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THE INFLUENCE OF IRRATIONAL PROTEIN NUTRITION ON THE GENERAL CONDITION AND BODY WEIGHT

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Abstarct
The human body lives and replenishes its energy needs at the expense of nutrients in consumer products: proteins, fats, carbohydrates, water, mineral salts, vitamins and other substances. Life processes depend on proteins and their biological function. Irrational protein nutrition is used for two purposes. Firstly, to lose excess weight, and secondly, in pathological conditions (hypotrophy, chronic diseases and athletes) to strengthen the general condition of the patient and increased body weight. In this experiment, the effect of irrational protein nutrition on body weight in experimental animals was studied.

Keywords: Irrational protein nutrition, proteins, carbohydrates, fats, vitamins, gypotrophy, athletes.

ВЛИЯНИЕ НЕРАЦИОНАЛЬНОГО БЕЛЬКОВОГО ПИТАНИЯ НА ОБЩЕЕ СОСТОЯНИЕ И МАССУ ТЕЛА

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Резюме
Человеческий организм живёт и восполняет энергетическую потребность за счет питательных веществ в продуктах потребления: белков, жиров, углеводов, воды, минеральных солей, витаминов и других веществ. Жизненные процессы зависят от белков и их биологической функции. Нерациональное белковые питание используется в двух целях. В первых, для потери излишнего веса, во вторых при патологических состояниях (гипотрофиях, хронических заболеваниях и спортсменов) для укрепления общего состояния больного и увелеченые массы тела. В этом эксперименте было изучено влияние нерационального белкового питания на массу тела у экспериментальных животных.

Ключевые слова: Нерациональное белковые питание, белки, углеводы, жиры, витамины, гипотрофия, спортсмены.

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НОРАЦИОНАЛ ОҚСИЛ ЮКЛАМАЛИ ОВҚАТЛАНИШНИНГ ТАНА ВАЗНИ ВА УМУМИЙ ХОЛАТИГА ТАЪСИРИ

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Резюме
Инсон организми яшаш ва кундалик энергетик эхтиёжи озиқ таркибидаги: оқсил, ёғ, углевод, сув, минерал моддалар, витаминлар ва бошқа қўшилмалар орқали тўлдиради. Хаётий жараёнлар оқсил моддаларга ва уларнинг биологик функциясига боғлиқ. Норационал оқсил юкламали овқатланиш икки мақсадда қўлланилмоқда. Биринчидан ортиқча тана вазнини йўқотиш бўлса, иккинчидан турли хасталикларда (гипотрофияда, спортчиларда, сурункали юқумли касалликлар билан хасталанган беморларда) қувватловчи ва тана вазнини оширувчи сифатида қўлланилмоқда. Ушбу ишда экспериментал шароитда норационал оқсил юкламали овқатланишни умумий тана вазнига таъсири ўрганилди.

Калит сўзлар: Норационал оқсил юкламали овқатланиш, ёғ, углевод, сув, минерал моддалар, витаминлар, гипотрофия ва спортчилар.

Nowodays, we all know that the organization of rational nutrition of the population of the republic is one of the most important tasks in educating a harmoniously developed generation. There fore, the state is taking a number of positive measures to solve this problem, and in many cases this is bearing fruit. In particular, many studies have been conducted to study the nutrition of the population living in the country, most of which analyzed the level of nutrition of schoolchildren, as well as some proposals for the organization of rational nutrition. However, the continuation of activities in this direction, a deeper study of issues related to the nutrition of the population from a scientific point of view, today remains one of the most important issues. An irrational protein load is used to support patients on protein diets: in patients with malnutrition and chronic infectious diseases, as well as to increase body weight. In addition, athletes and teenagers are accustomed to eating a wide variety of protein foods. According to the Internet, in developed countries, protein diets are used to lose weight.
The purpose of the study: experimental study of the effect of a protein diet on total body weight and its application in medical, dietary and pedagogical methods, scientific processes.
Materials and methods. The object of the study was experimental rats with a total weight of 160 g, white, males 70, 120 days of postnatal ontogenesis. The experiment was planned to last 60 days. The first group was a control group, fed on a vivarium diet (stale bread, cereals, various vegetables, herbs ... and water). The second group of experimental animals was fed only the same food - boiled egg white for 60 days. Every day, the experimental animals measured and compared the amount of food and body weight consumed by the electronic scale in the morning from 7^{00} to 8^{00} oclok using the electronic scale until the end of the normal experiment.

