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РЕЗЮМЕ. Мақолада Жанубий Оролбўйи минтақасининг суғориладиган ҳудудлари тупроқларининг шўрланишини ўрганиш натижалари келтирилган. Минтақада иккиламчи шўрланишнинг ривожланишини суғоришнинг кенг ривожланиши натижасида юзага келган мавжуд муаммолар билан боғлаш мумкин, бу эса автоморф тупроқларни ушбу масалага ўтказишни белгилаб берди, бу минтақада суғоришни ривожлантиришга янги ёндошувларни ишлаб чиқишни тақозо этади. Ушбу экологик ўзгаришлар бир қарашда аҳамиятсиз бўлиб, аста-секин ўсиб боради ва вақт ўтиши билан топланиш хусусиятига эга бўлиб, биз уларнинг қачон маълум бир чегарадан «ўтишини» олдиндан башорат қила олмаймиз.

РЕЗЮМЕ. В статье представлены результаты исследований засоления почв орошаемых территорий региона Южного Приаралья. Развитие вторичного засоления в регионе можно отнести к существующим проблемам, возникшим в результате широкого развития орошения, определившим перевод автоморфных почв в этого вопроса требует разработки новых подходов к развитию орошения в регионе. Эти экологические изменения незначительные, на первый взгляд, постепенно нарастают и имеют способность накапливаться со временем, и мы не можем заранее предугадать, когда они «перешагнут» определенный порог.

SUMMARY. The article presents the results of research on soil salinity in the irrigated territories of the South Aral Sea region. The development of secondary salinization in the region can be attributed to existing problems arising from the widespread development of irrigation, which determined the transition of automorphic soils to this issue, requiring the development of new approaches to irrigation development in the region. These ecological changes, seemingly insignificant at first glance, are gradually increasing and have the ability to accumulate over time, and we cannot predict when they will "pass" a certain threshold.

Geografiya

CAPITAL CITIES: FROM HISTORIC TO MODERN

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Tayanch soʻzlar: poytaxt, shahar, tarixiylik, zamonaviylik, tasnif, tasnifiy birliklar.

Ключевые слова: столица, город, историчность, современность, классификация, классификационные единицы.

Key words: capital, city, historicity, modernity, classification, classification units.

Introduction. The capital city is one of the main elements of the state's political and territorial structure. It is not only the location of central government bodies but also the center for managing the country's sovereignty. Additionally, it is a key element that influences the administrative-territorial structure of the state, the system of relations between "center and regions," and regional policy. It shapes, continues, and alters the state's governance. From this perspective, studying the historical processes of determining and relocating the capital, identifying the factors influencing them, and strengthening its legal framework in legislation is crucial.

Main Part. In the world, research in this area, including geourbanistics, has prioritized scientific and theoretical grounding of urban development, analyzing the geographic characteristics and naming issues of cities, and developing a typology of capital cities based on modern conceptual

approaches in urban planning. It is also important to uncover the natural and economic geographic factors that affect the development of capital cities, improve scientific foundations for trends in determining capital cities, relocating them, and forecasting trends for capital cities in the future.

In most of the works written about the development of world capital cities in Uzbekistan, opinions on their historical layers have been presented. However, the analyses of these layers are relatively brief, with only some considerations made about them. Furthermore, fundamental research on the natural-geographic characteristics and typological analysis of capital cities in foreign countries has not been conducted [1:36-38]. This defines the relevance of this study, which is based on a comprehensive natural-geographic, systematic approach, territorial analysis, and generalization. In recent years, there has been a growing emphasis worldwide on issues such as standardizing the

names of capital cities by international organizations, ensuring consistency in their spelling and pronunciation, and maintaining uniformity in names in documents and maps. Alongside the existing historical-geographical characteristics, spiritual and national values, as well as traditions, have naturally left their mark in the form of words (lexemes) in the naming of world capital cities. The research topic also opens the way to study the interaction between the onomastics of capital city names and toponymy. Special attention is being given to conducting research in this area in collaboration with the global community [8:814].

