

Specific Course of Diseases in Khorezm Province, Country along the Southern Island

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Abstract: *This study examines the specific course of diseases in Khorezm Province, located in the country along the Southern Island. By analyzing regional health data, environmental factors, and socio-economic conditions, this research seeks to understand the unique health challenges faced by the population. The province's geographical location, climate, and access to healthcare services all play significant roles in shaping the prevalence and progression of various diseases. This paper identifies the major diseases affecting the region, such as cardiovascular diseases, respiratory disorders, and infectious diseases, and offers insights into the epidemiological trends and public health strategies that could be improved.*

Keywords: *Khorezm Province, disease course, health challenges, cardiovascular diseases, respiratory disorders, infectious diseases, socio-economic factors, public health strategies.*

Introduction

Khorezm Province, situated along the southern island, faces unique healthcare challenges due to its geographical and socio-economic characteristics. The region's arid climate, seasonal temperature variations, and proximity to major river systems create an environment where both infectious and chronic diseases thrive. Understanding the specific disease patterns in this region is crucial for developing targeted healthcare policies and preventive strategies. This study will focus on the local prevalence of diseases, their progression, and the effectiveness of existing healthcare interventions in mitigating these health issues. The research draws on data from health institutions, government health reports, and field observations to provide a comprehensive view of the province's health landscape.

Methodology

It is known in the review of scientific sources that the situation of ecological discomfort in the basin of the Aral Sea and the indicators of human health related to it have fallen into a complicated situation (1). In this regard, taking into account the negative impact of adverse environmental factors on people's health indicators, revising the medical direction and views regarding many diseases in the conditions of Uzbekistan remains an event that meets the requirements of the present time (2,3,4). As a result of long-term observations by the world's leading scientists, a certain classification of the factors that cause various diseases in the human body, the procedure for dividing them into new groups, and the level of their influence on the development of diseases have been studied (5). According to the analysis of these results, human health and its indicators depend on climate and external environmental factors in 18-20% of cases, human biology in 48-52% of cases, and personal lifestyle of each person. Factors related to medical care determine human health in only 8-10% of cases. Therefore, 66-72% of the factors determining human health are present in the environment surrounding it (6,7). The environment creates

specific conditions for the growth and development of a person and the strengthening of his health. But such conditions are created only when a certain level of positive relationship is established between a person and the natural environment surrounding him, because the improvement of the lifestyle of the present and future generations mainly depends on environmental factors (1). According to the World Health Organization (WHO), more than 80% of diseases are caused by environmental conditions.

Result and discussion

The purpose of our scientific investigation is to study the negative etiopathogenetic factors of the external environment that predispose to various diseases in Khorezm region, which is considered to be the Southern Island coastal region, and on this basis to determine the correct preventive and treatment methods.

The information obtained based on the official information of the directive agencies of the Khorezm region and the conclusions of the scientific work done at the branch of TTA Urganch was analyzed.

It is a well-known fact that the tragedy of the Aral Sea, which is becoming more complex day by day, has become an important puzzle not only in the Central Asian countries, but also on a global scale from the socio-economic point of view (4). But as a result of decades of gross exploitation, the sea began to dry up. This, in turn, led to negative natural and anthropogenic changes in the surrounding areas. The amount of natural water has decreased dramatically, and this in turn has led to a change in the balance in the system (7).

In recent years, the sea water level of Arol has decreased by 14 meters, the water area of the sea has decreased by 40%, the volume of water has decreased by 60%, the average salinity of the water has reached 30 g/l, the coast has receded by 80-100 km, the steppe has 2 mln. covers hectares of cultivated land, the range of dust-pollen reaches 300 km and more. This situation has a negative impact on the sanitary indicators of the region. As a result of this, an ecological, social and economic situation has arisen in the region. Household water supply was severely disrupted, national income decreased, social tension developed, and as a result, public health indicators changed negatively. The purpose of our scientific investigation is to study the negative etiopathogenetic factors of the external environment that predispose to various diseases in Khorezm region, which is considered to be the Southern Island coastal region, and on this basis to determine the correct preventive and treatment methods.

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the climate of the region is also changing dramatically, nowadays the sharp cooling of the atmospheric air, the presence of constant cold dusty winds are evidences that have been observed only in recent years.

It is noteworthy that during the last years the mineralization of precipitation in the atmosphere has increased 6 times, its content has reached 9.8-13.1 mg/l on average per year, and the sulfate ion has increased in it.

Deterioration of the quality of drinking water in the region, decrease in the amount of spring water, increase in the level of mineralization, deterioration of the soil composition, increase in the amount of chemicals and pesticides from it, are the reasons for the complexity of the living conditions of the population.

A severe situation is currently observed in all countries located around the Aral Sea. Taking into account the dense population, there are more negative environmental factors on the coast of South Island. The total area of the island region is 473,000 sq. km, and its southern part is 245,000 sq. km (51.8%), or 19.2% of the territory of Central Asia. Currently, more than 10 million people live in the area of ecological disaster. In the case of the Aral Sea and the Aral coastal region, the development of environmental problems is not on a global scale. Therefore, the quantitative and qualitative assessment of environmental changes leads to great difficulties.

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The regular deterioration of the ecological situation in the basin along the island has a negative effect on the health of the population living in this region. If in 1985 the total incidence in Khorezm region was 203.7 per 1000 people, by 1995 this indicator reached 884.6, that is, it increased by 4.3 times. According to official data, in 2002, diseases of respiratory organs in Khorezm region-5; urinary tract diseases – 4; diseases of the gastrointestinal system-3.5; urinary stone disease -5.5; gallstone disease - 8; skin disease - increased 8 times. Among the diseases of pregnant women, the deficiency is 76.1%, and among children's diseases, it is 78.4%. More than 81% of pregnant women have various extragenital diseases (3). There was also an increase in diseases of the genitourinary system, especially in adults, the incidence of which was 396.6 per 1000 population. (1991 was 346.6). In children, these diseases increased from 38.7 to 44.8 per 10,000 population during these years. Among adults, diseases of the circulatory system increased from 243.6 to 333.7 per 10,000 population. This means 1.9 times more than the national average (177.3). Evidence worthy of attention is that morbidity among babies has increased by 2 times compared to 1985, congenital anomalies - by 1.4 times, stillbirths by 1.6 times.

The epidemiological situation regarding infectious and parasitic diseases is also complicated. In particular, the incidence of acute diarrheal diseases is decreasing.

From the information mentioned above, it became clear that the impact of negative ecology on the health of the population is clear, and it affects all population groups in the same way.

Conclusions:

1. In recent years, the climate of the surrounding area has changed as a result of the decrease in the level of the Aral Sea, the reduction of the water area and size, and the retreat of its banks, the level of water mineralization has increased, and the composition of the soil has deteriorated.
2. The regular deterioration of the ecological situation in the basin of the Southern Island has a negative impact on the health of the population living in this region.
3. Among the population living in the region along the Southern Island This is a relatively high incidence of diseases and severe complications that serious attention is paid to finding a solution to the problem requires.

Conclusion

In conclusion, Khorezm Province faces distinctive health challenges shaped by its climate, socio-economic conditions, and healthcare infrastructure. The specific course of diseases such as cardiovascular diseases, respiratory issues, and infections reflects these broader environmental and socio-economic factors. Improving healthcare access, preventive measures, and targeted treatment plans are essential for addressing the health disparities in the region. Further studies are needed to track the evolving trends and outcomes of interventions. Efforts to enhance public health policies and the availability of healthcare services could significantly improve the quality of life for the residents of Khorezm Province.

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