leading to pulmonary edema and hemorrhage (7,9,11). IL-6 is a key molecule in initiating the febrile response, lymphocyte activation, and also plays a role in hematopoiesis. It has also been shown to cause myocardial depression (10,12,14,16,18).

Over the past 20 years, the recognition of the endothelium as a full-fledged system has led to a large number of experimental and clinical studies, including the study of the mechanisms of development of sepsis. During bacterial, fungal, or viral infection, exogenous molecular patterns associated with pathogens and molecular patterns associated with endogenous damage cause endothelial activation and can disrupt its structure and function, that is, provoke the development of endothelial dysfunction (13,15,17,19,34,35,36,37,38,39). Endothelial changes associated with sepsis should be considered useful to limit the spread of bacteria, as well as to control leukocyte recruitment and bacterial clearance. However, severe and persistent phenotypic changes in the endothelium may contribute to impaired microcirculatory blood flow, tissue hypoperfusion, and the development of life-threatening multiple organ failure (21,23,24,40,41). Thus, it is very difficult to distinguish between corresponding activation and endothelial dysfunction, especially given that the

endothelial cell response may vary between organs (20,22). Purpose of the study: to study the endothelial system of the lungs in abdominal sepsis. Material and methods. The studies were conducted on laboratory outbred rats in a model of abdominal sepsis that we developed. The experiments were carried out on 106 white Wistar laboratory rats weighing 200-250 grams, of both sexes, fed a regular laboratory diet. The planned experimental studies, which included sampling, biopsies and necropsies, were based on the conditions specified in the 1986 Council of Europe Animal Welfare Convention. The animals were divided into the following series of experiments: Control – 10 intact animals, not subjected to any influences or manipulations, fed a standard grain diet. The main one was 50 animals in which the experimental model of abdominal sepsis was reproduced using our improved method. The reproduction of the experimental model of abdominal sepsis was carried out in stages, by changing the reactivity of animals and creating a purulent-necrotic focus in the abdominal cavity. In experimental studies, blood was collected separately at the entrance and exit from the lungs. In this case, the blood at the entrance to the lungs is mixed venous blood, which came from the inferior and superior vena cava. At the exit from the lungs we received arterial blood, which was universal for the entire organism as a whole. This technique was developed and tested by a group of researchers at the Tashkent Medical Academy. Each value obtained in different blood samples was also subjected to calculation of the venous-arterial difference, that is, a value reflecting the “delay” or “production” of the substrate in the endothelial system of the lungs.

The entire complex of studies of patients with abdominal sepsis consisted of continuous monitoring of the state of homeostasis and functional activity of vital organs. For this purpose, functional, instrumental and laboratory research methods were carried out. Integral rating diagnostic methods, such as APACHE II, SAPS, SOFA, and the Kalf-Kalif Leukocyte Intoxication Index, were also actively used. Among the indicators of the endothelial system, the level of C-reactive protein (mg/l), thrombomodulin (ng/ml), von Willebrand factor (IU/dL), intercellular and cellular adhesion molecules (ng/ml) was studied using an enzyme-linked immunosorbent analyzer; nitrites and nitrates (%), peroxy nitrite ( $\mu\text{mol/l}$ ), nitric oxide synthase activity ( $\mu\text{mol/min/l}$ ) according to the Griess method modified by A.P. Solodko et al. on an SF-46 spectrophotometer at a wavelength of 520 nm. The entire set of studies met the criteria of translational medicine, which used the entire body of research, which made it possible to extrapolate the results of experimental studies into clinical practice. Results and its discussion. The study of the total value of NO is considered a generally accepted indicator of the nitroergic system for regulating vascular tone, as one of the functional criteria of the endothelial system. The average level of its content

