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Problems of medical ecological zoning in medical geography

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Abstract: This article deals with the problems of medical geographical studies and their effect on the health conditions of the population in the country. Moreover, the author clarifies the socio-environmental problems that have a negative impact on public health, human activities and their influence on the environmental changes; in addition, differences in population movements, social features of ethnic units.

Keywords: human health, nozoological condition, crisis, ecological situation, microclimate, reclamation, environmental systems, mental and neurological disorders, natural symbiosis, medical study.

Introduction

Researches on medical geographic issues are currently being improved at the sectoral and regional levels. In a general extent, researches are being privatized and the regional aspects of the subject of the study are deepening. The natural and economic diversity of the area has led to the diversity of the size and orientation of studies on public health and ecology in different countries. In particular, in many developing countries, this subject is now in its early stages of development, while in the developed countries, including the CIS (Commonwealth of Independent States), it is much more advanced.

Purpose of the research.

It should be noted that to study the health of population alone or only in connection with environmental factors does not currently provide a complete picture of the problem. The reason is the fact that the social crust, that is, the noosphere, is becoming more symbiotic with its natural environment, and there is no landscape that has remained completely natural. As experts mentioned, man's technogen impacts have reached even the most adverse parts of the world. At the same time, the diversity of social environments is linked to social and anthropogenic factors of public health in some cases. According to many researchers, the region's natural health impacts are now at the forefront of socio-economic factors.

Function of the research.

Socio-environmental problems that have a negative impact on public health affect not indirectly, but directly. Because of the fact that human activities are functioned in a geographical location, the negative impact on the human body is caused by natural components. In general, this situation and the abovementioned analyzes suggest the conclusion that the health of the population and its regional diversity are connected with the ecological systems and natural conditions in the region. This, in turn, requires a study of the natural conditions and components, as well as the environmental systems of the region, in medical and geographical study of the area.

Methods and theories.

Of course, any geographical study requires zoning. Zoning here is also a method of research (regional analysis) as well as a way to solve a problem and the way to predict its future outlook. For this purpose, medical-ecological zoning is of great scientific and practical importance.

We recommend that medical and environmental zoning be implemented based on the following factors:

- ❖ geographical location and natural conditions of the place;
- ❖ potential and use of natural resources;
- ❖ climate and weather conditions;

- ❖ geocological situation (first of all, air, water and soil pollution, groundwater distribution, mineralization level, noise, etc.);
- ❖ branches of economy and specialization, concentration of the production;
- ❖ general health status of the population;
- ❖ indicators of the incidence of the basic diseases' types;
- ❖ level of development of health care services for the population;
- ❖ development of medical and environmental infrastructure;
- ❖ sanitary-hygienic condition of the place;
- ❖ medical ecologic culture of the population;
- ❖ national mentality of the local population;
- ❖ density of the population;
- ❖ The level in the propensity of the population to migrate, especially external migration;
- ❖ Social policy of the state, etc.

Modern tools can take a nozoological form that is specific to a given location in a short time anywhere in the world. The concept of biogeocenosis, which explains the evolution of the ecosystem, can now be replaced by the word "homocenosis", where the "artificialization" of the environment is ongoing.

In Central Asia, in particular in Uzbekistan, the natural factors, as well as, problems posed by desperately usage of resources in the former Soviet Union period have been a major affecting contributor to human health. The only - The Aral problem, which has arisen due to the reclamation of agricultural lands, has put ecological situation in the region in danger. The fact that the Aral Sea region is home to about 6 million people within the area of environmental disaster, justifies the magnitude of the crisis. For example, due to microclimate change, the formation of sandy deserts instead of the Aral Sea has led to an increase in wind in the local climate, a relative increase in

average temperature, as a result of which the dynamics of eye diseases in Khorezm region exceeded other regions. The accumulation of stones in the teeth has become very common.

The study of public health and the factors impacting on them in the circle of natural environment is currently in the early stages of medical geographic research. As a result of the rapid development of human ecology and social ecology, as well as the integration process in science, the focus on social health factors is increasing. Differences in population movements, social features of ethnic units, have been identified as a key element in the health of the population, with its natural symbiosis. The impact of social factors on human health can be clearly seen in the worsening of public health, especially in the case of mental and neurological disorders, in times of intense social and political change.

This requires further privatization and regionalization of medical geographic research. These studies provide an opportunity to assess the social situation and prevent problems in a timely manner, especially in border areas with a high probability of transmissible diseases, and in areas where natural population growth is ahead of industrial development.

Rise in the number of the population and respectively their impacts on the natural environment have posed a wide range of environmental challenges that have been irreversible in the last century. At the same time, regional disparities in social development of the world population, low socio-environmental culture in large part of the places that people live, and the preservation of extensive production poses serious, irreversible challenges to the international community. But recent medical geography has shown that even in the developed centers of the world, where social progress is strong and the population is very dense, the control and management of infectious diseases is very complex. We observe a relatively low prevalence of disease in backward countries where there is little contact with the population.

Sustainable development programs that address social issues across the country and

region have been developed by the representatives of the UN Regional Office in Uzbekistan and the leading representatives of the country. It contains information on the situation in Uzbekistan as a whole and measures to address the existing problems. The introduction and implementation of the Millennium Program on sustainable development, as well the issues and actions that are being announced are of great importance to the social development of the population. Therefore, further research is needed to study the social development of the population, including the regional aspects of environmental issues at different scales. At the same time, it is necessary to bring the research down to the lower levels of the regional system and to gain in-depth analytical findings.

Conclusion.

Taking the purpose of the study into the consideration, medical-ecological regions are allocated within the study area using the abovementioned indicators. These areas are more like a natural integrated economic district, and they differ from the economic areas, and are usually separated on a large scale, for example at a lower scale. Because social and environmental problems are directly related to the place where people live.

At the same time, expert methodology is important in geographical research to predict population health and future status of certain diseases. The opinions of responsible specialists, medical authorities, and scientists, sanitary and hygienic specialists are objectively studied. The obtained and generalized conclusions can be used to develop measures to improve public health.

Apart from the above, traditional methods of geographical study of public health, including cartographic, historical, systematic and integrated approaches, and the use of modern GAT technology are also yielding effective results. The use of such methods will increase the practical importance of the research, by considering the social infrastructure of the place.

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