

## HEALTH AND ITS DETERMINING FACTORS

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### Abstract:

This article describes a healthy lifestyle, its components, health and diseases, and their prevention.

**Keywords:** Healthy and sick organism, nutrition, motor activity, stress, indicators of individual health (genetic, biochemical, metabolic-morphological, functional, psychological, social-spiritual, clinical)

### Introduction

According to scientists: "Health is a normal state of mind emotional, mental and physical spheres of human life century, which creates the most favorable conditions for the flourishing of his personality, his talents and abilities, for him to realize his inextricable connection with the world around him, his responsibility for it."

A distinction is made between "individual (human) health" and "population health".

Individual health is a dynamic process of adaptation to the environment, and, according to scientists, the health of an individual and its changes under the influence of the external environment and physical education should be considered as an adaptation of the body, its endurance and reaction to various environmental influences, living conditions, etc.

According to V.I. Dubrovsky (1999), the criteria for assessing health are: the level of physical performance and morphological development at this stage:

- presence of chronic diseases, physical defects, limitations giving special legal capacity;
- social well-being, the ability to adapt to changing living conditions and maintaining a certain resistance to exposure to unfavorable environmental factors, organ reactions low on the influence of the external environment.

### Biological capabilities of man

Health is understood as a state of the body that gives a person has the opportunity to realize his genetic program to the maximum extent in the specific conditions of the socio-cultural existence of a given person. From these positions, health should be considered as a dynamic concept, at least in its aspects - individual, age and historical.

The age aspect of health suggests that for each age stage there should be its own health criteria associated with the morphofunctional organization and social role characteristic of this age. In defining health from a historical perspective, it is taken into account that the formation of human civilization, the development of production and productive relations, culture, religion, etc. leads to changes over time in the environment in which a person lives. At the same time, to maintain his life, a person uses his functional reserves less and less and, to an increasing extent, the achievements of his generation and generation; this can lead to a decrease in the functional reserve and adaptation reserve of a person.

he list of aspects of life activity may, in addition to the generally recognized physical, mental, social components, include sexual, emotional, bioenergetic, informational, moral-volitional, value-motivational and many other components. The task of developing health should be to transfer a person to a higher level of health through mobilization and training of the reserve capabilities of the body itself.

Currently, the following groups of signs by which health should be assessed are distinguished:

1. Level and harmony of physical development.
2. Reserve capabilities of the main functional systems and the body as a whole.
3. Level of immune defense and nonspecific resistance body.
4. The presence or absence of a chronic or congenital disease or developmental defect.
5. The level of personal characteristics reflecting the spiritual and social well-being and health of a person.

In the strategy and tactics of provision, conservation and restoration health, the concept of individual health should be important

Vya, i.e. characteristic (or achievable) of this particular person. Currently, individual age, gender, constitutional, regional and social and other health indicators are distinguished. Individual health indicators:

Genetic - genotype, absence of disembryogenesis, hereditary defects.

Biochemical - indicators of biological tissues and fluids.

Metabolic - metabolic rate at rest and after exercise.

Morphological - level of physical development, type of constitution (morphotype).

Functional - functional state of organs and systems:

- norm of rest;
- reaction rate;
- backup capabilities, functional type.

Psychological—emotional-field, mental, intellectual spheres:

- hemisphere dominance;  
(higher nervous activity) GNI;
- temperament;
- dominant instinct.

Social-spiritual - goals, moral values,

ideals, level of aspirations and re-amulation of needs, etc.

Clinical - no signs of disease.

The terminology used in everyday life in connection with health indicates that everyone recognizes the possibility of the existence of a level of health. In everyday life they often say: poor health, good health, etc. A person with good health is more resistant to the occurrence of diseases.

To characterize this health parameter in popular science literature uses the expressions “level of health”, “number health.” What should be understood by these expressions? Academician N.M. Amosov interprets the amount of health as the sum of the “reserve capacities” of the main functional systems of the body. In other words, the level or amount of health is determined by the ability of the functional systems of the body at the right time, in the event of adverse effects on the body, to

strengthen (or change) their activity in order to compensate for these adverse effects. The higher this “margin of safety” of functional systems, the higher the level of health.

The famous American specialist in health technologies K. Cooper was the first to draw attention to the fact that the state of one functional system of the body reflects the state of other systems quite well. Such a system is the aerobic energy supply system.

The aerobic energy supply system is determined by the reserves of energy sources available for use, the supply of oxygen to the body’s tissues and its use.

It includes:

- an external respiration apparatus, the capabilities of which depend on the vital lung capacity, chest mobility, respiratory muscle strength, alveolar wall permeability, blood supply to lung tissue;
- cardiac performance, determined by the size of the heart, primarily the left ventricle, and the strength of the heart muscle;
- the vascular system and especially the capillary network, its branching, the lumen and elasticity of peripheral capillaries, the permeability of their walls;
- the blood system, which includes the total amount of blood, content hemoglobin and other components that affect the ability of blood to carry oxygen;
- myoglobin content in organs and tissues;
- content and activity of aerobic biological oxidation enzymes.

Disease is most often considered as a state opposite to health: according to the WHO glossary, disease is “Any subjective and objective deviation from the normal state.” Causes of occurrence diseases are:

- low mobility of the body (functional system, organ or cells), which leads to a state of detraining that accompanies with a reduced reaction to a normal stimulus;
- insufficient or poor nutrition, which leads to a decrease in the content of essential nutrients in the blood, which most often occurs as a result of either undernutrition or overeating;
- violation of hormonal regulation, provides the endocrine system mine, which leads to the accumulation of metabolic products of toxins and etc.;
- cell damage as a result of poisoning, radiation;
- changes in the external environment, which leads to changes in the function of cells (organs) of the skin, muscles, internal organs, etc.;
- a mental disorder resulting from exposure to a nervous factor (stress).