in the mixed venous blood sample at the entrance to the lungs was  $26.39 \pm 3.91$   $\mu\text{mol/l}$ , while at the exit from the lungs in the arterial blood sample its level was higher and reached an average value of  $33.41 \pm 4.64$   $\mu\text{mol/l}$ . The venous-arterial difference, which averaged “+”  $7.02 \pm 1.13$   $\mu\text{mol/l}$ , was positive and indicated the production of this element in the alveolar capillary network with release into the systemic bloodstream. It should be noted that this nature of the venous-arterial difference was typical in all series of experiments we studied. In this case, the peak values occurred in animals of the control and comparative groups (“+”  $8.44 \pm 2.17$   $\mu\text{mol/l}$  and “+”  $8.63 \pm 2.35$   $\mu\text{mol/l}$ , respectively). In other cases, in the dynamics of development of the experimental model of abdominal sepsis, the production of this substrate of the nitroergic system for regulating vascular tone decreased from “+”  $8.11 \pm 2.47$   $\mu\text{mol/l}$  ( $p < 0.05$ ) for the 6-hour period of reproduction of the experimental model of abdominal sepsis and up to “+”  $4.69 \pm 1.62$   $\mu\text{mol/l}$  ( $p < 0.05$ ) for a 24-hour period of disease development. In the subsequent 48, 72 and 96-hour periods of development of the experimental model of abdominal sepsis, the venous-arterial difference in NO increased again. However, the venous-arterial difference did not reach the initial value. Moreover, most of the indicators were of unreliable changes, reflecting the distance from the ongoing real processes associated with the development of the experimental model of abdominal sepsis. In this regard, we conducted a dispersion analysis of the constituent elements of NO ( $\text{NO}_2^-$  and  $\text{NO}_3^-$ ) in percentage terms in the dynamics of the development of an experimental model of abdominal sepsis. The predominant role in the percentage value of  $\text{NO}_2^-$ , already for a 24-hour period of modeling abdominal sepsis, is leveled out, giving way to the fractional value of  $\text{NO}_3^-$ . In other words, there is an increased production of  $\text{NO}_3^-$  by the endothelial system in the conditions of ongoing disorders. This once again confirms the importance of assessing the component of NO decay rather than its overall value. Against the background of the changes described above, we identified changes in the concentration of the metabolic product of the transformation of NO components, in particular  $\text{NO}_3^-$  into  $\text{OONO}^-$ . The average content of peroxynitrite in the mixed venous blood sample at the entrance to the lungs throughout the study exceeded its level in the arterial blood sample at the exit from the lungs ( $2.5 \pm 0.09$   $\mu\text{mol/L}$  and  $2.37 \pm 0.03$   $\mu\text{mol/L}$ ;  $p > 0.05$ ).

The venous arterial difference, which was negative (“-”), indicated the active utilization of this oxidative product in the endothelial system of the lungs and a decrease in its production into the systemic arterial bloodstream. In other words, the lungs, and in this case its endothelial system, performed a barrier filtration function, creating conditions for the formation of blood that was universal in composition for all organs of the body. We identified minimal values with an

