

SECRETS OF LIVING LONGER WITH A HEALTHY LIFESTYLE

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<https://doi.org/10.5281/zenodo.7066948>

Abstract. *In the article, adherence to a healthy lifestyle is interpreted as one of the main factors of longevity; the recommendations of great doctors in this regard are presented; objective and subjective factors of following a healthy lifestyle are explained; information about the work being carried out to ensure the healthy lifestyle of the population in Uzbekistan is provided.*

Keywords: *gerontology, Socrates, Democritus, Ibn Sina, healthy lifestyle, www.Ihls.uz, cardiovascular system, personal hygiene, proper nutrition, objective, subjective, comfortable life, hypodynamia.*

СЕКРЕТЫ ДОЛГОЛЕТИЯ ПРИ ЗДОРОВОМ ОБРАЗЕ ЖИЗНИ

Аннотация. *В статье приверженность здоровому образу жизни трактуется как один из основных факторов долголетия; представлены рекомендации великих врачей на этот счет; объясняются объективные и субъективные факторы ведения здорового образа жизни; приведена информация о проводимой работе по обеспечению здорового образа жизни населения в Узбекистане.*

Ключевые слова: *геронтология, Сократ, Демокрит, Ибн Сина, здоровый образ жизни, www.Ihls.uz, сердечно-сосудистая система, личная гигиена, правильное питание, объективное, субъективное, комфортная жизнь, гиподинамия.*

INTRODUCTION

Achieving a long life has been one of the great dreams of mankind for several centuries. Folk medicine, that is, the blessings of nature, has been widely used in order to live a long life as well as being healthy and strong. The great physician Socrates and his students believed that the correct use of natural gifts is the guarantee of a long life. There is a lot of information in scientific sources about the fact that in ancient times, the people of India ate the pink glands of the tiger, the genitals of young animals, and the Chinese people ate the body glands of women's milk, deer, lions and other wild animals for longevity. It is given. In the sources of this period, in the Middle Ages, the blood of young children was considered a rejuvenating source. This situation killed many young children in those days.

MATERIALS AND METHODS

The study of longevity is called gerontology. According to the information given in this teaching, longevity depends on people and their lifestyle in many ways. The following words of the Greek philosopher Democritus can be cited as a proof of this opinion: "People ask God for approval in their obedience and prayers. However, they do not know that Allah has placed the key of enlightenment in their hands since birth." [1]

The great scientist, thinker, physician Abu Ali ibn Sina named the following as the main factors for longevity, i.e. gentleness and restraint, eating on time, walking neatly (personal hygiene), cleaning the body from excess things, keeping the waist and figure correct, breathing through the nose, clothing fitting the body, harmony of physical and mental movements, sleeping well, activeness and keeping oneself refreshed. People who are active and always happy are healthy, strong and live a long life. On the contrary, lazy, evil, envious and angry people are

unfortunately deprived of the happiness of living a long life. In addition, it is emphasized in the religious taliwat that patients can recover and live long lives by worshipping Allah. Humanity has tested this fact in its history and was convinced of it. The mentioned opinions and views are scientifically based. In particular, Professor Geberg Benson of Harvard University confirmed the above points in his research. Regular prayer and prostration reduces the vibration of breathing and normalizes the wave vibrations of the brain. This condition helps the body to heal itself. According to Benson's observations, people in this category live longer than others and consult doctors 36% less often.

American scientists studied people's lifestyle and conducted scientific research on them and concluded that a person should follow the following factors in order to live a long and healthy life. That is, they are the following:

- 1-Be an optimist
- 2-Not sleeping much
- 3-No smoking
- 4-Feeding animals at home
- 5-Being a medical activist
- 6-Nerve care
- 7-Eating a lot of fruits and vegetables
- 8-Building a family.

RESULTS

It is natural that many people are interested in the question of how long a person lives on average. As a result of long-term observations of gerontologists, a person can live for about 150 years. Such a conclusion was presented by the specialists of the Gero company of Singapore in the journal Nature Communications. If we look at the animal world, their lifespan is 5-8 times longer than during the growth period. For example, dogs grow in 2 years and live 10-15 years. Horses grow up in 5 years, their life lasts up to 30-40 years. If we take into account that humans are also subject to the laws of nature, people grow and develop up to the age of 25, so it can be concluded as follows: a person can live 150 years in normal condition. Based on this, scientists believe that the death of people before the age of 100 is caused by disease. In addition, there are many people who have long lived on the planet. For example, the following interesting information is given in the sources.

1. Polton Petridge 186 (Hungary);
2. Petr Zortay 185 years (Hungary);
3. Tense Abzive 180 years (Ossetia);
4. The same 170 years (Albania);
5. Khandjer Nine 169 years (Tukiya);
6. Sayyad Abdul Mabud 159 years (Pakistan);
7. Huvaído momo Umarova 124 years (Uzbekistan, Fergana).

According to archeological data, the average lifespan of mankind was different in different eras. For example, people lived 18 years during the primitive community, 22 years during the Bronze Age, 25 years during antiquity, 36 years during the 19th century, and 45 years at the beginning of the 20th century. Currently, the average life expectancy is 70-80 years. Such a good indicator is the result of the development of science and medicine, as well as a prosperous lifestyle. In addition, a person lives longer in his country than in another country. Villagers live

5 years longer than city dwellers. The average life expectancy of children born in working families is 63 years, in teachers' families it is 73 years, and intellectuals live 10 years longer than people in other professions.

The time we live in is the time when everyone should improve their physical culture and strengthen their health. Movement AND activity is one of the necessary conditions for the perfect formation of the organism. For example, in England, a person's achievement in sports is considered more important than academic achievement. In Japan, people who quit smoking and do not use the elevator are paid extra. [2]

DISCUSSION

In all the developed countries of the planet, including Uzbekistan, the issues of healthy lifestyle, population health, longevity of people are being solved at the level of a general national problem. All the decisions signed by our Honorable President Shavkat Miromonovich about healthy life are aimed at strengthening the health of the population. In particular, on October 30, 2020, "Measures for the wide implementation of a healthy lifestyle and further development of mass sports" and on November 20, 2020, "Supporting the population's healthy lifestyle and physical activity" A decision was made on "additional measures to increase" based on the decree signed on October 30 and according to the document "Healthy Lifestyle" (www.ihls.uz) in order to promote daily walking and jogging) platform was created. Citizens will be paid 3,000 soums for 10,000 or more steps in a day, and 1 million soums for the most steps taken in a month.

The purpose of this mobile application is to help citizens engage in mass sports and physical work, to give up harmful habits, and to follow the principles of proper nutrition. In particular, energy calories accumulated as a result of consuming excessive amounts of salt, sugar and fat, as well as dough and bread products, sweets, and turning physical activities aimed at spending them into daily life norms and promoting a healthy lifestyle. This mobile application can be freely used by natural persons aged 18 and over, including stateless persons, living in the territory of the Republic of Uzbekistan. to online wallets in their offices:

- ✓ 3,000 soums for those who walk ten thousand or more steps in one day;
- ✓ 300,000 soums of money to those who walk the most in every district (city) according to the daily total;
- ✓ 500,000 soums of money to those who walk the most in every region (14 subjects of the republic) according to the daily total;
- ✓ According to the daily sum, it is planned to transfer one million soums of money to the people who walk the most in the republic every month.

CONCLUSIONS

In short, walking is one of the factors that have a positive effect on human life. The experience of American scientists can be cited as a proof of our opinion. They observed more than a million people and found that those who walked for 2 hours a week lived 6-7 years longer than those who lived a sedentary, passive life.

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