

EFFECTS OF CARBONATED DRINKS ON THE BODY

Najibuloyev Zuhuriddin Jumakulovich
Student of Samarkand State Medical University

Abdullayev Tohir Khamzayevich
Student of Samarkand State Medical University

Gayratov Bekzod Shukhratovich
Student of Samarkand State Medical University

Azimov Sulaymon Lochinovich
Student of Samarkand State Medical University

Xolmurodova Dilafruz Quvvatovna
Professor of Samarkand State Medical University:
E-mail: abdullayevtohirbek90@gmail.com

Abstract

Gasification — 1) saturation of mineral waters, fruit juices, kvass, beer and champagne with carbon dioxide (SO₂) gas. Gas gives the drinks a refreshing effect, improves their absorption into the body, and makes the taste pleasant. There are two methods of gasification: gasification directly into liquids (liquids, fruit juices, mineral waters; special equipment is used for this. 0.3-0.5 mg of carbonic acid is added to 1 liter of drink); saturation of drinks due to gas released during fermentation (liquid, champagne, beer, kvass); 2) fuels Gas - coal, fuel oil, peat, wood, slanes, etc. obtaining generator gas from fuels. Using a gas generator, fuel is oxidized with air or water vapor at a high temperature. If gasification is done using a steam-oxygen mixture under pressure, city gas containing up to 15% methane is produced. A by-product, generator tar, is also obtained from the gas.

Keywords: mineral waters, fruit juices, SO₂, liquid, champagne, beer, kvass, fuel oil, generator tar, wood.

Introduction

Fizzy drinks are sold in every store, regularly criticized by experts who never tire of warning that they are full of sugar and chemicals with zero nutritional value. However, many people still don't know the real damage they can cause. A 2014 study by Action on Sugar found that 79% of 330ml fizzy drinks contained six or more teaspoons of sugar. This is the maximum daily dose of sweets for adults. Some are trying to mitigate the risks by imposing restrictions. It is not forbidden to enjoy a cold drink from time to time, but excessive consumption of such products can have negative consequences. Non-alcoholic or carbonated drinks can affect the health of internal organs,



as well as cause negative aesthetic consequences, affect the skin, teeth and figure. A 2020 study of 5,147 children aged 11, 13 and 16 found a link between fizzy drink consumption and aggression. Its authors concluded that frequent consumption of fizzy drinks was associated with more aggressive behavior, violence and depressive symptoms. It's unclear why this is, but the answer may be that fizzy drinks are highly processed and contain many potentially problematic products, including aspartame, which has been linked to jitters, and other substances. Caffeine is also a source of behavioral problems. Many studies have been conducted examining the relationship between the consumption of carbonated drinks and types of cancer. A 2019 British Medical Journal study of 101,257 participants between the ages of 5 and 18 found that sugary drink consumption is indeed associated with an increased risk of cancer, particularly breast cancer. Drinking 100ml of extra-sugary drinks a day, the equivalent of about two cans a week, can increase the risk of cancer by 18%, the researchers concluded. American scientists are also studying the relationship between sugary drinks and the rate of death from cardiovascular diseases. In 2019, researchers concluded that people who drank more than two servings of high-calorie drinks a day had a 31 percent higher risk of dying from heart problems. The amount of fizzy drink consumed was also found to play a role: each additional serving of sugary drink consumed daily was associated with a 10 percent increased risk of dying from cardiovascular disease. Sugary drinks increase the likelihood of developing type 2 diabetes. In 2009, the American Diabetes Association reported that drinking one or more sodas a day increased the risk of diabetes by 67 percent. This number is definitely worth giving up soda. Also, daily consumption of sugary sodas was associated with a 36 percent increased relative risk of metabolic syndrome. It is a combination of diabetes, high blood pressure and obesity, which in turn increases the risk of cardiovascular disease and stroke. Pregnant women are warned not to drink carbonated drinks. A 2010 study of 60,000 women in Denmark found that those who drank carbonated and still sugary drinks were more likely to give birth early. Women who drank at least one soda a day during pregnancy were 38 percent more likely to give birth prematurely than those who did not. In 2020, American scientists found that higher consumption of carbonated drinks is associated with an increased risk of dementia, Alzheimer's disease and all forms of stroke. The Framingham Heart Study, which ran for more than 20 years, found that people who drank one to seven servings of soda per week were almost twice as likely to develop Alzheimer's disease as those who did not. Fizzy drinks can damage your teeth, so curbing your soda cravings may be the key to maintaining a beautiful smile. Opt for unsweetened tea or water, according to Dr. Rona Eskander, a dentist and oral specialist. "There is acid in carbonated drinks whether they contain sugar or not," says the expert. "They can damage teeth and increase caries and tooth erosion." He added that you should not brush your teeth immediately after drinking carbonated drinks. Because the acid softens the structure of the teeth and makes them prone to falling out.

Summary:

We need to completely rid our lives of unhealthy fizzy drinks. Carbonated drinks harm us today and our future. Carbonated drinks are causing huge economic damage to countries, with young people prone to early disease, infertility and premature death. In order to prevent all of these, increasing the number of natural drinks, encouraging young people to play sports, not showing and advertising harmful drinks in schools, TV, radio and instruction.



References:

1. E. Nuritdinov “Human Physiology” 2005
2. An Overview of Effects of Carbonated Drinks National Journal of Health Sciences 2019
3. Journal of the American Statistical Association 544p
4. Arziqulova “ The basicd of a healthy lifestyle”
5. Ibn Sino “Salomatlik Sirlari.

