

REASONS OF FATIGUE AND ITS SOLUTIONS

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Abstract:

Fatigue and apathy after a long working day is a natural and normal phenomenon. To get back to normal, a healthy person just needs to get enough sleep or make it to the end of the week off. But if rest does not help to return to a healthy state and fatigue does not leave a person, it is worth thinking about visiting a doctor.

Keywords: fatigue, deficiency, problems, vitamin.

When you wake up in the morning, you can barely get dressed and feel exhausted by the end of the day? You don't even have the energy and desire to walk on weekends, not to mention working days? Do you feel like you're going to fall from weakness after climbing several flights of stairs? All this can talk about serious health problems; some of them can be solved independently, while others require the help of a specialist. The authors of the book "Your Body's Red Light Warning Signals", published in America, said eight common causes of constant fatigue.

CAUSES OF CONSTANT FATIGUE

1. DEFICIENCY OF VITAMIN B12

This vitamin helps your body's nerves and red blood cells work. The latter, in turn, participates in the transport of oxygen to the tissues, and without oxygen (in anemia), the body cannot convert nutrients into the necessary energy. Therefore, weakness is observed in vitamin B12 deficiency. This condition can also be identified by other symptoms: for example, it is often accompanied by diarrhea, and sometimes it is accompanied by numbness in the fingers and toes and problems with memory.

What to do. Vitamin deficiency is detected by a simple blood test. If it shows a positive result, it is recommended to eat more meat, fish, dairy products and eggs. The vitamin is also produced in medicinal form, but it is not easily digested and is usually prescribed only in extreme cases.

2. VITAMIN D DEFICIENCY

This vitamin is unique because it is produced by the body's own forces. However, for this, you need to spend at least 20-30 minutes in the sun every day, but this has been criticized a lot lately. The press is full of warnings about the risk of premature aging, pigmentation and cancer. Of course, this view is partly correct, but too much caution is dangerous for health. Doctors

warn that vitamin D deficiency can lead to heart problems, high blood pressure, neurological diseases and some types of cancer.

What to do. Vitamin D levels are also determined by a blood test. In this case, to overcome fatigue, vitamin D reserves can be replenished with a fish diet, eggs and liver. But sunbaths are also necessary. Walking in the fresh air for 10 minutes a day is enough to eliminate fatigue.

3. TAKING MEDICINES

Read the instructions for the medication you are taking. Perhaps its side effects include fatigue, apathy, weakness. However, some manufacturers may "hide" this information from you. For example, antihistamines used to treat allergies can literally drain your energy, even though you won't see that information on the label. Many antidepressants and beta-blockers (antihypertensive drugs) have similar effects.

What to do. Each person's body reacts differently to drugs. The form and even the brand of the drug can be important. Ask your doctor to suggest a different drug - changing pills will probably get you back to normal.

4. DISORDER OF THYROID GLAND ACTIVITY

Thyroid problems can also manifest in changes in body weight (especially difficulty losing weight), dry skin, infertility, and menstrual cycle disorders. These are the usual symptoms of hypothyroidism - a decrease in the activity of the thyroid gland, in which the body lacks the hormone that controls the metabolism. In advanced cases, the disease can lead to joint diseases, heart disease and infertility. 80% of patients are women.

What to do. To relieve the fatigue associated with this condition, it is necessary to go to an endocrinologist and determine how intensive treatment you need. Usually, patients are on hormones for the rest of their lives will have to follow replacement therapy, but the results justify the means.

5. DEPRESSION

Weakness is one of the most frequent companions of depression. On average, about 20 percent of the world's population suffers from this condition.

What to do. If you do not want to take pills and go to a psychologist, try to do sports. Physical activity is a natural antidepressant and contributes to the production of serotonin, the "happiness" hormone.

6. INTESTINES RELATED PROBLEMS

Gluten disease, or celiac disease, affects about one in 133 people. The essence of the disease is that the intestines cannot digest the gluten of grains, which means that if you eat a lot of pizza, cookies, pasta or bread during the week, you will experience abdominal discomfort,

diarrhea, joint discomfort and fatigue observed. In this way, the body reacts to the lack of nutrients due to impaired intestinal absorption.

What to do. First, you need to undergo several tests to make sure that the problem is in the intestines. In some cases, endoscopy is required to confirm the diagnosis. If the answer is positive, you will need to seriously revise the diet to prevent burnout.

7. HEART PROBLEMS

About 70% of women who have experienced a heart attack complain of sudden and prolonged weakness and constant fatigue before the heart attack. Although heart attack is not very painful in the beautiful half of humanity, the percentage of death due to heart attack among women is constantly increasing.

What to do. If you have other symptoms of heart disease - loss of appetite, difficulty breathing, infrequent but sharp pains in the chest - it is better to consult a cardiologist. An electrocardiogram (ECG), echocardiogram, or ultrasound examination may be necessary. Treatment depends on the test results. In order to prevent heart disease, it is possible to prioritize low-fat foods in the diet and engage in light physical exercises.

8. DIABETES

Diabetes can make a patient tired in two ways. First: when the patient's blood sugar level is too high, glucose (that is, potential energy) is literally washed out of the body and is wasted. So the more you eat, the worse you feel. By the way, the condition of constantly elevated blood sugar has its own name - potential diabetes or prediabetes. It is not yet a disease, but it is also manifested by constant fatigue.

The second problem is strong thirst: the patient drinks a lot of liquid, and because of this, he has to defecate several times at night - as a result, healthy sleep is disturbed, and as a result of lack of sleep, a person is accompanied by chronic fatigue.

What to do. Other symptoms of diabetes include frequent urination, increased appetite, and weight loss. If you suspect that you have this disease, the best way to check your suspicions is to donate blood for analysis. Patients with diabetes need to follow a diet, regularly check their blood sugar levels, take medications, and possibly exercise. If prediabetes is diagnosed, excessive physical activity can worsen the condition.

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