

## THE HISTORY OF THE EMERGENCE AND DEVELOPMENT OF MEDICINE IN THE EAST

**O.OChilova (PhD)**

*Karshi State University, Uzbekistan, Karshi*

### ARTICLE INFO.

#### **Kalit so'zlar:**

Medicine, oriental medicine, human body, pharmacopoeia, medicinal plants, "Book of Medicine", "Laws of Medicine", diseases, medicine, medical knowledge, human body.

### Annotatsiya

Medicine has been developed for thousands of years. Medicine is found earlier than many other fields as a high quality of humanity. As the first civilizations arose in the Ancient East, the development of healing also developed rapidly in these countries..

<http://www.gospodarkainnowacje.pl/> © 2022 LWAB.

Medicine began to appear at the same time as mankind. Medical knowledge emerged as a result of people helping themselves and each other. It has been developed for several thousand years.

The East is the cradle of human development. Science - all fields of science, including medical science, first appeared in Eastern countries. Material evidence and historical data found as a result of archaeological excavations testify to this. For example, in the archaeological excavations conducted in Africa and Asia, a lot of physical evidence was found about the diseases our ancestors suffered from and how they were treated. Based on these, we can have some insight into the extent to which medicine developed in some countries in the distant past.<sup>1</sup>

Medicine as an important field of human activity appeared earlier than many other fields. For example, primitive people learned how to treat certain diseases before they knew how to build houses, sew clothes and cook food. This was required by the living conditions of those primitive people. Their living conditions were very difficult and difficult. Primitive people lived homeless, half-naked and often hungry in the forests and experienced many hardships. As a result of this, many people suffered from diseases, encounters with wild animals, and many people were injured.<sup>2</sup>

Naturally, in such cases, people sought to get rid of the disease and heal their injuries. As a result, the first simple methods of treatment were developed. The great Hippocrates wrote about this: "Life itself forced people to find the art of medicine." A comprehensive study of the process of the origin of medicine shows that the "first doctor" is the organism itself, that is, the organism itself is the first to fight against the disease.<sup>3</sup>

<sup>1</sup> Жўраева М.А., Шадманов А.Қ., Абдуллаев Р, Абдуллаева М.А., Ашуралиева М., "Халқ табобати" – Андижон:2014. Бет - 8.

<sup>2</sup> А.А.Қодиров, Тиббиёт тарихи. Тошкент: 2005. Бет – 6.

<sup>3</sup> А.А.Қодиров, Тиббиёт тарихи. Тошкент: 2005. Бет – 7.

The human body is designed in such a way that if any part of our body is torn or cut, the tissues will remove the damaged flesh from the body and replace it with new skin. Medicine helps us to make this process quick and harmless. As the first civilizations arose in the Ancient East, the development of medicine also flourished in these countries.

Eastern folk medicine has been around for over 5,000 years. Methods of treatment by burning with needles or fire have been known since ancient times. Initially, they made needles from thin stones and bones and treated patients, later metal, silver and gold needles entered medicine. In ancient times, wormwood was used in the place of a pill in the treatment of burns, and now special sticks of wormwood are used. Both of these methods are widely used today.

Hippocrates said: "A judge has three weapons: a sweet word, a blade, and a healing potion." In ancient times, healers treated patients mainly with plants. A pharmacopoeia-style manual was created by the Egyptians around 4000 BC<sup>4</sup>.

A number of scientists have contributed to the creation and development of medicine from ancient times to the present day. Bukrat (Hippocrates), Jolinus (Galen), Ibn Sina, Sabur ibn Sahl, Ali ibn Rabban al-Tabari, Abu Bakr Muhammad ibn Zakariya ar-Razi, Rabi ibn Ahmad al-Akhavani al-Bukhari, Abul Mansur al-Qamari, Abu The rich experiences left by Mansur al-Hasan ibn Nuh al-Qumri, Abul Qasim al-Zahrawi, Abu Sahl Mashihi and many other scholars of medicine serve as a foundation stone for today's advanced modern medicine.

