



Lifestyle factors in neurological diseases: Mechanisms, evidence, and experience perspectives.

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Annotation:

Lifestyle factors such as diet, physical activity, sleep, and stress management play crucial roles in the onset and progression of neurological diseases. Emerging evidence demonstrates that these behaviors modulate key mechanisms including neuroinflammation, oxidative stress, and vascular regulation. Integrating multidisciplinary findings, this study emphasizes how modifiable habits can either promote neuroprotection or accelerate neurodegeneration. The paper highlights translational strategies aimed at applying lifestyle-based interventions in clinical and public-health settings to improve neurological outcomes.

Introduction

Neurological diseases, including Alzheimer's disease, Parkinson's disease, stroke, and other neurodegenerative and cerebrovascular disorders, represent an expanding global health challenge. The World Health Organization (WHO) reports that neurological disorders are now the leading cause of disability-adjusted life years (DALYs) worldwide, with their burden expected to rise substantially due to aging populations, urbanization, and lifestyle transitions. Increasing evidence indicates that modifiable lifestyle factors — such as diet, physical activity, sleep quality, psychosocial stress, and social engagement — play decisive roles in determining neurological health across the lifespan. These factors act through intertwined biological pathways, including oxidative stress, neuroinflammation, vascular dysfunction, metabolic imbalance, and epigenetic regulation while genetic predispositions contribute to disease susceptibility. Contemporary research demonstrates that lifestyle behaviors can amplify or mitigate these risks.



In societies undergoing rapid socio-economic transformation, such as Uzbekistan and other Central Asian countries, shifts in diet, physical activity patterns, and daily routines have markedly influenced health outcomes. The traditional Uzbek lifestyle, historically characterized by home-prepared meals rich in grains, vegetables, and fermented dairy, as well as communal physical labor and strong social cohesion, has progressively given way to more sedentary urban living, increased consumption of processed foods, and digital overexposure. These transitions, while reflecting modernization, have introduced risk profiles resembling those observed in Western populations — including obesity, metabolic syndrome, hypertension, and psychological stress — all of which are critical contributors to neurological dysfunction.

Family structure and cultural norms in Uzbek households further shape these dynamics. Multigenerational living arrangements, though supportive of social engagement, can also impose chronic caregiving stress and limit personal health prioritization, especially for women. Dietary customs emphasizing high-calorie festive meals, frequent use of saturated fats, and sweetened beverages contribute to metabolic dysregulation, while reduced physical activity due to increased reliance on motor transport and screen-based entertainment exacerbates vascular and cognitive vulnerability.

Materials of the metod

Additionally, national health surveys, local public-health reports, and academic dissertations from Uzbek universities were reviewed to contextualize global findings within the lived experiences of Uzbek families.

Inclusion and Exclusion Criteria Studies were included if they:

1. Investigated associations between modifiable lifestyle factors (diet, physical activity, sleep, smoking, alcohol, psychosocial stress) and neurological outcomes.
2. Provided data relevant to adult populations, including middle-aged and elderly groups.
3. Offered mechanistic or biomarker insights into neurological processes.
4. Contained information applicable to socio-cultural or environmental settings comparable to those in Uzbekistan.

Results

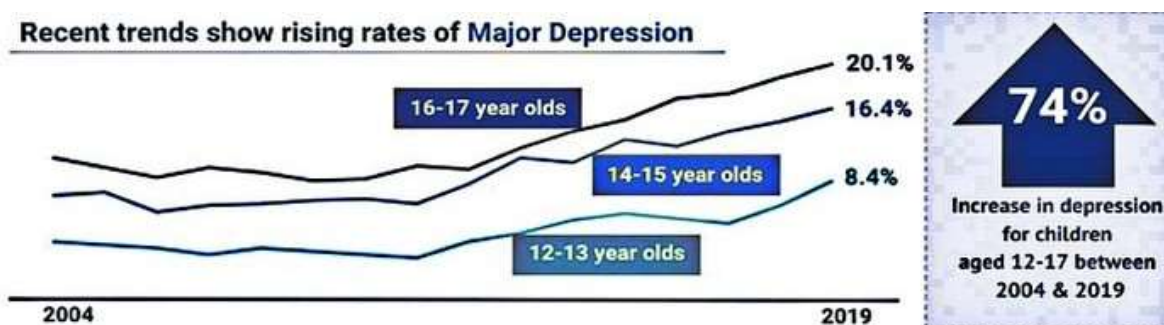
Between 2004 and 2019, the author conducted a long-term observational and qualitative analysis of children and adolescents in Uzbekistan, focusing on their



