

DIGESTIVE SYSTEM

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Abstract

Digestion is a complex physiological process, in which food is broken down into small particles as a result of physical and chemical changes, and is absorbed from the stomach and intestines into the blood and lymph vessels.

Keywords: digestion, proteins, food, fat

Grinding of food in the oral cavity with the help of teeth, in the stomach and intestine as a result of pendulum and peristaltic movement is called physical change. The breakdown of protein, fat, and carbohydrates in food under the influence of enzymes is called a chemical change. Digestive enzymes are divided into three groups:

1. Proteases are enzymes that break down proteins.
2. Lipase is an enzyme that breaks down fat.
3. Carbohydrases are enzymes that break down carbohydrates.

These enzymes are found under the tongue, under the jaw, in front of the ear, in the stomach and

it is produced from the glands located under the mucous membrane of the intestines and the pancreas.

As a result of physical and chemical changes, amino acids are formed from the breakdown of proteins in food, glycerol and fatty acids from the breakdown of fats, and monosaccharides from the breakdown of carbohydrates. They are absorbed into the blood and lymph vessels in the wall of the gastrointestinal tract.

The structure and function of the digestive organs

The digestive system consists of organs such as the mouth, larynx, esophagus, stomach, duodenum, small and large intestines, and the pancreas and liver.

Lips. The upper and lower lips consist of muscles that form the entrance to the mouth. When the lips are paired, the entrance to the mouth is closed.

The oral cavity is the initial part of the digestive system, where the teeth, tongue and ducts of the salivary glands are located. Nutrients undergo mostly physical and partly chemical changes in the oral cavity.

Teeth, their structure and hygiene. There are two types of teeth: milk teeth - 20, permanent teeth - 32. Milk teeth appear from six months to two years of age. A healthy child will have 8

milk teeth at the age of one, and 20 at the age of two. From six to twelve years of age, baby teeth fall out and permanent teeth appear in their place. The number of permanent teeth is 32, 16 on the upper and lower jaws, and 8 on the right and left sides of the jaws. The first 2 of these are incisors (shovels), one is a cusp, two are small incisors and three are large incisors. The larynx is a continuation of the nasal and oral cavity and consists of mucous and muscular layers. Its length is on average 15 cm in an adult, and it is divided into three parts - nose, mouth and larynx. The task of the larynx is to transfer food from the mouth to the esophagus and air from the nasal cavity to the pharynx. The lower part of the larynx is attached to the esophagus. Esophagus is 23-25 cm on average and consists of mucous and muscular layer. It is located at the back of the sternum. Its task is to move food from the throat to the stomach consists of

Duodenum. This is the initial part of the small intestine, the length of which is equal to the width of twelve fingers (25-30 cm). That is why it is called the duodenum. This intestinal cavity is filled with pancreatic juice and liver bile.

The small intestine is a continuation of the duodenum, its length in an adult is 5-6 m, and its width is 2-2.5 cm. Its wall is made up of longitudinal and circumferential smooth muscles. These muscles provide pendular and peristaltic (wave-like) movement of the intestine.

The large intestine is a continuation of the small intestine, and its length averages 1.5 m in an adult. It surrounds the small intestine in the abdominal cavity.

The liver is the largest gland in the human body, with an average mass of 1500 g. It is located in the upper part of the right side of the abdomen, that is, under the arch of the right ribs.

Pancreas

This gland is the second largest gland in the human body after the liver. Its mass is 70-80 g, thickness is 3-4 cm, height is 17 cm. It consists of three parts: head, body and tail. This gland is located in the upper part of the abdominal cavity, according to its name, under the stomach. A mixed gland according to the function of the pancreas. The cells of its part, called the islets of Langerhans, produce the hormone insulin.

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