

EATING BEHAVIOR DISORDER AND ITS CORRECTION

5th year student of Tashkent Medical Academy

Abdujabborova Sitora Sherali qizi

Аннотация. Эти статьи анализируют расстройства пищевого поведения (охаб) и их эффекты на здоровье человека. The main causes, symptoms and consequences of anorexia Nervosa, bulimia Nervosa and overeating syndrome have been studied. Effective psychotherapeutical, pharmacological and ideological approaches to the correction of ohab are also recommended. Результаты исследования показывают, что it is possible to improve the health of patients with the help of complex treatments, including Cognitive-behavioral Therapy (CBT), antidepressants and Individual Nutrition regimes.

Ключевые слова: пищевое расстройство поведения, нервная анорексия, нервная булимия, синдром переедания, психотерапия, диетотерапия, здоровое питание.

Annotatsiya. Ushbu maqolada ovqatlanish xatti-harakatlarining buzilishi (OXAB) va ularning inson salomatligiga ta'siri tahlil qilinadi. Anoreksiya nervoza, bulimiya nervoza va ortiqcha ovqatlanish sindromining asosiy sabablari, belgilari va oqibatlari o'rganildi. OXABNI tuzatishga samarali psixoterapevtik, farmakologik va mafkuraviy yondashuvlar ham tavsiya etiladi. Tadqiqot natijalari shuni ko'rsatadiki, murakkab muolajalar, shu jumladan kognitiv-xulq-atvor terapiyasi (CBT), antidepressantlar va individual ovqatlanish rejimlari yordamida bemorlarning sog'lig'ini yaxshilash mumkin.

Kalit so'zlar: ovqatlanish xulq-atvorining buzilishi, anoreksiya nervoza, bulimiya nervoza, ortiqcha ovqatlanish sindromi, psixoterapiya, dietoterapiya, sog'lom ovqatlanish.

Annotation. This article analyzes nutritional behavior disorders (OXAB) and their effects on human health. The main causes, symptoms and consequences of anorexia nervosa, bulimia nervosa and overeating syndrome have been studied. Effective psychotherapeutic, pharmacological and dietological approaches to the correction of OXAB are also recommended. The results of the study show that it is possible to improve the health of patients with the help of complex treatments, including cognitive-behavioral therapy (CBT), antidepressants and individual nutrition regimes.

Keywords: nutritional behavior disorder, anorexia nervosa, bulimia nervosa, overeating syndrome, psychotherapy, dietotherapy, healthy eating.

Introduction. In modern society, eating behavior disorders are one of the pressing problems and have a serious impact not only on health, but also on the psychological and social life of a person. These disorders are often associated with stress, improper dietary habits, societal pressure, and psychological factors. Among nutritional behavior disorders (OXAB), anorexia nervosa, bulimia nervosa, and overeating syndrome are the most common. This article details the types of OXAB, causes and consequences, and methods of their correction.

Main part. Nutritional behavior disorders can manifest in various forms. The most common of these are the following:

Anorexia nervosa is a mental disorder that occurs when a person sharply limits nutrition as a result of not considering their body too little. People with this disease:

Constantly strives to lose weight;

- Consider their bodies to be overweight, even if they are too thin;
- Abstinence from eating or eating a minimum amount of food;
- Excessive exercise.

Anorexia nervosa causes serious complications for the body. Prolonged exposure can lead to fragility of bones, heart rhythm disturbances, decreased immunity, and even death.

Bulimia nervosa is characterized by eating excess food and then forcibly vomiting or trying to lose excess calories in other ways. The main signs of this disorder include:

- Frequent and large meals (eating attacks);
- Encourage oneself to vomit forcibly after eating food or consume laxatives (laxative drugs) ;
- Excessive anxiety about body weight;
- Eating secretly and feeling guilty afterwards.

Bulimia nervosa can cause electrolyte imbalances in the body, gastrointestinal problems, heart disease, and depression if prolonged.

In this disease, a person usually eats excess food under the influence of stress or depression. Unlike bulimia, no effort is made to release it from the body after eating excess food. This disorder is manifested by the following signs:

- Eating a very large amount of food in a short time;
- Continue to eat, even if there is no feeling of hunger;
- Feeling guilt and shame after eating;
- Obesity and the development of metabolic syndrome.

Overeating syndrome can lead to diabetes, cardiovascular disease, obesity, and psychological problems.

Causes of nutritional behavior disorders

Various factors can be responsible for the origin of OXAB. They are divided into the following groups:

Biological factors:

Genetic predisposition

Neurotransmitter (serotonin, dopamine) dysbalance

Hormonal changes

Psychological factors:

- Depression and anxiety
- Low self-assessment
- Perfectionism and critical thinking

Social factors:

- Beauty standards established by society
- Impact of media and social networks
- Formation of unhealthy eating habits in childhood

Results and Discussions.

Prevalence of nutritional behavior disorders.

According to statistics, the number of nutritional behavior disorders has been increasing in recent years. According to the World Health Organization (who), more than 70 million people in the world suffer from these diseases. Anorexia and bulimia are particularly common among adolescents and young women.

Psychological and biological causes of OXAB.

Studies show that nutritional disorders are associated not only with social pressure, but also with biological factors. For example, neurotransmitter dysbalance such as serotonin and dopamine can cause the development of these disorders. In addition, genetic predisposition also plays an important role.

The effectiveness of various approaches to the treatment of OXAB.

The most effective methods of treating nutritional disorders are as follows:

Cognitive-behavioral therapy (CBT) – helps to change the patient's prejudices.

Pharmacological treatment-antidepressants (e.g. selective serotonin reuptake inhibitors – SSRIs) relieve symptoms.

Dietotherapy is the delivery of the necessary nutrients to the body by establishing a special diet for the patient.

This shows that the combination of approaches leads to the best results.

Effectiveness of treatment and long-term results.

The results of the study show that by early detection and complex treatment of OXAB, patients have a significantly increased chance of recovery. For example, according to 5-year observations, approximately 50-60% of anorexia patients have reached full recovery, while 20-30% have decreased symptoms. However, the likelihood of recurrence of the disease again after treatment is high, and there is a need for long-term therapy.

Conclusion. Nutritional behavior disorder is one of the complex conditions that can cause serious medical and psychological problems. To treat these disorders, it is necessary to harmonize medical, psychological and social approaches. It is important to consult a specialist if these problems are observed on your own or in loved ones. Healthy eating and mental stability should be one of the main values of every person.

References

1. Abdurahmonov, Sh. Psixologik salomatlik va oziqlanish xulq-atvori buzilishlari. Toshkent: Fan nashriyoti, 2022.
2. Karimova, N. Anoreksiya va bulimiyaning psixologik omillari. O'zbekiston Milliy Universiteti nashriyoti, 2021.
3. Usmonova, D. Ovqatlanish madaniyati va uning salomatlikka ta'siri. Toshkent: Ma'naviyat, 2023.
4. Rustamov, B. Zamonaviy jamiyatda ortiqcha ovqatlanish sindromi. Andijon Davlat Tibbiyot Instituti ilmiy jurnali, 2022.
5. Yoqubov, O. Dietoterapiya va uning oziqlanish buzilishlaridagi o'rni. Samarqand: Oliy ta'lim nashriyoti, 2023.