

# *Factors In Strengthening Physical And Reproductive Health Of Women*

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**Abstract** – It has long been known that human health is directly related to food culture. Therefore, the ancient religious teachings, examples of folk art and way of life condemn the desire to “fill the sack” (metaphorical concept for expressing obesity), the antipodes of folk heroes are described as fat, greedy and “insatiable” creatures. Strengthening physical and reproductive health of women is also based on the scientific and theoretical science of dietetics, ie its recommendations and guidelines. Even in this regard, a number of schools, theories and concepts have been developed in medical and social philosophy in Western countries [1, 2, 3, 4, 5, 6, 7, 8].

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Dietology is the science, theory and methodology of nutrition. Originating in the twentieth century, this science has become a much-needed field today, like valeology. The abundance of consumer goods produced in post-industrial societies and occupying markets is sometimes a cause for concern, as the artificial additives in them cause great harm to human health. Artificial compounds can lead to obesity, various diseases in the body, vitamin deficiencies and hypodynamics, high blood pressure.

According to the US insurance company Metropolitan, more than half of the continent’s population is overweight. In European countries, the number of people on a diet is growing every year. Even in the 1990s, exposure to electricity to lose weight, beating the body, taking medications and mixtures, consuming herbs, using enemas, shaving, hypnosis, and increasing exercise were all recommended. Each of them affects the body to a certain extent, but it is much more difficult to find a method that suits everyone. People on a diet to lose weight go up to 30 percent of the population. In recent years, sales of obesity medications in the U.S. have increased by 16 percent, and sales of appetite suppressants by 20 percent. 50 million people spend \$ 33 billion a year on diet to lose weight. This means that almost a third of the population is concerned about being overweight. Obesity and the desire to maintain a diet are more common among women than men. Weight gain is associated with overeating and a lack of ability to take vitamins.

Almost 51% of our respondents associate obesity and overweight in women with overeating. If in the past women used to go to the market to bring the necessary goods and products for the family, even if they went to a neighboring well to bring

water for cooking, now they are in the house. Urbanization and technology bring them to the woman. Some families have cooking staff, and housewives are relieved of the hassles associated with cooking. Even housewives from middle-income families, their daughters eat at the cafe at least once or twice a week, bring food prepared in the cafe. Overweight and obesity have not been observed in Uzbek women before, in fact, it is a manifestation of the disease. Obesity, which came with Western civilization and urbanization, is now called the “disease of the century.”

Almost a third of our respondents, or 32%, say that it is natural for women to be obese and overweight. Their childbearing processes affect the body of women, forming in them a tendency to obesity, overweight. Even for the normal growth of the embryo, the female body needs to eat more vitamins, foods. As a result, the female body adapts to eating more and becomes overweight. At this point, it is inappropriate, even harmful, to deprive them of food and encourage them to diet.

Lack or uniformity of vitamins in food affects the body of women, their physical development. Vitamins are named by letters such as A, B, C, D, E, K and P. Liquid soluble vitamins include B, C, and P, and fat-soluble vitamins include A, D, E, and K. “Every day the human body needs millions of vitamins. Their use is very important in a rational diet. Therefore, employees of public kitchens, housewives, cafes and restaurants should be well aware of the use of vitamins and the technology of their use. In the human body, the exchange of things takes place incessantly. This change is due to the arrival of new tissues instead of the old ones. Enzymes, in which vitamins play a key role, are responsible for changes in the body. In short, vitamins, along with protein, fat, carbohydrates, and mineral salts, are actively involved in performing important functions of the body.”[10]

