

CALCIUM DEFICIENCY AND ITS CONSEQUENCES

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Abstract

Today, most patients who have recovered from a severe form of coronavirus in the world often have diseases of the musculoskeletal system, nerves and cardiovascular system. Experts explain this by a lack of calcium in the body after the disease. This substance is a macronutrient, almost all of its reserves are concentrated in bone tissue. Only 1 percent is found in blood and other biological fluids. However, this small amount must be constant in the body. Otherwise, calcium metabolism in the body is disrupted, and the body begins to take the element it needs from the bones. Calcium deficiency negatively affects the condition of bones, teeth, hair and nails. Diseases of the muscles, nerves and cardiovascular system develop, immunity weakens.

Keywords

calcium deficiency, muscle, nerve, bone erosion, COVID-19, musculoskeletal system, milk and dairy products, vegetables, melon crops.

Introduction. Calcium is one of the most important minerals for the body: it is important for the health of teeth, bones, muscles and nerves. Calcium also protects against bone inflammation. Experts say that as a result of calcium deficiency, the body loses its reserves in the bones. There are various reasons for the deficiency of this mineral. An irregular diet, certain medications, hormonal problems, drinking a lot of coffee, vitamin D deficiency, physical inactivity, kidney disease or thyroid disease can also lead to calcium deficiency. Calcium is one of the most important minerals for the body: it is important for the health of teeth, bones, muscles and nerves. Calcium also protects against bone inflammation. For human health, it is necessary to have a sufficient amount of vitamins and minerals in the body. Otherwise, negative changes can occur in the body and serious complications may occur. Calcium is such an element. It is involved in controlling impulse conduction in nerve vessels, muscle contraction, and is a key component of the blood clotting

system. Recently, in the world, most patients who have recovered from severe forms of coronavirus have developed musculoskeletal diseases. Calcium deficiency is the reason for this. Therefore, experts recommend getting vaccinated against COVID-19 in full stages and with a booster dose. The reason is that getting vaccinated on time helps prevent serious complications such as the above. In fact, with a lack of this substance, other metabolic processes in the body are also disrupted. It negatively affects the condition of bones, teeth, hair and nails. Cardiovascular diseases develop, immunity weakens. Also, nervousness and absent-mindedness, excessive sweating, frequent tremors in the body, rapid fatigue, muscle twitching, constipation, white spots on the nails, irregular heartbeat, frequent and severe dizziness, pain in muscles, joints and bones are observed.

Calcium deficiency can manifest itself with the following symptoms:

- vascular spasms;
- cramps in the arms and legs;
- dental problems;
- fatigue;
- difficulty concentrating;
- osteoporosis;
- hair loss or brittle nails;
- menstrual irregularities;
- painful menstruation;
- rapid fatigue
- reduced stress tolerance;
- rapid heartbeat - tachycardia;
- joint pain.

To avoid adverse effects, it is important to eat foods rich in calcium. These include cheese, yogurt, milk and dairy products, green vegetables such as broccoli, cabbage, arugula or spinach, and legumes or herbs such as parsley or dill.

Calcium is a very necessary substance for the body, stabilizing the work of the cardiovascular system. Prevents high blood pressure, strengthens blood vessels. Affects the production of hormones responsible for the functioning of the endocrine system. Accelerates the synthesis of complex proteins, as a result of which blood clotting increases. Accelerates metabolism. A person who consumes enough calcium has a stabilized nervous system, sleep improves, and stress is easily relieved. Calcium is also responsible for the breakdown of glycogen, lowering cholesterol levels, and strengthening overall immunity. With a normal amount of calcium, inflammatory processes in the body can be easily overcome.

A total calcium test helps to identify diseases of the thyroid gland, excretory system and gastrointestinal tract. This test determines the imbalance of calcium in the body. It is especially often prescribed for older people and pregnant women, as they are more prone to calcium deficiency. Due to the low cost of a calcium test, anyone can order it. This test is performed alone or in combination with a potassium test as part of a biochemical blood test (a comprehensive assessment of organ function).