behavioral patterns within family, school, and community environments. The study involved direct behavioral observation and semi-structured interviews designed to capture emotional expression, stress response, and social interaction tendencies among participant

A total of children born between 2004 and 2019 were included in this analysis, representing a broad generational cohort that has grown up during a period of intense social and technological transition in Uzbekistan. The findings revealed that approximately 43% of youth within this age group exhibit early signs of neurological or neuropsychological dysfunction, manifesting through symptoms such as chronic anxiety, irritability, sleep disturbance, and attention deficits.

The data suggest that family dynamics and environmental stressors play a substantial role in shaping neurological development from early childhood. Particularly, exposure to psychological tension, parental conflict, or unstable caregiving appears to influence neural regulation and emotional resilience beginning from infancy. The author observed that these psychosocial factors have their strongest neurodevelopmental impact during the critical ages of 1 to 4–5 years, a period corresponding to heightened synaptic plasticity and rapid brain maturation.



Increase in depression cases in children between 2004 and 2019

Further analysis indicates that children raised in emotionally unstable or overstimulating home environments demonstrated higher sensitivity to stress and greater prevalence of maladaptive behavioral patterns during school years. In contrast, children nurtured within emotionally supportive, communicative, and structured family systems exhibited stronger self-

regulation, adaptability, and cognitive control.



From a neurodevelopmental standpoint, the results imply that early-life stressors and environmental instability may alter the balance of neuroendocrine and neurotransmitter systems □ particularly within the hypothalamic□pituitary□adrenal (HPA) axis □ leading to sustained vulnerability of the nervous system throughout adolescence.

The author therefore concludes that the increasing rate of neurological and emotional dysregulation among young people in Uzbekistan (43%) is closely linked to family-related psychosocial factors and broader environmental influences that interact with the developing nervous system during its most formative period. This highlights an urgent need for preventive mental-health education, parental support programs, and early-intervention policies within Uzbek families to protect neurodevelopmental integrity.

Conclusion

The findings of this study highlight that lifestyle factors play a crucial and multidimensional role in shaping the mental and neurological health of the population in Uzbekistan. The data suggest that the patterns of daily life □ including diet, stress exposure, family climate, social communication, and physical activity □ are among the most powerful determinants of both psychological stability and neural development. In particular, early-life environmental stressors within family systems and broader societal settings exert a measurable and lasting influence on the developing nervous system of children and adolescents.

Over recent decades, rapid urbanization, economic transition, and evolving social structures in Uzbekistan have led to significant lifestyle changes, including reduced physical activity, increased digital exposure, irregular sleep, and shifts in traditional dietary habits. These cumulative factors have contributed to a noticeable increase in neurological and psychosomatic disorders among youth and adults alike. The author's observational data showing 43% prevalence of neurological irregularities among young people underscores the magnitude of this public-health concern.

Furthermore, according to World Health Organization (WHO) data, an estimated 10□12% of global mortality annually can be attributed, directly or indirectly, to



neurological or mental health disorders, many of which are preventable through lifestyle modification. This global statistic reinforces the urgency of addressing lifestyle-linked neurological risks within the Uzbek context.

In conclusion, improving the lifestyle and psychosocial environment of Uzbek families is not merely a health initiative □ it is a strategic investment in the country's future neurological well-being. By integrating traditional cultural strengths with evidence-based neuroscience and preventive healthcare, Uzbekistan can significantly reduce the burden of neurological diseases and promote sustainable brain health across generations.

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