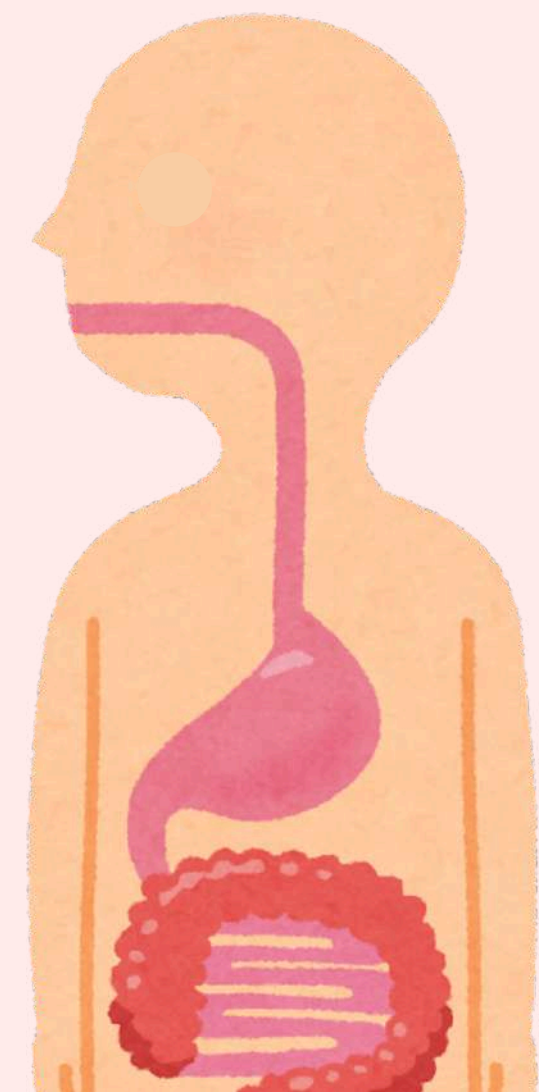
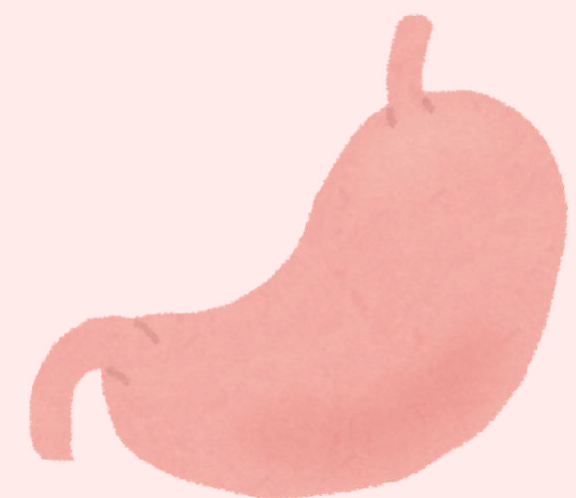


28-MAVZU:

Ovqat hazm qilishning boshqarilishi

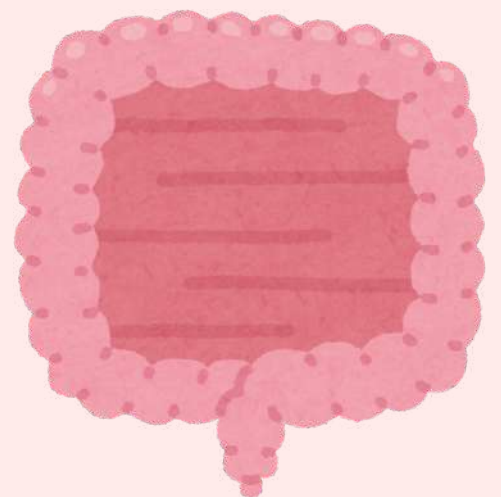


O'QITUVCHI: TESHAYEVA MOHINUR SAYFULLO QIZI



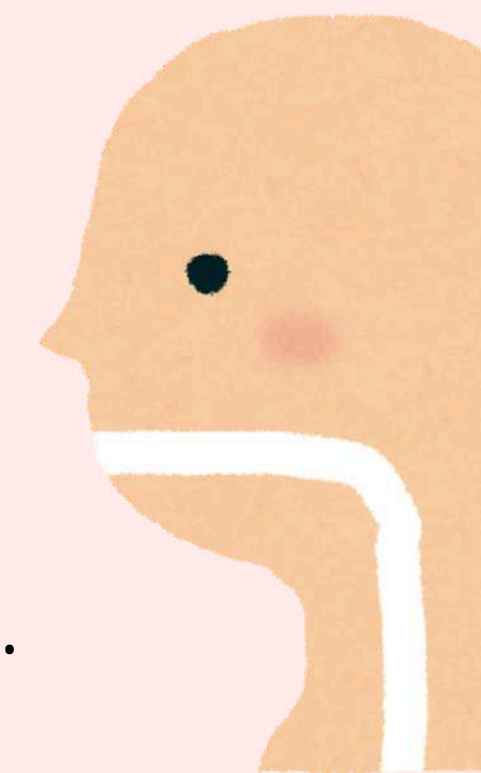
REJA:

1. Oshqozonda ovqat hazm bo'lishini o'rganish metodlari.
2. Ovqatlanish gigiyenasi.
3. Ovqat hazm qilishning nerv orqali boshqarilishi.
4. Ovqat hazm qilishning gumoral boshqarilishi.
5. Yuqori haroratning ovqat hazm bo'lishiga ta'siri.

