

## **SIDE EFFECTS OF ENERGY DRINKS IN THE BODY.**

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Currently in the country to communicate 8-24 of age in the age of energy drinks is too great. Students of this age group to include young athletes and professional owners. Large energy drinks consumption among the population with less age occurs. 2023-uzbekistan ko'rsatganidek health system research, energy drinks associated with the use of adverse circumstances (e.g., high blood pressure, tension in the nervous system) is also increased. Calamities of the process according to health statistics, energy drinks who consumed 40% of the population to near sleep problems are observed to happen.

### **1. Increase blood pressure**

- Includes a high amount of energy drinks and other stimulants often have caffeine. This, in turn, can strengthen the activity of the heart and increase blood pressure.

### **2. Heart rhythmng thiszilg have.**

- While the consumption of copious amounts of caffeine can cause heart rhythm disorders and other heart arrhythmia that can beqarorlashtirishi the heartbeat.

### **3. Sleeping problems**

- High levels of caffeine and energy drinks can cause loss of sleep quality of sleep, slow down, literally, at the time of the sleep mode will break.

### **4. Psychological effects**

- Energy drinks often nervousness, anxiety, and depression can strengthen mental cases.

### **5. Effects on metabolism**

- May affect metabolism of caffeine and other components, this is the body's sugars, fats and other nutrients can have a negative impact process.

### **6. Problems with sugar**

- Some energy drinks include high fructose syrup or sugar, such as diabetes and obesity can cause problems.

### **7. The violation of the water balance**

- Energy drinks has the effects of diuretics, can disrupt the water balance in the body, this can cause suvsizlanish.

### **8. Cause headaches and migraines**

- Caffeine and other ingredients that can cause headaches and migraines, especially when you stop drinks.

### **9. Interest and dependensiya**

- The use of the body's energy drinks often cause it can be hard to stop them and tie them up.

**Research purpose:** Energy drinks who drink people among yuqaoridagi diseases are and the risk level to determine.

**Materials and methods:** Small, boorish among young and middle-age adults take the survey. This survey was conducted surovnomada 3 representatives from students of every age. To be accepted since the time of many of the energy drinks, energy drink will study the changes after you get accepted.

**Results:** after arising from the changes in energy drinks reception will study.

Young: in the chamber the acceleration of the pulse, headache. Mid-year-old man qisishi breath, tachycardia. Big yoshlilar in: tachycardia, headache, breath of the occurrence of dangerous complications like qisishi will be detected.

**Summary:** the norms of energy drinks among young people who istemol no more than the occurrence of the trigger, the acceleration of the pulse chamber, in most cases, unless circumstances arise qisishi like breathing.

**REFERENCE**

1. Пулатова, Ш. Х. (2021). АРТЕРИАЛЬНАЯ ГИПЕРТОНИЯ И ХРОНИЧЕСКАЯ СЕРДЕЧНАЯ НЕДОСТАТОЧНОСТЬ: КОМОРБИДНОСТЬ КАК ФАКТОР РИСКА НЕДОСТАТОЧНОЙ ЭФФЕКТИВНОСТИ ТЕРАПИИ. In *АКТУАЛЬНЫЕ ВОПРОСЫ МЕДИЦИНЫ КРИТИЧЕСКИХ СОСТОЯНИЙ* (pp. 59-60).