Among the nearly 7,000 different types of plants that grow in Asia, those who wrote down the necessary information about the medicinal effects of some plants that were used by ancient judges and are also used in modern medicine, and how they are used in which diseases, with the names of these plants.

Today, some people call it traditional, some call it unconventional, others despise it, and others value it to the sky, but this practice is actually a divine blessing. Folk medicine, which is trying to infuse its immortal traditions into modern medicine, thinking about human health and offering a wise use of the legacy of good doctors who devoted themselves to this path, is like an inexhaustible treasure, a literary waste.<sup>5</sup>

Medicinal plants, which are products of nature, have been successfully used in the treatment of various diseases in folk medicine since ancient times.

Man's research in this direction, fruitful experience, remains a legacy from ancestors to generations under various sources.<sup>6</sup>

An important aspect of folk medicine is that it was not invented or established by a particular person. Folk medicine is the result of rich experience collected and tested over several thousand years.

When talking about the history and first sources of medicine of the peoples of the East, the names of our great compatriot Abu Ali Ibn Sina and Abu Bakr al-Razi, who lived about a hundred years before him, and their priceless legacy of medicine are certainly mentioned. In today's territory of Uzbekistan, which in the past was called Movorounnahr, Turkestan, folk medicine has been developed since ancient times, soda and complex treatment methods based on rich experience were used.<sup>7</sup>

Ibn Sina is one of the great figures who made a great contribution to the development of world

<sup>4</sup> Азимжон Жўраев, Халқ таоботи. Тошкент:2008. Бет – 78.

<sup>5</sup>Нортош Ўлжабоева. Халқ таоботи хазинасидан жавоҳирлар. Тошкент: 2009. Бет – 13.

<sup>6</sup> Шарқона даволар. Анвар Собиржон ўғли. Абу Али ибн Сино номидаги тиббиёт нашриёти. Тошкент: 1999. Бет – 3.

<sup>7</sup>. Нортош Ўлжабоева . Халқ таоботи хазинасидан жавоҳирлар. Т:2009. 14-бет.

science, and his scientific works, together with the works of the great encyclopedist Abu Rayhan Beruni (973-1048) from Khorezm, constitute the highest peak of the development of science of that time. His full name is Abu Ali al-Husayn ibn Abdullah al-Hasan ibn Ali ibn Sina, often shortened to Abu Ali ibn Sina. This name was written in ancient Hebrew as Aven Sino, and the name of the scientist in the form of Avicenna, common in Europe, came from a slightly distorted pronunciation of this word.<sup>8</sup>

Scientific research is being conducted in the largest cities of the world to study the cultural heritage of Abu Ali Ibn Sina, a great encyclopedist of oriental medicine. Manuscript works of the scientist in various fields that have come down to us are preserved in major libraries of the world.<sup>9</sup>

Abu Ali Ibn Sina, who made a great contribution to the development of world science, especially medicine, is considered one of our compatriot scholars who emerged from the soil of Central Asia. Ibn Sina loves studying natural sciences, especially medicine. Due to his innate talent and extraordinary cheerfulness, he easily mastered the lessons and even learned things that were unknown to his teachers independently from the book. Especially in medicine, it begins to mature very quickly. Even at the age of seventeen, Ibn Sina became famous among the people of Bukhara as a skilled physician.<sup>10</sup>

As a real encyclopedic scholar, Ibn Sina successfully dealt with almost all the sciences of his time and created works related to them. Although more than 450 of his works are recorded in various sources, most of them have been lost over time and only 242 have come down to us.

Of these 242, 80 are related to philosophy, theology and mysticism, 43 to medicine, 19 to logic, 26 to psychology, 23 to medical science, 7 to astronomy, 1 to mathematics, 1 to music, 2 to chemistry, 9 to ethics. , 4 are devoted to literature and 8 to scientific correspondence with other scientists.

