PHYSIOLOGICAL FUNCTIONS OF THE HEART AND THEIR PATHOLOGICAL ALTERATIONS: CLINICAL SIGNIFICANCE AND DIAGNOSTIC OPPORTUNITIES

Ashuraliyeva Shaxnoza Ulug'bek qizi
shahnoza.ashuralieva@icloud.com; +998935930050
ORCID ID 0009-0002-3844-1031

Abstract

Cardiovascular diseases remain the leading cause of mortality worldwide and represent one of the most pressing global public health challenges of the 21st century. The heart, being the central organ of circulation, is responsible for ensuring tissue oxygenation, maintaining systemic homeostasis, and supporting adaptive responses during both rest and stress. A deep understanding of the physiological functions of the heart and the pathological alterations that disrupt these mechanisms is crucial for the early detection, accurate diagnosis, and targeted treatment of cardiovascular diseases. Advances in modern medicine demand a comprehensive analysis of cardiac physiology and pathology to reduce the burden of morbidity and mortality associated with these disorders.

Introduction

Aim

The aim of this study is to analyze the physiological functions of the heart and their pathological alterations, to highlight their clinical significance, and to explore modern diagnostic opportunities that enhance early detection and management of cardiovascular diseases.

Materials and Methods

This analytical work is based on a review of contemporary scientific literature, clinical observations, and current international guidelines. Particular attention was given to diagnostic tools used in assessing cardiac function, including electrocardiography (ECG), echocardiography, cardiac magnetic resonance imaging (MRI), computed tomographic angiography (CTA), and radionuclide studies. Additionally, the role of cardiac biomarkers such as troponins and natriuretic peptides was analyzed. The integration of digital technologies, especially artificial intelligence and machine learning algorithms, was also evaluated as an emerging diagnostic modality.

Results

The analysis demonstrated that pathological alterations of cardiac physiological mechanisms form the basis of major cardiovascular conditions, including ischemic heart disease, chronic heart failure, arrhythmias, and cardiomyopathies. Disruptions at the myocardial and systemic level lead to reduced contractility, impaired conduction of electrical impulses, and significant hemodynamic imbalance, all of which contribute to progressive organ dysfunction. Modern diagnostic techniques

have shown remarkable value in detecting subclinical disease stages, distinguishing compensatory from decompensatory processes, and predicting patient outcomes. Electrocardiography and echocardiography remain fundamental in clinical practice, but advanced modalities such as cardiac MRI, CTA, and biomarker testing provide superior sensitivity and specificity. Furthermore, artificial intelligence and machine learning technologies are emerging as transformative tools, capable of improving diagnostic precision and supporting individualized treatment strategies. These results emphasize that the integration of traditional diagnostic approaches with cutting-edge technologies enhances the overall effectiveness of cardiovascular disease management.

Conclusion

A comprehensive understanding of the physiological functions of the heart and their pathological alterations is fundamental for modern clinical medicine. Early recognition of cardiac dysfunction through advanced diagnostic modalities allows for timely interventions that can prevent progression to severe disease states. The incorporation of innovative technologies, particularly artificial intelligence, not only increases diagnostic accuracy but also opens the way for personalized therapeutic approaches tailored to individual patient needs. Ultimately, expanding knowledge in this area contributes to reducing morbidity and mortality rates associated with cardiovascular diseases, thereby improving the quality of life and longevity of patients. Continued research and integration of multidisciplinary strategies will remain essential in addressing the global burden of heart disease.