



SCIENTIFIC AND MEDICAL BASES OF WOMEN'S HEALTH

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ABSTRACT

This article presents treatment of women primarily as subjects with their own physiology and phylogenetic development, they pay more attention to the morphological features of their organism than men in the phylogenetic and physiological development of women, their careful approach to their lifestyle, activities, reproductive life, etc., and the importance of scientific and medical recommendations for women's health in the socio-philosophical sense, as they are not formed separately from psychological stereotypes, attitudes and ethnocultural experiences

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One of the important tasks of philosophy is to generalize the accumulated experience and scientific results in the study of human health from a socio-philosophical point of view, to analyze them through the synthesis of modern knowledge. Although the first research on the philosophy of medicine [1] was conducted, it was not continued consistently, as a result of which this direction came to a standstill under the pressure of certain bureaucratic requirements. The problem of women's health could be continued in this direction, it could be nourished by the scientific research of A. Razzakov. Unfortunately, for the reason mentioned above, we have to limit ourselves to dwelling on the general medical grounds of the problem. However, it is natural that we

rely on certain socio-philosophical views of A. Razzakov.

The researcher emphasizes the need to shape the philosophy of medicine as a separate branch of science and seeks to define its paths. According to him, ensuring human health and striving for "physically healthy self-formation" in social life has always been a problem of socio-philosophical nature. It is known from the genesis and development of medical science that the health of the individual was not separate from or contradictory to general social problems. Although the correct understanding of this socio-philosophical concept has been different in different periods and in different ethno-medical experiments, it has been perceived and considered in the system of harmony of human society and health. In this regard,



according to A. Razzakov, ethno-medical experiments associated with the name of Ibn Sina and their role in the phylogenetic and social support of the development of the human body can be the basis of modern medical and philosophical views [1; 34-48]. The scientific and medical basis of women's health can also be studied based on this approach. However, the problem is broader, that is, the scientific and medical basis requires reliance on the results of gender philosophy, theory and methodology of physical education, valeology, anthropological valeology, modern physiology and biological sciences. Such a broad approach can only be realized within the framework of social philosophy.

The scientific-medical approach encourages women to look primarily as subjects with their own physiology and phylogenetic development. Women are therefore a subject, they pay more attention to the morphological features of their organism in their phylogenetic and physiological development than men, and they are very careful about their lifestyle, activities, reproductive life, and so on. Over the centuries, axiological assumptions instilled in their consciousness and way of life have made health care a core value. While men are willing to sacrifice their lives, to be the first to come to the fore when there is an external threat [2], women have formed a social unit by first caring for their children, not leaving the hearth on fire, and living as a team. For males, hunting, fighting with the outside world, searching for rivals, and testing physical strength have been the main

occupations. "In the 19th century, anthropologist Boid studied the brains of 2,000 people. He found that the brains of 7-14-year-old boys weighed 1,622 grams and that of girls 1,473 grams. The peak of brain development is in women aged 20-30 years and 1565 grams, and in men 30-40 years and 1721 grams. According to the calculations of anthropologist G. Ploss, the brain of a woman aged 20-60 years is 126-164 grams lighter than the brain of a man of the same age, and at the age of 60-90 years it is 123-158 grams. Today's research shows that the number of cells in a man's brain is 4 million more than in a woman... The weight or size of the brain does not mean that a man is smarter and more talented than a woman, but they do make differences between women and men. Therefore, no matter how much the structure of the brain affects a person's lifestyle and thinking, it is appropriate to accept the differences between men and women, the peculiarities, first of all, as differences between people. Gender differences between people are a continuation of differences" [3; 6]. If we rely on the results of these scientific and anthropological studies, we will understand that the differences between the sexes, why the same exercise is perceived differently by women and men, and psychophysiological factors determine these differences. The same physical load is perceived differently by women and differently by men, their psychological setting is different. This means that the attitude to exercise is not only the product of the human body, its physiological capabilities, but also its psychological establishment and



ethnocultural experiences formed over many centuries. In the socio-philosophical sense, no matter how important scientific and medical recommendations for women's health, they are not formed separately from the psychological stereotypes, attitudes and ethnocultural experiences formed in the process of anthropological and phylogenetic development.

