

THE SYSTEM OF THE HUMAN BODY

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Abstract: *The human body consists of complex and interconnected systems, each of which has its own specific functions and functions. The main systems that make up the body include the nervous system, cardiovascular system, respiratory system, gastrointestinal system, muscles and bone system, immune system and endocrine system. Each system interacts, controlling and maintaining the balance of different processes of human life.*

Keywords: *nervous system, respiratory system, muscles, bones, central and peripheral systems, human organism.*

The nervous system plays an important role in the control and coordination of all activities of the human body. It consists of Central and peripheral systems. The central nervous system includes the brain, which controls all emotions, thoughts and actions. The peripheral nervous system, on the other hand, sends signals through the brain and spinal cord to all parts of the body. The nervous system determines how a person reacts to the environment and how he expresses his feelings. Stress, anxiety and other sensations affect the nervous system, and this affects the general condition of the body. The cardiovascular system ensures blood circulation. The heart pumps blood through the blood vessels and transports oxygen and nutrients to the body. The healthy functioning of this system is very important for the overall health of a person. Physical activity, proper nutrition, and stress management are important to maintain the health of the cardiovascular system. Healthy heart function ensures that other systems of the body also work well.[1]

The respiratory system functions to bring oxygen into the body and release carbon dioxide. The breathing process is carried out through the lungs. The lungs transport oxygen through the blood to the body, which is necessary for energy production. The healthy functioning of the respiratory system ensures the physical and mental health of a person. Breathing exercises and consumption of fresh air strengthen the respiratory system and improve the general condition of the body. The gastrointestinal system ensures the digestion of nutrients and the absorption of energy and nutrients necessary for the body. The healthy functioning of this system is very important for the overall health of a person. Eating right, eating more fruits and vegetables, not forgetting to drink water can help keep your gastrointestinal system healthy. Also, the healthy functioning of the gastrointestinal system also contributes to the strengthening of the immune system.[2]

The system of muscles and bones ensures the movement of the human body. Muscles produce energy to move, while bones maintain the structure and shape of the body. Physical activity, sports and regular exercise contribute to the strengthening of muscles and bones. The healthy functioning of this system increases the overall health and quality of life of a person. The strong presence of the system of muscles and Bones also protects against injuries and diseases. The immune system protects the body from various infections, bacteria and viruses. The healthy functioning of this system ensures the overall health of a person. Proper nutrition, physical activity and stress management are important for the strengthening of the immune system. It is also necessary to consume vitamins and minerals so that the immune system is strong. Weakening of the immune system can lead to the development of various diseases, so it is very important to maintain it. The endocrine system produces hormones and controls various processes of the body. Hormones determine the growth, development, metabolism and mental state of the body. The healthy functioning of the endocrine system is very important for the general health of a person. Proper nutrition, physical activity and stress management are essential to maintain hormone balance. Problems of the endocrine system can lead to various diseases, so it should not be ignored.

Each system of the human body is interconnected and complementary. The healthy functioning of each system is important for the overall health of a person. Therefore, a person needs to know his body and its systems well, lead a healthy lifestyle and maintain health. All this serves to make a person live a happy and healthy life. Knowing more about the systems of the human body and their interactions helps a person to realize himself, increase self-confidence and enjoy life more. Everyone needs to know their body and its systems well, lead a healthy lifestyle and maintain health. This is one of the most important factors in a person's life. The connection between the systems and emotions of the human body is also important in maintaining a healthy lifestyle. Healthy eating, maintaining physical activity and mental health, increases a person's quality of life. Everyone needs to know their body and its systems well, lead a healthy lifestyle and maintain health. All this serves to make a person live a happy and healthy life.[3]

The nervous system is one of the important parts of the human body that provides movement, emotion, thinking and balance. And checking the health of the nervous system is necessary to ensure its proper functioning, to identify and treat problems. The process of examining the nervous system begins with a neurological examination. The process evaluates the patient's general condition, reflexes, movements, balance, and emotions. The neurologist's doctor monitors the patient's movements, checks his balance and tries to determine the state of the nervous system by asking various questions. This examination is

an important first step to assess the functioning of the nervous system. Blood analysis also plays an important role in assessing the health of the nervous system. In some cases, the level of vitamins, minerals and hormones can affect the functioning of the nervous system. For example, vitamin B12 deficiency can cause problems in the nervous system. Therefore, it is important to determine these indicators through blood analysis and, if necessary, correct them.[4]

Electromyography (EMG) and nerve conduction testing, on the other hand, are used to study nerve and muscle function. With EMG, it is possible to learn how nerves transmit impulses and how muscles respond. This test can help detect damage to the nervous system. The nerve conduction test, on the other hand, measures the rate at which nerves pass impulses, which is important in identifying problems in the nervous system. Myography, which is the measurement of electrical activity in the brain, is also used in the examination of the nervous system. EEG (electroencephalogram) can be used to detect changes in brain activity, as well as epilepsy or other neurological disorders. These tests allow you to delve into the state of the nervous system. Imaging examination methods such as magnetic resonance imaging (MRI) and computed tomography (CT) are used to study the structure of the nervous system. These techniques can help identify changes, tumors, or other problems in the brain and nervous system. Imaging tests allow you to clearly indicate the state of the nervous system and help determine the necessary treatment measures. Psychological assessment is also important in the process of checking the health of the nervous system. Mental state can affect the functioning of the nervous system. An assessment conducted by a psychologist or psychiatrist can help identify mental health and identify stress, depression, or other problems. Mental health assessment helps to understand the general condition of the nervous system. In general, the process of checking the nervous system is multifaceted and complex. Each method has its own purpose and significance, which together allows you to fully assess the health of the nervous system. If you have problems or symptoms with the nervous system, it is important to consult a doctor. They will help you carry out the necessary examinations and draw up a treatment plan. Maintaining the health of the nervous system and checking it in time is important to improve the quality of your life.[5]

Conclusion:

Thus, the systems, emotions and life experiences of the human body are closely related. Each person experiences unique experiences in his life, and these experiences affect his personal development, mental state and general health. A person has the opportunity to live a happy and healthy life by knowing his body and its systems well, realizing and controlling his feelings, as well as leading a healthy lifestyle.

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