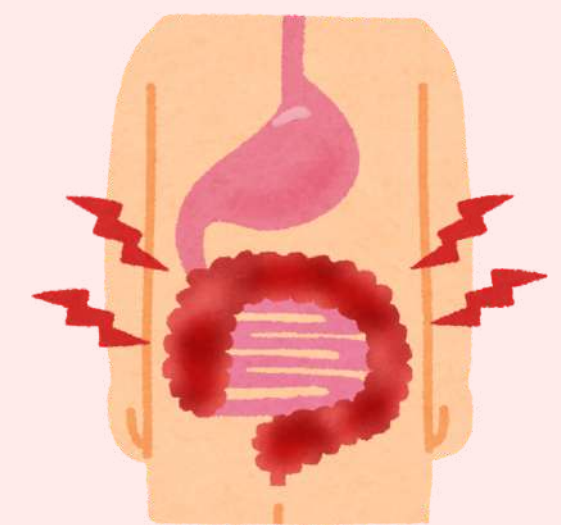


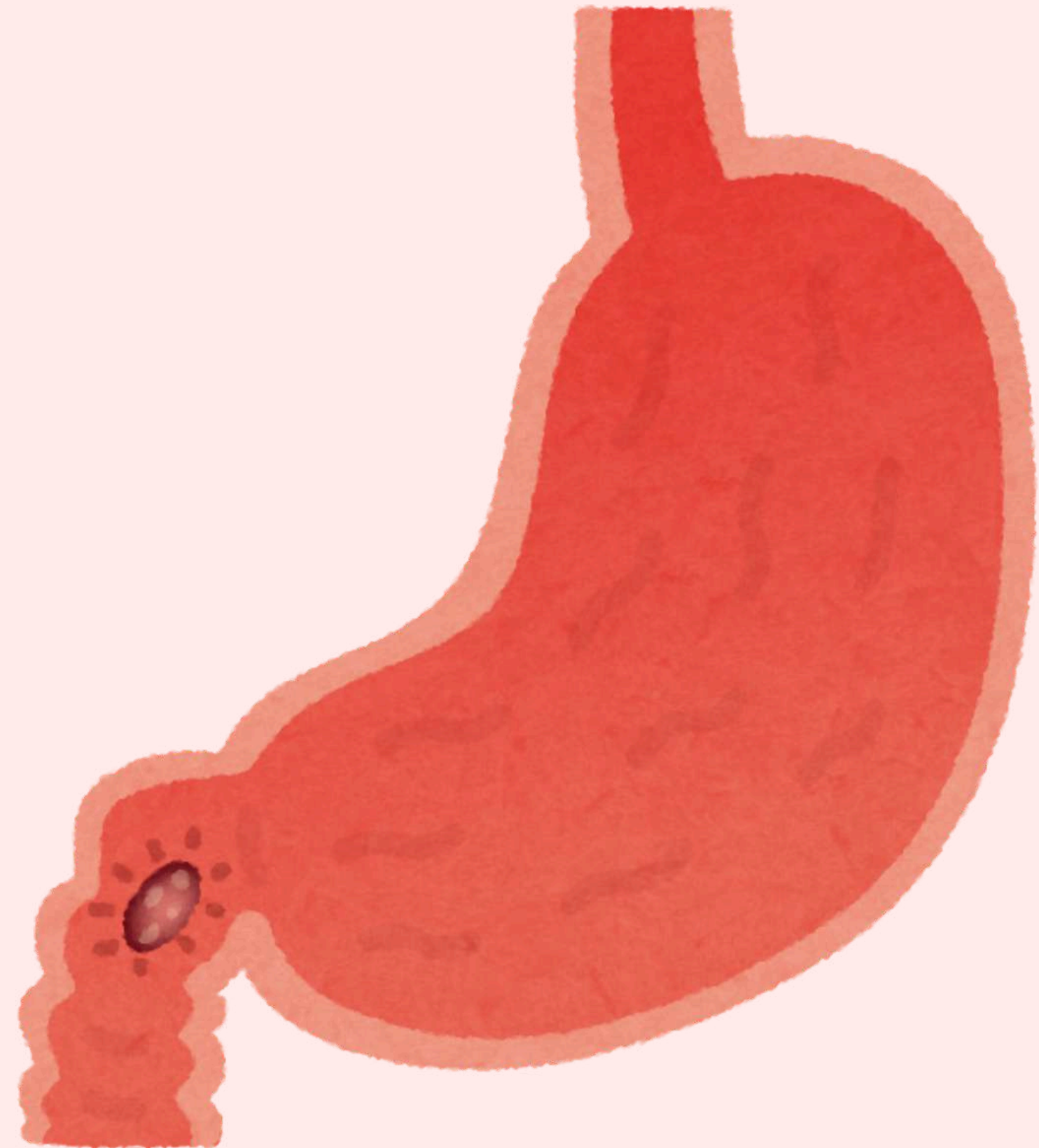


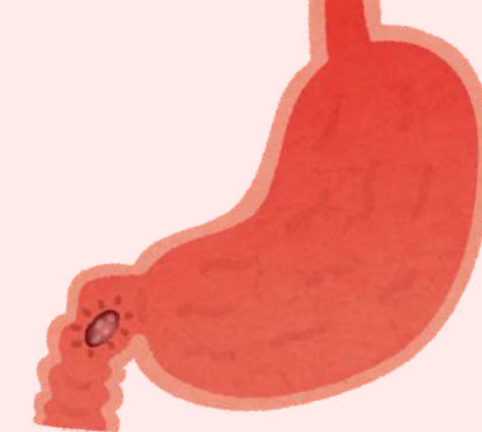
Oshqozonda ovqat hazm bo'lishini o'rganish metodlari. Ovqat hazm qilish organlari ishlashini kuzatib bo'lmaydi. Shu sababdan uzoq davr davomida hazm qilish jarayonlari hayvonlarni yorib ko'rish orqali o'rganib kelingan. XIX asr o'rtalarida rus olimi VA. Basov itlar oshqozoniga fistula qo'yish orqali oshqozon shirasi ajratib olish metodini yaratdi. Lekin bu usulda olingan oshqozon shirasi ovqat bilan aralash bo'lganligi uning tarkibini batafsil o'rganishga imkon bermasdi.



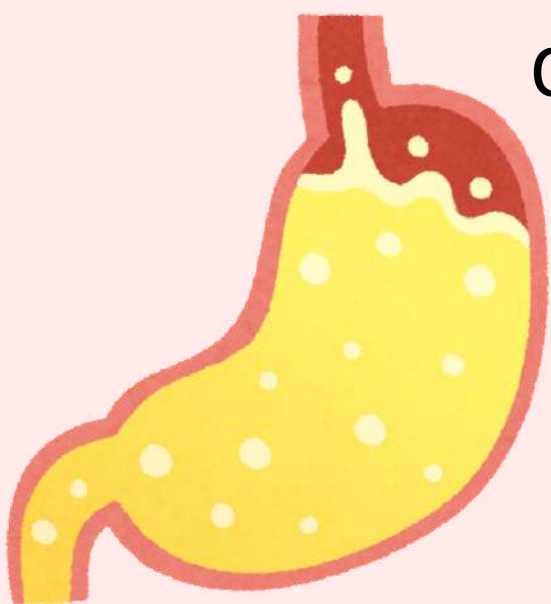
Rus olimi I.P. Pavlov ovqat bilan aralashmagan toza oshqozon shirasi olish metodini ishlab chiqdi. U yaratgan metod oshqozon shirasi tarkibi va miqdorini aniqlash hamda organizmda shira