



**POSSIBLE EFFECTS AND CONSEQUENCES OF CLIMATE CHANGE ON  
THE HEALTH OF THE POPULATION OF THE ZARAFSHAN REGION**

**Otakulov Kuvonchbek Furkat ugli**

*Teacher of the Uzbek-Finnish Pedagogical Institute*

**Abstract:** *The article describes the natural conditions, climate, temperature of the Zarafshan region, the natural location of the population of the region, the types of diseases that occur among the population as a result of climate change, chronic diseases caused by the influence of climatic conditions and geocomponents. The causes of these diseases are also studied.*

**Key words:** *Natural location, climate, climate change, geocomponents, temperature, chronic diseases, regions of disease distribution.*

**Introduction.** In recent times, the increase of some types of diseases related to climate change is related to the development of science and technology and industry, as well as the economic activity of the population. In particular, the process of urbanization, negative changes in the social environment cause the emergence of various regional diseases among people. The acceleration of urbanization causes problems such as air, water and soil pollution. At the same time, cities are centers of noise that have a negative effect on the mental state of people. Noise is identified as the main source of damage to the nervous system, hearing organs and heart.

Currently, the change in the etymology and pathogenesis of certain diseases in the Zarafshan region, in turn, the increase or disappearance of diseases, the emergence of new types of diseases, is not a process that happens by itself, but rather their on the basis of which there is a direct or indirect impact on nature in the activities of human social life.

**Research methodology:**

In the article, climate change and the impact of climate change on the health of the population, study of disease distribution areas, research, comparative analysis of scientific literature and analysis of statistical data are used.

In particular, in recent years, not only in the Zarafshan region, due to the deterioration of the ecological environment and a number of social reasons, allergic, temporary or permanent diseases among the population are increasing. Among the diseases caused by climate change among the population in the region, diseases related to respiratory, heart, blood-vascular organs, digestive system are spreading. Many types of these diseases are caused by interaction with external environmental factors, imbalance. The reason for this is the effect of endogenous or exogenous factors.

1. Nervous and mental diseases, infections and metabolic disorders caused by endofen factors, hereditary or defects in the development of certain organs.

2. Occurrence as a result of social and household factors, inconveniences in working conditions, high and low temperature under the influence of exogenous factors.



With the passage of time, some types of diseases decrease, and some new forms appear.

1. Types of climate-related diseases: In this case, the influence of air temperature and humidity, atmospheric pressure, etc. is primary on their formation and development.

2. Types of diseases associated with surface water: Surface water sources, including canals, swamps, rivers or lakes, are a leading factor in the occurrence and spread of diseases.

3. Diseases associated with underground water: Diseases caused by metabolic disorders are the main cause of diseases.

4. Types of diseases related to the geochemical composition of landscapes: related to deficiency or excess of microelements.

5. Types of diseases related to biogenic species: Living organisms, viruses, bacteria, microorganisms, insects, rodents are disease carriers. It is known that the concept of climate includes air temperature, humidity, atmospheric pressure, winds, and constant weather conditions. Also, people suffering from certain diseases (radiculitis, rheumatism, blood pressure diseases) notice some serious changes in the weather much earlier. Under the influence of the magnetic storms that occur, specific changes are observed in the human body and all other living organisms. These include conditions related to increased blood pressure, changes in the nervous system, and metabolic disorders. The spread of diseases among the population also depends on the natural location. For example. Diseases related to the heart, blood vessels and respiratory organs are more common in regions with high humidity, while low blood pressure and difficulty breathing are observed in regions with constant wind and severe cold. Research conducted by experts in Great Britain shows that some diseases that occur among people are closely related to flu, rheumatism, bronchial asthma, especially climate and weather conditions.

At the moment, factors such as atmospheric pressure, cloudiness, and dust content of the air have a direct impact on health. Therefore, in the natural and geographical zoning of each region, special attention should be paid to all the above climate factors. Therefore, the influence of climate in determining the health of the population, the emergence and spread of diseases, the formation of nosogeographical complexes and areas, in fact, air temperature of 18-21 degrees and relative humidity of 40-60 percent is considered favorable for human life. In particular, human diseases related to climate change and geocomponents can also be found in Ibn Sina's works. According to Ibn Sina's tariff, the darkening of the human body in hot countries, the curliness of the hair, the sudden decrease of moisture in the air as a result of high evaporation lead to the rapid aging of the human body, and he noted that the soil properties of the places are also of leading importance in determining human health.

**Conclusion:** The Zarafshan region is located in the central part of Central Asia, in the transverse valley between the Oktov and Zarafshan ridges of Turkestan. As a result of the study, the processes that cause the spread of diseases in the region under the influence of the human industrial activity of the region are taken into account. In addition, the



distribution of disease types is compared over the years, and the factors causing the spread of disease types are determined.

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