Special research shows that a woman's thoughts and attitudes towards physical culture are different from a man's. Doctor of Philosophy, Professor V. Alimasov, summarizing the results of special research, writes: "A woman has almost no free time, she is always busy with something. While she is resting, she either looks after her child or grandchild, or cleans the rice and grain. The kitchen is the woman's second, but not the first, home. If a man wants to do something in his spare time, he chooses a profession-related, intimate activity. This means that a woman's leisure time is always in the context of household chores, child rearing, and a man's leisure time is specialized and narrowly focused [3; 10]. Engaging in physical culture takes place mainly in leisure time, while women's attitude towards leisure comes as an expression of their attitude towards physical culture. According to the observations of E. McCobi and K. Jacqueline, boys and girls under 8 years of age develop physically rapidly and equally. As they approach puberty, boys grow physically faster and are different from girls at 18-21 years of age. Their views on power, authority, and governance are also formed at this age. Boys choose a profession that allows them to use

their power, and girls choose areas that expand their artistic and aesthetic potential, strengthen interpersonal and family relationships [3, 30]. However, these processes are also related to a person's interests, desires and psychophysiological capabilities, special studies show that among women and men, the tendency to choose a close profession, type of activity is around 18-20%. This means that one in five men have a career and interests chosen by women, and one in five women have a masculine personality and interest in exercise. That is why some (18-29%) women tend to choose male exercise.

Scientific and medical knowledge is mainly derived from gender differentiation. There are women's clinics and medical departments, institutes, the direction of which is different from that of men. This is not only explained by gynecology, but also by the fact that the phylogenetic and physiological development of women differs from that of men. In recent years, obesity and overweight have become more common among women. One of the main reasons for this is low mobility, hypodynamics. It is known from scientific and medical observations that the body of women, unlike men, is more prone to obesity and fat accumulation. For example, fat deposits (adipocytes) in the body of men are around 15%, while in women it is around 22%. There are 28 billion fatty tissues in men and 35 billion in women. "No one can change this situation, it is the foundation of the human body" [4, 17]. Interestingly, no matter how quickly the human body, especially the female body, tries to lose and reduce the



naturally accumulated fat, the body strives to restore it further. Women need to sit up 20,000 times to reduce 450 grams of fat, which reduces fat after 20 minutes. If the athlete runs 80 km, it burns only 900 grams of fat [4; 16]. True, exercise helps to reduce excess weight, fat in the body, improves mood, increases the tone of life, has a positive effect on performance. However, medical experts say that women need fat for their bodies, and that their reproductive health is linked to excess weight and fat. "Women need fat for reproductive purposes, even if you don't plan to give birth in the near future. She will continue to accumulate the fat and weight she will need in the future. Athlete women, dancers and dieters report that menstruation stops when there is a sharp decrease in body fat" [4; 17-18]. This means that the female body naturally tends to accumulate fat and excess weight, which is an internal feature of their physiological development. But this situation should not be abused. Excess weight and fat undermine the beauty of the female body, slim figure, beautiful appearance, leading to rapid aging. Excess weight and fat accumulation are explained by physicians as a lack of a culture of nutrition, consumption of foods mixed with artificial compounds, sitting in one place for long periods of time, hypodynamics and nervousness. Therefore, in recent years, nutrition is developing as an important scientific and medical field, culture, and is considered the most effective way to protect human health. They are developing certain norms of rational nutrition. One of them is formulated as follows: girls must eat two servings of fish per week, oily fish once;

fat-free dairy products or fat-free pate instead of meat; more than 50% of vegetables, fruits and bread, 2 servings of fruits and vegetables, 4 servings of vegetables, 2 servings of potatoes, rice or pasta, 4 slices of bread per day; they must give up cakes and biscuits; reducing sugar by 5%, meat consumption by 50%, meat boiled in water; should reduce the chocolate by a third, and the sugar and salt by half.

These do not save from fat accumulation, but they do relieve hypertension in old age. Saturated fatty foods in the daily diet should not exceed 35% and reduce calories by 10%. Carbohydrates should be 50% of the daily norm. "This is a classic diet recipe that is low in carbohydrates, fat, low in salt, and sweet" [4; 23-24]. Scientific, medical and psychological observations confirm that engaging in physical culture makes women energetic, handsome and cheerful. Most women are well aware of this and try not to gain weight or lose weight as much as possible. It also has social consequences. First, obese women are discriminated against. If they try to get a hard-working, smart, energetic woman without too many tests, there will be no good for a fat, overweight woman. Human psychology is structured in such a way that it greets a future employee, a colleague, depending on his clothes, appearance, it is very difficult to change the image he wakes up for the first time. Second, a woman in a high position or aspiring to it has to pay attention to her body structure, because those who want to appoint her to a position are mostly men, and men do not like full, overweight, obese women. Third,



hereditary factors also affect female obesity. The proverb "See the mother - take the daughter" is not in vain. The girl often resembles her mother, even she tends to stay at the weight of her mother [4; 31].

The above considerations cannot be used as a basis for downplaying the role of physical culture. Although the female body of women is prone to obesity, the accumulation of fats, they have the ability to shape their body in the desired shape - graceful, agile, flexible, resistant to stress and psychological shocks. It is not necessary to engage in professional sports, to set records, daily physical training, physical training, running, light gymnastics, etc. can also give the desired results in strengthening health. It is no coincidence that medical professionals, specialists in physical diagnostics and physiological rehabilitation, who deal with the issues of strengthening human health, put on the agenda the issues of transforming physical culture into a way of life.

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