ORIGINAL ARTICLE

INTERNATIONAL JOURNAL OF ARTIFICIAL INTELLIGENCE

ISSN: 2692-515-x, Impact Factor: 9.23

American Academic publishers, volume 6, issue 01,2026

Journal: https://www.academicpublishers.org/journals/index.php/ijai

THE IMPORTANCE OF WATER IN THE GROWTH AND DEVELOPMENT OF YOUNG ADOLESCENTS AND CHILDREN

Ibrayımov Azizbek

Uzbek State University of Physical Education and Sports, Nokis Branch

Annotation

The importance of drinking water in the comprehensive growth and development of young children and adolescents, their ability to resist both positive and negative environmental influences, and the proper growth and development of the body.

Key words

in growth, development, the importance of water, of the organism.

Annotaciya

Jas balalar hám óspirimlerdiń hár tárepleme ósip rawajlanıwında sırtqı ortalıqtıń unamlı hám unamsız tásirlerine qarsı tura alıwı, organizimniń tuwrı ósip rawajlanıwında ishimlik suwınıń áhmiyeti haqqında.

Gilit sózler

ósip, rawajlanıwında, suwınıń, organizimniń, áhmiyeti.

Аннотация

Способность противостоять как положительным, так и отрицательным воздействиям окружающей среды на всестороннее развитие детей и подростков, а также значение питьевой воды для правильного роста и развития организма.

Ключевые слова

значение воды в росте, развитии, организма.

Mineral water is made of hydrogen, the most abundant naturally occurring mineral in the world

of oxygen was calcd. Water was considered to be the most powerful belief in the life of living beings. Water was considered to be the most essential fluid in the fields of life. he died, he lived, he could not imagine life without it. It is possible for humans and animals to get pregnant for a month without food, but they do not get pregnancy in a bag without water.

Water absorption was calculated as the rate of the process. When water meets hygienic requirements, it is considered a guarantee of human health. Recently, the supply of clean drinking water, which is necessary for humans, is becoming increasingly difficult in the countries of the world. [9 , 10].

We need 65-70% of a certain human body water. Recently, thirst has been a serious problem in animals such as humans. If 6-8% of the body's water is lost, the temperature rises, the skin becomes warm, the heart rate, breathing accelerate, and the muscles become tense. He pressed his eyes closed in pain. If my body loses 10% of water, it puts my body in a heavy state. A loss of 15-20% of water can lead to death. The people of Asirese Keselment cannot stand the lack of water. In the case of dehydration, the process of absorption of substances in the body is impaired, sugar substances in the urine increase, the blood composition is impaired like acidic food.

ORIGINAL ARTICLE
INTERNATIONAL JOURNAL OF ARTIFICIAL INTELLIGENCE
ISSN: 2692-515-x, Impact Factor: 9.23
American Academic publishers, volume 6, issue 01,2026
Journal: https://www.academicpublishers.org/journals/index.php/ijai

Water is considered to be a physiologically important fluid that maintains the internal homeostasis of the human body in a normal environment. Water entered the body with me in various ways, new tea, coffee, lemonade in the form of water, raw food in the form of other drinks fell into the body with me. Water is also considered to be present in the structure of hormones secreted by various glands in the tissues of the body, interstitial cells, lymph, blood, and digestive fluids. Water is actively involved in the biochemical processes of the body, in the absorption of substances. Water was also necessary in the dissolution of substances that carried food to the blood. In the dissolved or semi-dissolved water, the last food residues in the form of raw urine, salt, dissolved harmful substances in the body. In order to absorb the heat used in the process of absorption, the organism, of course, needs water. [5 , 7].

If the surrounding air temperature is uniform, the human body can absorb 2.5-3 liters of water, calculating the nutrients and the liquids in its structure. In case of extreme temperatures, the body's water requirement may be 6-8 liters, in warm countries it may exceed 10 liters.

If for any reason the water content of the body is reduced, it is possible to impair the absorption of water and salt substances in the body, where the blood clotting is increased, leading to the impairment of physiological, biochemical and physical processes in the body.

Of course, the disturbance of the physiological balance of the body does not have a direct impact on children in the growing period. Finally, it is necessary to pay attention to the development of sports activities that affect the raw aspirations of children of adolescence. If the routine of sports activities is not normal, the processes of recovery of the body are hampered, which in turn leads to serious physical stress. We were told that this is a key process from a certain force. The necessary vitamins, protein, carbohydrates, and organic matter are guaranteed in the diet. In general, the increase in inorganic substances and salts in the structure of sports equipment had a negative impact on children who were growing up and becoming popular. The reason is that the increase in salts in the structure of the body has a negative effect on the blood through the water in the raw, the supporting organs through the blood, the bones. In this case, the mortar of the bones was improved by the crude calculation. If the bones were broken, it would lead to serious consequences in sports. Although the presence of red bone marrow led to the deterioration of the body of athletes. Such changes were observed in the calculation of the bones of the legs in the crude heavy athletes of the wrestlers.

Finally, it is necessary to examine the content of inorganic substances in the daily routine of sportsmen and organic raw materials. Of course, it does not have a negative impact on the sports teams.

