

## «WATER IS THE SOURCE OF LIFE»

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**Annotation:** We must make it a habit not to waste water on earth.

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Indeed, water is a priceless gift of nature, without which there would be no life on earth. Most scientists also acknowledge that the first simple organisms appeared in water. As long as there is water, the plant world, the animal world and we humans are alive. From time immemorial, people have considered water sacred, worshiped water, worshiped water, built springs, streams, lakes and their environs. They practiced farming using water efficiently. The sacred book of Zoroastrianism «Avesto», created in the territory of our country III thousand years ago, also emphasizes the sacredness of water, the vitality of existence. At that time, whoever spat into the water, threw rubbish, and polluted the water, whether he was a ruler or an ordinary person, was severely punished and expelled from his ranks. The hydrosphere has always affected the earth's biosphere. All types of plants, animals have a certain amount of water in their bodies and bodies, in the mineral sedimentary rocks of nature and in the composition of the earth, soil and the atmosphere. Water occurs on Earth in 3 different states: liquid, gas (vapor) and ice. Water is the main factor of life and makes up 80-90% of the plant body, 75% of the animal body, 2/3 of the human body, or more than 70%. Under the influence of water, all the cells in the body undergo a metabolic process. Various compounds formed from nutrients absorbed by the body are transported and assimilated to the corresponding tissue cells by water. About 80% of the blood and flesh in a living body consists of water. According to medical data, when 6-8% of water is lost in the human body, the human body temperature rises, the skin becomes hot, the heartbeat and respiration speed up. As a result, there is a deep weakness throughout the body, and the person has a headache. If 12% of the water in the human body is lost, human death is inevitable. In particular, in temperate latitudes of 40 C north and 40 degrees south latitude, an average of 2-3 liters of water per day is required for each human organism. In hot climates, a person needs 6-8 liters of water per day. Aquatic environment covers  $\frac{3}{4}$  of the planet's territory, with total reserves of 1.5 billion cubic kilometers. 94% of this amount is very salty sea and ocean water. The poles and glaciers of the high mountains contain only 2.2% of the total water on Earth. The share of rivers, lakes, springs and various fresh groundwater is only 0.6%. Every year 41,500 km<sup>3</sup> of water flows from the earth's surface into the ocean. This means that the amount of water is 1.5 times more than the water of Lake Baikal. 56% of the annual land flow is in the Atlantic and Arctic basins, 44% in the Pacific and Indian Oceans, and 2.5% in closed watersheds. These figures show that freshwater resources on our planet are scarce and very unevenly distributed across the globe. The equatorial and temperate regions are better supplied with water than other regions. The main source of fresh water on land is rivers. The annual water consumption of rivers is 47,000 km<sup>3</sup>. However, some areas, especially Africa, the Australian mainland, and the Arabian Peninsula, have very little water supply. Only 1/3 of the world's population drinks quality water, another 1/3 drink poor quality water, and the rest meet little or no water needs. 2.5 billion people around the world need clean water. Every year, 3 million people die from water shortages. 25% of the world's population lives in water-scarce areas. In Central Asia, water is also unevenly distributed, with 27% of total water resources coming from Tajikistan, 27% from Kyrgyzstan, 39% from Kazakhstan, 6% from Uzbekistan, and 1% from Turkmenistan. The Central Asian region also has various landforms, steppes, deserts, valleys, oases and mountains, and water scarcity can threaten our region as well. This is stated by President Islam Karimov in his book «Uzbekistan on the threshold of the XXI century: a threat to security, conditions of stability and guarantees of development»: It is no coincidence that, according to the United Nations, about 2 billion people on the planet are currently suffering from a shortage of drinking water. , about half of the world's population is left with the

problem of drinking water. Uzbekistan has more water than any other country. About a dozen rivers, starting from the Pamirs and Tianshan Mountains, have long met the demand for water. The shortage of drinking water in some places has been increasing over the years. Laundry, dumping of various wastes into the river water, and dumping of oil residues are becoming a habit. If we don't prevent this, if we ignore it, soon there will be a shortage of water in our country. « For example, in the United Kingdom, two-thirds of freshwater needs are met, and in the United States and Japan, 9/10. In Germany, the Netherlands, Belgium and other countries, water pollution is high. Use groundwater and rainwater.

Water is the source of life. The earth appears to have water. Why doesn't the water run out after all this time? The question arises, of course. The main reason for this is that the water substance is in constant circular motion on the ground. That is, water from the oceans, seas, and other sources evaporates under the influence of sunlight and energy and rises into the air, increasing atmospheric humidity. Moist air, on the other hand, collides with the cold air layers in the atmosphere as it moves and condenses and falls back to Earth in the form of precipitation. Under the influence of the sun, snow and ice melt and flow back into the seas and oceans through rivers and streams. Every year, up to 1 meter of the ocean surface evaporates, but as a result of the circulating motion of the water, its place is always filled. Freshwater resources, which make up a very small part of the hydrosphere, have become increasingly polluted by the 21st century for a variety of reasons. Water pollution is a change in its physical properties, such as clarity, color, odor, taste, sulfides, chlorides, nitrates, an increase in the content of toxic heavy metals, a decrease in the amount of oxygen, the formation of radioactive elements, disease. Manifests itself in the presence of pathogenic bacteria. It has now been determined that more than 400 types of substances can contaminate water. Water pollutants can be divided into 3 groups. These are: Chemical, biological, physical substances. Among the chemical pollutants – oil and oil products, synthetic light-active substances, pesticides, heavy metals, dioxins, etc. Are common.

Among biological pollutants – viruses, bacteria and other pathogenic microbes stand out.

Among the physical pollutants – radioactive substances and heat, various powders are distinguished.

Chemical pollution of water is more common, it can be organic-phenols, pesticides, inorganic salts, acids, alkalis, toxic-arsenic, mercury, lead, cadmium compounds and non-toxic. Bacterial contamination of water is caused by the appearance of disease-causing bacteria, viruses (more than 700) in the water. Radioactive contamination of water is extremely dangerous, and even very small amounts of radioactive substances can have very negative consequences if they fall into the water. Mechanical pollution of water is explained by the influx of various mechanical compounds into the water, sand, mud. They worsen water quality. There is a saying among our people, «Water is clean by rolling seven,» but this saying does not meet the demand today. Because now «XXI – the century of the scientific and technological revolution», we must think through all the work we do, our various projects, because we may not be able to correct mistakes later. Today, there are a variety of global challenges, including freshwater shortages around the world. This problem cannot be solved unilaterally, but the peoples of the world must fight together. Only then will it be possible to prevent this problem. And we must protect every drop of water in our country, because it is our duty to future generations.

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