

# Prevention of Infectious Diseases, Epidemics, Fight Against Epidemics

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**Abstract:** The content of my article is that I studied the topic of prevention of infectious diseases, epidemics, and fighting against epidemics.

**Key words:** Preventive measures, sanitation, epidemic diseases, infectious diseases, complex.

On the basis of the Law of the Republic of Uzbekistan dated August 26, 2015 "On sanitary-epidemiological safety of the population", sanitary-hygienic and anti-epidemic activities are carried out in the territory of the Republic of Uzbekistan (Chapter 5, Articles 30-36). Warning about the existence of epidemic diseases is the main duty of the health authorities of our country. Preventive measures are carried out simultaneously affecting all stages of the epidemic chain. The planned organization of the national economy, the possibility of purposeful implementation of sanitation work led to a decrease in the incidence of malaria in our country. In 1966, it decreased 3616 times compared to 1950. Construction of new buildings in places where there are endemic diseases is aimed at protecting the health of the population. Improving working conditions in animal processing enterprises and livestock farms is important in preventing many diseases, such as anthrax, brucellosis, and salmonellosis. Everyone knows that improving the living conditions and economic status of the population is an important factor in prevention of infectious diseases. On this basis, during the period of the former Soviets, an increase in the number of intestinal infections and airborne infections was observed in our republic.

Nowadays, some of these diseases are not observed at all, and some of them are much reduced. Controlling the sanitary-hygienic conditions of bathrooms, laundry areas and rooms plays an important role in the prevention of various parasitic diseases - sweating, itching, epidermophytia, etc. One of the most important preventive measures is to constantly monitor the water supply. Correct selection of the water intake site, ensuring its cleaning, maintaining the protection base prevents the spread of various infectious diseases by water. The increase in the number of food enterprises and industries, the increase in the variety of products, requires the strengthening and constant monitoring of sanitary control by health organizations. The main source of many infectious diseases are employees working in catering establishments. Therefore, employees should always undergo laboratory tests to determine whether they carry bacteria. It is important to carry out epidemic control over children's institutions in the prevention of infectious diseases. Even now, there are epidemic cases of some infectious diseases among the population. Especially, this process is observed in countries with social deficit, war and crisis. For example, in Tajikistan, Afghanistan, India, countries of the African continent. The development of certain measures to stop the outbreak of these epidemics is working well. But in order for anti-epidemic measures to be correct and effective, that is, to achieve the best and most durable results in a short period of time, these measures must be subject to the following basic rules:

- systematically conducting events based on the plan;
- quick application of the specified measures;
- planning measures against it, taking into account the epidemic situation of the population;
- to be carried out in a complex manner.

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Epidemiology (epidemic and ...ology) is a branch of medicine. He studies the causes and spread of infectious diseases, as well as develops measures to combat and prevent them. Epidemiology is closely related to biol., microbiology, virology, genetics, biochemistry, physics and other sciences. General and private Epidemiology is different. General Epidemiology studies the evolutionary basis of the classification of infectious diseases, the epidemic process, the categories and laws of Epidemiology; Private Epidemiology studies the unique history, causative agent, epidemiology, source of infection, ways and means of transmission, methods of combating and prevention of each infectious disease.

Epidemiology has a long history. Avesta, the holy book of Zoroastrianism, contains religious and philosophical issues, as well as ideas related to medicine, in particular, the spread of infectious diseases and their prevention. It was already known at that time that certain diseases can be transmitted from animals, as well as when communicating with a patient, and that its causative agent can enter the body through various ways - through the mouth, nose, and genitals. Attempts to scientifically substantiate infectious diseases were expressed in the works of Hippocrates, Razi, Ibn Sina and others in the Middle Ages. Abu Ali ibn Sina, in his book "The Laws of Medicine", expressed his thoughts about the main causes of diseases, their triggers, symptoms of diseases and their prevention. It contains information about the invisible causes of several dangerous infectious diseases (cholera, plague, smallpox, tuberculosis, etc.) and their mechanism, as well as the important role of external factors such as polluted water and air in the development of infectious diseases.

ArRoziy described the diseases of smallpox and whooping cough. In his writings, he was one of the first to think about vaccinating healthy people with liquid from smallpox (pustula) blisters of patients in order to prevent smallpox. By the 17th century, the English physician E. D. Jenner proposed a smallpox vaccine to treat smallpox. The discoveries of the French scientist L. Pasteur and the German scientist R. Koch, who proved the role of microbes in the origin of infectious diseases, laid a scientific foundation for the doctrine of immunity. I.I. The researches of Mechnikov and his students, the works of D. I. Ivanovsky, who first described filterable viruses, became of great importance in epidemiology. As a result of the further development of medicine and health care, significant progress was made in the science and practice of E. In many countries, including Uzbekistan, a sanitary epidemiology committee was established under the leadership of leading epidemiologists.

The development of epidemiology in Uzbekistan is connected with the establishment of the Institute of Epidemiology, Microbiology and Infectious Diseases, and the success of major scientists such as L.M. Isayev, P.F. Borovsky, T.Kh. Najmiddinov in the fight against several infectious diseases in Uzbekistan, including malaria, rabies, leishmaniasis, dysentery. Also, Uzbek scientists A.Z.Zohidov, S.N.Bobojonov, I.Q.Musaboyev and others made a significant contribution to the development of sanitation and epidemiology with their work in the field of epidemiology. In the republic, studies are being conducted on the study of the epidemiology of infectious diseases and the development of measures to prevent them, as well as on the issues of reducing infectious diseases. Currently, a new field of epidemiology of non-communicable diseases has emerged, which studies the emergence, spread and elimination of epidemic diseases. Its main task is to develop prevention methods based on the analysis of data on the etiology and pathogenesis of such diseases and to reduce the number of deaths caused by malignant tumors and other chronic non-infectious diseases among the population. The Tashkent Medical Academy, as well as all existing medical institutes in Uzbekistan, and the Tashkent Medical Training Institute have E. departments.

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