INFLUENCE OF ENVIRONMENTAL FACTORS ON THE RESPIRATORY TRACT OF CHILDREN

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Аннотация. *В развивающихся регионах проблемы, связанные с загрязнением окружающей среды, могут привести к развитию различных заболеваний у детей. Экологические изменения приводят к усилению иммуносупрессии или иммунодепрессии. Это, в частности, ослабляет естественные защитные силы организма. Ослабленная иммунная система накапливает экофакторы. В результате у детей развиваются респираторные заболевания.*

Развитие некоторых заболеваний может зависеть также от температуры воздуха, то есть от снижения или повышения влажности в жилых помещениях.

Ключевые слова: *Климат, бронхит, астма, область, экофактор, антропогенный, механизм, зрелый, дым, влажность, сосудистый, профилактика, биостатический анализ, контроль, память, исследование.*

Abstract. *In developing regions, problems associated with environmental pollution can lead to the development of various diseases in children. Environmental changes lead to increased immunosuppression or immunodepression. This, in particular, weakens the body's natural defenses. A weakened immune system accumulates environmental factors. As a result, children develop respiratory diseases.*

The development of some diseases can also depend on air temperature, that is, on a decrease or increase in humidity in living spaces.

Keywords: *Climate, bronchitis, asthma, region, ecofactor, anthropogenic, mechanism, mature, smoke, humidity, vascular, prevention, biostatic analysis, control, memory, research.*

Currently, rapidly developing regions are facing problems related to environmental pollution. This leads to the accumulation of ecofactors in the atmosphere, land and sea animals, and living organisms. In other words, ecofactors are conditions that determine the successful existence and development of a living organism in a favorable environment.

Abiotic factors (light, temperature, humidity, soil composition, wind, water...), biotic factors (predation, competition, pollination, parasitism...) and anthropogenic factors (pollution, deforestation, construction...) pose a serious threat to children's health. These factors have a specific impact not only on children, but also on the elderly, as well as on all living things, and are considered extremely dangerous for ecosystems. Therefore, environmental problems provide an excess of eco-factors.

As a result, they lead to an increase in immunodepression or immunosuppression. This, in particular, weakens the natural protective functions of the child's body.

In recent years, a number of illnesses have been reported that are associated with the accumulation of various environmental factors in the respiratory tract of children. Children with respiratory diseases such as asthma, bronchitis, and chest infections may experience coughing, shortness of breath, wheezing, and pneumonia.

Some diseases are also characterized by a dependence on air temperature. Due to the increase and decrease in air humidity in certain places of residence, the number of diseases associated with these factors increases, not only in children but also in adults. This is associated with climate change.

Respiratory diseases in children can also be associated with air pollution in the areas where they live.

A child's body is sensitive to certain environmental factors. This also affects the state of his immune system.

The child's immune system acts as a defense mechanism against various pathogens and environmental factors. This mechanism regulates the functioning of all body systems, ensuring its survival. Since the newborn's immune system is not as mature as that of an adult, vaccination is carried out. Vaccination promotes the development of the child's immune system.

The literature shows that the occurrence of respiratory diseases in children can also be observed in conditions of smoke, fog and high humidity.

The impact of the natural and artificial environment on the child's body weakens the immune system. This leads to the development of respiratory diseases, which can later lead to cardiovascular diseases.

To protect children from various environmental hazards, it is necessary to study the causes of risk factors and carry out preventive work to eliminate them. It is necessary to identify negative health risk factors, in particular, environmental and professional factors. It is necessary to use biostatistical analysis.

To protect children's health, it is necessary to study the characteristics of respiratory pathogens. It is necessary to take into account not only environmental factors, but also situations related to environmental pollution. It is necessary to control environmental pollution and improve social conditions in areas affected by pollution.

Some studies have examined respiratory diseases in children using standardized methods. This study examined the medical history of children living in areas with favorable environmental conditions and high levels of pollution. The study selected children of the same sex, age, and with the same pathogen.

Children living in areas with favorable social conditions were treated more quickly, while those living in unfavorable conditions had more chronic diseases. It follows that children living in dirty areas have a worse social position and are more susceptible to diseases.

Social conditions can also include the impact of various types of transport on the environment, indoor air pollution and tobacco smoke.

Based on the above, it can be said that not only environmental factors, but also pollution associated with living conditions, negatively affect the child's respiratory tract, which can lead to the development of lung diseases.

Some studies have shown that children living in areas with high levels of air pollution are at higher risk of developing asthma. Asthma affects the development of the immune system, weakening its defenses. This can lead to conditions associated with memory loss.

There is extensive research into the epidemiology of respiratory diseases in children worldwide. Epidemiology is the study of conditions associated with living organisms.

Epidemiology is the study and analysis of various factors, as well as the prevention of disease development. That is, the study of the origin of disease-causing factors and the formation of evidence. Epidemiologists collect and analyze data. They study the health of children, primarily by studying the causes of diseases, investigating epidemics, conducting environmental epidemiological studies and other clinical studies. They monitor the course of treatment and compare the incidence rate with the initial state.

Based on the above, it can be said that it is necessary to observe the life of a young child in nature. For this purpose, it is advisable to consider the theory of hygiene.

To prevent the accumulation of environmental factors in the respiratory tract of children, protective programs should be developed. Standardization work should

be carried out in areas prone to pollution. It is important to strengthen protective measures against pathogens that spread in the environment in various ways.

To regulate environmental factors, it is necessary to increase the amount of eco-technogens and regulate their correct use.

Ecotechnology is the effective use of technological tools to manage ecosystems by regulating environmental factors. It controls the use of natural factors to meet human needs.

Ecotechnologies manage ecosystems, minimizing the harm caused by environmental factors to the global environment.

The basic principles of ecotechnologies stem from ecosystem problems. Such technologies represent a structure of options for improving the state of the ecosystem at low cost, but with associated harm to the global environment.

Thus, socio - economic factors associated with environmental pollution disrupt the respiratory function of children. Additional laboratory studies are needed to study the mechanism of this disruption. At the same time, it is necessary to apply in practice the results of studies related to the living conditions and life of the child. These and other positive approaches make it possible to reduce the incidence of respiratory diseases in children.

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