ajralishini boshqarishni o'rganishga imkon yaratdi. U oshqozonga ovqat tushib, shiraga aralashmasligi uchun qizilo'ngachni kesib fistula qo'yadi. Oshqozonning kesilgan uchlarini tashqariga chiqarib, teriga tikib qo'ydi. Og'izga tushgan ovqat qizilo'ngach orqali yana tashqariga chiqib turgan, toza oshqozon shirasi esa fistula orqali toma boshlagan. Ana shu yo'l bilan I P. Pavlov oshqozon shirasi faqat ovqat yeganda emas, balki ovqatni ko'rganda, hidini sezganda yoki ovqatlanish bilan bog'liq boshqa sabablar, masalan, chiroq yoqilganda ham ajralishini tushuntirib berdi. Shifoxonalarda oshqozon va ichak shirasini tekshirish, hazm qilish organlari faoliyatini o'rganishda zondktsh, rentgenoskopiya, endoskopiya metodlaridan foydalaniladi.



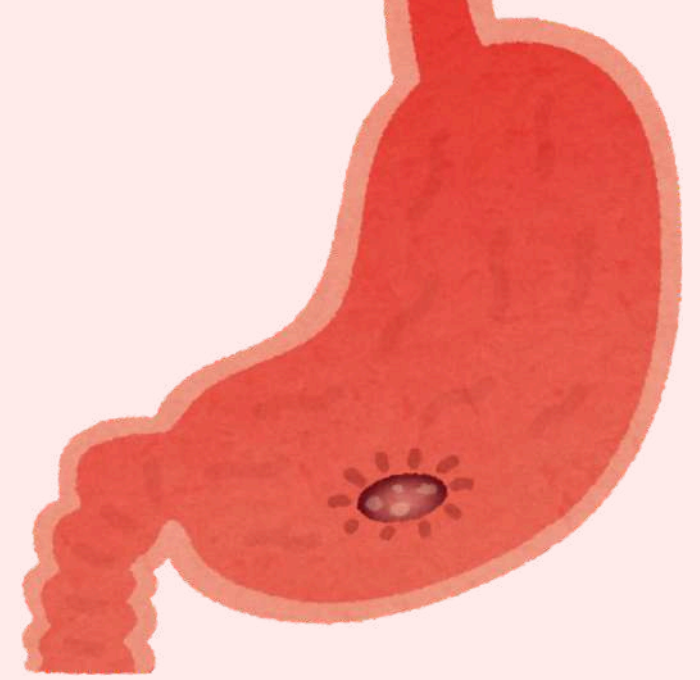
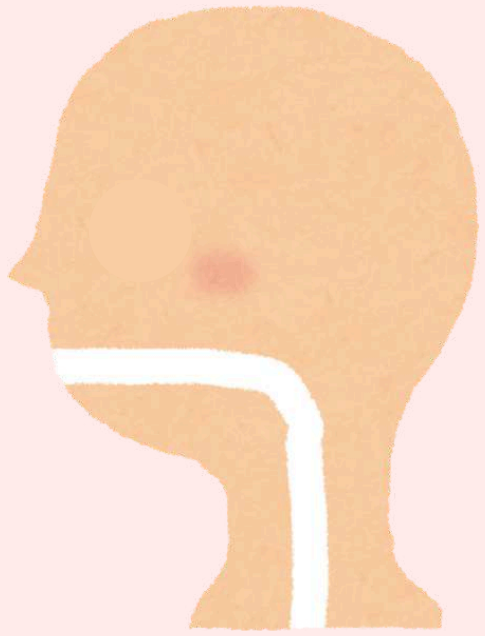




