

HEREDITY AND TYPES OF HEREDITARY DISEASES

Nishonova Dilafruz Tojimatovna

Fergana State University, Faculty of Physical Culture

Abstract: *This article contains many laws of heredity and this process takes place in certain directions, about developments in the field of genetics (heredity), about the origin of hereditary diseases, about many laws of heredity.*

Key words: *heredity, process, direction, similarity, cell, nucleus, molecule, property.*

Annotatsiya: *Ushbu maqolada Irsiyatning ko'plab qonunlari mavjud va bu jarayon ma'lum yo'nalishlarda sodir bo'lishi haqida, Genetika (irsiyat) sohasidagi rivojlanishlar haqida, irsiy kasalliklarni kelib chiqishi, irsiyatning ko'plab qonuniyatlari haqida so'z boradi.*

Kalit so'zlar: *irsiyat, jarayon, yo'nalish, o'xshashlik, hujayra, yadro, molekula, xususiyat.*

Аннотация: *В данной статье содержится множество законов наследственности и этот процесс происходит в определенных направлениях, о разработках в области генетики (наследственности), о происхождении наследственных заболеваний, о многих законах наследственности.*

Ключевые слова: *наследственность, процесс, направление, сходство, клетка, ядро, молекула, свойство.*

Every organism, be it a plant, fish, animal, or human, has similarities to its parents, but is also different from them. For example, children may resemble one or the other of their parents, but usually have some characteristics of each. The fact is that a parent gives certain characteristics to a child, and the child "inherits" them. Heredity, then, is the study of how offspring acquire similarities with their parents. A unit of heredity is called a "gene".

Genes are large molecules found in the nucleus of both sperm and egg cells. Inside each cell nucleus are long, thin spirals or threads. They are called chromosomes and carry genes. Since chromosomes are paired, so are their genes. A cell's chromosomes can contain hundreds of thousands of pairs of genes. Each pair of genes controls one or more traits, such as hair color, nose shape, body size, etc.

There are many laws of heredity and this means that the process takes place in certain directions. For example, each inherited trait depends on a simple factor, and each factor behaves independently. Just because some traits are inherited from a parent doesn't mean that every other trait will inevitably be inherited.

In other words, the factor or genes are unrelated. Some genes are dominant, while others are recessive. For example, genes for curly hair dominate over genes

for straight hair. If both parents have curly hair, their child will usually have curly hair as well. But if each parent carries the recessive gene for straight hair, some of their children may have straight hair. Scientists have studied human traits such as eye, hair, and skin color, so they can usually tell how traits are passed down through generations of a family.

Developments in the field of genetics (inheritance) provide us with important advances in artificial insemination procedures. The first of these is that it offers methods that significantly increase the rate of conception. We can increase the probability of pregnancy under the shadow of special procedures applied after the existing obstacle for a woman to become pregnant has been identified. Another important achievement is the fact that measures can be taken to prevent the transmission of genetic (hereditary) diseases from generation to generation. We can scan hundreds of genetic (hereditary) diseases under the shadow of genetic (hereditary) tests that we can apply in the embryonic state.

Hereditary diseases are diseases caused by genetic factors or caused by insidious genetic modifications. These diseases are caused by a change in the personal genetic code or genetic mutations brought from the parents. A number of hereditary diseases can be caused by permanent genetic features, other personal characteristics, or the uncombined state of several genes.

Hereditary diseases can be caused by mutations, changes, or translocations that affect a particular part of the genetic code or another part of the genetic system. In this case, there may be a certain process, or emphasis, that the individual's personal genetic codes should be passed on in an unaltered state.

Introductions emphasize the high number of complementary genetic studies from measurements of invariant optional genes. Such research helps to study, diagnose and treat these diseases by using comprehensive genetic analysis to understand and treat these diseases.

Hereditary diseases affect a particular part of the genetic code and emphasize their transferability. Such diseases arise from the average person's personal genetic coding.

Although genetic diseases are the cause of the occurrence of these bridge diseases, despite several indications of uncertainty, their differences from common diseases are as follows:

1. Hereditary diseases are usually caused by mutations or translocations of the genetic code. The process of their appearance occurs due to genetic errors from parents to family members.
2. Common diseases are mainly diseases caused by virus, bacteria, treatment system and other bodies or modifications.

Hereditary diseases are emerging diseases that can change because genetics is a part of almost everyone's life. Such diseases are important for genetic research to identify fixed genes and help prevent diseases.