Table 1. The same names of countries and capitals of the world

№	Countries	Capital cities	What was the reason for the name?
1	Andorra	Andorra-la-Vella city	Name of a plain
2	Brazil	Brasilia city	Country name i
3	Vatican	Vatican city	City-state
4	Guatemala	Guatemala city	City name
5	Guinea-Bissau	Bissau city	City name
6	Gibraltar	Gibraltar city	Name of the Mountain
7	Algeria	Algeria city	City name
8	Djibouti	Djibouti shahri	Name of the Rock
9	Lusembourg	Luxembourg city	Name of the Castle
10	Monaco	Monaco city	City-state
11	Panama	Panama city	City name
12	El Salvador	San-Salvador city	City name
13	San-Marino	San-Marino city	City-state
14	Sao Tome and Principe	Sao-Tome city	City name
15	Saint Pierre and Miquelon	Saint Pierre city	City name
16	Singapore	Singapore city	City-state
17	Tunisia	Tunis city	City name
18	Kuwait	Kuwait city	City name

The table was compiled by the author.

The necessity has arisen to collect the names of world capital cities, analyze the principles and motivations behind their naming, and examine their historical-geographical and linguistic structures. To conduct such an analysis, it is essential to develop a research methodology and methods [4:241]. This involves examining the toponymic processes and historical, as well as natural-geographical, aspects that contribute to the formation of capital city names – from the initial word to their designation as proper nouns. Additionally, analyzing their lexical layers and identifying the rules governing the transition of words to objects as names is one of the key theoretical and practical challenges faced by geography and toponymy (specifically, onomastics). The legal foundation for our research is provided by several normative and legal documents, including:

Presidential Decree № 841 of the Republic of Uzbekistan, dated October 20, 2018, “On measures to implement the national goals and objectives in the field of sustainable development for the period up to 2030”, Presidential Decree No. 5623, dated January 10, 2018, “On measures to radically improve the processes of urbanization”, Presidential Resolution of 2018, “On measures to ensure master plans for settlements for 2018–2022, improve the activities of project organizations, and enhance the quality of training specialists in the field of urban planning”, Presidential Decree PF-5623, dated January 10, 2019, “On measures to radically improve the processes of urbanization”, The Law of the Republic of Uzbekistan, dated February 22, 2021, “On the approval of the Urban Planning Code of the Republic of Uzbekistan”, Presidential Decree, dated January 28, 2022, “On the Development Strategy of New Uzbekistan for 2022-2026, and other relevant normative and legal documents pertaining to this activity [3].

Taking into account that the core of any capital city is its urban structure, the ongoing international reforms in urban development can be observed through the activities of prominent global organizations. According to Resolution No. 70 adopted at the United Nations (UN) General Assembly Summit on Sustainable Development on September 27, 2015, the “Sustainable Development Goals of the UN Global Agenda for the period up to 2030” were established. This document recommends 17 goals and 169 tasks for UN member states to address, with Goal 11 specifically focusing on “sustainable cities and human settlements.” The UN’s Center for Human Settlements (Habitat) contributes to the stabilization and development of residential areas by formulating development policies, creating opportunities for construction, gathering knowledge, and strengthening cooperation between governments and civil societies [9]. These tasks and reforms necessitate research into the regional differences in the formation and development of capital cities, as well as the historical and contemporary characteristics in their evolutionary progress.

A capital city is a political center that serves as a state symbol in the form of the institution of a capital city. In the near future, drafting and adopting a law on “The Status of the Capital of the Republic of Uzbekistan” is imperative. On one hand, this is a logical response to the rapid reforms in legislative activities, and on the other hand, it reflects the need to adopt best practices from advanced foreign legal systems. Such laws have already been enacted in numerous countries worldwide.

