
Causes of Obesity and their Natural Prevention and Treatment

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Abstract: Obesity is an excess of fat deposits in the body, which can be deposited in different areas, including around the internal organs. There is a difference between overweight and obesity. Natural targeted treatment of obesity prolongs and improves the life of the population. Every day we must carry out preventive measures for this disease.

Keywords: obesity, body mass index, lipids, diet, exercise, obesity treatment.

Body mass index is a criterion for diagnosing obesity. The ratio of body weight in kilograms to height squared. The data obtained is compared with the norms, on the basis of which the diagnosis is made and the degree of obesity is determined. The coefficient of the BMI value is in the range of 25-29.9, there is overweight, but there are no other symptoms of obesity yet. First degree - BMI from 30 to 34.9. Health complications appear - shortness of breath during physical exertion, swelling. The second degree - varies from 35 to 39.9. Fat deposits are significant, it is difficult for a person to actively withstand physical activity, walk long distances, work. The third degree is more than 40, and excess weight disrupts the functioning of the cardiovascular system and many internal organs. Pregnant women have physiological incompatibility. Types of obesity differ in the type of amount of fat deposition. Conventionally, obesity is divided into two types: according to the male type, this is android obesity - the bulk of the fat is in the abdominal region (belly area). According to the female type, this is genoid obesity - deposits on the hips and buttocks. There are also two types of obesity. Hypertrophic - usually characteristic of older people and the total number of fat cells remains unchanged, but the cells increase in volume. Hyperplastic obesity - the number of cells increases, there is a constant lack of energy, and finally, overeating leads to further cell growth. The characteristic symptoms and consequences of obesity in both men and women are shortness of breath, which occurs even with little physical exertion. Obese figure - full shoulders, hips, big belly. Increased sweating. Pain in the joints, swelling of the legs. The consequence of obesity in women can be considered menstrual irregularities, and a frequent sign of obesity in men is erectile dysfunction, sexual dysfunction. Overeating and inactivity, as well as other factors, lead to excessive body fat. Obesity is considered as a complex disease that develops from several causes. Main factors: external, internal, hereditary, hormonal and others. The main cause of obesity is an imbalance between the energy consumed by the body and its intake with food. Easier - an excess of high-calorie foods or eating disorders when we eat more than necessary. As a result of acquired and endocrinological diseases, obesity can develop. At the same time, preventive measures of the patient, adherence to the daily regimen, proper nutrition reduce the risk of obesity. To make a diagnosis, you need an examination and measurements of the parameters of the patient's body. To clarify it, suggest the causes and take the first step towards treatment, a survey on family history, nature of work, age, duration of the disease will help. assessment of the health and functioning of the main internal organs - ECG, pressure measurement, blood tests and

hormonal studies. To lose weight and not worsen your health, you need the help of doctors. Sharp, strong and incorrect loads are also dangerous. Fat people already have a large load on the cardiovascular system, joints and spine, and when playing sports there are high risks of injury and deterioration of well-being. If obesity is secondary, and its causes are endocrine disorders, sports and diets will be ineffective. Therefore, treatment begins in determining the root cause of the situation. Of the symptoms of shortness of breath with minor physical exertion (walking, housework), in people with grade 3 breathing is difficult even at rest, high blood pressure, headaches are associated with this, "flies" before the eyes when changing body position, pain behind the sternum, pain in the joints and back, difficulty in moving due to a high load on the musculoskeletal system, digestive disorders (constipation, heaviness after eating, bitter taste in the mouth), decreased libido, menstrual irregularities, more often irregular or complete absence of menstruation, fatigue, weakness, emotional instability. This is another obesity problem; often measures to bring weight back to normal begin to be taken when there are already health problems that threaten his normal life. Diagnosis requires laboratory data, a dynamic examination by a doctor. Laboratory studies include lipid spectrum, blood cholesterol, biochemical blood test, blood test.

They adjust the diet, develop a nutrition system with the right calorie content, healthy foods, essential vitamins and minerals. Select the appropriate physical activity, type of exercise. Walking, swimming, exercising on special simulators will help unload the spine and joints, but increase energy consumption and start the process of losing weight. The consequences are diseases of the heart and blood vessels - the load on the heart increases, the risk of heart attacks, strokes, the appearance of hypertension, atherosclerosis and other pathologies. Deterioration of the respiratory system, which leads to frequent colds, fatigue, insufficient supply of oxygen to tissues. Endocrine disorders - diabetes mellitus, malfunction of the sex glands, masculine changes in appearance in women, and effeminate in men. Diseases of the digestive system - especially the liver and gallbladder. Cholecystitis, cholelithiasis appear, cholesterol levels rise. Oncological diseases. So the percentage of cases of breast and prostate cancer is higher in overweight people. They are more likely to be diagnosed with cancer of the intestines, kidneys, stomach. Diseases of the musculoskeletal system - appear due to an increase in the load on the spine and joints. In addition, a decrease in the level of physical activity leads to weakening of the muscles, circulatory disorders in them, and this worsens the nutrition of bone and cartilage tissue. Degenerative-dystrophic diseases appear - osteoporosis, arthritis, arthrosis and others. Despite extensive scientific research in this area, medicine has not yet been able to offer a convincing method of getting rid of excess weight through medication. In most cases, a healthy lifestyle remains an effective method of preventing and treating obesity. For the prevention of obesity due to endocrine diseases, consultations with an endocrinologist and examinations to determine the level of hormones once a year are indicated. Eat fresh seasonal fruits and vegetables every day, limit your salt intake to 4 grams per day, and limit alcohol. Obesity prevention consists of measures to reduce weight, regulate food intake and replace harmful foods with healthy ones.

But if a person is not used to playing sports and has generally led a passive lifestyle for a long time, the likelihood that from Monday he will start exercising in the gym is very small. This is still possible with obesity of degree 1, but if we talk about degrees 2-3, then during classes a sick person will immediately have many problems. It is best to choose softer directions. It gives a charge of positive emotions, does not exhaust, does not cause discomfort to a full person. He can perform all the exercises that are most effective in water without increased stress on the joints. Soft fitness only at first glance seems easy, but in fact, during classes, all muscle groups are involved, there is a feeling of control over your own body. Food supplements, herbal decoctions, treatment with light, magnet, energy - may have little effect,

but they cannot cure obesity. If you can't cope with excess weight on your own, then only a doctor should prescribe drugs for the treatment of obesity. OTC products and tablets based on guarana, green coffee, l-carnitine do not affect appetite suppression or sustainable fat burning, and in some cases can be harmful to health. You can manage obesity through your own hard work, self-discipline and control. You have to start from the head, not from the body. The fact is that almost every adult has eating habits that provoke weight gain.

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