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EFFECT OF SURFACTANT ON THE RESPIRATORY SYSTEM, MEDICAMENTS WHO ARE OVERTAKING SURFACTANT

Ismatova Iroda Farkhadovna[1], Burkhanova Dilovar Sadridinovna[2]

[1]Student, [2]Research Supervisor
Samarkand State University

ABSTRACT:
As doctors, we need to know about the respiratory system and that it is necessary for her that the body felt better and to avoid bronchopulmonary diseases need to use fats! What kind of fats should be used and for what? What reduces the production of surfactant? Why is the surfactant so much easy? What function does it perform?

Key words: term surfactant, physiology, hypoxia, breathing, metabolism, omega - 3 fatty acids, distress syndrome, shake test, respiratory failure.

Introduction

We breathe we live. Indeed, with a breath, a person is born and dies with exhale. Inhale is oxygen that is needed for each our cage to perform their numerous functions.

In the human body there are 12 functional systems, the most important of them is the respiratory system. In addition to respiratory function, the bronchopulmonary system performs both respiratory functions (thermostat, speech and excretory), but we will talk about breathing and how to improve the work of the lungs and the body as a whole.

If you look from an anatomical point of view, then our lungs include bronchi, and they end with bronchioles and alveoli. With the help of alveola, gas exchange is possible in the body - oxygen from the air located in the alveoloch, goes into the blood, and carbon dioxide is derived from the body in the opposite direction.

In essence, alveola is microscopic air bubbles (in shape resemble a ball with air), outside the network of blood vessels is surrounded outside. When inhaling, alveolar bubbles are expanding, with exhausted. From the inside, the alveoli is covered with a layer of a special substance - surfactant, which does not allow air bubbles when exhaling, since the surfactant changes the surface tension in the alveoli - increases the tension with a breath with an increase in the alveoli volume and reduces the surface tension with exhalation when the alveoli is compressed.

The role of surfactant.

In Alveoli, the surfactant guarantees the passage of vital oxygen into the blood for the supply of organism cells by oxygen and thus opposes hypoxia (lack of oxygen) cells. In hypoxia, the slowness of metabolism is observed, the immune system does not work well, cells cannot fully feed and function. The main symptoms of hypoxia are drowsiness, lethargy, chronic fatigue, the injection of mental processes, shortness of breath when driving, as well as a lip of sweet (in hypoxia glucose, quickly burns and needs a need).

Surfactant is of great importance for the proper functioning of the lungs. When a premature 8-month-old child is born, then there is a risk that the child cannot breathe independently, since the formation of a surfactant layer ends to the 9 months of tooling the fetus (oxygen to a developing fetus through the umbilical cord together with the blood of the future mother)

The pulmonary surfactant was first allocated and described in 1957. The word "surfactant" occurred from the English phrase "superficially active substance", and from English means "surface". In the clinic for the development of diagnostic tests of the antenatal assessment of the risk of developing distress syndrome (for example, determining the quantitative relationship of lecithin to sphingomyelin in amniotic fluid, shake test), predicting the outcome of this syndrome, finding the prevention and treatment of respiratory failure.

Surfactant and consumption of fats.

No wonder people with the diseases of the lungs strongly recommend consuming fats, and the recipes of traditional medicine at pulmonary diseases contain such components like oil, milk, lubricants. Fair consumed in the exchange of substances in the body turns into fatty acids, which go first on the formation of a surfactant, then on the construction of cell membranes. While the benefit from fat consumption is obvious, many Lui will turn to a fashionable degreased diet now, fear cholesterol and obesity, in which the level of surfactant decreases, which means that the oxygen absorption is slow down and transfer it to cells. Fats are directly related to full breathing and intake of oxygen in cells. People are not filled with fats, but from carbohydrates.

What fats useful to use to improve the function of the surfactant?

Especially useful to use fats, omega - 3 fatty acids. Surfactant and cell membranes are poorly formed (they consist of 90% from lipids), sexual gomons are not produced enough (we know that they are synthesized from fats), the brain and eyes are poorly carried out (these organs contain many fat structures).

Omega - 3 fatty acids are contained in linen oil, fats fish - mackerel, herring, salmon, tuna, and if in tuna these acids contain 3.5%, then in linen oil - 70%. Also these fatty acids are rich in flax seeds and seeds of Chia.

Fish oil or contains omega - 3 fatty acids and is the cheapest and efficient addition to replenish the sulfactan and normalization of all organism systems. Now fish oil is sold in capsules and its specific taste with the example is not even felt. Take fish fat recommended with meals for a month 2 - 3 times a year.

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