World Bulletin of Public Health (WBPH)
Available Online at: https://www.scholarexpress.net
Volume-46 May 2025
ISSN: 2749-3644

TYPES OF HEREDITARY DISEASES FOUND IN THE POPULATION OF UZBEKISTAN AND THE REASONS FOR THE OCCASION.

Sharipova Farida Salimjanovna
Senior lecturer, Doctor of Philosophy in Pedagogical Sciences (PhD) of the Department of Medical Biology and Histology of the Termez Branch of the Tashkent State University of Medical Sciences
Azizov Elbek Abdinazar ugli
Azizova Nigora Abdinazar kizi
Omonova Zebo Rustam kizi

Article history:

Received: March 20th 2025
Accepted: April 14th 2025

Abstract:

The following are covered by the types of basic hidden diseases, which are found in the population of Uzbekistan and the reasons for their appearance. During the study, commonen genetic diseases - for example, there were cases such as Tarantikia, hemofilia, and back-cerebral muscles, analyzed. The factors that lead to their widespread, including marriages, ecological state, were considered as a lack of medical genetic advice. It is clear that preventive measures and the genetic research in the formation of a healthy generation. This topic is important in the early detection of genetic diseases in the field of health and making work on the prevention of their prevention.

Keywords: Hereditary diseases, genetics, talented, hemophilia, phenylylylia, genetic advice, prevention, healthy generation, Uzbekistan.

Hereditary diseases are diseases caused by genetic changes in the human body, which are passed from parents through generation. Today, one of the important factors that threatens the health of the world's population are being studied separately. In Uzbekistan, too, some of these diseases are high, which is a topical issue for the health system. In particular, the large number of marriages, environmental factors, not sufficiently insufficient medical knowledge, creates the groundwork for this problem. The most common of the population of Uzbekistan, the most common of the population of Uzbekistan, is aimed at covering their causes and measures to prevent measures. The deep study of this topic is important in raising a healthy generation and reducing the spread of genetic diseases. The number of hereditary diseases found in the population of Uzbekistan is growing every year. This is, on the one hand, on the one hand, if the Early detection of diseases through medical technologies is due to the increase in the ability to early detection of diseases, on the other hand, on the other hand, including some social and environmental factors. The following is detailed information on some hereditary diseases and their causes in Uzbekistan.

Talessemia. Talessemia is a hemogemia's synthesis herd related to the defects involved in genes. As a result of adequate operation of red blood cells in this disease, patients are constantly anemia. Talantia often switches to the two-bearing parents to the fetus. In some parts of Uzbekistan, high spread of this disease, especially relatives, are causing it.

Hemophilia. Hemophilia is a hereditary disease that is a hereditary disease caused by the shortage of proteins involved in the blood clotting. The risk of this disease is that small injuries can also lead to a large bleeding. It is possible that among the population of Uzbekistan, if the disease is underlined, there are underscored cases.

Fenilketonuria. Fenilketonica is a disease that is developing due to the lack of phenylalanin the amino acid in the body. This disease affects the central nervous system, leading to slowdown in mental development. Complications can be prevented by determining this disease early and following a special diet.

The reinforcing spinal muscles (SMA). This disease leads to the decomposition of nervous cells that meet the action. This disease is usually manifested during a childhood, and in severe forms, patients died in early age. Experts are listed on the growing number of children diagnosed with SMA in Uzbekistan.

The main reasons for hereditary diseases are:

- Marriliarities between relatives: These marriages increase the likelihood of moving to the child from both sides of the same genetic challenges.
- Environmental Factors: In some areas, the factors of environmental leave, chemicals, radiation strengthens genetic mutations.
- Lack of medical and genetic advice: Most population ignores genetic consults before marriage or not.

World Bulletin of Public Health (WBPH)
Available Online at: https://www.scholarexpress.net
Volume-46 May 2025
ISSN: 2749-3644

- Information and educational insufficiency: The risks of the population about the risks of genetic diseases, methods of prevention are poor.

Hereditary hearings. The number of children born with congenital deafness or hearing shortcomings among the population of Uzbekistan is also high. This condition is sometimes manifested along with other hereditary diseases or independently occurs as a result of genetic interruption. It can cause textiological and genetic inspections between the population among the population.

Albinaz (Melanin failure). This hereditary disease is characterized by lack of pigment in the body. The skin of such people, hair and eyes are very hungry. Children born with albinosis are sensitive to sunlight and problems are observed in vision. While it is rare, it is a disease that has a genetic basis.