Table 2. Classification groups of world capital cities based on geographical characteristics

№	Classification groups	Names and number of capital cities
I.	Capitals that arose due to natural geographical features	Abu Dhabi, Addis Ababa, Amsterdam, Andorra, Riyadh, Asmara, Baku, Bangui, Bangkok, Beirut, Basterre, Basseterre, Belmopan, Berlin, Buenos Aires, Brasília, Brussels, Doha, Dublin, Havana, Algiers, Djibouti, Juba, Kampala, Canberra, Kigali, Chişinău, Kabul, Conakry,

		Kuala Lumpur, Lima, Lilongwe, London, Malé, Manila, Maputo, Muscat, Maseru, Minsk, Montevideo, Moroni, Moscow, Nairobi, Nouakchott, N'Djamena, Reykjavik, Riga, Roseau, Oslo, Paramaribo, Prague, Praia, Pyongyang, Stockholm, Tbilisi, Tehran, Tegucigalpa, Vaduz, Vilnius, Windhoek, Hanoi, Khartoum, Helsinki, Honiara (64 cities).
II	Capitals based on iconographic symbols	Al-Kuwait, Ankara, Antananarivo, Astana, Asunción, Ashgabat, Astana, Belgrade, Bamako, Bandar Seri Begawan, Banjul, Brazzaville, Bridgetown, Budapest, Bucharest, Dakar, Dushanbe, Freetown, Islamabad, Georgetown, Kathmandu, Kingstown, Kingston, Kinshasa, Cairo, Colombo, Copenhagen, La Paz, Libreville, Lusaka, Luxembourg, Madrid, Managua, Mogadishu, Panama, Beijing, Port Louis, Porto-Novo, Port-au-Prince, Port of Spain, Port Vila, Rabat, Sanaa, Sarajevo, Seoul, Singapore, Skopje, Tallinn, Tokyo, Tashkent, Tripoli, Ouagadougou, Warsaw, Vienna, Warsaw, Vientiane, Zagreb, Yamoussoukro, Yerevan (59 cities).
III	Capitals named after historical figures	Gaborone, Castries, Valletta, Malabo, Mbabane, Monrovia, Nassau, Pretoria, Rome, San Marino, Ulaanbaatar, Washington, Wellington (12 cities).
IV	Capitals based on religious names	Athens, Amman, Baghdad, Bogotá, Dhaka, Damascus, Mexico City, Monaco, Nicosia, São Tomé, Santo Domingo, San Salvador, San José, Santiago, St. John's, St. George's, Sofia (17 cities).
V	Substrate capitals	Apia, Bairiki, Bishkek, Bujumbura, Dili, Funafuti, Kyiv, Lomé, Majuro, Manama, Naypyidaw, Ngerulmud, Nuku'alofa, Palikir, Podgorica, Suva, Tunis, Thimphu, Yaren (19 cities).
VI	Capitals based on ethnic names	Abuja, Accra, Bissau, Caracas, Quito, Luanda, Ottawa, Paris, Tirana, Harare, Yaoundé (11 cities).
VII	Capitals with the same	Algiers, Kuwait City, Andorra la Vella, Tunis, Bissau, Brasília,

name as the country	Gibraltar, Guatemala City, Djibouti, Luxembourg City, Monaco, Panama City, San Marino, San Salvador, São Tomé, Saint Pierre, Singapore, Vatican City (18 cities).
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The table was compiled by the author based on literature and fund sources.

From a scientific point of view, it is appropriate to classify capital cities in world history according to historical, geographical and typological classifications [5:18].