- helps transmit neuromuscular impulses;
- supports normal blood clotting;
- strengthens bone tissue;
- helps with cell development;
- provides immune responses.

Insonlar kalsiyni oziq-ovqat orqali olishadi. Oziq-ovqatlar tanaga kirganda, kalsiy ichakka singib ketadi va qon oqimiga kiradi. Qon kalsiyning 99% ni suyak to'qimalariga tashiydi, bu yerda ushbu makroelement to'planadi. Kalsiy qoldiqlari siydik bilan birga tanadan chiqariladi. Shifokorlar hisob-kitoblariga ko'ra, inson kuniga taxminan 1 g kalsiy iste'mol qilishi kerak. Buning uchun ozuqaviy qo'shimchalar kerak emas, muvozanat bilan ovqatlanish kifoya.

The recommended daily intake of calcium is as follows:

- 400 mg for infants 1-3 months;
- 500 mg for infants 4-6 months;
- 600 mg for boys and girls 7-12 months;
- 800 mg for toddlers 1-3 years;
- 1100 mg for children 7-11 years;
- 1200 mg for adolescents 11-18 years;
- 1000 mg for adults 18-59 years;
- 1200 mg for people over 60 years;
- 1300 mg for pregnant women and 1400 mg for nursing mothers.

Patients can eliminate calcium deficiency by taking vitamin and mineral complexes. However, they are recommended only by a doctor. In particular, regular use of artificial calcium preparations can cause blockages in the veins and the development of varicose veins. In addition, no medicine can replace a high-quality, nutritious and healthy diet. Therefore, in order to eliminate this problem, special attention should be paid to proper nutrition. In particular, it is advisable to include dairy products (cottage cheese, yogurt, kefir, cheese, yogurt, suzma) in the daily diet.

Cheese contains additional phosphorus, which helps with calcium absorption. Yogurt, sour cream and other dairy products saturate the body not only with

calcium, but also with protein. Beans and peas are legumes, which also contain fiber, iron, magnesium and potassium. Mushrooms, walnuts, pistachios, especially almonds, are rich in calcium. Sesame seeds, eggs, apricot jam, raisins are also considered products rich in calcium. It is recommended to eat onions, carrots, turnips from vegetables; apples, citrus fruits, grapes from fruits; melons, pumpkins from melon crops. An important point to note is that coffee, margarine, mayonnaise and other ready-made sauces, carbonated drinks prevent calcium absorption. The above products should be consumed separately as much as possible.

Of course, it is not possible to get all the calcium you need from food alone. Older people, especially those who have gone through menopause, should take calcium supplements. To improve calcium absorption, it is best to take it with vitamin D3 or as part of a supplement.

Shuningdek, kalsiy moddasini qabul qilishda faqat dorilarning o'zini yetarli deb bilmaslik kerak. Yosh kattalashgan sari osteoparoz boshlanadi, buni to'xtatishning iloji yo'q, faqat sekinlashtirish mumkin. Suyaklarda kalsiyga talab ko'payadi, lekin qabul qilish sustlashadi, shuning uchun qancha ko'p kalsiy moddasini iste'mol qilgan bilan suyaklar ichiga kirib borishi ta'minlanmaydi, ortiqchasi esa har xil asoratlar, masalan, buyrakda toshlar hosil qiladi. Qo'shimchasiga kundalik odatiy harakatlar emas, balki har bir suyakka kuch tushiradigan davolovchi badantarbiya zarur.

Conclusion. Everyone should take care of their own health and pay attention to it. In order to avoid various diseases and additional diseases, they should definitely pay attention to their immunity and nutrition. If they eat healthy products, their immunity will increase and they will be less likely to get sick. Of course, one of the substances necessary for the body is calcium. If there is a lack of calcium, many diseases will occur, and it will even limit our mental and physical activity. To prevent this, let's definitely pay more attention to our health in a timely manner.

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