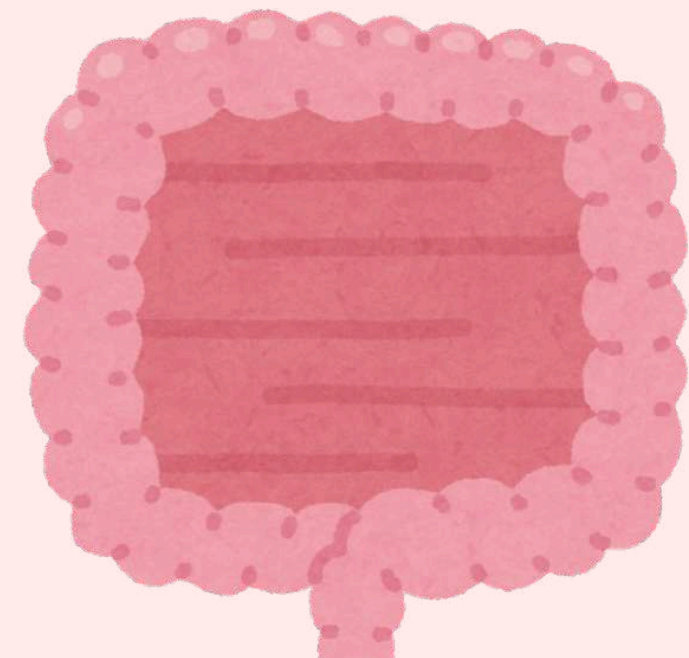
Ovqatlanish gigiyenasi. Ishtaha ovqatning xilma-xilligi, ko'rinishi, hidi va ta'miga, ovqat tayyorlanadigan va tortiladigan idishlarning ko'inishiga ham da odamning kayfiyatiga bog'liq. Dasturxon yaxshi bezatilib, ovqat chiroyli idishlarga did bilan suzilganida, ishtaha ovqat yemasdan oldin ochiladi. Har xil ziravorlar, tuzlangan va achchiq salatlar hamda sabzavotlar ishtahani qo'zg'atadi. Ovqatlanayotgan paytda qattiq shovqin, kitob o'qish, ko'ngilga yoqmagan voqea va narsalarni eslash esa ishtahani bo'g'adi, ovqat hazm bo'lishini qiyinlashtiradi. Shoshilmasdan, me'yorida ovqatlanish ovqat yaxshi hazm bo'lishining asosiy shartidir. Ko'p yeyilganida ham ovqat yaxshi aralashmasligi sababli odam bo'kib qoladi. Shuning uchun bir kunda 3—4 marta oz-ozdan ovqat yeyish kerak.