Vitamin C regulates the processes related to blood circulation in the reproductive system, liver and blood vessels, plays an important role in strengthening small blood vessels. Vitamin C deficiency leads to renewal of blood vessels and tissues, weakening of the gums and loss of teeth. Vitamin C is mainly found in greens, fresh fruits and vegetables. Decreased vitamin C in pregnant women is associated with tooth decay. The instinctive desire of women’s bodies to conceive and maintain their reproductive health forces them to look for vitamin C in various foods and things. Some women take revenge on fruits, which indicates that their body is in great need of vitamin C. Vitamin B is essential for carbohydrate and water metabolism, growth of the body, strengthening of the nervous system. Lack of B vitamins leads to hair loss, facial wrinkles, dislike of physical activity, muscle weakness and decreased appetite. Vitamin A has a great impact on the normal functioning of the eye, digestion of food, the supply of carbohydrates in the body. Vitamin A is mainly found in animal meats and fats, red pepper. Vitamin A are essential for the development of a young organism. Vitamin D is necessary for bone formation and development. Women need to know that this vitamin is necessary not only for themselves but also for their future children. Vitamins D are mostly found in fish and egg yolks. Vitamin E should be used in the endocrine glands, the normal course of sexual intercourse, the formation of the legs, pelvis and waist of women. It is often found in vegetable oils, greens and vegetables. Vitamin K helps the wound to heal faster. In short, vitamins digest food, accumulate the energy necessary for the development of the body, strengthen bones and pelvis, have a positive effect on the nervous system, make muscles resistant to physical activity and load. It is recommended to prepare foods using this complex of vitamins. It is beneficial that foods consist of pure and natural nutrients (greens, vegetables, fruits) [10]. Based on experience and special observations in the United States and the United Kingdom, J. Dankeld recommends the following for women who want to lose weight and keep their bodies in the desired norm:

- diet support from relatives and friends;
- keeping a diary to keep track of meals;
- avoid fatty foods;
- physical culture and exercise should be practiced [9].

Keeping a diet is one of the most tried and tested ways to stay healthy and not lose weight. According to experts, the expected results are given if the diet is maintained periodically or continuously. For example, there are no obese or overweight people among those who fast for life. They do not gain weight due to diet, even if they exercise less, they feel energetic, light and refreshed.

The support of loved ones is important in dieting. Foods prepared in the family should be rich in vitamins and, in turn, meet the requirements of the diet. Nearly a quarter of our respondents, or 24 percent, say that regular physical activity and weight gain are mainly affected by the diet at home. According to Uzbek ethno-traditions, dinner is widespread. Family members, who

are at work and school during the day, gather in the evening, and gathering around a table is both a feast and a rest and a meal. In accordance with international standards and requirements, it is recommended to eat light, fruits and vegetables in the evening, when satiety is not possible. At this point, we see that the food culture and traditions of our people do not meet international standards. We usually have a tradition of eating well in the evening, then resting, going to bed. But it has not been determined whether our people are living shorter or more ill than nations that adhere to international standards. How can this be explained? Unfortunately, we do not have scientifically based opinions on this. Even research on food culture does not take into account the influence of national food traditions.

In order to organize the maintenance of the diet on a rational basis, a person is required to record what they consume and monitor their morphofunctional effects on the body. Health indicators such as caloric value, vitamin content, amount consumed, and their effects on the body should be measured and recorded. We have almost no experience in this area. Even in the works of Ali Ibn Sina, there are no norms or indicators for them. True, the scientist gives valuable insights into the types of foods, their morphofunctional effects on the body, what foods can be eaten when, but almost nothing is said about their size and their daily recording, tracking, and comparison to previous periods. International standards themselves have emerged and developed in the twentieth century. Sometimes it is noticed that these standards do not comply with national customs and eating traditions.

Most importantly, being overweight or obese has a negative effect on the body. This phenomenon is especially evident in women. Everyone who is afraid of being overweight or obese should keep track of the daily ration in order to rationally organize the diet, which is necessary not only for someone, but also for the individual, to control and organize their own health. Those who think that such a calculation is not necessary and that nutrition can be controlled as a daily routine are mistaken. A person who is not indifferent to his life and health does not melt into account, health is not a field of experiments, it requires rational organization. Every action related to the organism must be understood, and the external influence (external influence of nutrition) must be planned on this basis, which preserves and strengthens health. For example, 61 percent of women on a diet, while consuming low-calorie foods, half (50 percent) were overweight and fat-free. This effect persisted for 12-18 months. Then the weight gain started again. Abstinence from absolute weight is not an easy thing to get rid of [9]. For this reason, J. Dankeld writes that there is a "golden rule" of eating:

- 1) Avoid eating fatty foods consistently. Don't go back to eating sausages and fries after a diet;
- 2) Strive to maintain the success achieved in the diet;
- 3) If you want to have a healthy and slim figure, do not go back to the previous calories, eat as many low-calorie foods as possible;
- 4) If your body is accustomed to exercise during the diet, do not reduce them, continue to exercise [9].

Some women think that smoking helps them lose weight. Observations show that 37% of respondents switched to smoking to lose weight, but this did not help them [9]. So, the most effective and cost-effective way to lose weight and health is to engage intensively in physical culture, physical exercise.

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