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LYMPHATIC SYSTEM

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ABSTRACT:

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for the human organism, the lymphatic system performs very important functions. All organs are considered to be a system that controls the functioning system. The lymphatic system was first discovered by Gaspare Aselli in 1622, who discovered lymphatic vessels by rupturing and studying animals. Lymphatic fluid as a result of later anatomical examination, The vessels, their general functions, and the diseases they cause have been studied. The lymphatic system works in conjunction with the circulatory system, immune system, digestive system, skin and tissues, and the physiology of organs (liver, spleen, tonsils). There were suggestions that the lymphatic system was unrelated to the brain. But, after all, a new idea about the glymphatic system has been identified. Basically the time of human sleep the lymphatic system works continuously and quickly. The lymphatic system protects the human body from excess microbes. It helps eliminate excess fat from the body. If the lymphatic system does not work, the body becomes quickly and easily infected with various diseases. As fatigue occurs in the body, tumors begin

to form. Therefore, the lymphatic system also controls the immune system.

Introduction: the lymphatic system is an important system that binds entire organisms. Performs the most important functions for the human organism. Also related to the circulatory system is that the lymph fluid collects excess fluid from the tissues and returns it back to the blood. Through this, some swellings were returned. The lymphatic system even cleanses and heals the body from germs. Lymphatic vessels in our intestines are involved in the absorption of fats. They remove waste products from the tissues. With organs (liver, spleen, tonsils): These organs are important parts of the lymphatic system, which is responsible for filtering blood and participates in the purification of lymph. Considering the history of the study of the lymphatic Ridge, At first Gaspare Acelli explained the lymphatic system through accurate imaging. He conducted the experiment on a dog (animal). Initially, he saw white veins by observing the intestines, which he observed. These veins he called Milk veins. Through this, he proved the existence of the lymphatic system. Basically it is defined on the wall of the small intestine. When the order of work of the lymphatic Ridge is disturbed, diseases of different HIL arise. Lymphedema is a condition in which the lymphatic system is impaired, causing various types of swelling in the arms and legs. Lymphadenitis-inflammation of the lymph nodes, lymphoma-cancer of the lymphatic system, tonsillitis-inflammation of the tonsils are caused by such severe diseases.

Research Materials and Methodology: In the body, lymphatic fluid makes up about 1-2 liters of the body. Lymphatic vessels are a large network distributed throughout the body. The lymph vessels are colorless, sometimes light yellow, and their thickness is similar to water. but sometimes it can be a little darker, if there is a lot of fat in the intestines, the lymph can be milky in color. As for its general functions, it protects the body from infections. It returns excess fluid to the blood. It is involved in the absorption of fats. It helps to eliminate toxins. How do you think the lymphatic system works? Unlike the blood, which is pumped by the heart, the lymphatic system moves through the muscles. Lymph flows faster when we walk or move. Therefore, inactivity leads to lymphatic congestion.

Results of the study: before, the lymphatic system was considered absent in the brain. But later a lymphatic system was detected. This system cleanses waste products in the brain, working especially actively during sleep. Good sleep is very important for the lymphatic system: during sleep, the body is cleaned, harmful substances are removed. Because of this,

insomnia leads to headaches and weakness. The lymphatic system has an immune system. There will be a large amount of lymphocytes in the lymphatic system—they will fight viruses and bacteria. Therefore, the lymphatic system is the center of immunity. About 500-700 lymph nodes in my organism. There is a node at . They are mainly located in the neck, under the armpits, and in the groin area.

Talk: Lymphatic System Function. It seems that the function of the lymphatic system is also related to our digestive system and vitamins. Special lymphatic vessels (lacteals) in the intestines absorb fats. If this system does not work properly: fats will not be fully digested, and there may be a deficiency of vitamins (A, D, E, K). If we suffer from such diseases, it is recommended to take antibiotics, anti-inflammatory drugs, and immune-boosting drugs. It is recommended to consume a lot of fruits and vegetables that naturally boost immunity.

Conclusion: in short, the correct functioning of the lymphatic system is one of the main health factors. And when the lymphatic system is disturbed, various diseases arise. Negatively affects the general condition of the organism. Therefore, maintaining a healthy lifestyle, eating right, staying physically active, and treating diseases in a timely manner are important for maintaining the health of the lymphatic system. Currently, in-depth study of the anatomical and physiological characteristics of the lymphatic system, preserving its activity and applying preventive measures is one of the urgent tasks of modern medicine.

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