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ВЛИЯНИЕ ЛИЧНОЙ ГИГИЕНЫ НА ЗДОРОВЬЕ ЧЕЛОВЕКА

Аннотация: В статье обсуждается влияние личной гигиены на здоровье человека. Пересмотрены правила личной гигиены.

Ключевые слова: здоровье, качество жизни, гигиена, окружающая среда, экология

IMPACT OF PERSONAL HYGIENE ON HUMAN HEALTH

Abstract: The article discusses the impact of personal hygiene on human health. Personal hygiene rules have been revised.

Key words: health, quality of life, hygiene, environment, ecology

Personal hygiene is the basis of a healthy lifestyle, a condition for effective primary and secondary prevention of various diseases. Personal hygiene develops the principles of maintaining and promoting health by observing hygiene requirements in daily personal life and activities.

Personal hygiene includes body and oral hygiene, physical education, hardening, prevention of bad habits, clothing and footwear hygiene, rest and sleep hygiene and other types.

Keeping your body clean, and caring for your skin and hair have long been a part of personal hygiene. The skin, which has several million thermoreceptors, sweat and fatty glands, was directly involved in heat transfer processes. Through the skin through infrared radiation, evaporation and conduction, the body loses more than 80% of the heat, which is necessary to maintain the thermal comfort of the body. 10-20 ml of sweat is secreted through the skin per time. During hard work and overheating, this amount can increase to 300-500 ml or more.

3. Hygienic hardening procedures, their meaning

Hardening is understood as an increase in the body's resistance to the effects of fluctuations in air and water temperature, air humidity, atmospheric pressure, solar radiation and other physical environmental factors. In physiological terms, hardening is considered as an adaptation that is achieved by repeated training, the influence of one or another hardening factor or a complex of factors. Hardening increases the adaptive capabilities of the body not only to weather, but also to the second unfavorable (physicochemical, biological, psychological) factors, reduces hearing to respiratory and other infectious diseases, increases efficiency, and contributes to the formation of positive psychophysiological reactions.

During the over-the-body procedures, the following principles should be taken into account: gradualness (a gradual increase in the intensity and duration of the effect of the over-body factor), systematicity (carries out procedures regularly according to a certain system), complexity (a targeted combination of the effects of several factors, for example, air and water), individual regime (the nature, intensity and mode of hardening should take into account the individual characteristics of a person: age, gender, health status, and the like).

For the purpose of hardening, you can use bathing, shower, washing, rubbing, foot baths and the like. According to the temperature regime, the following types of baths are distinguished: cold (less than 20 ° C), cool (20-33 ° C), indifferent (34-36 ° C), warm (36-39 ° C), hot (over 40 ° C) ... One of the most effective types of water hardening is swimming in open reservoirs, the beneficial effect of which is due to the combination of active physical exercises (swimming) with solar radiation, mechanical action of water.

A regular and especially a contrast shower is very useful. Ego should be taken with alternating durations of 0.5-2.0 minutes with a temperature varying in the range of 10 ° C. In the absence of the technical possibility of variable switching on of the shower with different water temperatures, a warm (hot) shower is alternated with pouring cold (cold) water. Pouring can be used as an

independent zagartuvalny procedure (lowering the temperature from 30 to 15 ° C or less) with the obligatory subsequent rubbing of the body, which enhances the training effect on the vessels. The temperature of water for dousing in preschool age should not be lower than 20-25 ° C, for schoolchildren - 18 ° C.

Hygiene (translated from Greek means "bringing health", "promoting health") is one of the sciences about human health, means and methods of preserving and strengthening it.

Following the rules of personal hygiene involves, first of all, a rational daily regimen, careful body care, hygiene of clothes and shoes.

Compliance with a rational daily regimen creates optimal conditions for vigorous activity and effective recovery of the body, contributes to an increase in mental and physical performance. This is explained by the fact that when the regime is observed, a certain rhythm of the body's functioning is developed, due to which a person is able to perform various types of activities with the greatest efficiency. The basis of a rational daily regimen is the correct distribution of time for various activities and rest, nutrition and sleep during the day. When establishing the daily regimen, it must be borne in mind that the living conditions of each person are significantly different, moreover, each person is characterized by his own individual characteristics. For these reasons, it is inappropriate to establish a rigid and uniform daily regimen for all.

Its observance is especially important in the education of willpower. In this regard, the well-known domestic teacher VA Sukhomlinsky wrote: "Put a hundred teachers over yourself - they will be powerless if you cannot force yourself and demand from yourself."

The skin is extremely important for the normal state of the body. Human skin, being the outer cover of the body, is a complex organ that performs many important functions, the main of which are the protection of the internal environment of the body; excretion of metabolic products from the body; participation in the activity of the body's thermoregulatory mechanisms.

It should be remembered that all these important functions can be performed in full only by healthy, strong and clean skin.

Hair care provides for timely cutting and washing, protection from excessive pollution during physical education and sports activities and outdoor activities. Each person should have an individual hairbrush or a special massage brush.

Proper dental and oral care protects the body from many infections and disorders of the gastrointestinal tract. For teeth to be strong and healthy, you need a full-fledged diet with a sufficient amount of calcium and vitamins D and B. It is necessary to undergo a preventive examination by a dentist 2-3 times a year. In the morning, before going to bed and, if possible, after each meal, it is necessary to thoroughly brush your teeth for 2-3 minutes. When eating, it is advisable to avoid rapid alternation of hot and cold dishes.

Compliance with the rules of personal hygiene is one of the indispensable conditions that characterize the behavior of a cultured person.

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