Table 3. Classification and descriptive characteristics of world capital cities

T /r	Classification units	Descriptive characteristics
1	Natural and geographical classification (by location)	In this classification, the location of capital cities is primarily considered. Information is provided about the city's altitude above sea level, whether it is located on an island, its position along the coastline or inland, and its natural-geographical characteristics.
2	Historical-genetic classification (according to formation)	In the historical-genetic classification, the focus is on the historical development and origin of the capital city. This classification can be further divided into types such as archaic (ancient) capitals, pre-colonial capitals (before colonialism), colonial capitals (during the colonial period), post-colonial capitals (after the end of colonial rule), imperial capitals, and neutral (non-aligned) capitals.
3	Morphological classification (according to structure)	According to their structure, capital cities can be classified into port cities, city-state type capitals, and federal capitals.
4	Funksional tasnifi (vazifasiga ko'ra)	Capital cities that have served military fortifications, and special (those that serve only as capitals) capital cities.
5	Etymological-semantic classification (according to the name)	Ethnic (capitals named after ethnic groups), socionymic (capitals closely related to social life), anthroponymic (capitals named after famous individuals, state figures, or military officers), and capitals that share the same name as the country.
6	Migration classification (according to displacement)	Not all capital cities in the world can be included in this classification, of course. This is because the policy of relocating a capital city is determined from a potential perspective. It is

		carried out due to natural disasters, political, military, and economic reasons.
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The table was compiled by the author.

The procedure for determining and relocating the capital differs between countries, depending on the state's structure, political system, and historical traditions. Decisions regarding the designation and relocation of the capital are typically made by the highest governmental bodies (representative bodies) and the highest-ranking officials. Today, in addition to political, economic, and social factors that have historically shaped this process, the main factors influencing the relocation of the capital include the growing population of the capital and addressing the related problems; improving unfavorable geographical conditions and geopolitical situations; the need to settle and develop new territories; and modernizing and developing national governments or "old," "traditional" areas through the partial distribution of capital functions [7:9].

Considering the position and importance of the capital as the main political center in the life of the country, it is proposed to strengthen the provision in the Constitution of the Republic of Uzbekistan and the Law "On the Administrative-Territorial Structure of the Republic of Uzbekistan" by specifically designating Tashkent as the capital and an independent administrative-territorial unit, as well as establishing the procedure for its relocation.

Table 4. List of capital cities that have changed their names (935-2005)

№	Previous name	Naming date	Current name	Geo-graphical location
1	Kozium	935 years	Algiers	Africa
2	Kaparra	1521 years	San-Juan	Asia
3	Charlestown	1696 years	Nassau	Asia
4	Baytown	1854 years	Ottawa	America
5	Edo	1869 years	Tokyo	Asia
6	Finfinne	1889 years	Addis-Ababa	Africa
7	Pozsony	1918 years	Bratislava	Europe
8	Neysel-Khuree	1921 years July 6	Ulaan-Baatar	Asia
9	Tbilisi	1936 years	Tbilisi	Asia
10	Ciudad-Trujillo	1961 years	Santo-Domingo	America
11	Leopoldville	1966 years	Kinshasa	Africa
12	Fort-Lamy	1973 years	Ndjamena	Africa
13	Lourenso-Marques	1975 years	Maputo	Africa

15	Salisbury	1982 years	Harare	Africa
16	Bathurst	1976 years	Banjul	Africa
17	Frunze	1991 years	Bishkek	Asia
18	Titograd	1992 years	Podgorica	Europe
19	Pretoria	2005 years	Tshwane	Africa

The table was compiled by the author.

The political map of the world is distinguished by its rapid changeability among geographical maps. Various political processes taking place in the regions of the world affect its quantitative changes to a certain extent. This situation, in close connection with the countries of the world, affects the change of capital cities and even their historical renaming to one degree or another.