REFERENCES:

1. Fogel F., Matulsky A., Genetika cheloveka, v 3-x tomax, per. English, M., 1990. Mukhsin Zakirov.[1]
2. Sidikova M.E., Berdiyeva Z.A.
- 3.Tojimatovna, N. D. (2023). VITAMINS. THE COMPOSITION OF CHILDREN'S DAILY FOOD. PROPER FEEDING OF CHILDREN. Galaxy International Interdisciplinary Research Journal, 11(8), 339-342.
- 4.Dilafruzkhan, N., & Hanifakhan, M. (2023). The Level Of Physical Development And Physical Fitness Of Students In Grades 9-11. Eurasian Journal of Learning and Academic Teaching, 19, 126-132.
- 5.Tojimatovna, N. D. (2023). DAVOLASH JISMONIY TARBIYASIDA MASSAJNING UMUMIY FIZIOLOGIK ASOSLARI. Finland International Scientific Journal of Education, Social Science & Humanities, 11(4), 1115-1119.
- 6.Dilafruz, N., & Madinabonu, K. (2023). THE IMPORTANCE OF PHYSICAL CULTURE AND PUBLIC HEALTHY SPORTS IN OUR COUNTRY. American Journal of Pedagogical and Educational Research, 18, 305-312.
- 7.Tojimatovna, N. D. (2023). YOSHLARDA SOGLOM TURMUSH TARZINI SHAKLLANTIRISH KONSEPSIYASI. INNOVATION IN THE MODERN EDUCATION SYSTEM, 3(35), 344-348.
- 8.Tojimatovna, N. D. (2023). PEDAGOGICAL TECHNOLOGIES BASED ON THE EFFECTIVE MANAGEMENT OF MEANS FOR THE FORMATION OF HEALTH AND HEALTHY LIFESTYLES OF HIGH SCHOOL STUDENT GIRLS IN PHYSICAL CULTURE TRAINING. IJODKOR O'QITUVCHI, 3(31), 14-22.
- 9.Tojimatovna, N. D. (2023). SOGLOM TURMUSH TARZI VA UNI TASHKIL ETUVCHI OMILLAR. IJODKOR O'QITUVCHI, 3(31), 23-27.
- 10.Tojimatovna, N. D. (2023). TALABA QIZLARDA UMUMIY JISMONIY TAYYORGARLIK SALOMATLIKNI YAXSHILASHNING ASOSIY VOSITASIDIR. Finland International Scientific Journal of Education, Social Science & Humanities, 11(5), 848-854.
- 11.Нишонова, Д. Т. (2022). ЖИСМОНИЙ МАДАНИЯТ ВА СПОРТ МАШҒУЛОТЛАРИДА СОҒЛОМ ТУРМУШ ТАРЗИНИ ТАЛАБАЛАР ОНГИГА СИНГДИРИШДА ПЕДАГОГИК ЁНДАШУВЛАР. Galaxy International Interdisciplinary Research Journal, 10(9), 75-76.
- 12.Dilafruzkhan, N., & Hanifakhan, M. (2023). The Level Of Physical Development And Physical Fitness Of Students In Grades 9-11. Eurasian Journal of Learning and Academic Teaching, 19, 126-132.
- 13.Tojimatovna, N. D. (2023). VITAMINS. THE COMPOSITION OF CHILDREN'S DAILY FOOD. PROPER FEEDING OF CHILDREN. Galaxy International Interdisciplinary Research Journal, 11(8), 339-342.

14. Tojimatovna, N. D. (2023). DAVOLASH JISMONIY TARBIYASIDA MASSAJNING UMUMIY FIZIOLOGIK ASOSLARI. Finland International Scientific Journal of Education, Social Science & Humanities, 11(4), 1115-1119.

15. Нишонова Дилафруз Тожиматовна. (2022). ЖИСМОНИЙ МАДАНИЯТ ВА СПОРТ МАШҒУЛОТЛАРИДА СОҒЛОМ ТУРМУШ ТАРЗИНИ ТАЛАБАЛАР ОНГИГА СИНГДИРИШДА ПЕДАГОГИК ЁНДАШУВЛАР. Galaxy International Interdisciplinary Research Journal, 10(9), 75–76. Retrieved from <https://giirj.com/index.php/giirj/article/view/2677>

16. Tojimatovna, N. D. (2022, May). SOGLOM TURMUSH TARZI. In INTERNATIONAL SCIENTIFIC RESEARCH CONFERENCE (Vol. 1, No. 4, pp. 282-285).