Daun syndrome. Daun syndrome is a disease caused by an excess of the chromosomes, which appears in congenital mental and physical restrictions. This syndrome is more common in any family, especially children born in age. In Uzbekistan, prenatal screening is being introduced to identify this situation in early detection, but their coverage is not complete.

Social and economic impacts. Hereditary diseases are not only health, but also socio-economic significant problems. Great funds are required for the care of children born with disease, their treatment and rehabilitation. In many cases, there is a need for such specialized institutions, which will put pressure on family and state budget.

The activity of medical-genetic centers. There are medical and genetic counseling centers in Uzbekistan, including some major cities, including Tashkent, Samarkand and Fergana. These centers include genetic inspections, pre-marriage, disease diagnosis and prevention services. However, the number of these centers is still less than the need.

A systematic and comprehensive approach to the prevention of hereditary diseases in Uzbekistan are needed. The following measures will help reduce the spread of diseases:

Mandatory medical and genetic advice before marriage. Among the pilgrims to identify genetic compliance and the forcible introduction of genetic consultation and analysis should be introduced to identify genetic fitness and prevent hazardous genetic diseases. Through this, the possibility of hazardous genes from the two sides decreased.

Reduction of marriages between relatives. Marriages between relatives are dramatically increases the risk of hereditary diseases. Regular explanatory work among the population should be conducted in this regard. Export work should be carried out in educational institutions, medical centers and media.

Expansion of Screening programs of Prenatal (period of fetus) and neonatal (fresh birth). Many hereditary diseases can be determined early through the screening of the screening before and after birth. Such programs must be made convenient and free throughout the country.

Educational campaigns for genetic health. Improving the level of knowledge of the population about hereditary diseases is important that it is important that measures, trainings, seminars and media information through pediatric generations are needed.

Increase genetic research centers and equip them with modern technologies. The opportunity to receive genetic advice and inspections in all regions of the country should be created. By improving the quality of medical services, it is possible to prevent disease early detection and prevention.

Registration and monitoring of dangerous gene. When the carriers of genetic disease, they must be under medical supervision for careful approach to family planning.

Reduce environmental factors. The fight against genetic mutations, chemicals and radiation backgrounds also plays an important role in the prevention of hereditary disease.

It is possible to significantly reduce the risk of hereditary illness through the complex application of these measures, a healthy and happy society. I will also write down the conclusion department if you want.

CONCLUSION

The increase in the number of hereditary diseases in Uzbekistan is as a current problem in front of the health system. Diseases such as the radios, such as the radiosemia, hemophilia, phenylketrouria, back-cerebral muscles, have a serious threat to the population. The main causes of diseases are indicated that marriages, environmental factors, low-quality services of genetic literacy, and medical advice.

A solution to the problem As it is necessary to introduce genetic inspections before marriage, expand the activities of genetic centers, conduct educational work, prenatal and neonatal screening programs.It should be noted that the prevention of hereditary diseases is not just health care system, but not every family's responsibility. By deteriorating and preventing genetic risks, it is possible to form a healthy, energetic, educated and prosperous generation. This is the development of society and the health of the nation.

USED LITERATURE.

1. Xasanov A., Yo'ldoshev D. Genetika va irsiy kasalliklar. – Toshkent: Fan, 2018.

World Bulletin of Public Health (WBPH)
Available Online at: https://www.scholarexpress.net
Volume-46 May 2025
ISSN: 2749-3644

2. O‘zbekiston Respublikasi Sog‘liqni saqlash vazirligi. Irsiy kasalliklarning oldini olish bo‘yicha metodik qo‘llanma. – Toshkent, 2022.
3. World Health Organization (WHO). Genetic Disorders and Public Health. 2021.
4. Strachan, T., & Read, A. P. Human Molecular Genetics. – Oxford University Press, 2019.
5. Alberts, B. Molecular Biology of the Cell. – Garland Science, 2020.
6. Usmonov, A., & Xolmatov, B. (2018). Tibbiy genetika. Toshkent: O‘zbekiston Fanlar Akademiyasi nashriyoti.
7. Rahimov, R. (2021). Genetika va irsiy kasalliklar. Toshkent: Ibn Sino nashriyoti.
8. Mirzayev, Sh. (2017). Biologik tibbiyot asoslari. Toshkent: O‘zMU nashriyoti.