unreliable level of differentiation between the content of peroxynitrite in the mixed venous blood sample at the entrance to the lungs and in the arterial blood sample at the exit from the lungs among animals in the control and comparative series of experiments. The venous-arterial difference (“-”  $0.03 \pm 0.01 \mu\text{mol/l}$ ), equivalent to 10%, can be safely taken as absent. Meanwhile, starting from the 24-hour period of development of the experimental model of abdominal sepsis, there was a decline in the venous-arterial difference to “-”  $0.74 \pm 0.12 \mu\text{mol/l}$  ( $p < 0.05$ ), which in subsequent periods led to an inversion of values, due to a change in the nature of the formation of peroxynitrite, which began to be actively synthesized (“+”) in the endothelial system of the lungs. Its increase in the arterial blood sample at the exit from the lungs, starting from this period of development of the experimental model of abdominal sepsis, was significantly pronounced, especially at 48 hours (7.4 times relative to 6 hours and 7.1 times relative to 12-hour periods) and to 72-hour (8.9 times relative to 6-hour and 8.5 times relative to 12-hour periods) periods. Thus, it is possible to state an increase in peroxynitrite in various blood samples depending on the timing of the development of the experimental model of abdominal sepsis, which was characterized by a transition from a state of transient phenomena to steadily progressive ones, indicating the depletion of the compensatory capabilities of the pulmonary endothelial system itself. As evidence for the above conclusion, we consider the dynamics of changes in the activity of the iNOS enzyme in the studied blood samples at the entrance and exit from the lungs. In particular, in intact animals the activity of this enzyme is inhibited as it passes through the endothelial system of the lungs. The same character of the ratio of endothelial cells can be seen in the ratio of the group of animals of the comparative series. It is interesting that the venous-arterial difference continues to increase among animals with an experimental model of abdominal sepsis. However, as in the case of peroxynitrite, this pattern completely changes starting from the 24-hour period of development of the experimental model of abdominal sepsis. In the dynamics of development of the experimental model of abdominal sepsis, identical changes occurred in the concentration of intercellular and cellular adhesion molecules. In intact animals, a decrease in the concentration of these molecules was observed as blood passed through the endothelial system of the lungs. The venous-arterial content of ICAM-1 decreased by 29.8 times ( $p < 0.001$  - significant value in the arterial blood sample at the exit from the lungs in relation to the mixed venous blood sample at the entrance to the lungs).

In terms of VCAM-1 content, the decrease was slightly less - 22.9 times, although it was also stable and significant ( $p < 0.001$  - significant value in the arterial blood sample at the exit from the lungs in relation to the mixed venous blood sample at the

entrance to the lungs). Such changes correspond to physiological parameters, which are confirmed by the presence of high tone in the arterial circulatory system. Also interesting is the identical level of change in the venous-arterial difference (24.4 times, respectively) for both indicators. This occurred due to a decrease in the specific gravity of intercellular adhesion molecules and an increase in cell adhesion molecules in the mixed venous blood sample at the entrance to the lungs. When modeling abdominal sepsis, starting from the 6-hour study period, we noted a progressive decrease in the level of venous-arterial difference. At the same time, the minimum value in relation to the venous-arterial difference of ICAM-1 was noted for the 24-hour period of development of the experimental model of abdominal sepsis, while in relation to VCAM-1 - for the 48-hour period of development of the experimental model of abdominal sepsis. This was apparently due to the stages of changes occurring in the endothelial system of the lungs, where at the first stage there was a predominance for intercellular adhesion, and subsequently - cellular adhesion, which indicates the presence of endothelial apoptosis. We also noted a leveling of the values of the venous-arterial difference in this period of experiments in relation to vWF. The maximum level of vWF formation in the endothelial system of the lungs occurred during the 12-hour period of development of the experimental model of abdominal sepsis (1.2 times). In subsequent periods, as the pathological process progressed, an increase in the venous-arterial difference over the 24-48-hour study period indicated a cumulative characteristic between vWF in the venous blood sample at the entrance to the lungs and in the arterial blood sample at the exit from the lungs. This nature of the changes was reflected in the subsequent development of the experimental model of abdominal sepsis, in which the productivity of vWF in the endothelial blood system at the exit from the lungs indicated active structural and functional disorders already in the pulmonary vessels. Analysis of the venous-arterial difference showed that the endothelial system of the lungs reacted sensitively to changes occurring in the site of destruction. At the same time, the main character of the endothelial system of the lungs at the first stage was reduced to blocking the flow of pathological substrates into the systemic arterial bloodstream, and at the second stage of development of the experimental model of abdominal sepsis, the lungs cease to create a barrier to the generalization of the inflammatory process, opening the way for the development of multiple organ dysfunction.

**Conclusions.** 1. The increase in peroxynitrite in various blood samples depending on the timing of development of the experimental model of abdominal sepsis, which was characterized by a transition from a state of transient phenomena to steadily progressive ones, indicating the depletion of the compensatory capabilities of the pulmonary endothelial system itself.



2. The productivity of vWF in the endothelial blood system at the exit from the lungs was evidenced by active structural and functional disorders already in the pulmonary vessels.

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