



## THE EFFECT OF HARMFUL SUBSTANCES IN ATMOSPHERIC AIR ON THE BODY OF AN ADULT POPULATION LIVING IN AN ENVIRONMENTALLY UNFAVORABLE INDUSTRIAL AREA

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### ABSTRACT

*A real assessment of the state of the environment in regions can be given by analyzing the state of health of the population. The immune system is a complex multi-competency system. Therefore, it is very sensitive to the influence of negative environmental factors. Almost any, even the most insignificant external influence on the human body leads to a change in the state of the immune system.*

At the present stage of historical development of human civilization, a number of social, economic, spiritual problems are of particular importance. In particular, issues related to ecology, the expansion of the nature ecosystem emirate, the reduction of biodiversity, the threat of global change in the natural environment, disasters at industrial sites, the negative impact of economic and other types of activities on the environment and public health are alarming the world community.

As a result of the negative impact of environmental harmful factors on the health of the population, changes in their immune system, as well as the disclosure of epidemiological, socio-demographic, regional characteristics of the territory under study, identification of factors determining the regional characteristics of various diseases as a result of negative changes in the immune system, clarification of factors preventing the.

Early diagnosis of diseases developed as a result of the impact of environmental harmful factors on the health of the population is explained by the development of recommendations on optimal procedures for treatment and improving the health of the population, the improvement of organizational aspects due to the Integrative and coordinated establishment of the complex medical and preventive service and the increase in the quality and efficiency of.

The acceleration of the globalization process in high Images is causing a crisis of many local, regional and global environmental systems. Day by day, many species of plants and animals are declining or disappearing completely. Disasters such as climate change, melting glaciers, soil erosion, deforestation, rising temperatures on earth, lack of drinking water, lack of food, the spread of various infectious diseases are of serious concern to mankind today. Experts believe that so far, due to human civilization, 66% of forests were infected on Earth, 2 billion hectares of fertile soil were extracted from agricultural accounts. More than 200



species of fauna and flora have disappeared, the oxygen content in atmospheric air has decreased by 10 billion tons [1].

By the beginning of the 21st century, 5-7 million hectares of land per year on our planet had gone out of agricultural use. A field of 44 gek - tar per day is turning into a desert. It is a pity that millions of tons of harmful substances appear in the atmosphere. The air temperature rose to 2-3 degrees in the middle regions and 10 degrees in the North and South Poles over the next 200 years [2]. Living organisms that have the ability to process them in a context where the amount of waste generated by human production and vital activity on our planet is billions of tons, remain unable to do this level of work. The reason is that thousands of tons of artificial substances that are not suitable for processing into the environment are being disposed of by people.

Scientists say that after the 30s and 50s, irreversible processes begin, and they can lead to a global ecological falcate between the XXI and XXII centuries. Especially industrialized European countries can face this situation earlier than others. Because natural resources are almost exhausted in this region, they have switched to meeting this need in exchange for imported products. According to UN data, 30 billion tons of oil products, 50 thousand tons, pesticides and 5 thousand tons, Mercury are transported to the world ocean every year [3].

Of particular importance are the problems of providing the population with clean drinking water and cleaning wastewater. A significant amount of water is used in industry. For example, smelting 1 ton of steel costs 200 m<sup>3</sup>, making 1 ton of paper costs 100 m<sup>3</sup>, and making 1 ton of synthetic silk costs 2,500 to 5,000 m<sup>3</sup>. According to statistics, today in developing countries, 1.3 billion residents cannot regularly use clean drinking water [4].

And in many countries, drinking water can be purchased for 478 only for money. At the moment, a relentless battle of "interests" is taking place in the midst of powerful states to occupy regions rich in mineral reserves in the world. As a result of the combustion of fuel, around 20 billion tons of carbon dioxide gas are being dumped into the atmosphere every year. The amount of gases in the atmosphere is slowly increasing, over the past 100 years this figure has increased by more than 10 percent[1]. Carbon dioxide gas is preventing heat from dissipating in outer space, causing the ground temperature to warm up. The release of gases into the atmosphere destroyed 9% of the ozone layer, the main protector of the Earth from ultraviolet rays.

The total area of the "ozone hole" is equal to the area of the United States. The phenomenon of the thermal effect that is affecting our planet is also the most pressing problem of today. By 1959, the amount of carbon monoxide in the atmosphere had increased by 13 percent, 17 percent over the past 39 years. As a result of this, the temperature of the Earth's surface is rising sharply. According to data, an increase in the temperature of the Earth's surface by 10s will lead to an increase in the level of the world's ocean to 17 cm[2]. In the last hundred years, the global level of the ocean is approximately 15sm.ga promoted. If the current rate of greenhouse gas emissions is maintained, then by 2100, the ocean level is another 65 sm.ga can be raised.

This creates a threatening situation for millions of square kilometers of dryness, which means that for millions of people. In the next decade, the melting of the ice layer of the Earth



is accelerated. Scientists believe that this is one of the signs of large-scale air heating caused by various gases. The loss of the ice sheet not only affects the weather, but also causes large floods, large-scale melting of ice also threatens the fauna and flora of those places.

