



CAUSES OF MEMORY LOSS AND STRENGTHENING METHODS

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Abstract:

Memory loss is one of the diseases that is widespread among both sexes and is common among young people and even children. Women, mothers, their children, their spouses are very worried and concerned about their health. So to speak, women are not only the chief cooks of the so-called family fortress, but also the chief doctors when the time comes. For this reason, the advice on the topic we are raising today will not be without benefit. Man memory not limited in volume information save to stay opportunity having and experts to his opinion according to the memory strengthening methods How a lot if we use it, it is necessary information remembering so much to stay easy will pass First of all, how factors memory to decrease reason will be!

Keywords: Memory, age-related memory decline, short-term memory, long-term memory.

Climax period

In women menstruation to see Entirely to stop being observed one period Women memory function and the idea sum up with depends just a lot problems from the beginning _

Hypertension

Blood pressure high was _ in man, memory decline and spirit aggravation probability more occurs.

Sugary diabetes

This disease takes the lead in reducing the function of understanding, understanding and learning of our brain. This condition is more common among older women.

Vitamin B12 deficiency

If there is not enough vitamin B12 in the daily diet, the memory can absorb the stress quickly

Poisoning

Some toxic substances weaken the human brain.ng

Your memory strengthening methods :

- Remember save to stay wanted it is necessary to read our thing expressively and return it at least once. For example, reading aloud a phone number, announcement, or news item makes it easier to remember;
- Information can be grouped or remembered by associating it with something familiar;



- When memorizing a long text faster, a person can remember the information more easily by creating an image of the read information in the brain, being able to imagine them;
- Associating something funny or silly with what you're reading helps connect the memory to the emotion.

Are you experiencing memory loss? In it:

1. For women, walking a mile each week improves memory by 13 percent;
2. Pay attention to your diet and food composition: the human brain makes up only 2% of body weight, but consumes 20% of the oxygen and nutrients it receives;
3. The brain is a part of the body. Therefore, the physical exercises we perform for our body also help the development of brain activity.
4. Stimulate the brain with new enthusiasm and activity. Develop through learning, because the reason for our brain's existence is to learn and change our living environment;
5. Use your brain based on your own thoughts and not on the opinions of others. Making decisions based on the opinion of others makes the brain increasingly lazy. You should draw the final conclusion by summarizing and analyzing the thoughts. In this way, you train your brain;
6. Look for news. Conducting research, traveling, and changing residences are useful and encourage a person to pay more attention to the environment;
7. Learn a new language. According to the conducted research, people who do not know their own language well or who do not know foreign languages are more prone to the disease of memory loss;
8. Nervousness and anxiety not only kill nerve cells, but also prevent the formation of new ones. How long nerve cells in the brain live depends on how we use them. Get into the habit of always being in a good mood and smiling.
9. Imagine the heights that you can conquer in life, listen to, read inspiring, emotional words, speeches. Keep looking even after you graduate from school, college, or university. Age does not matter. The fact that your brain continues to develop is evident in what you do;
10. In addition, our nature itself is a healer: raisins, nuts, honey, dairy products are recognized as a cure for memory loss.

According to the electrophysiological, biochemical, histochemical, biophysical research conducted by scientists in the study of memory, the innovations introduced in science and technology lead to great progress, but the problems encountered in many aspects of brain activity, including the study of memory, remain unsolved. In fact, the power of memory, the length of time that information is stored, is retrieved, and leads to certain conclusions and concepts, the genetic programming of each person from generation to generation is of special importance. Accordingly, if one of the people of the same age remembers what he heard and saw for a long time, can quickly memorize the poems he read, and is eager to learn a language, the other has weaker such abilities.

As age increases, memory loss can take different forms.

For example :

- dysmnesia (remember save staying disorder);



- amnesia (disappearance of some fragments of things previously known);
- dementia (decreased intelligence due to impaired blood circulation in the brain);
- Alzheimer's (loss of memory, a person cannot recognize his home, loved ones, forgets his name);
- Parkinson's (muscle tension, reduced movement, tremors, speech disorder).

Many studies have shown that physical activity, a healthy diet, and brain training are important in preventing such unpleasant conditions.

Memory and related processes are the activity of nerve cells and nerve nuclei formed from them, and this task depends on the level of oxygen supply and appropriate nutrients to the noted cells. If there are no problems in this regard, they will continue to perform their activities without problems.

Due to certain reasons, for example, the narrowing of the blood vessels of the brain or insufficient blood movement in them (for example, when the blood vessels narrow due to prolonged inactivity, that is, hypodynamia, strong nervousness, or their elasticity decreases due to age), enough oxygen and nutrients do not reach the nerve cells. and the metabolic products formed in it - carbon dioxide, nitrogen compounds - are not released in time. This situation worsens the activity of nerve cells, complex psychophysiological processes such as memory.

When waking up, functions related to memory, for example, telling and describing an event clearly and clearly, become more difficult. The reason is that when a person lies in bed for a long time without moving, the blood flow to the brain decreases, so the work of the nerve centers consisting of nerve cells slows down. When a person gets up and begins to move (such as exercise, washing), the blood circulation in the brain normalizes, and events are remembered in more detail.

The reason that mental ability increases to a certain extent after sleep is also because the blood circulation in the brain improves after rest.

Therefore, it is important that not everyone (regardless of age, gender, profession) does certain physical activities. The interview with the expert was conducted by the press service of the Ministry of Health.

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