

**THE URGENTITISM OF THE INCREASED BLOOD PRESSURE THAT IS  
DEVELOPING AMONG OUR COUNTRY'S POPULATION TODAY**

**Murtazayeva Xadicha Nuriddinovna**

Teacher of Termez branch Tashkent medical academy

xadichamurtazayeva7777@gmail.com

**Abdug'afforova Dilchehra Abdusalomovna,**

**Norqobilova Sevinch Nuriddinovna**

**Abstract:** The external environment plays a significant role in the development of modern diseases, and it affects the development of hypertension, and the most rational and useful harmless way to prevent this is to calm down. If a person does not keep his nerves, hypertension can be aggravated even more. About high blood pressure (hypertension) - causes, symptoms, classification, treatment methods. Relevance: Today, hypertension, which is ongoing all over the world, is very difficult for patients. At this time, very negative effects are occurring on the human body. How to correct such diseases in the human body, how long does their recovery period last and how much money does it cost. At this point, the question arises: what is hypertension? What kind of disease is it, diarrhea or heart failure? Hypertension is a sharp increase in blood pressure in the human body, often a violation of the circulatory system.

**Keywords:** Hypertension, Etiology, Pathogenesis, Clinical symptoms, Changes in the patient, Stages of the disease, Treatment methods

**Purpose:** Prevention of hypertension and development of measures, compliance with external and internal environmental factors in restoring human health. Increased blood pressure, or hypertension, is one of the most common diseases of the cardiovascular system today. The disease is manifested by an increase in arterial blood pressure and often occurs when its indicator exceeds 140/90. According to many experts in the field of cardiovascular diseases, hypertension often occurs as a result of circulatory system disorders. Heart failure is also one of the causes of this. This disease can provoke the development of secondary diseases in patients, for example, diseases such as stroke and heart attack. High blood pressure has a negative effect on blood vessels, as they can suddenly narrow for a short time. With very high pressure, some blood vessels can no longer withstand the pressure and rupture, causing internal bleeding. Hemorrhagic infarction occurs in organs where the vessels have lost their elasticity and are prone to fragility. Hypertension is a disease that occurs as a result of impaired nerve function of blood vessels in a patient with hypertension. These diseases are more likely to occur in people over 40 years of age, but this disease is also observed in young people in these years. Women and men suffer equally from hypertension. This disease is considered a cardiovascular disease.

According to research, hypertension is one of the main causes of disability on our planet. According to statistics, if first aid is provided late for high blood pressure, the condition of patients can worsen significantly, even leading to death. The main symptoms of high blood

pressure are headaches due to spasm and narrowing of the cerebral vessels. Also, tinnitus, decreased visual acuity, weakness, sleep disturbances, dizziness, headache, and increased heart rate are often observed. These symptoms are felt in the human body in the middle stage of the disease. Later, due to prolonged strain on the heart, heart failure occurs and the following diseases occur: easy nosebleeds, vomiting, insomnia, memory impairment, redness of the skin after any physical activity, severe pressure in the eyes, pain in the eyes when the patient looks around, so they prefer to lie in a quiet and peaceful place with their eyes closed, rapid heartbeat, tissue damage, fatigue.

In the current case, the causes of hypertension are related to the external environment, and the cause of the development of the disease is prolonged stress and depression, frequent psychological stress. Often, this is caused by work that requires constant emotional tension. In addition, patients who have suffered a concussion are also at high risk of developing the disease. Hereditary predisposition is also among the reasons: if a person has had this disease in his family, then the risk of developing this disease increases several times. The main factor influencing the development of the disease is a sedentary lifestyle. As people age, atherosclerosis can develop in people, and an increase in blood pressure against the background of this change further aggravates the situation. This is very dangerous for life, because through narrowed blood vessels, blood does not flow or does not flow enough to part of the brain, heart, and kidneys. If there are clots and cholesterol deposits in the blood vessels, they break off during high pressure and become clogged in the capillary blood vessels. In this case, myocardial infarction or stroke occurs. The cause of high blood pressure in women may be hormonal changes during menopause. Salt, or more precisely the sodium it contains, as well as smoking, alcohol abuse, and obesity, also put pressure on the cardiovascular system.

## STAGES OF HYPERTENSION

Modern medicine distinguishes 3 stages of arterial hypertension.

- Stage 1 – Blood pressure is in the range of 140-159/90-99 mm Hg. Bleeding and may increase again.
- Stage 2 – Blood pressure is in the range of 160-179/100-109 mm Hg. Arterial blood pressure rises rapidly and rarely returns to normal.
- Stage 3 – Pressure rises above 180/110 mm Hg. Pressure is constantly high, and its decrease occurs due to heart disease.

In the treatment of the disease, a qualified doctor selects an individual course of treatment with drugs for each patient, in most cases the following drugs are prescribed. Thiazide diuretics - these drugs reduce the level of fluid in the body and, as a result, lower blood pressure. Sartans (angiotensin II receptor blockers) - have been used since the 1990s and are among the most modern drugs, maintaining blood pressure within 24 hours after a single dose. Calcium antagonists - are prescribed when heart abnormalities, arrhythmias, angina pectoris and cerebral atherosclerosis are observed. Beta-adrenoblockers - normalize the heart rhythm. Alpha-adrenoreceptor blockers - very carefully dilate blood vessels. Improper nutrition is also a factor in the development of hypertension. This disease occurs if a person

consumes more than the norm of meat, fatty meat, fried foods, smoked products and pickles. It would be advisable for everyone to include in their daily diet more products that help fight the disease. For example, we can give them vegetables, fruits, berries, greens, dietary meat, beans, rice, buckwheat, etc.

**Conclusion:** During treatment, it is advisable for patients to avoid any stress or emotional strain. Patients are recommended to take walks in the fresh air: around the pool, in the garden, in the forest.

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