

THE IMPORTANT BIOLOGICAL IMPORTANCE OF ZINC ELEMENT IN THE HUMAN BODY

Toychieva Diyorakhon Isomiddin kizi

Andijan State University, Faculty of Natural Sciences,
Chemistry Education Department 3-Stage 302-Group Student

ANNOTATION

This article provides information on the important biological importance of zinc element in the human body, including the cases arising from its application in the growth and division of cells, in the activity of enzymes, as well as in the treatment of many diseases and deficiency of zinc element.

Keywords: zinc element, protein biosynthesis, biogen element, vitamin, antivirus, anemia, metal products.

INTRODUCTION

Zinc element (Zn) is a biogen element, in the body it accounts for 1*10⁻³% of its amount. The organism requires 10-15mg of zinc per day. Zinc is actively involved in all cellular processes, in such processes as its division, multiplication, growth, as well as in the metabolism of nucleic acids, in the biosynthesis of proteins. Zinc is involved in the growth, development of bone tissues, is part of alkaline phosphatase and positively affects the exchange of phosphorus and calcium.

In the latter years, it was found that the zinc element also plays a big role in the exchange of several vitamins. For example, zinc is of great importance in the metabolism of vitamin A in the liver and the synthesis of retinol-containing proteins in the liver. Changes in the epithelial layer are associated with the exchange of retinol. Zinc also plays a major role in important immunological reactions. Formed due to metabolism, as a result of the lack of zinc for a very long time, cells from harmful substances that lie down for the body can not be well cleaned, the number of lymphocytes decreases. As a result of this, the cells begin to poison.

According to modern imagination, zinc occupies a special place in the human body and has a high biological activity. Its biological significance is explained by its participation in many enzyme systems. Today, about 300 people have been identified, who can not carry out their activities without the participation of zinc.

According to the results of the studies, it is proved that people living in conditions where the zinc element is not well enough, the number of lymphocytes in the blood is very low, and lymphocytes passively participate in important biological reactions taking place in the blood. Vitamin C and zinc are a means in the fight against many viral diseases. Zinc affects the cells with antivirus and antitoxin.

Mental activity is also affected by zinc. The amount of zinc in the body of well-assimilated students, determined to be more than the students in the hips.

Zinc is actively involved in the metabolism of the pancreas, pituitary, adrenal glands, prostate gland and sex glands.

5000 years ago, the Egyptians used zinc ointments in the treatment of wounds. And 100 years ago it was found that plants and people are also autonomous to this element. According to the results of the experiments, there was a rapid depletion in the diet of patients with burns complications, when there were a lot of zinc-containing nutrients. In the treatment of complications and wounds left from burns, the use of a zinc-containing drug gives a positive effect.

If there is no zinc, how much vitamin A we do not take, we can not replenish its deficiency. Because it can not get out of the liver and the blood can not deliver it to the skin. Therefore, in the treatment of diseases associated with this vitamin deficiency, especially anemia, ulcers, various skin diseases, burns, the amount of zinc should be determined.

According to studies, some types of schizophrenia have been known to develop as a result of zinc, and vitamin B6 deficiency.

As a result of a lack of zinc in children, adverse conditions such as loss of appetite, slowing of growth, tendency to lick and swallow metal objects, slow growth of hair are observed. Zinc has the properties of rapid healing of wounds. But the best way is to have zinc-rich products in the diet of the diet.

According to the Jaxon Health Society, the balance of the amount of zinc for a person should be as follows: -13 mg with food, - 0.1 mg with inhaled air, excretion through the bowels - 11 mg with urine, 0.5 mg with sweat, - 0.78 mg with sweat, the total amount in the body is 2300 mg. in soft tissues-1800 mg. Pituitary, retina, ptostatal gland, liver, kidney, muscle, hair, bone tissue are the richest in zinc and constitute 100-150 mg.

In the place of the conclusion, we must say that the role of the zinc element in the normal course of all physiological and biological states that occur in the body is important. Analyzing the above information, we can eliminate such diseases as anemia and schizophrenia by introducing the zinc element into the diet of foods rich in zinc, taking into account its importance for the body.

LITERATURE

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