

# State Of Integration Of Traditional IU Cine In The Modern System of Health Care For Guards UU Health of Women of Reproductive Age

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## **Abstract.**

*The measures taken by the health system are of great importance for the preservation and protection of women's reproductive health . At the same time, the integration of traditional medicine with the modern health care system also plays an important role in improving the health of the population. The article given result and analyzed on the views of women of reproductive age in the area using questionnaires.*

*Keywords. Women's reproductive health, health care system, integration of traditional medicine, population health.*

## **Relevance.**

In the current demographic situation, the preservation and protection of the population's health, including reproductive health, is of particular social importance. Today, the main opportunity to positively influence the preservation of the gene pool of the nation and the population is to improve the reproductive health of the population and restore its reproductive potential. Throughout the history of mankind, women of reproductive age constituted the most important socio-demographic group of the population. Its age, quantitative and qualitative composition serve as a key factor in population growth, its development and preservation is an obligatory and necessary condition for the existence of any state (3,4,5,6).

Reproductive health is a state of complete reproduction in physical, mental and social issues related to the reproductive system, its functions and processes, including reproduction and harmony in mental sexual relations in the family (WHO). Preservation and

restoration of reproductive health is one of the important tasks, on the successful solution of which the ability of a species to reproduce and maintain a healthy gene pool depends (2).

The law "On the protection of reproductive health", adopted by the Legislative Chamber of the Republic of Uzbekistan on February 15, 2019, states that "Reproductive health of citizens is a state of physical, mental and social health that determines the reproductive system and its functions. associated with vital processes "(1).

Reproductive health care includes reliable and complete information about the reproductive health of citizens, maintaining pregnancy and childbirth without complications and defects, measures, methods of treatment and services during pregnancy, childbirth and the postpartum period, prevention and treatment of diseases of the reproductive system, sexual intercourse. safe abortion, information on contraceptive methods and their use to prevent and treat infectious diseases, possible complications and consequences of reproductive system dysfunction. The main principles of this law are to ensure the use and quality of medical services in the field of reproductive health of citizens and the volume of state-guaranteed services in the field of reproductive health (1,3,4,5,6).

Purpose of the study. Analyze the level of use of traditional and complementary methods of treatment in the prevention and treatment of diseases in women of reproductive age and develop recommendations.

### **Materials and methods .**

In accordance with the purpose of the study, a special questionnaire was developed to study the level of use of traditional and additional methods of treatment in the prevention and treatment of diseases among women of reproductive age. The questionnaire included questions about the sources of knowledge about a healthy lifestyle and sex education, attitudes towards medical examinations, the quality and reliability of medical care, as well as about the use of traditional and complementary methods of treatment in the prevention and treatment of diseases. The survey involved 535 women of reproductive age living in polyclinics in Bukhara. Of these, 7 (1.3%) were under 19 years old, 95 (17.8%) - 20-24 years old, 160 (29.9%) - 25-29 years old, 116 (21.7%) - 30- 34 years old, 81 (15.1%) women aged 35-39 years, 76 (14.2%) women aged 40 years and older. 99 women (18.5%) have higher education, 109 (20.4%) - secondary specialized education, 327 (61.1%) - secondary education.

To the question: "From what sources do you get knowledge about a healthy lifestyle and sex education?" 8.6% (46) from the media, 16.1% (86) from radio and television, 5.6%

(30) from relatives, 52.9% (283) from medical personnel, 5.2% (28) did not respond to anything. The other women did not answer. 44.4% of women under the age of 19 receive information about healthy lifestyles and sex education from the media, and 55.6% receive information from health workers. 32.9% of women aged 20-24 years reported receiving from the media, 58.2% - from medical personnel, 20.0% of women aged 25-29 years - from the media, 5.5% - from relatives, 70.3% from medical personnel and 4.2% from no one. At other ages, the ratio is about the same. Obviously, most women receive information about healthy lifestyles and sex education from medical personnel, followed by radio and television, the media and relatives. The fact that 11.6% of women did not answer means that they do not trust the sources of information. 26.3% of women with higher education stated that they received information from the media, 4.8% from relatives, 61.1% from medical personnel and 5.1% did not receive information from any sources. For women with secondary and specialized secondary education, these indicators are 23.4%, 4.8%, 65.8%, 6.0% and 38.1%, 8.7%, 46.8%, 6.3% respectively.

To study the activity of women undergoing medical examinations, "Do you on your own initiative go to medical institutions for medical examinations?" The question was asked in context. 79.6% of women answered "YES" to this question and 4.9% of women answered "NO". 15.5% of women did not answer this question at all, which, in our opinion, is due to the fact that these women do not pay attention to their health and do not undergo medical examinations on time. It seems that over 20% of women do not voluntarily go to medical examinations, indicating their relative insecurity. Among those who answered "YES", 19.5% were women with higher education, 21.6% - with secondary specialized education, 58.9% - with secondary education and 20.8%, 20.8%, 58, 4% - with the answer "NO", respectively. It turns out that women with secondary education account for more than half of those who do not attend medical examinations on their own initiative. This shows that the importance of informing women about their own health is high. All women under the age of 19 must undergo medical examinations on their own initiative. Women aged 25-29 accounted for 41.7% of those who did not attend medical examinations on their own initiative, followed by women aged 35-39 and over 40 with 16.7% and aged 20-24 years and 30-34 years from 12.5%, respectively. This shows once again that older people are more concerned about their health.