In the Arctic seas, the area of glaciers shrunk by 6% from 1978 to 1996. This is a statement that 34,300 square kilometers of ice fields are melting per year. Over the next 30 years, the thickness of the glaciers decreased by 40 percent. Experts believe that 1/4 of the mountain range will be lost by 2050. And by 2100, large ice masses will be preserved only in Alaska, Patagonia and the Himalayas [4].

Experts note that in the regions of the ecological crisis, the life expectancy of a person is shrinking from a nationwide level to 10-15 years. In the Aral Sea basin, the environmental crisis has already reached a global level, and it is badly affecting the living conditions and health of millions of inhabitants of the globe. There was an increase in Chumochi, drinking water shortages, respiratory and kidney diseases, anemia and genetic weakening, and a deterioration in maternal and Child Health. At the moment, these environmental crises are faced not only by the Central Asian region, but almost all countries on our planet. In other words, the correction of mistakes made in the past of the near 479 fell on everyone's side on the same day.

The morbidity of the Islanders is also associated with drinking water pollution and inadequate supply, and low social prosperity and economic development in rural areas. 140 million annually from the dry sea floor. About a ton of salt is rising into the atmosphere [3]. Island salts have also been found in the blood of living creatures in Norwegian forests, Greenland glaciers and Antarctica. In the Central Asian region, one of the biggest challenges in the 21st century may be a shortage of Water Resources. In terms of water resources supply, Uzbekistan is located in the most unfavorable area. For example, Syrdarya's annual water flow is 37.9 km<sup>3</sup>. 28.0 km<sup>3</sup> (73.8%) of this water is formed in the territory of Kyrgyzstan, 5.59 km<sup>3</sup> (14.8%) in the territory of Uzbekistan, 4.08 km<sup>3</sup> (10.8%) in the territory of Kazakhstan. The one-year amount of amudarya water is 78 km<sup>3</sup>, of which 62.9 km<sup>3</sup> (80%) are formed in the territory of Tajikistan, and 4.7km<sup>3</sup> (6%) in the territory of Uzbekistan[9]. It can be seen that the points of formation of water resources are located mainly in the territories of neighboring states. This creates certain problems in meeting the water needs of the Republic of Uzbekistan. The issue of Environmental Health has evolved from nationalism internationally and has become a subject of constant attention by the United Nations.

The fight against atmospheric air pollution, which threatens the health of the population and the well-being of society, occupies a special place in the protection of the environment. In general, environmental problems are relevant not only in our region, but all over the world. The future of humanity remains dependent on how quickly and cooperatively these problems are overcome. After all, this problem is the fact that the border does not know, the nation, the people, the state does not choose. Therefore, environmental problems should be overcome not only by some countries, but by the whole world community together.

A 2000 conference organized by the United Nations Assembly in Rio de Janeiro, called "high-level meeting on land problems", discussed the UN concept for Environmental Protection and development (YUNSE) and adopted a 21st-century visitation program. The



conference set measures to end the worsening of the atrophytic situation and to lay the groundwork for a sustainable Khayat in the 21st century. Also, the Rio Declaration adopted the correct statement of the principles of the global consensus of management, preservation and sustainable development of all types of forests. 480 the international community has already recognized the sacred and inviolability of a person's rights not only to the right to life, but also to the conditions of environmental conditions necessary for full and healthy living. Exactly 36 years ago, at the UN conference on environmental problems in Stockholm, an important document for the future of humanity was developed-the Environmental Program.

Soon after, the UN declared the date on which this historical convention began, namely June 5 - "World Environmental Protection Day". While the UN focused on muamo in time, it took many years to get word-to-word. It was not for nothing, of course. The huge changes that have occurred in Industry, Science, man, shaken by the rapid progress, has completely forgotten that nature is also a living body, that there is no palm of the Apple. Especially since the century of waterfall of Natural Resources has set a record for unproductive use, both the ground and gardun and the water Kham animal and nabotot world, all the decorative world has been deliberately "served" to the benefit of mankind. Having lived with its laws for millions of years, nature came to the brink of havf at a short time with the intervention of man. The degradation of atmospheric air, water pollution desertification, the sharp shrinkage of species of animals and plants, in short, the derailment of the ecological system, also threatened the future fate of man. 2008 was declared the "year of Planet Earth" by the UN.

From the prestigious pulpits of the world there are fiery calls to preserve nature. By the threshold of the new millennium, the countries of the world began to openly recognize environmental tensions. At the UN Millennium Summit in 2000, it was noted that ensuring environmental sustainability is one of the main bets for Human light pollution. In the Millennium Declaration adopted at this convention, the issue of Environmental Protection was defined as one of eight global goals.

But as long as countries do not consider restoring the balance between man and nature as a priority, the document will remain stuck on paper, no matter how important it is. It can be seen that most of the problems associated with protecting the natural environment from the harmful effects of human-run economic activities are of wide scope. From this point of view, they are determined only on the basis of international cooperation. It should be noted that today environmental problems should be viewed as a threat that threatens all of humanity. In our view, in solving the problems listed above, it should be of particular importance first of all to change the attitude of people towards nature, to form their ecological consciousness and culture, to focus on the importance of environmental security issues in the internal and foreign policy of states, to strengthen international cooperation in ensuring environmental stability.

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