



**THE ADVANTAGES OF STUDYING MENTAL DISORDERS IN CHILDREN
BORN FROM MARRIAGES BETWEEN CLOSE RELATIVES**

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Resume: *Despite the presence of a large amount of scientific data on the negative impact of closely related marital unions on the health of children born to such families, at present in a number of countries the importance of this problem is not diminishing.*

The article reflects the position of modern clinical guidelines, the results of recent studies and some controversial and unresolved issues.

Key words: *consanguineous marriage, heredity, mental illness, mental disorders*

**ПРЕИМУЩЕСТВА ИЗУЧЕНИЯ ПСИХИЧЕСКИХ РАССТРОЙСТВ
У ДЕТЕЙ, РОЖДЕННЫХ ОТ БРАКОВ МЕЖДУ БЛИЗКИМИ
РОДСТВЕННИКАМИ**

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Резюме: Несмотря на наличие большого количества научных данных об отрицательном влиянии близкородственных брачных союзов на здоровье детей, рожденных в таких семьях, в настоящее время в целом ряде стран значимость данной проблемы не уменьшается.

В статье отражена позиция современных клинических рекомендаций, результаты последних исследований и некоторые спорные и нерешенные вопросы.

Ключевые слова: близкородственный брак, наследственность, психические заболевания, психические расстройства.

YAQIN QARINDOSHLAR O'RTASIDAGI NIKOHDAN TUG'ILGAN BOLALARDA RUHIY BUZILISHLARNI O'RGANISH AFZALLIKLARI

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Rezyume: Bir-biriga yaqin bo'lgan nikoh uyushmalarining bunday oilalarda tug'ilgan bolalarning sog'lig'iga salbiy ta'siri to'g'risida ko'plab ilmiy ma'lumotlar mavjudligiga qaramay, hozirgi kunda bir qator mamlakatlarda ushbu muammoning ahamiyati kamaymayapti.

Maqolada zamonaviy klinik tavsiyalarning pozitsiyasi, so'nggi tadqiqotlar natijalari va ba'zi munozarali va hal qilinmagan masalalar aks ettirilgan.

Kalit so'zlar: yaqin nikoh, irsiyat, ruhiy kasalliklar, ruhiy kasalliklar.

Relevance. Despite the emerging downward trend in related marriages in recent decades, this problem affects at least 20% of the world's population and dozens of countries.



The prevalence of consanguineous marriages in the world varies significantly, ranging from 0.1-0.4% in the United States and European countries to more than 50% in North Africa, the Middle East and Western Asia.

The most common form of kinship marriage is a marriage alliance between cousins. In general, rural residents with a lower level of education are more likely to enter into a family marriage. Consanguineous marriages can be of various types in communities: most often they are between cousins and second cousins, less often between uncle and niece [3,5].

Marriage between siblings (incest) is considered unacceptable and prohibited by law in most world cultures. To assess the degree of kinship between representatives of different populations, the inbreeding coefficient is used, which determines the probability with which a particular locus will contain two genes descended from a common ancestor in a descendant from a related marriage [4]. The inbreeding coefficient is a quantitative measure of inbreeding, designed to assess kinship between parents, although it is estimated by offspring [3].

The adverse effects of inbreeding are manifested in the fact that recessive genes of hereditary diseases will be found in a set of genes inherited from common ancestors. Accordingly, in children of parents who are blood relatives, they can go into a homozygous state. Therefore, with an increase in the degree of parental kinship, a part of the genome of common ancestors may increase, which will pass into a homozygous state.

This, in turn, increases the likelihood of developing recessive hereditary diseases. In most cases, the rarer the frequency of the recessive disease gene in a population, the higher the chances that such a disease will manifest itself in consanguineous marriage [1].

For example, if the frequency of the recessive disease gene in a population is 0.001, the probability of husband and wife heterozygosity for this gene will be 0.000004. However, if one of the spouses in such a marriage is a carrier of this gene, the probability for the second spouse to have this gene is equal to the coefficient of kinship between the spouses.



Thus, for siblings, this value will be equal to 0.125, i.e. it will exceed the population value by 125 times [3]. At the same time, marriage between cousins does not always imply the occurrence of genetic diseases [2]. Children from such marriages will be at increased risk only if both parents carry the same mutant gene at a given locus. Since relatives are more likely to be heterozygous for the same mutant gene (identical in origin) than non-relatives, consanguineous marriages have a higher probability of producing offspring affected by an autosomal recessive trait. If the frequency of harmful alleles is very low, the probability of these alleles appearing in a homozygous state in panmictic populations will also be lower. If the mutant gene causing the disease is widespread in the population, then in such marriages there will be no risk of having a child with this pathology [5].

The purpose of the study. Analysis of the modern scientific base on the problem of related marriages, assessment of their impact on the development of a particular pathology in children.

Research methods. The subject and method of our scientific research are clinical, statistical and epidemiological methods. In our study, we mainly analyzed statistical indicators in Central Asia.

The results of the study. Despite the fact that in most Western countries there is a negative attitude towards related marriages, assessed in terms of increased genetic risk to offspring, the following are considered positive social and economic aspects of related marriages:: -strengthening family ties and preserving property within the family clan; -Improving the status of women by reducing the risk of abuse by a husband related to her and reducing the likelihood of divorce; -consanguinity ensures the unity of lands (inheritance of land by men and women is carried out within the same family, and this is of great importance for peasants, since small plots of land are inefficient in agriculture; this model is common among Lebanese, Egyptians, Palestinians and Jordanians); -consanguinity presupposes the best relationship and compatibility between husband and wife, daughter-in-law and mother-in-law, and undisclosed problems concerning the health or other unfavorable social characteristics of the bride or groom are also effectively avoided.; -consanguineous marriages create a certain



balance in the bloodline within the family clan, guaranteeing the marriage of young women with men within the family, which means reducing the problems of celibacy.; -anthropologists have long agreed that the main achievement of consanguineous marriages is the inheritance of a peculiar family structure (specific features of thinking) and property; - The most important and fundamental reasons for related marriages in both South Asia and the Middle East are social and cultural considerations.

Despite the increasing urbanization and separation of families, as well as the increase in women's literacy, in a number of countries the choice of marriage is still the prerogative of parents, supported by the explicit or indirect support of older married brothers and sisters. Related marriages are traditional for at least 20% of the world's population. In a number of countries, choosing a spouse is traditionally a decision not only of the couple, but also of the family or family clan, although the frequency of arranged marriages has been decreasing in recent years due to an increase in the number of women receiving higher education, which provides greater opportunities to choose a marriage partner. As a result of studying and summarizing the results of more than 100 scientific studies, data on the global prevalence of marriages between blood relatives have been obtained.

From this point of view, populations can be divided into four main categories: populations in which consanguinity accounts for less than 1% of marriages; from 1 to 10%; from 20% or more, and those in which the level of consanguinity is unknown due to the lack or insufficient reliability of data. In this case, the division of the world's population will look like this: 1,061 billion. people belong to the population with less than 1% of related marriages; 2,811 billion – from 1 to 10%; 991 million – more than 20% and for 1,064 billion this frequency is not known.

Conclusion. Despite a number of positive social and economic aspects of related marriages, from the point of view of genetics and medicine, the negative impact of consanguineous marriages should be taken into account, consisting in an increased genetic risk to offspring and a high incidence of congenital pathology in newborns. An assessment of the socio-demographic aspects of closely related marriages shows that



their wider spread is in many cases due to poor economic conditions, lack of education and low levels of social security.

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