

THE IMPORTANCE OF PHYSICAL EXERCISES FOR YOUNG CHILDREN AND THE EFFECT ON THE DEVELOPMENT OF THE BODY

A. K. Rayimov

Senior Teacher, Fergana Public Health Medical Institute,
Fergana, Uzbekistan.

A. Babaev

Assistant, Fergana Public Health Medical Institute,
Fergana, Uzbekistan.

ANNOTATION

In this article, Abu Ali Ibn Sina's book "The Laws of Medicine" describes the exercise of the body, physical exercises and their beneficial aspects for the body. In addition, information is given on the importance of physical training of young children and the impact on the development of the body.

Keywords: Laws of medicine, physical exercise, anatomy, physiology, body training, air bath, sun bath, water bath.

Abu Ali Ibn Sina says that along with regular exercise, quality, moderate diet, fresh air, sleep, and keeping the body clean, calmness of the nerves is one of the most important and basic conditions of health.

In the first book of the "Laws of Medicine", Ibn Sina defines physical training as "Physical exercise is a voluntary action that forces a person to take deep breaths in a row."

That is why Ibn Sina manages to prove that the body of a person who is constantly engaged in physical exercises is very strong and is able to overcome any diseases.

He writes, "A person who exercises regularly and at the right time will not need treatment for diseases caused by disturbed postures." Also, if a person who is engaged in physical exercise suddenly stops exercising, it harms his health and he says that "a person often falls ill with lower back pain...".

Ibn Sina, in the first book of his work "The Laws of Medicine", emphasizes that physical training should be done in different ways and ways depending on the age, health and illness of a person. Especially, the fact that Ibn Sina raised the issue of the need to have a different attitude to physical training during childhood, adolescence, youth and old age shows that Ibn Sina's knowledge of human anatomy and physiology, the conditions of the human body depending on age, and his scientific understanding of the fact that the human body is constantly developing and progressing, - writes scientist Rakhimov S.

In this regard, in order for children to be healthy, Ibn Sina points out that it is most important to pay special attention to physical training from the first period of child education. According to Ibn Sina, the main goal of raising a child should be to train his body first. To accomplish this, he recommends a number of scientifically based rule systems. In particular, the skin of a newborn baby is very delicate, and everything around the child's body feels hard and cold. Therefore, the first step is to apply a moisturizer to ensure that the baby's skin is firm and that

it can withstand external influences. When applying namakob, it is necessary to take into account that the child does not touch his mouth, nose and eyes. Later, he advises to bathe the child in clean and warm water, hold him properly while bathing, and be careful not to let water get into his ears.

Ibn Sina well understood the law of the growth process of the children's organism and showed that young children need regular sleep at the right time compared to older people. The child's sleep is based on a strict regime, it is important to have it at the right time and at the same rate.

In order for the child's organism to train and grow normally, it is suggested to sleep in a house with clean air and moderate temperature, not to let sharp light into the house, and to ensure peace. Paying attention to ensuring that the child's figure and all organs are in the correct position when the child is laid in a blanket will lead to the correct growth of the body, making it strong and healthy. Ibn Sina advises that when a child is laid down, his head should be higher than other limbs, and the arms, legs, spine and neck should be avoided. He says that stroking the child's head and back after sleep, lightly massaging his arms and legs, and giving him a bath to refresh him greatly helps to strengthen the body.

In fact, the training process is the most complex and diverse complex of physiological events. Adaptation of the human body to constantly changing external conditions is carried out thanks to the activity of the central nervous system. The skin is directly involved in this process.

The skin protects the body from external temperature, light, chemical and mechanical effects, as well as the entry of microbes. The skin establishes a connection between the organism and the external environment, separates exchange products (salts, water) together with the skin and participates in heat management.

In infants, the process of heat regulation is not yet developed. Inadequate development of heat management is explained by the following characteristics: the child's light weight and relatively large skin coverage, as a result of which there is a mismatch between heat production and heat release.