According to T.Akmataliyev, the main reason for relocating capitals is the excessive population size and the problems arising from it, as well as the desire to develop other regions of the country. For instance, since 2019, Indonesia has been actively working on relocating its capital from Jakarta to the East Kalimantan province [6:80]. The key factors driving this move are Jakarta's growing population, overburdened infrastructure systems, and unfavorable environmental conditions. Similarly, plans to relocate capitals are underway in countries such as South Korea, Iran, and Argentina, while active discussions on capital relocation are taking place in nations like Russia, France, Azerbaijan, England, Japan, Mexico, and Spain. Based on the above analysis, the following scientific-theoretical conclusions and proposals aimed at improving legislation are presented:

First, the trend of relocating capitals dates back thousands of years and remains relevant over time.

Second, the factors influencing capital relocation are dynamic in nature and evolve in line with societal development and its interests.

Third, the process of determining and relocating capitals varies among countries, depending on their state structure, political systems, and historical traditions.

Decisions regarding the designation and relocation of capitals are typically made by the supreme bodies of state power (representative bodies) or the highest-ranking officials. Failure to consider geographical factors in urban planning and the development of cities can negatively impact the growth of such settlements [2:33].

Table 5. List of countries whose capitals have changed (1299-2024)

№	Previous capital	Date of relocation	Current name	Country name
1	Bergen	1299 years	Oslo	Norway
2	Trakai	1323 years	Vilnius	Lithuania
3	Krakow	1596 years	Warsaw	Poland
4	Philadelphia	1800	Washington	USA

		years		
5	Mendoza	1880 years	Buenos-Aires	Argentina
6	Melbourne	1908 years	Canberra	Australia
7	Kyoto	1911 years	Tokyo	Japan
8	Calcutta	1911 years	Delhi	India
9	Saint-Petersburg	1919 years	Moscow	Russia
10	Smolensk	1919 years	Minsk	Belarus
11	Istanbul	1923 years	Ankara	Turkey
12	Kristiania	1924 years	Oslo	Norway
13	Zinder	1926 years	Niamey	Niger
14	Samarkand	1930 years	Tashkent	Uzbekiston
15	Kharkiv	1934 years	Kyiv	Ukraine
16	Kaunas	1940 years	Vilnius	Lithuania
17	Saint Louis	1958 years	Nuakchott	Mauritania
18	Rio de-Janeiro	1960 years	Brasilia	Brazil
19	Karachi	1969 years	Islamabad	Pakistan
20	Belize	1970 years	Belmopan	Belize
21	Dar es-Salaam	1973 years	Dodoma	Tanzania
22	Abidjan	1983 years	Yamoussoukro	
23	Bonn	1990	Berlin	Germany

		years		
24	Alma-Ata	1997 years	Astana	Kazakhstan
25	Rangoon (Yangon)	2005 years	Naypydaw	Myanmar
26	Jakarta	2024 years	Nusantara	Indonesia

The table was compiled by the author.

Conclusion. The administrative centers of countries that are not fully recognized by the international community as capital cities can be considered separately as objects for classification in terms of capital cities. These administrative centers are not recognized as capitals. The achievement of independence by countries and the division of certain states, which results in them obtaining the status of separate states, leads to an increase in the number of sovereign states, or conversely, the submergence (due to natural disasters) of some island nations and the political unification of countries leads to a decrease in their number. Therefore, the number of countries is always greater than the number of sovereign states and is characterized by dynamic (changing) qualities. This change, of course, does not exclude capital cities. The development of the scientific and methodological foundations for studying urban planning from the historical and natural conditions, using capital cities as examples, and drawing general conclusions will be of great importance for future capital city placements. Many scholars in our republic have dealt with the historical and geographical foundations of urban development. In their scientific works, the natural geographical description, the geomorphology and microclimate of cities, as well as their historical formation and development, have been outlined. However, in Uzbekistan, scientific works on capital cities have not been fully completed. To this day, there is still no distinct concept for capital cities in world history. Despite the existence of special federal laws on capital status in some countries, the issues of defining, relocating, and renaming capital cities remain relevant in many countries even today.

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REZYUME. Maqolada jahon poytaxt shaharlarining tarixiy taraqqiyoti va zamonaviy talqini yoritilgan. Shuningdek, poytaxt shaharlarining geografik xususiyatlari asosida tasnifiy guruhlari tahlili bayon etilgan.