As we have already mentioned, if water absorbs all the necessary and unnecessary elements into the bloodstream, then questions will arise about whether our daily drinking water meets the requirements. The Kopshilik regions are not supplied with drinking water. Our water itself is salty, and if it is cloudy, it dissolves the salt in our blood through water. In the province, which was not supplied with drinking water, which had been purified from the last day, it was observed that the teeth of the Jasawshi people were turning yellow and growing quickly, and that their bones were growing mortar and lagging behind in the development. It is possible to cause harm to water that is used only for the purpose of complying with hygiene rules. Water mixed with chemicals can be used by humans to poison a person with a new function. Water was also the cause of the spread of various sensitive and non-sensitive objects.

Water makes up the cellular part of each organ, for example, it was calculated that 90% of the blood is water, the brain is 85%, the muscles are 75%, the liver is 65%, the bones are 28%, and the adipose tissue is 25%. All chemical reactions in the body take place in the presence of water. [7].

ISSN: 2692-515-x, Impact Factor: 9.23
American Academic publishers, volume 6, issue 01,2026
Journal: https://www.academicpublishers.org/journals/index.php/ijai

Our father Ibn Sino, the master of the medical world, left a letter like this in the field of water. I don't know how the water is, if it's accepted, it's not worth it. The benefits of water drunk in the stomach during the call to prayer were much greater than the water drunk during the fast. Ibn Sinon's wise saying was implemented in the world. This method was considered to be an onymli in Judea. If a person woke up from sleep and drank fresh water while his body was still eating, it was considered useful for his new body. [11 , 12].

The food and water drunk in the stomach during the call to prayer quickly awakened the stomach and gave him the opportunity to be taken into exile. Your current olive tree is hungry

The stomach itself was able to eliminate ulcers, pancreatitis, and cholestasis in the kidneys. With me, the human body restored the lost energy, the process of metabolism was interrupted. The body sensed that the person was awake. In the process of absorption, the body's crude toxins were absorbed by the stomach walls. During the call to prayer, the food was eaten in the stomach and the water was absorbed by the body. The water boiled in the call to prayer melted the oils in the body and gave strength to the water of the qadi-qawmettin. The water, which was consumed for two months, helped to get rid of all kinds of unnecessary cholesterol in the body. As a result, the frozen fats do not stop melting, the body is saturated with oxygen, the skin is covered with moisture. If this is the case, it will give you a sign that your blood is filtered at the right level. The raw salts, slags, stones in the kidneys, sand in the grass were washed away and brought to the surface.

The lymph nodes were dilated, the blood circulation was blocked, the juvenile artery was blocked. In the end, the immune system gave a boost, it gave a boost to the quality of the skin, scissors, eyelashes, chess entered the shiny corridor. Before the adhan, it is necessary to drink water for 45 minutes. Cold water accelerated the digestion, and warm water strengthened the motor of the digestive system. The warm water quickly cleansed the body of slags and brought the body back to health. Water is considered to be the most important source of life for human life, for the world of living organisms, new animals, plants, and for the survival of plants. [1 , 2].

References:

1. Sh. Otaboev, Z. Malikov, Sh. Mamadaliyev, M. Mirsoburov. “Ekologiya”. – Toshkent: “Óqituvchi”, 2011.
2. H. S. Yóldoshev, Sh. M. Avazov. “Ekologiya va tabiatni muhofaza qilish asoslari”. – Toshkent: “Ilimziyo”, 2004.
3. I. Xolliyev, A. Ikromov. “Ekologiya”. – Toshkent: “Talqin”, 2004.
4. Sodiqov Q., Aripova S. H., Shaxmurova G. A. “Yosh fiziologiyasi va gigiyena”. – Toshkent: “Yangi asr avlodi”, 2009.
5. Karimova M., Rustamov A. “Inson fiziologiyasi”. – Toshkent: “Ózbekiston milliy ensiklopediyasi”, 2012.
6. Nazarov B., Yusupov M. “Sport biologiyasi va gigiyenasi”. – Toshkent: “Óqituvchi”, 2016.
7. Qodirov O. “Inson organizmida suv va mineral moddalarning almashinuvi” // “Tibbiyot va hayot” jurnali, 2018, №4.
8. R. I. Axmedov. “Gigiyena asoslari”. – Toshkent: “Fan”, 2010.
9. Ǵaniyev A., Madraximov B. “Ekologik xavfsizlik va suv resurslarini boshqarish”. – Toshkent: “Tafakkur”, 2015.

ISSN: 2692-515-x, Impact Factor: 9.23
American Academic publishers, volume 6, issue 01,2026
Journal: https://www.academicpublishers.org/journals/index.php/ijai

10. World Health Organization (WHO). “Guidelines for Drinking-Water Quality”. – Geneva: WHO Press, 2022.
11. Ibn Sino (Avicenna). “Tib qonunlari” (Al-Qanun fi-t-tibb). – Toshkent: “Fan”, 1993.
12. Mamatqulov N., Tóxtayev A. “Sportchi organizmida suv almashinuvi va fiziologik ózgarishlar” // “Jismoniy tarbiya va sport” ilmiy jurnali, 2020, №2.