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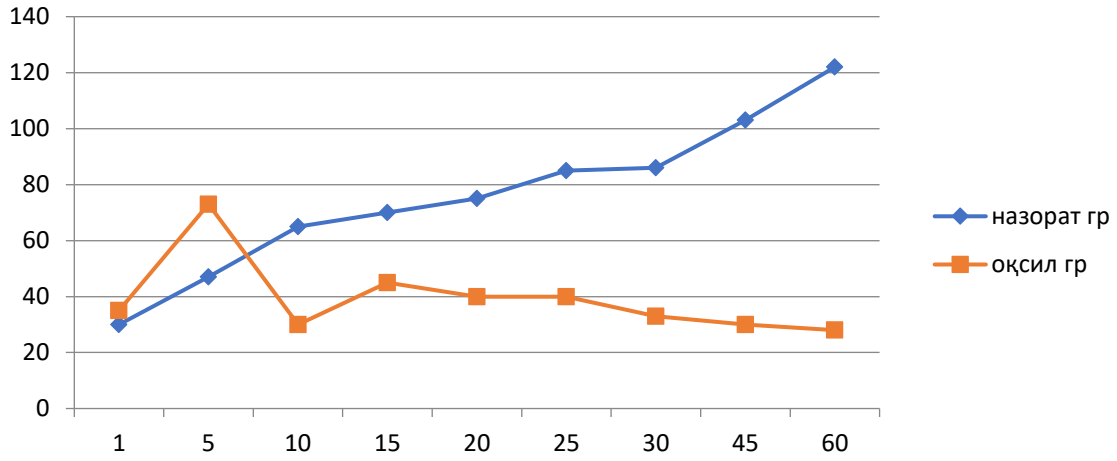
The main results of the work: In the animals of the first group, from the day of the experiment, the hair was gradually cleared and the color became clearer. At the end of the experiment, the length and thickness of the hair increased significantly and became slightly wavy. The animals of this group became more and more sensitive and sensitive to various external impressions. Appetite was the highest on the third day of the experiment, and then gradually stabilized.

The appearance of the animals of the second experimental group was clear until the seventh day of the experiment, when their coat became clean and transparent, and then gradually began to fade, fade and become thinner. By the end of the experiment, the hair became dull, thin and sparse. The sensitivity of these animals to external influences (especially noise) began to increase from the seventh to the eighth day of the experiment, and by the end of the experiment it became overly sensitive to any influences. the petites of this group of animals were different, with peaks on the fifth day of the experiment and the lowest on the tenth day. In general, from the fifteenth day of the experiment until its completion, the appetite gradually decreased. The amount of food consumed by the experimental animals per day is shown in the table and in the graph. Indicators of the amount of feed consumed by experimental animals (g)

day	1	5	10	15	20	25	30	45	60
Control gr	30±5	47± 6	65± 5	70± 6	75± 4	85± 5	86± 4	103±5	122±3
Protein gr	35±4	73±7	30±6	45±5	40± 6	40± 3	33± 3	30± 4	28± 6



The total body weight of the experimental animals was measured daily. The body weight of the animals of the first control group increased until the end of the experiment. Especially in the first half of the experiment, it increased sharply. However, from the sixteenth day, growth slowed down somewhat and steadily increased until the end of the experiment. In the first group of control animals, it was found

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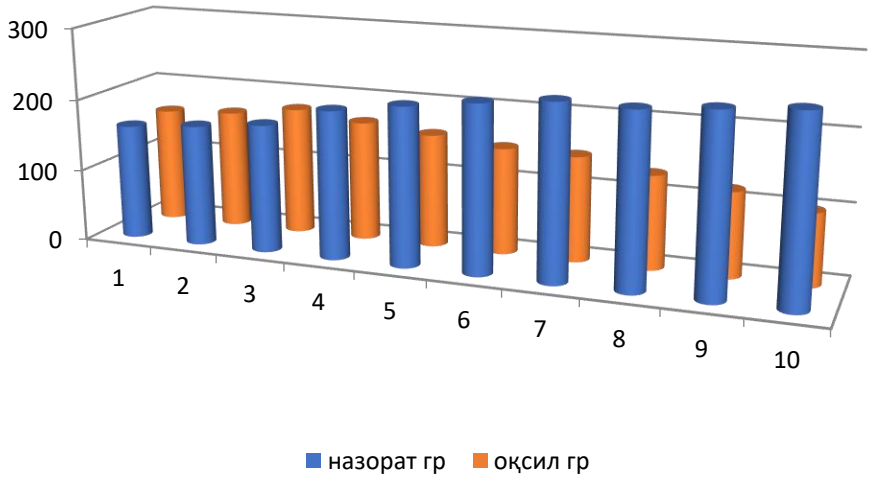
that the average body weight increased by 38% in the first half of the experiment and by 10% in the second half. The body weight of experimental animals receiving only egg white gradually decreased by 20% from the first day to the tenth day of the experiment and gradually decreased from the eleventh day of the experiment until the end of the experiment.

Body weight indicators (g)

day	1	3	7	12	17	22	26	30	45	60
Control gr	160 ±10	168 ±9	178 ± 8	206 ± 5	220 ± 7	232 ± 6	242 ± 5	240 ± 5	248 ± 5	255 ± 3
Protein gr	160 ±7	165 ±8	178 ± 7	167 ± 5	158 ± 7	148 ± 6	146 ± 6	130 ± 5	118 ± 6	100 ± 5

Live weight indicators of control and experimental animals



From the above data, it can be seen that the body weight of the experimental animals in the first control group steadily increased, making up their body weights. By the end of the experiment, the body weight of the animals of the second experimental group, loaded with protein, decreased by 1/6. When the body weight of the animals in the first control group and the second experimental group loaded with protein was compared during the experiment, it was shown that the body weight of the animals in the experimental group was sharply lagging behind, and their growth and development were also lagging behind.

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