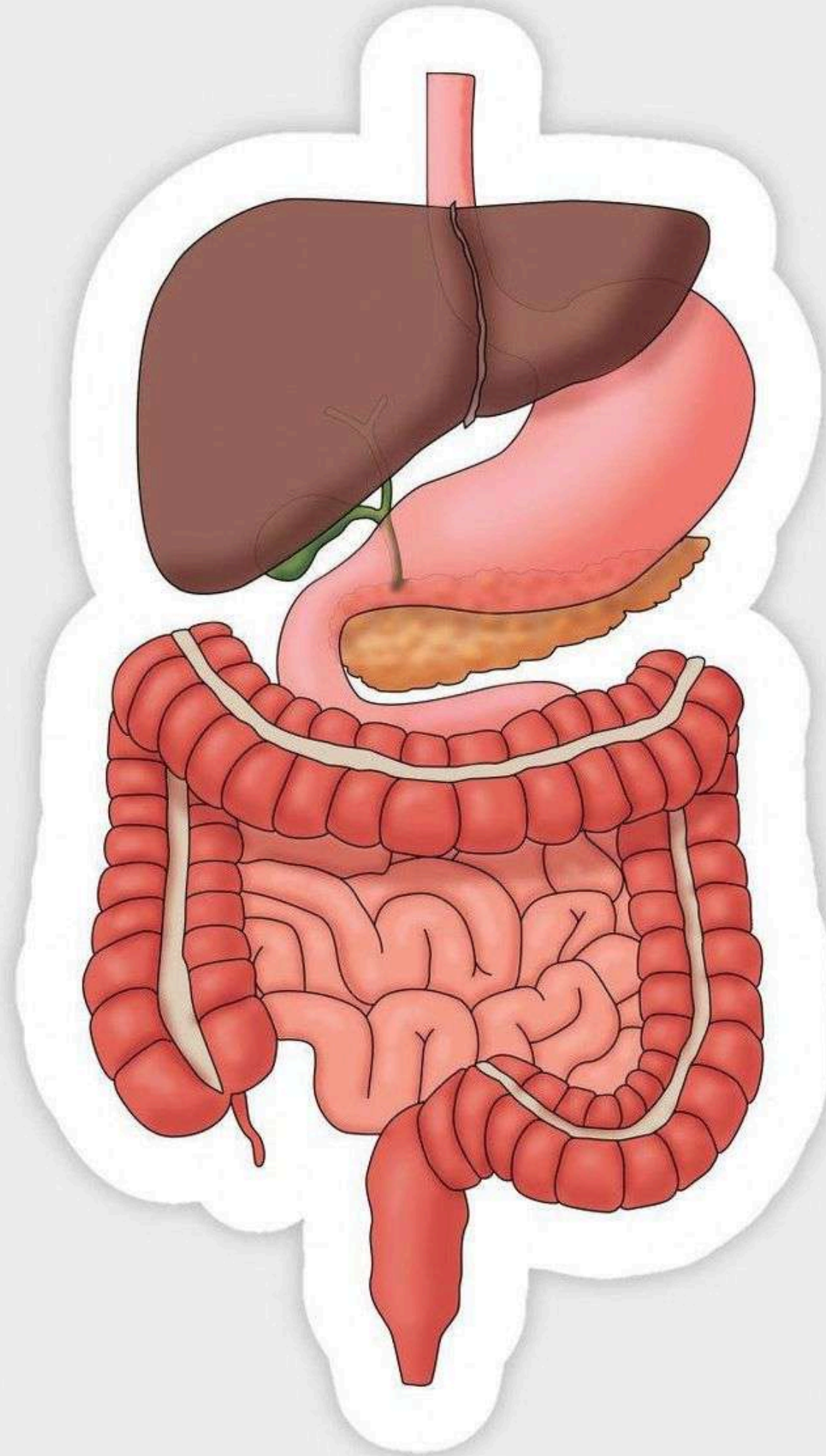






Ovqat hazm qilishning nerv orqali boshqarilishi. Tilda va og'izning shilliq pardasida ovqatning ta'mini sezadigan retseptorlar joylashgan. Ovqat mazasi ta'su-ida hosil bolgan qo'zg'alish sezuvchi nervlar orqali bosh miyadagi ovqat hazm qilish markaziga uzatiladi. U yerdan qo'zg'alish so'lak va oshqozon devori bezlariga kelib, so'lak va oshqozon shirasi ajralishiga ta'sir etadi. So'lak va oshqozon shirasi odam ovqatni ko'rganda, uning hidini sezganda, hatto ovqat to'g'risida o'ylaganda yoki eshitganda ham ajraladi. I.P. Pavlov odam ovqatni ko'rganda va uning hidini sezganda ajraladigan shirani so'lak shirasi deb atagan.

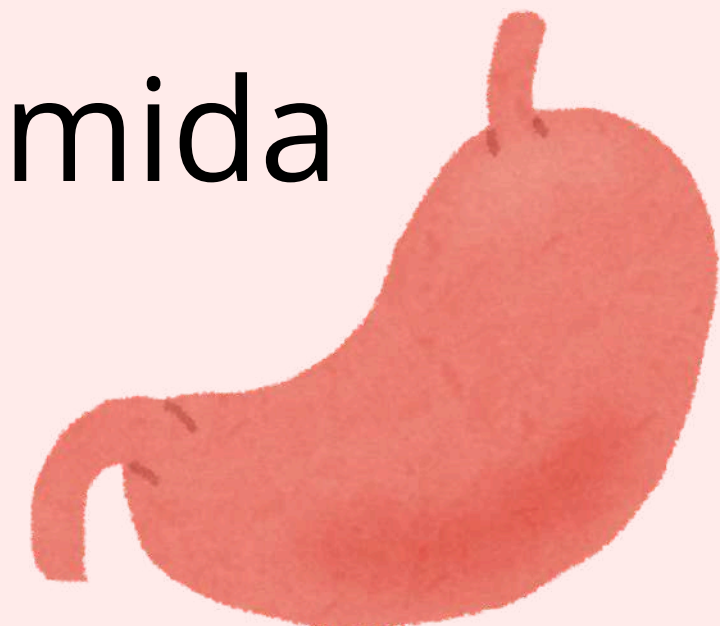
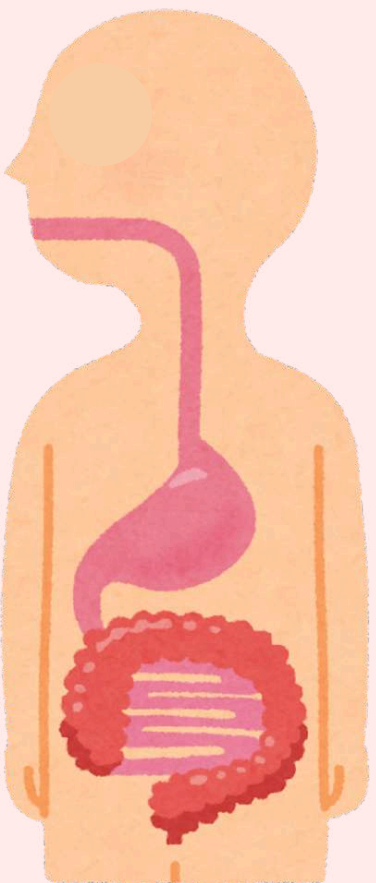






Ovqat hazm qilishning gumoral boshqarilishi.