A baby, especially a baby, absorbs and loses heat much more than an adult. Another reason why a child's body emits a lot of heat is that a child's skin is thin and delicate, and the pores of the skin capillaries are wider than those of adults.

A lot of blood comes to the child's skin, and therefore a lot of heat. The size and fine structure of the skin surface reduces the release of heat to the outside environment. Heat production occurs constantly in all tissues, but most heat is generated in the muscles and liver.

The mechanism of heat control in a child is a complex reflex process, which includes conditioned and unconditioned reflexes.

When starting to train a child's body, it is necessary to know the following basic rules of training very well - thoroughly. These are:

1. Regularity;
2. Increase exercise gradually and consistently;
3. Taking into account the specific characteristics of the child's body;
4. Use of various means of training.

If the child's body is exposed to low or high temperature every day, then the child will definitely have a conditioned reflex. However, since adaptation is an acquired trait, it can disappear when

training is stopped. This is why it is necessary to carry out tonic treatments regularly, that is, it is most appropriate if they are carried out consistently every day.

It has been found in the observations that children who have recovered are less likely to suffer from colds, and children are less susceptible to infectious diseases.

- In addition to the general rules of training in air training, it is necessary to pay attention to the following:
- It is better to start taking an air bath in the room and gradually go out into the open air when it comes to warm times of the year;
- When taking an air bath, it is necessary to gradually reduce the air temperature or gradually extend the duration of the air bath when the temperature remains the same;
- Air bath can be taken at any time of the day (in the conditions of Uzbekistan, it is better to take it in the morning and in the evening), but it is advisable to take it 1.5-2 hours after eating;
- Air humidity and movement should be taken into account. The higher the air humidity and the stronger the movement, the less time the child should spend in the air;
- The child should not be left cold at all. It is important that the child moves while taking an air bath. For this, it is necessary to play with him or make him do gymnastics, small children are sometimes placed on their stomachs, sometimes on their backs. It is necessary not to allow the child to sweat.

Summer and the beginning of autumn are the best time to train children with water. Always remember that the best time to use water treatments for rejuvenating is in the morning or when you wake up in the afternoon, because after waking up, the skin has a more uniform temperature, so the skin's response is uniform over the entire surface of the body.

Young children should bathe in water with a temperature of 32°C, and by the end of the year, the temperature of the water is lowered to 20°C.

Conditioning the body against heatstroke, making it resistant to high environmental temperatures, is usually achieved through the use of sunlight.

Sunlight has a strengthening effect on the body, improves sleep, improves mood, relieves pain. Under the influence of sunlight, heat exchange in the body is well managed, and under the influence of ultraviolet rays, the formation of vitamin "D" in the body is ensured.

In the conditions of Uzbekistan, when taking sun baths, it is necessary to put a panama hat on the child's head, and put on dark glasses that do not transmit light. After taking a sun bath, it is recommended to take a shower or pour 30-38° water on it, and gradually cool down the water temperature. After bathing, it is advisable to lie down in a cool place for 20-30 minutes.

Of course, before organizing such training, it is necessary to conduct a thorough medical examination of children, to conduct all training activities under the supervision of a doctor.

If children are regularly exercised in the family or in children's institutions, they will grow up strong and healthy.

Also, the great thinker says that food is the only source of energy in maintaining the constant temperature of the child's body and managing the activity of all organs. That's why it is important for the child to eat on time, if the regime is broken, especially children's appetite will be negatively affected, their body will weaken, lethargy, sleeplessness will appear, and as a result, - says the scientist, - all kinds of diseases can occur.

Ibn Sina considers shaking the baby slowly, softly playing soft music or a pleasant voice to strengthen and refresh the baby's body in order to train the child's body and ensure its mental development.

In short, the scientist believes that these tools will make the child's body strong, and they will be raised mentally and creatively, inclined to music.

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