"How do you assess the quality of the medical care provided?" 24.9% of women rated it as "excellent", 49.9% - as "good", 6.7% - as "satisfactory" and 0.6% - as "unsatisfactory". The rest did not answer, which indicates that 18.5% of women are

dissatisfied with the quality of medical care. Among women with higher education, 24.2% - "excellent", 55.6% - "good", 7.1% - "satisfactory", 2.1% - "unsatisfactory", respectively, 23.9%, 54, 1%, 6.4% had secondary specialized and secondary education. , 0.9% and 25.4%, 47.7%, 6.7%, 0%. Among those who rated the quality of medical services as "excellent", 33.1% were women aged 25-29, 20.3% - aged 20-24 and 16.5% - aged 30-34. , 15.7% - aged 35 to 39 years. People aged 25-29, 35-39 and over 40 received unsatisfactory marks. Most women of all ages rated the quality of medical care as "good".

"Do you believe in the healthcare system?" 63.4% of women answered "yes, I completely believe", 11.6% of women answered "yes", 1.5% of women answered "no more", 1.3% of women answered "no", 22.2% of women answered "I find it difficult to answer." noted. The answers show that a quarter of the women surveyed do not trust the health care system. As before, this question was most positively assessed by women aged 25-29, of whom 30.1% answered "yes, I think". The majority of women (83.0%) who answered "nothing more," "I don't believe" or "find it difficult to answer," were between the ages of 20 and 40.

In order to study the level of use of folk remedies in the treatment of diseases in women of reproductive age: "Do you use folk remedies to get rid of diseases?" The question was included in the questionnaire. The answer to the question, "Yes, I go to psychics (a witch doctor th , bioenergy therapy, ignayt therapy and others.)" Is defined 8.4% of women. 3.7% of women answered "yes, I go to mullahs ", 24.8% of women answered "yes, I use medicinal plants, minerals, etc.", and 25.1% of women answered "I never use folk facilities". 63.1% of the women surveyed do not use traditional medicine. 57.8% seeking assistance to psychics, healers , skilled Bioenergy, u l oterapii et al. Were women aged 20 to 29 years. Basically women 's over 30 years old (80%) please consult the mullahs . Most users of medicinal plants, minerals , etc. For therapeutic purposes, they are between the ages of 20 and 40 (85.6%). The majority of those who said that they would never use folk remedies were women aged 20 to 40 years (96.2%). Of those who seeks the help of psychics, healers , bioenergy therapy, u l oterapii and . t . d . , 60% have a high school education, 31.1% have secondary special education, 8.9% have higher education. Eighty-five percent of users of medicinal plants, minerals , etc. For medical purposes are also people with secondary education.

"Who recommended you to be treated with folk remedies?" 30.4% answered "parents", 12.4% answered "spouse", 31.7% answered "relatives, acquaintances" and 32.3% answered "medical personnel". Of those whose parents recommended treatment with

traditional medicine methods, 16.3% have higher education, 34.7% - specialized secondary, 49.0% - secondary. 30.0% of those recommended by the spouse have higher education, 25.0% - secondary specialized education, 45.0% - secondary education. Relatives and medical staff recommended 19.6%, 35.3%, 45.1% and 19.2%, 28.9% and 51.9%, respectively. Most of those whose parents recommended treatment with folk remedies were women aged 20 to 35 years (69.4%),

Most of those recommended by relatives and friends are people aged 25-35 (49.0%), and the majority of those recommended by medical staff are 20-35 years old (71.2%).

To determine the reason for turning to folk remedies, 39.0% of women answered that it was effective, 23.6% answered that they had high confidence, 12.1% said that it was cheap, 28.6% said that it was recommended ... Of 25-40-year-old women, who make up the majority of those who turn to traditional medicine, 67.6% received an assessment of effectiveness, 60.5% - a high degree of reliability and 75.0% - a recommendation. Due to its high efficiency, 26.8% of those who applied to traditional medicine have higher education, 29.6% - secondary specialized education, 43.7% - secondary education. Of those who applied for a high degree of confidence, 16.3% had a higher education, 30.2% had a specialized secondary education, 53.5% had a secondary education, and 4.6%, 40.9%, 54.6% , 15.4%, 19.2% and 65.4%, respectively, used folk remedies for cheapness and direction. %.

Conclusions and offers. More than half of the women surveyed receive information about healthy lifestyles and sex education from health professionals, followed by radio and television, the media and relatives. 11.6% of women do not trust information sources. A fifth of women do not voluntarily go to a medical examination and expresses insecurity. More than half of those who do not undergo medical examinations on their own initiative are women with secondary education. This once again underlines that women's access to higher and secondary specialized education is of paramount importance in terms of their own health. Older women are more concerned about their health.

About 20% of women are dissatisfied with the quality of medical care provided. Most women of all ages (50%) rated the quality of medical services as "good". 25% of women do not trust the existing healthcare system.

More than a third of women in the treatment of diseases use various methods of traditional medicine, the most widely used field is herbal medicine. More than half of women who were treated with psychics, witch doctors , and , u l oterapevty, aged 20-29 years, most

of them have secondary education. Women are most often advised to use folk remedies by their parents, relatives and medical staff. About 40% of those who use folk remedies seek high effectiveness, about 30% - for a recommendation and a quarter - for high confidence. The data obtained indicate the need to intensify work to strengthen the promotion of folk remedies among the population of various methods of treatment and prevention, as well as their integration into the modern health care system.

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