



**INFLUENCE OF MENTAL AND ALIMENTARY FACTORS ON THE BIRTH PROCESS OF PREGNANT WOMEN. A MODERN VERSION OF THE ANCIENT METHODS OF PREPARING FOR CHILDBIRTH AND MONITORING THE CONDITION OF BABIES**

Raimova Zulfiyahon Makhamatzhanovna  
Assistant. Fergana Medical Institute Of Public Health  
"Department of Pediatrics"

Kholmatova Yokuthon Nemattillaevna  
Assistant. Fergana Medical Institute of Public Health  
"Department of Pediatrics"

Zokirova Khamidakhon Kochkarovna  
Senior Nurse Fergana Regional Perinatal Center  
Second Obstetric Department

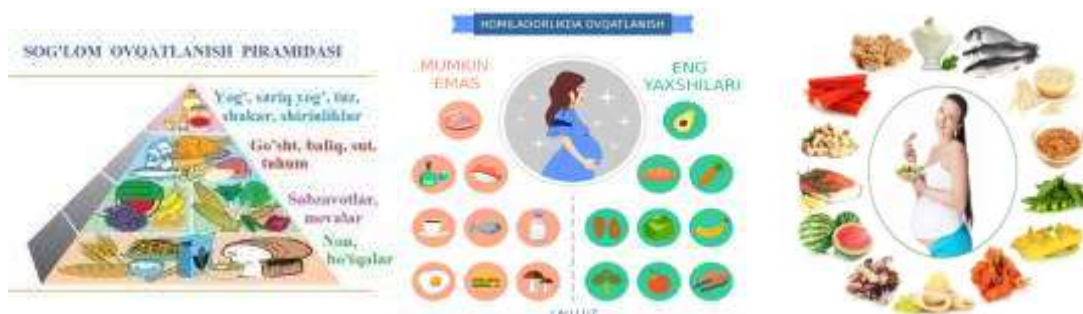
**Abstract**

Helping pregnant women prepare for childbirth is a key factor in saving the lives of mothers and children. This is due to the fact that the benefit of the nutritional factor (good quality of food, a rational balance of calorie content of nutritional value ...) and peace of mind contribute to a safe birth. This leads to the correct development of the child in later stages.

**Keywords:** fetus, child, alimentary, mental development, almonds, tinctures, breast milk, vitamins, minerals, proteins, fats, carbohydrates, supplements used for baby food, immunity, artificially acquired immunity, diseases, infections, COVID-19, care, disinfection, ear, nose, eye...

**Introduction**

Helping pregnant women prepare for childbirth is one of the most important factors in saving the life of the mother and child, facilitating the transition. This leads to the correct development of the child in later stages.



Explaining this knowledge to doctors, patrons, expectant mothers, teenage girls and young brides who are on the verge of adulthood, it is important that they thoroughly study their health, give useful advice



and work conscientiously. They are necessary to feel superior. Everyone is primarily responsible for their own health, but expectant mothers are responsible for the health of the nation.



Peace of mind depends on how high this feeling of gratitude is. In other words, when our mothers read a lot of books, they think about organizing sports and health trips, organizing standard-setting work. In turn, attention to rational nutrition has a direct impact on the success of childbirth.



As a result of our research, if a pregnant woman eats enough quality, high-quality and high-calorie foods rich in vitamins and minerals, feels free and acts as she pleases (except for bad habits), her child



will be calm and healthy. 80% of the positive factors. Yes, in order for our future generations to grow up healthy and harmoniously, the people around the pregnant woman (spouse, mother-in-law, father-in-law, etc.) must fully provide the necessary and necessary conditions.

To ensure a complete and safe delivery, we give pregnant women the following recommendations:

- 1) Provide more physical activity to pregnant women who are menstruating.
- 2) Eat more meat products.
- 3) To help and convince self-confidence that the birth will go well.
- 4) The use of useful tinctures; drink almond juice.
- 5) Do not shout loudly, do not waste energy, do not strain.
- 6) It is recommended to tighten the umbilical cord during childbirth.

Preparation of almond tincture. (10 g of hard shell of almonds, 1 liter of water 100 g of sugar or nawot to boil for a long time on low heat and consume in a warm state)



Wrap the newborn in a clean sterile napkin, clean the face, mouth, nose: vital signs are assessed. After that, he is wrapped in the necessary clothes. At the next stage, the mother is instructed to abstain from certain foods (carbonated, canned, sweets, herbs, onions, stale food...). Predominantly boiled, steamed, liquid foods are recommended.

If our women who do not have hereditary diseases, do not suffer from drug addiction and alcoholism, follow the above recommendations and pay attention to the use of dietary food after childbirth: the child will not have serious illnesses and complications from the disease. Our observations show that a number of systemic measures are being taken in the Fergana region to achieve a high level of maternal and child health. Of these, it is especially commendable that the medical staff, large and small, have the same love for work, high experience, clear goals and work plans. The unity and cohesion of all communities contributes to the effective organization of work.

Currently, the growth and development of children (0+3 years old) is controlled by the development of healthy immunity to COVID-19, including; 63% of children are carriers of various strains of the virus



in the form of a cold, flu, runny nose and anorexia, cough. 5% of children have a mild lung disease, 5% have a moderate lung disease, 28% of children have sore throats, eyes, ears and various allergic diseases.

At the same time, we must not forget the mercy of Allah, which combines breast milk with natural immunity (vitamins, carbohydrates, fats), vitamins and minerals, which are the main means of increasing the immunity of children. The Quran says that 30 months is the right of children and that this period is 2.5 years.

It is commendable that in the next rows we are improving the nutritional factors of our mothers, and in the last rows we are working with additional products for children. Indeed, during this period, breastfed children have high immunity and high resistance to various viruses, as well as high human emotions.

Nowadays, the fact that modern mothers deliberately deprive their children of breast milk from an early age (their growth, health, career ...) leads to the fact that today viral infections occur in moderate to severe degrees. Our mothers who follow the recommendations will it is easier to fight diseases if they are mentally and emotionally nourished before and after childbirth and are breastfed.

When caring for children (0+ to 3 years), breast milk is not only nutritious, but also very effective as a means of cleaning (disinfection) in children. With cataracts, eye contact (eyelashes, dust...), breastfeeding is enough. He has already seen the benefits of our mothers and grandmothers and gave his recommendations to young people.

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