OPTIMIZE THE EFFICACY OF IRON DEFICIENCY ANEMIA STUDENTS WITH IRON DEFICIENCY ANEMIA WITH LOCAL HERBAL PRODUCTS

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ANNOTATION: according to the World Health Organization, iron deficiency anemia in the world affects more than 30% of the population, most of which are women and children. The prevalence of anemia largely depends on the standard of living of the population, the quality of food, medical care and availability. The correct diagnosis, which includes the implementation of various laboratory tests, makes it possible to timely identify this pathology and choose the appropriate method of treatment. Anemia is an abnormal condition in which we have to fight and you have to fight it yourself.

Key words: iron deficiency, identity, vitamin,blood loss, infection, anemia.

Today, in a number of countries around the world, the production of specialized food products in various functional areas in order to prevent various alimentary pathologies, together with the monitoring of micronutrient status davriy among different layers of axoli, is one of the pressing problems. However, the development of measures aimed at improving the health status of workers in various sectors of the industry and increasing their ability to work is one of the pressing challenges today.The state of health of people is their adherence to a healthy lifestyle, knowledge of their nutrition and the culture of nutrition and adherence to it. Studies of a number of authors have shown that the state of nutrition of children and adolescents is determined by the irregularity and non-normalization of the ingredients contained in them. Among schoolchildren in the Russian city of Sakha, 85% of schoolchildren eat at home, from 6 to 12% - in the morning they go to school without breakfast. 29% of the schoolchildren who were examined learned that if they had lunch at school, 38,4% did not eat because of lack of cost - 28% - did not eat because of lack of taste and taste, however, all schoolchildren ate at home in the evening. In the daily diet of schoolchildren, meat products are consumed 35-56% throughout the year, dairy and sour –

milk products 18-46%, fish products-2-35%, vegetables-46%, fruits, eggs, cheese in the diet book very little. And this dictates the need for the development of preventive measures aimed at the Prevention of the deficiency of micronutrients in the composition of the daily diet among children and adolescents and, as a consequence, the development of iron deficiency anemia.A number of scientific studies have been carried out to evaluate the effect, effectiveness of food products that promote the health and morbidity of the population in different age groups,however,the daily diet of schoolchildren suffering from anemia has not been enriched with local herbal products and the effectiveness of treatment has not been proven. Analysis of the studied scientific sources showed that today among schoolchildren in the Republic, iron deficiency consists in the development of a diet enriched with local plant products (mosh, peas and beans), rich in protein, aimed at the Prevention of anemia. Selected pupils evaluate the nutritional, biological and chemical composition of the diet, ensure the safety of protein-rich products, iron deficiency in experimental animals the development of the disease by calling the model of anemia, and treatment with local products is one of the urgent problems that today's diet is necessary. Iron deficiency is one of the main concerns of food deficiency in developing countries. Iron is an indispensable element for various biological processes. A personal identifier can be caused by insufficient intake or ingestion of dietary iron, an increase in the need for it during the period of growth of children and the loss of blood from infection. According to who, the prevalence of iron deficiency anemia is 20% or higher. In connection with the incidence of childhood illness in children and cognitive development and poor performance in school, the methods: a descriptive study was conducted on 11 public school students aged 16 to 413 years in Bangalore. Questionnaires were given to assess their knowledge. Demographic details of the research topics such as height, weight and physical examination, consumption of food by children were collected. Two samples of Double t-test were used to calculate the significance between pre-and post-training test. Measurement of sub-data of parameters such as BMI, physical examination, dietary history; 70,70% of 413 students who underwent iron deficiency testing reported that students were healthy, 14,29%, 10,73%, and 4,28% of students might be light, moderately inclined, respectively. identity document and awareness of signs and symptoms for early identification of identity.Iron is necessary for the normal development of many vital processes. Iron deficiency can be attributed to several diseases,

and even physiological conditions that increase the demand for this mineralalga. One of its possible causes is low consumption of iron, which is rare in developed countries, but very common in developing regions. In these countries, the diet identifier is quite common, and it includes the real problem of health care and the task facing health agencies. With or without anemia, the identifier can come up with significant symptoms that include not only physical, but also a decrease in sexual performance. All this, along with high prevalence, can even have a negative impact on the economic and social development of the society.Treatment consists of iron preparations. Prevention of personal identity theft is associated with increased consumption of iron, which can be difficult in developing countries. In these regions, foods that contain more iron are scarce and attempts are being made to cover this by enriching the main food items with iron. The effectiveness of this strategy has been confirmed by numerous studies. On the other hand, in developed countries, with or without anemia, it is almost always associated with diseases that cause a negative balance between iron deficiency and loss. Its management will be based on the treatment of the main diseases, as well as oral treatment with iron, but this is limited by their tolerability and low strength, which can sometimes change the administration into a vein. Iron deficiency has a number of specific features in pediatric patients, the elderly, pregnant women. The main causes of iron deficiency are the following: insufficient intake of it (malnutrition, vegetarian diet, malnutrition); reduced absorption of iron in the intestine; regulation of the metabolism of vitamin “C”; excessive intake of phosphates, oxalates, calcium, zinc, vitamin “E” into the body; introduction into the body of iron-related substances (oxes); lead poisoning, iron consumption (during accelerated growth and pregnancy); surgery, severe menstruation, stomach ulcer, sports-related injuries, related iron loss; hormonal disorders (thyroid dysfunction); gastritis with a low acid-forming function, dysbiosis; various systemic and Tumor Diseases; many diseases, such as gelmint invasion, produce gel.

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