



NEGATIVE EFFECTS OF ALCOHOL IN HEART DISEASES

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Annotation

Studies to this day show that the more alcohol a person drinks, the higher the risk of developing heart disease and heart attacks. In addition, the limit of rational and normal consumption of alcohol, which is not at risk of heart disease, has not been opened at all. Alcohol in any dosage has a harmful effect on the heart. Chronic alcohol abuse is associated with cardiomyopathy, alcoholism, various forms of anemia, the risk of blood clots in the brain, alcoholism and many other diseases, which together affect the spiritual and material world of a person, causing damage.

Keywords: alcohol, atherosclerosis, heart attack, ischemia, pulse, tachycardia, intoxication, alcoholic cardiomyopathy.

Introduction

Alcohol is a poison, but no one and never prevented its use and abuse. Such a tradition has developed in our country, we drink it for some reason and, as a rule, no one thinks about the effect of alcohol on the body, because they drink very little and in moderation, they think that the risk in the content of alcohol is not attributable to them. However, people with low numbers know that there are no safe doses of alcohol. The effect of alcohol is not only a temporary violation of the work activity of the heart, but also with the constant intake of alcohol, the heart accumulates a large amount of fats, the tissues relax. This interferes with the normal functioning of the heart muscle, thereby reducing its predisposition to hypertension and atherosclerosis. New studies have shown that even a one-time intake of alcohol raises blood pressure for several days and leads to irreversible changes in the work of the cardiovascular system. The effect of alcohol on the heart: it enters the blood, through which it circulates in the body for 6-7 hours. At this time, the heart works ineffectively: the pulse rises, and the blood slowly carries oxygen to the tissues. As a result of blood clots, capillaries and blood vessels burst. Alcohol increases blood pressure in a person, regardless of tobacco smoking, body weight, age. The risk of myocardial infarction in people who drink alcohol is significantly higher due to increased blood clotting.

Regular consumption of alcohol for many years leads to the following: tachycardia, shortness of breath, pain in the heart. 40% of death from flatulence provokes alcohol:





the heart can not cope with tension. This leads to a fullness of blood vessels and an increase in muscle stress. If the body of a person has about 3-4 liters of blood, then when drinking beer, soft drinks, its volume increases to 5-6 liters - with frequent consumption of alcohol, the heart is constantly in a tense state. Due to the overabundance of the contraction of the left ventricle, which drives blood to the aorta, blood pressure rises and hypertension develops. Then atherosclerosis develops, which leads to Heart Vascular Disease. These diseases occur on a chain basis.

Disturbances in the work of the heart. Moderate drinking does not prevent atherosclerosis. Alcohol in any dose leads to a violation of the work of the heart muscle: alcohol in an aqueous environment; dissolves fats, leads to the fact that the red blood cells stick together and become clogged in the capillaries, releases the accumulation of fats in the liver and heart as a result of alcohol consumption. Alcoholic beverages cause arrhythmia and cardiomyopathy, resulting in this pain and even cardiac arrest.

Alcohol is a risk factor for the development of hypertension: an increase in blood pressure of 60 ml of consumed drink per day occurs in direct proportion to the amount drunk-the more often you drink alcohol, the worse the consequences will be. The toxic limit of alcohol intake is 150 ml of dry red wine or 60-70 ml of vodka: a sufficient dose for the development of arrhythmia and cardiomyopathy.

Pain in the heart, which occurs after drinking. Unpleasant sensations between the heart and shovels is the beginning of the development of irreversible processes due to the intake of alcohol. Ethanol changes the tone of coronary vesselstiradi, which leads to an incorrect distribution of potassium and magnesium ions in the tissues of the heart, which leads to the fact that alcohol causes heart pain in a person ladi.Ba Zi heavy drunkards complain of swelling of the legs and shortness of breath in a calm Crescent. On the day or in the morning when taking alcohol, a person experiences a cutting pain in the chest. The duration of the attack usually lasts about 60 Minutes. This anginal attack can even lead to myocardial infarction.The effect of alcohol on the heart is very negative and dangerous, since the heart is the main organ that carries out blood circulation in our body. According to statistics, more than a third of those who died from heart disease are associated with alcohol consumption. All alcohol, circulating in the blood of a drunk person, circulates in the blood for 5-7 hours, causing the heart to work in an unfavorable mode.Pulse pulse increases to 100 times per minute, metabolism and nutrition in the heart muscle are disrupted in the body. These studies show that the more alcohol a person drinks, the higher the risk of developing heart disease and heart attacks. In addition, the limit of rational and normal consumption of alcohol, which is not at risk of heart disease, has not been





opened at all. Alcohol in any dosage has a harmful effect on the heart. Alcohol not only affects the myocardium, but also changes the distribution of ions in the vascular tone and heart tissues (mainly in potassium and magnesium). The last extremely important point for the proper functioning of the heart (for its contraction rhythm). If the ion balance is incorrect, this creates conditions for the appearance of arrhythmia. As a result of regular consumption of alcohol, myocardial cell dystrophy in the heart muscle develops, connective tissue grows around the vessels (perivascular fibrosis). The layer of this connective tissue around the vessel, as an additional "waterproof" thing, does not allow oxygen or nutrients dissolved in the blood to leave the vessel. Under these conditions, a hunger diet occurs on the myocardium cells. Lack of oxygen in tissues - ischemia. Part of the heart muscle cells die, and their location is occupied by connective tissue and fat. As a result, the myocardium cells become smaller, which tend to shrink arrhythmically. If a person drinks alcohol, there are such stresses in the heart, then all pathological processes - arrhythmic contractions and a tendency to ischemia. At the same time, ischemia is at risk of turning into myocardial infarction, and individual arrhythmic contractions (extrasystoles) into lethal types of arrhythmia (ventricular fibrillation).

Conclusion

Alcohol leads to cardiovascular disease at a very early age, people who regularly drink alcohol at the age of 35 years, symptoms of hypertension begin, interruptions or pleasant contractions in the work of the pop, and all of which, under the influence of alcohol, slows down a lot of heart function, it is fraught with fatness and blood is even more complicated, heart disease If a person no longer drinks these drinks forever, he will be able to heal and restore health.

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