

Climate in Surkhandarya Region and Some Issues of Climate Impact on Human Health

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This article examines climate in Surkhandarya region and some issues of climate impact on human health, in which Termez and Denot districts are considered separately, as well as a table related to disease outbreaks.

INTRODUCTION.

Temperature is one of the most important abiotic factors affecting all physiological functions of temperature. The temperature on the Earth's surface is geographically and elevated above sea level, so from the time of year it should never be adapted (adapted) to constantly changing environmental and body conditions.

Subsequent climate change will affect our environmental system. This, in turn, has a clear, direct impact on human health and has clear indirect effects. Direct exposures include social weather and mental health problems, resulting from extreme weather events and an increase in infectious disease and food poisoning, food destruction or failure, there are also food shortages and mental health problems. , potential loss of land and land suitable for long-term loss. uncertainty. Most people prefer a hot day with a chilly one, wanting to limit how hot we are in the morning and what our bodies are doing.

MAIN PART:

An individual's adaptive function provides basic thermal and cold skin receptors, receptor areas, and the central nervous system. Their combined activity is called heat regulation, a process that occurs between the exchange of heat between an organism and the external environment (heat vessel), as well as the formation of heat in the human body (heat generation) as a result of oxidative processes. There is a certain relationship between air temperature and metabolism in the body.

Prolonged exposure to above-average temperatures, known as heat waves, can have a serious impact, especially on very young, very elderly, or sick people. In Australia, thermal waves are the most devastating of all natural disasters.

Immunity effects of solar radiation

Infectious diseases are also health problems, such as food poisoning. In the more significant consequences of climate change, the consequences of changes in socio-economic conditions resulting from climate change may have clear, tangible consequences for human health.

Lack of food, water, or appropriate land can lead to population and population movement. As a result, an increase in the number of refugee camps and asylum seekers in other countries also affects people's physical and mental health.

There are internal and external biorhythms. Biorhythms have different frequencies in fractions of a few seconds, seconds, minutes, days, years, and years.

The 1- table was developed by the author on the basis of statistical data

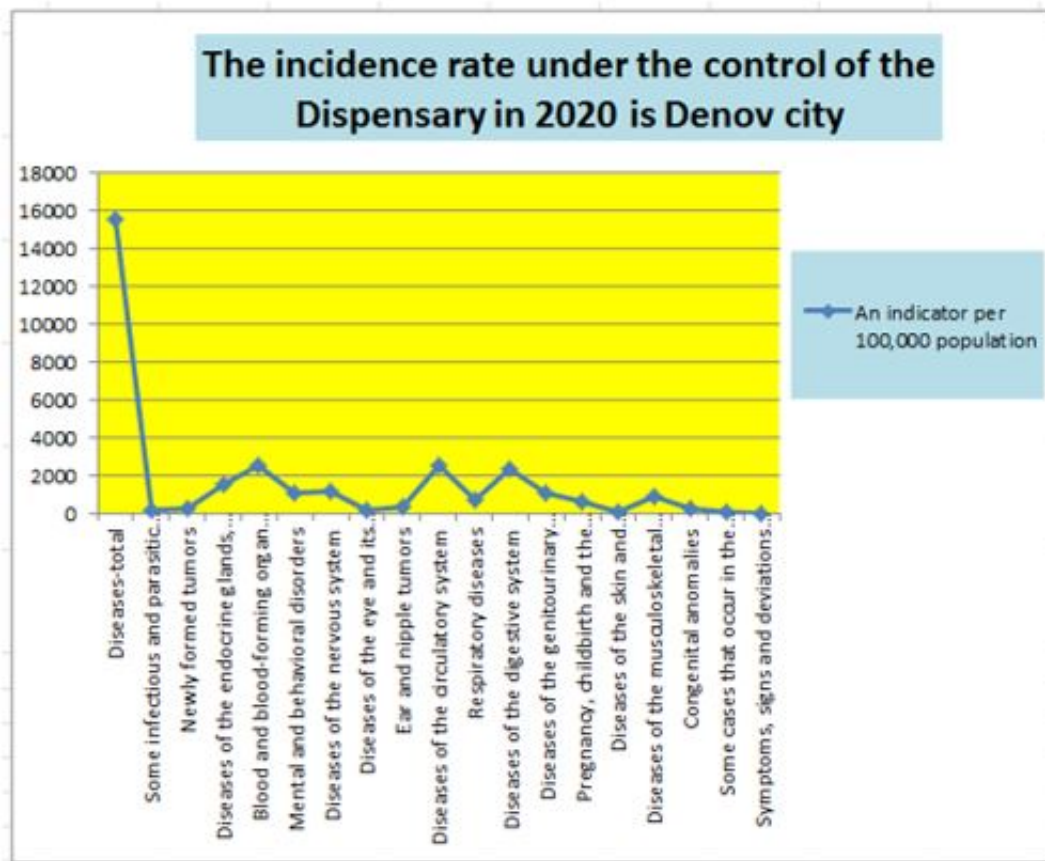


Figure 1.

For example, the rhythms determined by the number of seconds are nerve impulses, heart rate - 0.8 s, respiration (breathing) - 8 s - 8 s, 30 minutes per day, 30 min per day in women), from one year to one year (birth work) and others.

Even in rich communities, climate change can lead to changes in economic conditions. The possible consequences of this are work and uncertainty, as well as situations that can damage mental and physical well-being.

The less obvious consequences of climate change will be long and significant. They may not be immediately affected by grazing or large-scale flooding, but that does not diminish their significance. They are more common and longer lasting.

The 2- table was developed by the author on the basis of statistical data

Figure 2.

CONCLUSION .

It is known from the table that in Termez, the capital of Surkhandarya region, the incidence of diseases such as Diseases of the circulatory system, Respiratory diseases, Diseases of the digestive organs is high. Occurs in the perinatal period, Symptoms, signs and deviations from the norm, not

classified in other sections, identified in clinical and laboratory studies, Complications due to injury, poisoning and some external causes. Another district of Surkhandarya region, Termez, is given a table to see the difference. It is clear from the table that these figures are not so high.

References