РЕЗЮМЕ. В статье рассматривается историческое развитие и современная интерпретация мировых столиц. Кроме того, описан анализ классификационных группировок на основе географических особенностей столиц.

SUMMARY. The article examines the historical development and modern interpretation of world capitals. In addition, describes the analysis of classification groupings based on the geographical features of capitals.

QASHQADARYO VILOYATIDAGI AHOLINING HAZM QILISH ORGANLARI KASALLIKLARIGA CHALINISHI: IQTISODIY GEOGRAFIK JIHATLAR, EKOLOGIK TA'SIRLAR VA TIBBIY PROFILAKTIKA

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Tayanch so'zlar: hazm qilish organlari kasalliklari, iqtisodiy geografik omillar, ekologik ta'sir, sog'liqni saqlash, tibbiy profilaktika, ekologik muhit, sanitariya-gigiyena, sog'lom turmush tarzi.

Ключевые слова: болезни органов пищеварения, экономико-географические факторы, воздействие на окружающую среду, здравоохранение, медицинская профилактика, экологическая среда, санитария и гигиена, здоровый образ жизни.

Key words: digestive system diseases, economic geographical factors, environmental impact, health care, medical prevention, ecological environment, sanitary and hygienic conditions, healthy lifestyle.

Kirish. Qashqadaryo viloyatidagi aholining hazm qilish organlari kasalliklari, mintaqaning sog'liqni saqlash tizimiga qo'yiladigan jiddiy muammolardan biri sifatida dolzarb ahamiyat kasb etmoqda. Hazm qilish tizimi kasalliklari, nafaqat jismoniy salomatlikni buzish, balki ijtimoiy-iqtisodiy barqarorlikni saqlashga, shuningdek, aholi mehnat qobiliyatiga salbiy ta'sir ko'rsatadigan keng tarqalgan kasalliklardir. Ushbu maqola, Qashqadaryo viloyatida hazm qilish organlari kasalliklarining tarqalishini tahlil qilish, shu bilan birga, bu jarayonlarga iqtisodiy-geografik va ekologik omillarning ta'sirini o'rganishni maqsad qilib qo'yadi.

Viloyatning iqlimiy, geografik va iqtisodiy sharoitlari, shu jumladan qishloq xo'jaligi va sanoat tarmoqlarining rivojlanishi, suvlardan foydalanishning sifati va ularga nisbatan sanitariya holati, aholi sog'lig'iga bevosita ta'sir qiladi. Bunday ekologik va iqtisodiy ta'sirlar, hazm qilish tizimi kasalliklarining tarqalishini kuchaytirib, sog'liqni saqlash tizimining samaradorligini pasaytiradi. Ayniqsa, iqlimiy sharoitlarning o'zgarishi va ishlab chiqarish faoliyatining atrof-muhitga salbiy ta'siri, aholi orasida hazm qilish organlari kasalliklarining ko'payishiga sabab bo'lmoqda.

Asosiy qism. Aholining hazm qilish organlari kasalliklari (oshqozon-ichak tizimi kasalliklari) global miqyosda jiddiy tibbiy, ijtimoiy va iqtisodiy muammolardan biridir. Bu kasalliklar inson salomatligiga katta ta'sir ko'rsatib, global sog'liqni saqlash tizimiga katta yuk bo'lishi mumkin. Jahon sog'liqni saqlash tashkilotining (JSST) ma'lumotlariga ko'ra, oshqozon-ichak tizimi kasalliklari butun dunyo bo'ylab sog'liqni saqlash tizimlarining samaradorligini pasaytiradi, chunki ular nafaqat jismoniy sog'likni, balki iqtisodiy rivojlanish va mehnat unumdorligini ham salbiy ta'sir qiladi [15]. Global miqyosda hazm qilish tizimi kasalliklari tobora kengayib bormoqda. Tibbiy tadqiqotlar shuni ko'rsatadiki, zamonaviy hayot tarzidagi o'zgarishlar, ekologik ifloslanish, noto'g'ri oziqlanish va stress kabi omillar oshqozon-ichak tizimi kasalliklarining tez tarqalishiga olib kelmoqda. Yuqori darajada yog'li va tuzli oziq-ovqatlar iste'moli, kam harakat qilish, stress va genetik omillar bu kasalliklarning rivojlanishini qo'llab-quvvatlaydi [11]. Amerika Qo'shma Shtatlari va Yevropaning ko'plab