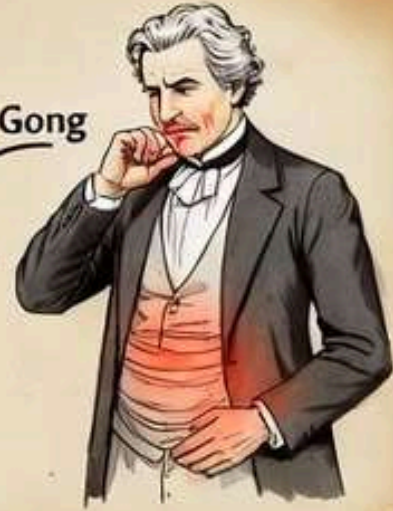
Gipofiz bezidan ajraladigan gormonlarning ba'zilar ovqat hazm qilish bezlari ishini kuchaytiradi, qalqonsimon bezning tiroksin gormoni esa bu bezlar ishini susaytiradi. Bundan tashqari, ovqat hazm qilish shartli reflekslar orqali ham boshqariladi. Bu reflekslarning markazi bosh miya katta yarimsharlarining po'stloq qismida joylashgan.



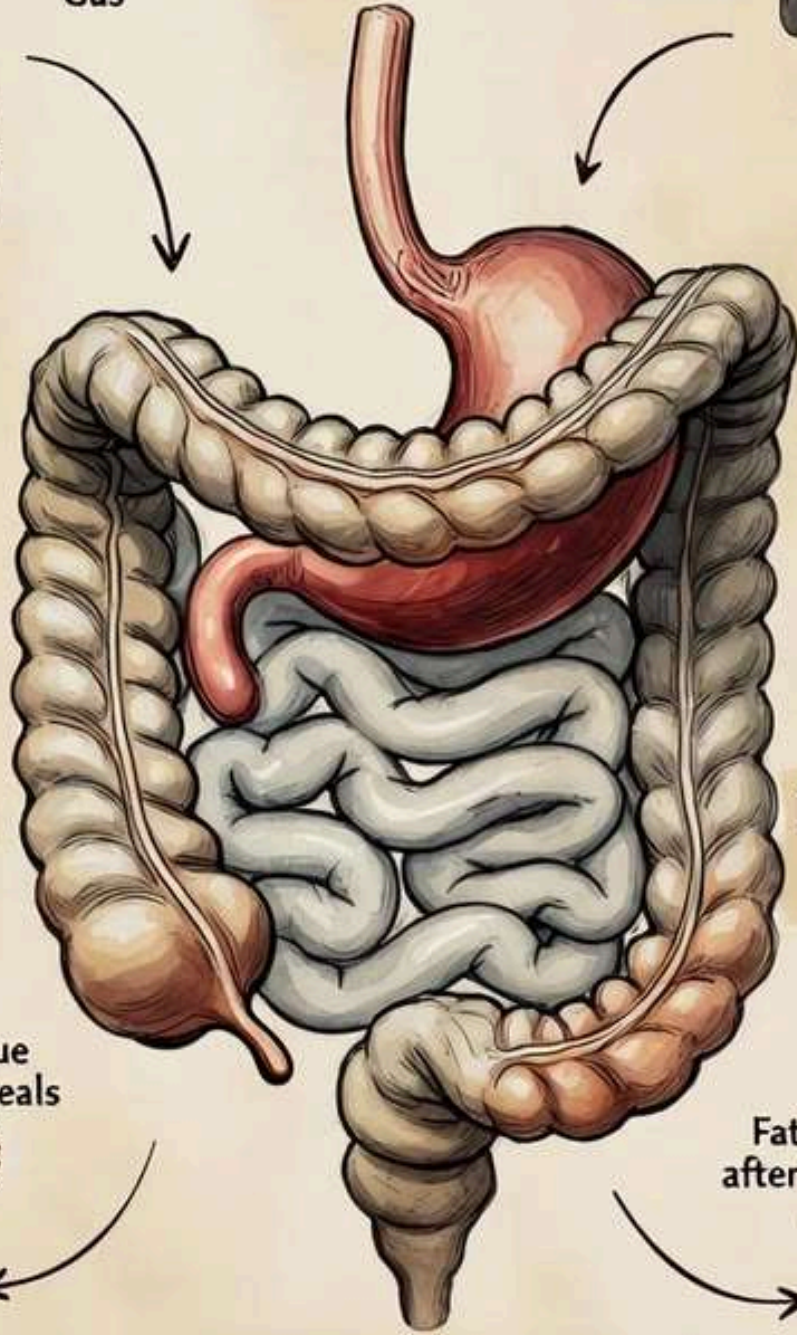
Poor Digestion



Blotting
Gas



Gong
Bloustrle



Bloating

Gas

Stomach
Discomfort

Gas

Stomach
Discomfort

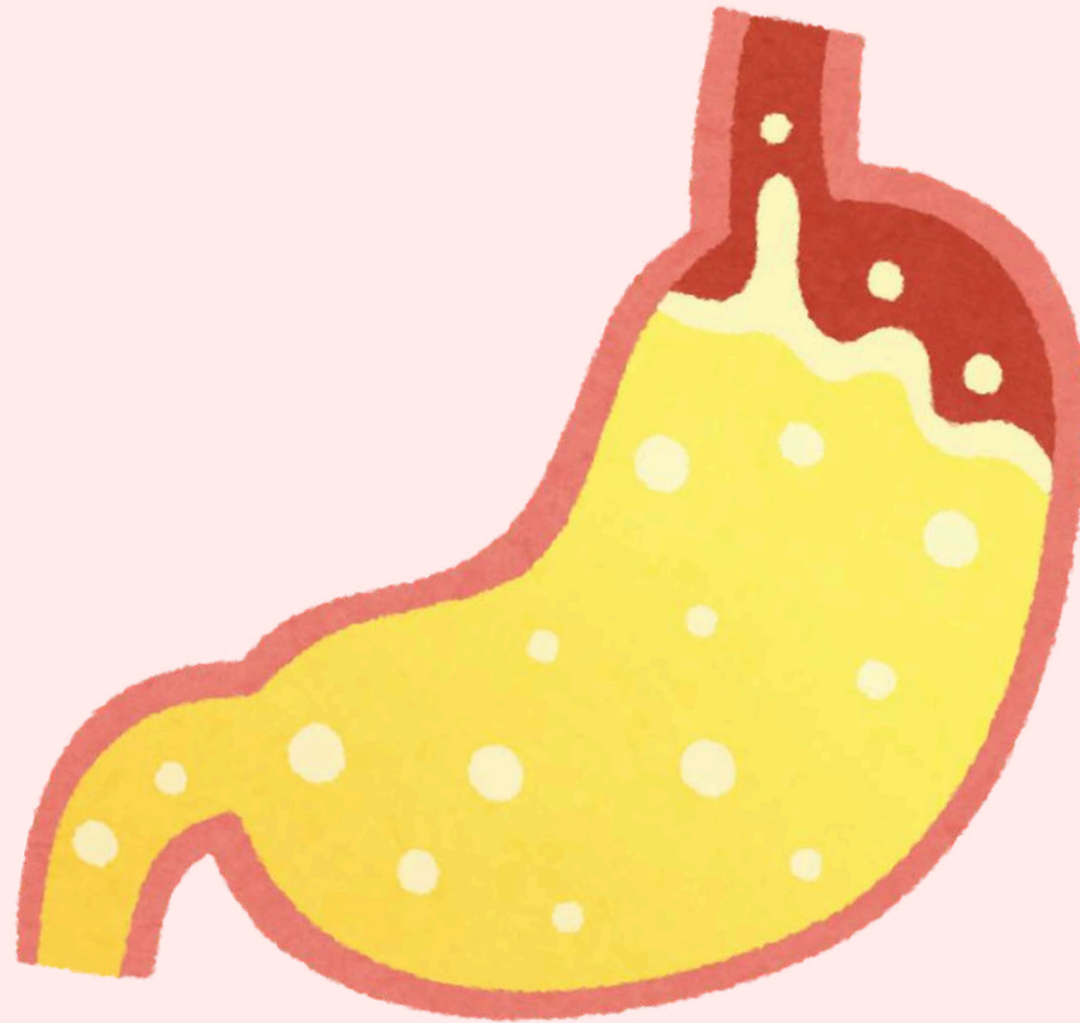
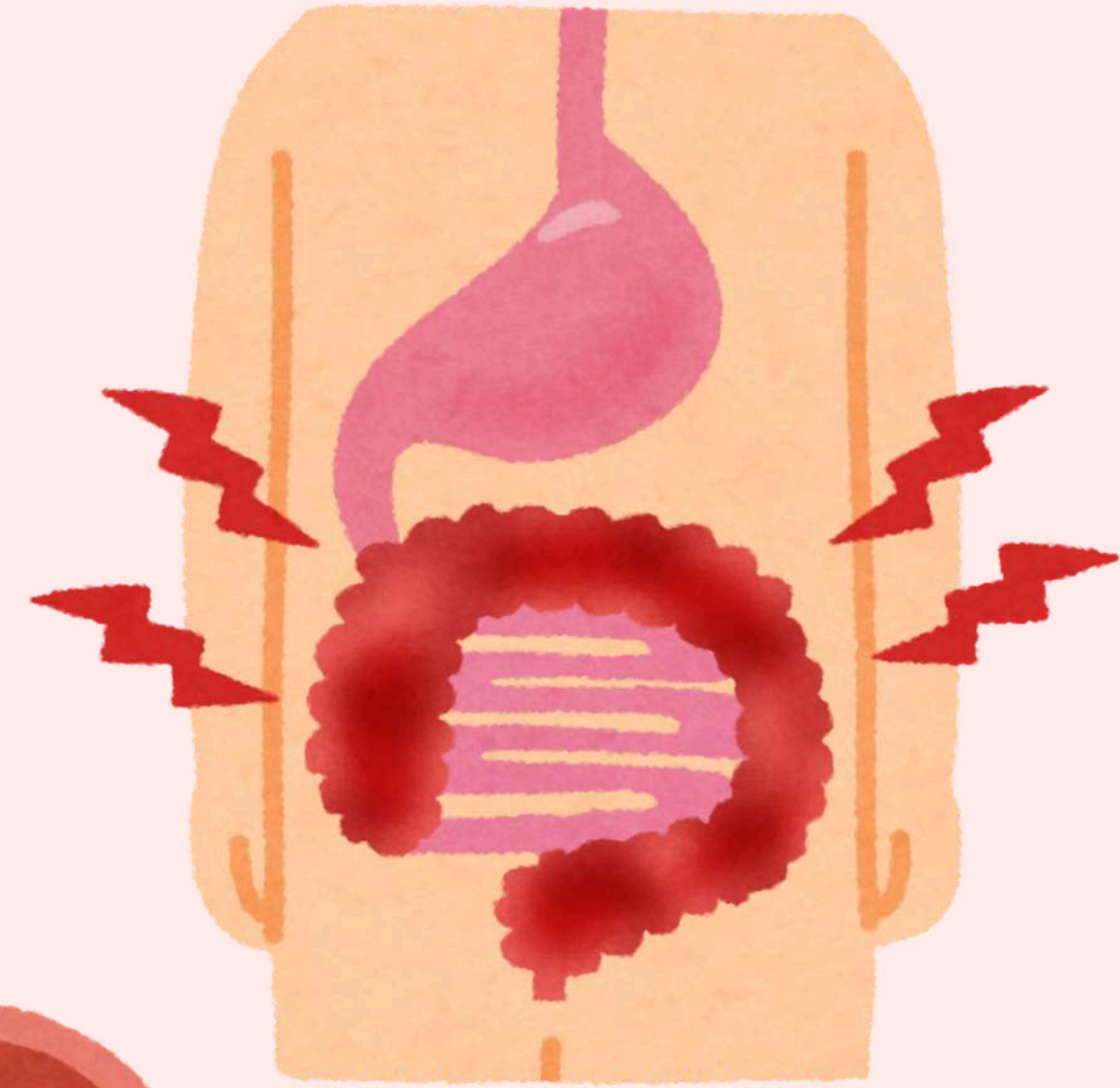
Irregular Bowel
Movements

