

**CHANGES THAT OCCUR IN THE BODY AS A RESULT OF
EXCESSIVE DRINKING OF ENERGY DRINKS.**

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Mainly among young people, students and athletes between the ages of 15 and 35, there is a high interest in energy drinks. They are often resorting to energy drinks with the aim of gaining instant energy. Comparison with other drinks: in the Uzbek market, energy drinks compete with breakfast drinks and carbonated drinks. Many consumers choose energy drinks as a source of caffeine.

Domestic and foreign brands: In addition to domestic manufacturers, there are also international brands on the Uzbek market. Some popular foreign brands are sold to some extent in Uzbekistan. Health impact: there has been much research on energy drinks, with discussions in the public and the public on their health effects and specific aspects. Figures: according to data, in 2020-2023, the increase in the consumption of energy drinks continued, and among consumers the demand for the brand of these drinks is strong. Statistical studies and surveys on specific numbers should be published in a timely manner.

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).