

## INCREASING TESTOSTERONE

Mo'minova Hilola

Boymurodova Dildora

Teachers of the Technical College of Public Health named after Abu Ali ibn Sino

### Abstract:

Testosterone is one of the most important hormones produced by the endocrine system. This hormone exists in both sexes, but it is especially abundant in men. This hormone is important for men.

**Keywords:** testosterone, hormone, endocrine, organism.

It is this hormone that corresponds to the characteristics that distinguish the male organism from the female organism in the biological plan. Therefore, it is very important for men to maintain a high level of testosterone. Nevertheless, sometimes the work of the endocrine system is disturbed and the hormone level decreases. Can this event be prevented?

### WHAT IS TESTOSTERONE, WHAT IS ITS NORM?

In men, testosterone is synthesized in the gonads - testicles (testicles), as well as in the cortex of the adrenal glands. According to its chemical structure, the substance belongs to the steroid class. In the process of hormone synthesis, the pituitary gland and hypothalamus are also involved, which release enzymes that instruct the endocrine system to start synthesizing the hormone.

In many cases, testosterone in the body depends on various proteins. Free testosterone makes up about 2% of the total hormone content. Testosterone reaches its maximum concentration in men aged 18-20. Then the hormone level decreases. Starting around age 35, testosterone levels decrease by 1-2% per year. A decrease in the amount of hormones in the blood is a natural process in men as they age. But in many cases, low levels of hormones are observed in young and middle-aged men. This condition is certainly not normal and requires treatment.

### SYMPTOMS OF TESTOSTERONE DEFICIENCY

A number of symptoms are observed when testosterone decreases in men. They are as follows:

- Depression, loss of interest in the surrounding world;
- Decreased libido or impotence;
- Obesity;
- Feminization - loss of body hair, gynecomastia;
- Decreased muscle mass;
- Memory impairment, disorientation.

## CAUSES OF DECREASE TESTOSTERONE

Hormone levels can decrease for various reasons. But, as a rule, they are divided into primary causes caused by endocrine diseases and secondary causes caused by external factors and factors related to a person's lifestyle.

What factors can cause a decrease in testosterone levels? They are:

- Lifestyle, for example, inactivity;
- Drinking alcoholic beverages;
- Various diseases;
- Eating less;
- Excess weight;
- Unbalanced sex life;
- Harmful habits;
- Stress;
- Insomnia;
- Medical treatment;
- Exposure to harmful substances in the environment.

Most of testosterone is produced in the body from cholesterol. Therefore, the diet should include products that preserve it in large quantities:

- Fish;
- Meat;
- Liver;
- Eggs;
- Caviar;
- Milk.

Of course, there should be moderation here, because food products rich in "bad" cholesterol can cause problems with the cardiovascular system.

### Used literature:

1. Мак-Мюррей У. Обмен веществ у человека. М.: "Мир", 1980. -С. 35.
2. Матохина З.П. Основы физиологии питания, гигиены и санитарии. Учебник. Москва, 2002. -С. 198-233.
3. Ибрагимов Тахир «Можно ли побороть сахарный диабет» Ташкент-2019 148 б
4. Мамадалиева З. Р. Саидмуродова З. Значение микроэлементов в живых организмах. Самарканд-2015