

## PERIODS OF PREGNANCY

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Pregnancy- is a physiological process that consist of the development of a fertilized ovum in the mother's body and turning into a mature fetus. It begins with the union (fertilization) of a mature egg cell with a male germ cell in a woman's ovary and lasts an average of 280 days, i.e. 10 lunar months. Fertilization occurs in the uterine tube. The fertilized ovum is pushed towards the uterine cavity due to the worm-like constraction of the uterine tube, at this time it is covered with soft hairs and turns into a multicellular embryo, which is attached to the uterus with the help of thouse hairs. From this time, the fetus begins to form, and the function of some systems in the woman's body changes accordingly. At the place where the embryo is attached to the uterus, hairs grow a lot, and from them the placenta, is formed, which is connected to the fetus through the umbilical cord. Nutrients and oxygen flow from the mother's body to the fetus through the umbilical blood vessels through the placenta, and metabolic products from the fetus leave.

In various diseases of the fallopian tubes, the ovum can become attached to the fallopian tube due to changes that prevent the egg from moving

towards the uterus. During pregnancy, various functional changes occur in a woman's body, creating favorable conditions for the good development of the fetus. During this period, the function of the central nervous system changes to some extent, as a result, the excitability of the spinal cord decreases, which leads to the relaxation of the uterine muscles and its relaxation.

If the pregnancy is progressing normally, the woman does not need to change her usual lifestyle, she can continue to do her work while having a rest. It is advisable not to make jerky, sharp movements.

It is important to get a good night's sleep, it is recommended that a woman sleep at least 8 hours, take a walk in the open air before going to bed in the evening, and ventilate the room. Healthy pregnant women are allowed to take air and sun baths according to the doctor's recommendation. A woman can bathe in rivers and canals only if her pregnancy is normal. From the first days of pregnancy, it is necessary to try to be in the open air as much as possible, because if a person sits indoors, he will not get enough oxygen, as a result, various complications may occur.

One of the main conditions for a safe pregnancy and good development of the fetus is good nutrition, food should be nutrition, diverse, rich in proteins and vitamins ( folic acid, vitamin C) for example, taking the right amount of folic acid, 400 mcg( 0,4 mg) per day, before pregnancy and through the first trimester can dramatically reduce the chance of developing birth defects. In the last months of pregnancy, it is

not recommended to eat a lot of fatty and pastry foods, because this kind of food can cause the fetus to grow larger and make childbirth more difficult.

In some cases of altered health, such as swelling, the doctor usually prescribes a salt-free diet. Normally, a pregnant woman can consume a maximum of 6 g of iodized table salt in one day. A pregnant woman should do light physical training exercises.

Depending on the periods of pregnancy, a special complex of gymnastic exercises is recommended ( it is prescribed only by a doctor). 5-7 times a week you can do 30 minutes of physical training. It is recommended to start with 10 minutes a day and increase to 30 minutes. The eyes of women who do regular physical education exercises will light up quickly and safely.

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