It is believed that diseases of the body are a violation of the interaction of organ functions, each of which can change over time, because The disease is characterized by dynamics of instability.

Diseases can arise as a result of “overtraining”, i.e. because of intense activity without proper rest. In some cases, diseases arise as a response to an excessive reaction of the body and its immune system; these are so-called infectious-allergic diseases.

Thus, overeating, physical detraining, psychosis

Physical overexertion or “stress”, lack of hardening are the main causes of illness and pathology.

Pathology (disease) is what happens in the body when functions under the system are broken.

General pathology is the study of the most general patterns pathological processes, the study of diseases.

General pathology consists of the following sections:

- periodization of the disease;
- the reasons for its occurrence;
- mechanism of development and recovery;
- the meaning of constitution, heredity, reactivity.

The disease leads to a transition from the normal state of the body to pathological and is accompanied by a violation of its activity.

According to the nature of the disease, acute, subacute and chronic.

Acute diseases occur suddenly with the manifestation of many symptoms.

Subacute disease is usually more indolent and may last for many months and years. Speaking about diseases, it is important to know that their occurrence is influenced by external and internal factors.

External (exogenous) - these are impaired nutrition, radiation, heating, hypothermia, etc., which leads to: < decreased immunity (resistance) to pathogenic factors.

Internal (endogenous) include the state of immunity - heredity, reactivity, etc.

A pathogen considers the mechanism of occurrence, the development of the course of a disease, which can lead to a change in the reaction of the body at different levels: molecular, tissue, organ and systemic.

As is known, in the body the activity of all cells and tissues of the organ malism is closely related to each other and therefore the disease usually covers affects the entire body and it is not the disease that needs to be treated; as a rule, it covers the entire body and it is not the disease that needs to be treated, but the patient.

Each disease develops according to the following periods:

- latent or hidden period;
- period of harbingers of the disease (prodromal period);
- period of the height of the disease;
- period of completion of the disease, outcome of the disease.

During illness, various changes can occur in the body.

First of all, the processes of assimilation change - absorption by the body various substances and converting them into compounds intended for mechanism tissues. Dissimilation is the process of decay of living matter (splitting of complex compounds into simple ones, splitting of energy: connections with energy release).

Other types of pathology in diseases are dystrophy, atrofias, inflammation, circulatory disorders, etc. Dystrophy is a disorder of tissue (cellular) metabolism, associated driven by structural changes in tissues (cells) that can general and local, acquired and hereditary, as well as depending depending on the types of metabolism, proteins, fats, carbohydrates, minerals or salts.

Atrophy is a decrease in volume and decreased function of organs and fabrics.

Hypertrophy is an enlargement of an organ due to an increase in volume or number of cells.

There are pathological hypertrophy, which occurs in some diseases, and physiological, observed with increased body functions in physical workers and athletes.

Despite a comprehensive approach to defining health, in practice health is still judged by the presence or absence of disease.

In reality, there are many differences between health and illness, transitional states, called pre-disease, when there is no disease yet, but the compensatory capabilities of the body have already been reduced and objectively unexpressed functional and biochemical changes appear. According to WHO experts, about 80% of the inhabitants of the Western Hemisphere are in this condition.

The intermediate state between health and disease is called "third state".

The third state is a state in which the reserves of the normal functioning of the body's systems are shifted towards depletion; the person does not fully have the psychophysical capabilities of his body.

The third state is the supplier of diseases; on the other hand, this is the time to implement mechanisms for restoring reserve capabilities. Our body is able to compensate for the decrease in reserves due to intra-organ mechanisms, activation of existing ones and the formation of new intra-system and inter-system relationships.

The third state is characteristic not only of people in specific psychophysiological state - prenatal or after childbirth, menopause, old age. This also includes persons who regularly consume alcoholic beverages, narcotic and toxic substances, and lead an unhealthy lifestyle. Malnutrition and low physical activity lead people with excess body weight to this condition. The spread of borderline mental disorders deserves special attention. In the third state, being practically healthy, many people may remain for years or even their entire lives. Ability to recognize third condition, preventing or eliminating its most important task is a task of a science.

Human health is more than 50%, according to various sources, depends on his lifestyle. V. Aminov writes: "As some people think researchers, 60% of a person's health depends on his lifestyle, on 20% comes from the environment and only 8% from medicine." According to WHO, human health is 50-55% determined by conditions and lifestyle, 25% by environmental conditions, 15-20% by genetic factors, and only 10-15% by the activities of the health care system.

There are different approaches to defining the concept of "lifestyle".

Thus, some authors believe that lifestyle is a biosocial category that determines the type of life activity in the spiritual and real spheres of human life (A.P. Petlenko, A.B. Dubrovsky).

According to Yu.P. Lisitsyn, "a way of life is a certain, historically conditioned type, type of life activity or a certain way of activity in the material and non-material (spiritual) spheres of people's life." In this case, lifestyle is understood as a category that reflects the most general and typical ways of material and spiritual life of people, taken in unity with natural and social conditions.

In another approach, the concept of lifestyle is considered as an integral way of being of an individual in the external and internal world, as "a system of relationships between a person and himself and factors of the external environment," where the system of relationships between a person and himself is a complex set of actions and experiences, the presence of useful habits that strengthen the natural resource of health, the absence of harmful ones that destroy it (A.B. Dubrovsky).

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