

Healthy Lifestyle in Pandemy

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Abstract: *During the pandemic, a healthy lifestyle is one of the priorities. Monitoring, comparisons and analyzes conducted in many governmental and non-governmental organizations around the world today show that the incidence of the disease is very low in people with regular physical activity and active lifestyles showed. Today, Covid-19 encourages not only to wear a mask on our faces, but also to turn the pages of the "Laws of Medicine" on the bookshelves for today's generation.*

Keywords: pandemic, infectious diseases, diseases, Laws of Medicine.

Introduction

A healthy lifestyle is a way of organizing daily life based on biological and social laws, maintaining and strengthening health. The concepts of healthy lifestyle or rational lifestyle are broad and include from birth. The mind has many other positive qualities, such as the ability to live intelligently for the rest of one's life, to be free from harmful habits, to eat properly and to rest properly. A rational lifestyle is created by the intellect of each person and What is good for one person can be bad for another. The rhythm of life, duration of work and sleep, acceptable quantity and quality should be chosen by each person according to their needs and capabilities. Should be seen as a product of the mind.

Discussion:

The main factor that determines the lifestyle is the person himself. Creates for himself, creates the conditions for life. The living conditions of people - work, life, education, culture, family budget, upbringing and other social factors affect people is lifestyle. Therefore, people's living standards and living standards vary from country to country, depending on the socio-economic development, political status, development of productive forces, national income and consumer funds, income, housing. Availability, level of medical care, literacy of the population, health indicators and the state of demographic processes. Health is the first important need of a person, it ensures his ability to work, the full development of the person. A healthy and spiritually developed person is happy. He feels well, is satisfied with his work, the youth. Seeks knowledge with an inextinguishable feeling and inner beauty. Who would have thought that the Covid-19 virus, which is currently worrying everyone, could spread to hundreds of countries in a short time ?! As governments around the world fight the coronavirus, they are faced with the task of protecting people's health, disrupting the rhythm of life as much as possible, and respecting people's dignity. To do this, we must strictly adhere to the rules of quarantine, stay at home and follow the principles of a healthy lifestyle. When we say a healthy lifestyle, we must take into account the following:

- active physical activity, training, physical culture and sports;

- rational development and regular adherence to the agenda, prevention of physical and mental fatigue, proper planning of mental and physical labor on the basis of hygienic requirements;

-correct and quality nutrition;

-observance of personal and general hygiene requirements;

- protection of the environment, achievement of ecological culture;

-prevention of infectious diseases, injuries and accidents;

-proper sexual education;

-observance of psycho-hygienic requirements;

- not to give in to bad habits;

Based on the above criteria, the following conclusion can be made: healthy lifestyle- it is a social phenomenon that enables a person to conduct his / her life activities on the basis of having the skills to ensure the safety of human life and health and to achieve a high level of health.

Emphasis should be placed on promoting the creation of the best conditions for children in families. The health of children in families with 9m² and more accommodation per capital is 7-8 times higher than in families with 5m² accommodation.

For almost 6 months now, the whole world has been fighting the Covid-19 pandemic. Someone ran to the pharmacy, someone turned to folk medicine, shaking hands with antibiotics and expensive drugs. The coronavirus was mainly accompanied by other chronic diseases such as lung, kidney failure, cardiovascular disease and even obesity taking patients.

Abu Ali Ibn Sina, an encyclopedic scholar and philosopher who lived thousands of years ago and was highly skilled in medical science, said in his book „The Laws of Medicine" that the main guarantee of health is proper nutrition and physical training. When his work was on our table like a book of astrological prophecy, wouldn't today's generation roam the streets of a pharmacy more than a library?! So, we are looking for "islands of thought" in the first book "Laws of Medicine", prepared in 1983 by Professor UI Karimov, H. Hikmatullaev for the second edition.

The art of health care is to bring the human body to that age called natural death by preserving what it deserves and likes. The key to health is to moderate the following general and necessary causes. More attention should be paid to modification: to moderate the client, to choose the right things to eat and drink, to clean the body from waste, to maintain the correct structure, to make the air in the nose enough and good, to change the clothes improvement, moderation of physical and mental movements;

The main measure of health is physical activity, which is a voluntary action that forces a person to breathe deeply and consistently. Physical exercise is one of the powerful factors that prevent the accumulation of fillers when used in conjunction with other activities, together, it increases the innate warmth. It gives relief to the body. A person who does not engage in physical training suffers from a subtle disease, because for each member, as a result of abandoning the movement that draws the innate spirit with the weapon of life, his at the zones weaken.

In the book "Laws of Medicine" there are countless references to hand washing as a guarantee of health. It is this propaganda that is the propaganda of our holy religion of Islam. Both the West and the East are powerless to prevent the spread of infectious disease. If we follow cleanliness and practice cleanliness, we will be healthy and our lives will not be in danger.

Conclusion:

It should be noted that the most effective way to prevent not only coronavirus, but all infectious diseases, is to strictly adhere to the rules of personal hygiene and public hygiene, the organization of sanitary propaganda among the population. Longevity depends on proper nutrition, in other words, on the culture of eating. In this sense, we must first and foremost be responsible for our own health. During the quarantine period, I advise you to stay at home and read and study the book "Laws of Medicine" by our great scholar Abu Ali Ibn Sina, because this book contains all the secrets of health and all the knowledge of medical science.

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