

PHYSICAL EDUCATION AND DISEASE IN CHILDREN

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ABSTRACT

In the article, the information on the treatment of various diseases among children through physical exercises and their duration, mild and severe cases of physical activity is explained on a scientific and theoretical basis.

Keywords: children, physical, activity, explained, scientific, basis, disease.

АННОТАЦИЯ

В статье на научно-теоретической основе изложены сведения о лечении различных заболеваний у детей с помощью физических упражнений и их продолжительности, легких и тяжелых случаях физической нагрузки.

Ключевые слова: дети, физическая активность, объяснимая, научная, основа, заболевание.

Physical factors that affect the child's body differently than medicines are used for non-specific desensitization, increasing the overall resistance of the body and for hardening, and can also be combined with taking medications, sometimes leveling their undesirable side effects.

S.M. Ivanov, who devoted many years of observation and research to the treatment of bronchial asthma with physiotherapy exercises, believes that this method influences the central nervous system and its reflex mechanisms [1]. As a result, there is a gradual normalization of the functions of the higher parts of the central nervous system, the normalization of cortico-visceral relationships. The optimal state of the nervous system, created when performing physical exercises, while improving the consistency in the activity of the main systems of the body, prevents the possibility of allergic reactions, leading to a certain degree of non-specific desensitization. An increase in the function of the adrenal glands during exercise therapy also restores the normal function of breathing, prevents the development of emphysema and other disorders in the respiratory system. Of great importance is the restoration of nasal breathing through learning, which remains difficult even after surgery for adenoids and polyps. Physiotherapy exercises prevent and eliminate the already developed deformity of the chest and spine. In addition, we must not forget that even in young children, the frequency and severity of asthma attacks are dependent on a variety of emotional factors. With properly conducted classes with children, an improvement in the neuropsychic state of patients is also observed.

Carrying out physiotherapy exercises in children of the first years of life is limited to individual passive gymnastics and massage. Starting from 2-3 years old, it is possible to use exercises of a playful nature - inflating rubber toys, exhaling through tubes, blowing soap bubbles, etc., as well as sound exercises - modification of sound complexes recommended by S.M. Ivanov [2]. These complexes can be prescribed to children completely at the age of 4 years. Classes are best done with small groups of 3-4 children, and sometimes individually. During the stay in the clinic, it is necessary to teach mothers the basic techniques of massage and physiotherapy exercises so that classes continue, and at home for a long time.

After 4 years, classes can also be held in groups that are somewhat larger in number of people (4-6); 2-3 times a week, classes are held in the institution, preferably with musical accompaniment. Cheerful, clear command, elements of the competition contribute to raising the emotional tone, distract children from painful experiences and give them joy. A child who is not distracted by anything from the disease, except for books and sedentary games, becomes a pessimist, "goes into his illness" is afraid of active movements. If it is possible to overcome the fear of movements, which is easier to achieve in a clinic, a sanatorium, in a forest school, then with the right approach, with a gradual load, the complexes are complicated, imitations of sports movements are introduced into them, then you can move on to some of its types.

One of the most important types of muscular activity is walking in a rhythm learned by truancy in class, which can be used at any time of the year. Grabar especially recommends walking before going to bed. An excellent breathing exercise is swimming, especially the breaststroke style, which is more profitable to start in groups in outdoor pools for therapeutic and then sports swimming[3]. Swimming is a great way to ease breathing for asthma sufferers, as the pressure of the water on the chest makes it difficult to inhale and makes it easier to exhale. Senior students can also engage in rowing. In winter, the best kind of therapeutic sport is skating with a high seat, as in figure (but not sports) skating. A stronger load is skiling.

Mention should also be made of classes in choreographic circles, where classes are held in lightweight clothes in large, well-ventilated halls, which contributes to hardening. Rhythmic movements to music are beneficial, affect children, increasing their emotional tone. The choreography uses breathing exercises aimed at improving the function of the diaphragm and training abdominal breathing, which relieves spasm of the respiratory muscles[4].

At school, children with asthma can engage in regular physical education only under certain conditions (well-ventilated rooms, etc.) with mandatory individualization of the load.

Systematic physiotherapy exercises reduce the frequency of asthma attacks and undercurrents diseases, increase the general and emotional tone, improve the shape of the chest, and with systematic complex treatment contribute to the recovery of the patient. The earlier physical therapy is included in complex treatment, the better the prognosis.

Climatotherapy for allergic diseases in children has a great influence on the regulatory systems of the body. First of all, you should use the local possibilities of climatotherapy (in the broad sense of the word) for hardening.

This literature and the practical experience of doctors show that climatotherapy and hardening can be organized in any climatic zone, but the methods of aeroheliotherapy should change in relation to local weather conditions, as well as depending on the age of children, the clinical manifestations of allergies, the stage of the disease, the degree of fitness of the body. Child to changing environmental conditions[5].

In the middle and northern geographical latitudes, aerotherapy is mandatory. The very stay in the fresh air stimulates the vital functions of the body, improves the course of redox processes. In a child who is not accustomed to prolonged exposure to air in cool or cold weather, they begin with a dosed short-term (20-30 minutes) walk in the air several times a day, gradually increasing to 2-4-6 hours with a break. It is useful to stay on special equipped verandas, where a dosed change in temperature is possible. It is necessary to remember the increased sensitivity of children with allergies to cooling, which can exacerbate, especially with broncho-pulmonary allergies. Aerotherapy is also used in the form of air baths, both indoors and outdoors, depending on the season and ambient temperature.

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