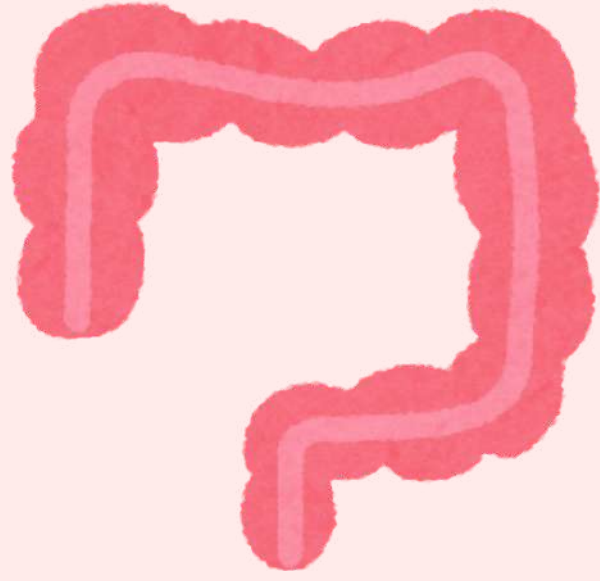
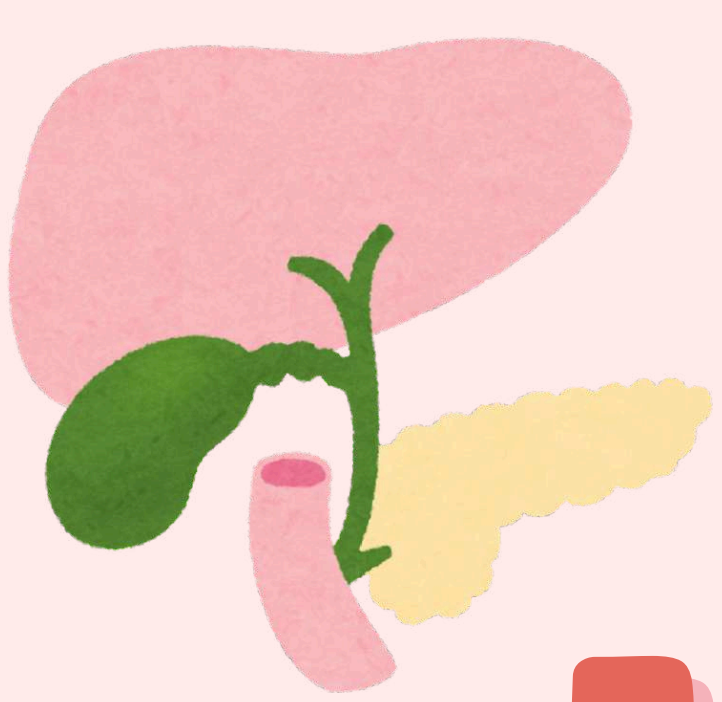


Fatigue
after meals



Fatigue
after meals





E'TIBORINGIZDAN MAMNUNMAN!