davlatlarida oshqozon-ichak tizimi kasalliklari tez-tez uchraydigan kasalliklar ro'yxatida yuqori o'rinlarni egallaydi. K.Anderson tomonidan olib borilgan tadqiqotga ko'ra, AQSHda har yili oshqozon-ichak tizimi kasalliklaridan 100 000 dan ortiq o'lim holatlari qayd etiladi [1]. Bu kasalliklarning asosan "yomon" oziqlanish, yuqori darajadagi spirtli ichimliklarni iste'mol qilish, noxush ekologik sharoitlar va stress bilan bog'liq ekanligi tasdiqlangan. Shuningdek, Osiyo va Afrika mamlakatlarida ham ushbu kasalliklarning tarqalishi tobora ortib bormoqda. M.Yadav tomonidan o'tkazilgan tahlillarga ko'ra, Janubiy Osiyo mintaqasida, xususan, Hindiston va Pokistonda, aholining oshqozon-ichak tizimi kasalliklariga chalinishi, ilgari kuzatilmagan darajaga yetgan. Ushbu mintaqalarda malnutrisyon (oziqlanishdagi xatoliklar) va jismoniy faoliyatning pastligi kasalliklarning tez tarqalishiga olib kelmoqda [12].

Hazm qilish tizimi kasalliklarining asosiy sabablaridan biri sifatida oziqlanish va hayot tarzidagi o'zgarishlar ko'rsatilmoqda. G.Zhao tomonidan olib borilgan tadqiqotlarda, yuqori yog'li va shakarli mahsulotlar, vaqti-vaqti bilan ovqatlanish va qahva kabi ichimliklarning ko'p iste'moli oshqozon-ichak tizimi kasalliklariga olib kelishini ta'kidlagan [13]. Bundan tashqari, zamonaviy hayot tarzida o'zgarishlar – masalan, uzoq vaqt davomida jismoniy faollikning kamligi va stress darajasining ortishi, hazm qilish tizimining ishlashiga salbiy ta'sir qiladi. Shuningdek, oziqlanishning to'g'ri tamoyillariga rioya qilmaslik, bu kasalliklarning tarqalishini kuchaytiradi. Oziqlanish va sog'lom turmush tarzining ahamiyatini, M.McCarthy ham qayd etgan. U, ayniqsa, qishloq va shaharlarda turli xil oziq-ovqat iste'molini va oziqlanish odatlarini tahlil qilib, noto'g'ri oziqlanishning oshqozon-ichak tizimi kasalliklari rivojlanishiga olib kelishini ko'rsatgan [7].

Global miqyosda ekologik muammolar, ayniqsa havoning ifloslanishi, kimyoviy moddalar va pestitsidlar bilan ifloslanish, oshqozon-ichak tizimi kasalliklarining tarqalishini tezlashtirmoqda. M.Johansson o'zining tadqiqotlarida, havodagi ifloslanish va atrof-muhitdagi kimyoviy moddalarning oshishi, oziq-ovqat zanjiri orqali odam organizmiga kirib, hazm qilish tizimining yallig'lanish jarayonlarini keltirib chiqarishini aniqlagan. Shuningdek, pestitsidlar va og'ir metallar bilan ifloslanish,