The largest and most important works of the scientist that have reached us are "Kitab ush-shifa", "Kitab an-najat", "Al-isharat va t-tanbihot", "Donishnama", "Medical Laws", "Gulshan of Medicine".

One of Ibn Sina's major works on medicine is the book "The Laws of Medicine". The translation of this book into different languages increased the interest of many readers in this work, enriched their understanding of the science of oriental medicine. It began to serve as a huge program in the field of health care for our people.

In this book, Ibn Sina's teachings on the measures that should be followed from the day of birth to the end of his life to maintain human health, the impact of the external environment on the human body, and his views on some diseases and the drugs used for their treatment are briefly described.

Among the medicinal substances recommended by Ibn Sina, we have listed medicinal plants that grow mainly in the territory of Uzbekistan, or even if they are imported, they are used in folk medicine.

A number of manuscripts of Ibn Sina's works are preserved in the Institute of Oriental Studies named after Abu Raikhan Beruni of the Academy of Sciences of Uzbekistan.

After Ibn Sina, medical science has made great progress, technical and technological equipment, and treatment methods have become incomparably rich, despite the fact that medicines have finally become more diverse and increased, the legacy of the great scientist in the field of medicine has not lost its importance even now. This heritage, which summarizes the medical achievements of the ancient world and the Middle Ages, retains its practical value in many ways. That is why the interest in it continues to this day and will attract mankind for many more years<sup>11</sup>.

The creative legacy of the great scholar and philosopher Abu Ali Ibn Sina and his teaching about

<sup>8</sup> Абу Али Ибн Сино. Тиббий ўғитлар. Т:Мехнат. 1991.4-бет.

<sup>9</sup> Абу Али Ибн Сино. Тиббий ўғитлар. Т:Мехнат. 1991.3-бет.

<sup>10</sup> Абу Али Ибн Сино. Тиб қонунлари I қисм. Т:1992.5-бет.

<sup>11</sup> Абу Али Ибн Сино. Саломатлик сирлари. У.Каримов, Ҳ.Ҳикматуллаев, М.Хайруллаев. Т:2000. 4-бет.

the brain are considered to be current issues of medical science. Because the brain is the controller of all organs.

In order to show the consistency, originality and independence of Ibn Sina's thoughts, the opinions of scholars from Egypt, China, Greece, Rome, the Middle and Middle East countries who lived before him were studied and compared with each other.<sup>12</sup>

Ibn Sina, the great encyclopedist of the East, paid special attention to medicinal plants. In his book "The Laws of Medicine" he wrote about the healing properties of more than 400 plants and the methods of their use.

Today, more than 100 medicinal plants used by the great sages are effectively used in modern medicine. At present, 40% of all drugs used in our medicine, and 80% of drugs used in the treatment of cardiovascular diseases are medicinal herbs and ointments obtained from them. More than 4,000 species of wild plants are known in Uzbekistan. More than 500 of them are medicinal plants.<sup>13</sup>

### REFERENCES:

1. Жўраева М.А., Шадманов А.Қ., Абдуллаев Р, Абдуллаева М.А., Ашуралиева М., "Халқ табобати" – Андижон:2014. Бет - 8.
2. А.А.Қодиров, Тиббиёт тарихи. Тошкент: 2005. Бет – 6.
3. Азимжон Жўраев, Халқ табобати. Тошкент:2008. Бет – 78.
4. Нортош Ўлжабоева. Халқ табобати хазинасидан жавоҳирлар. Тошкент: 2009. Бет – 13.
5. Шарқона даволар. Анвар Собиржон ўғли. Абу Али ибн Сино номидаги тиббиёт нашриёти. Тошкент: 1999. Бет – 3.
6. Нортош Ўлжабоева . Халқ табобати хазинасидан жавоҳирлар. Т:2009. 14-бет.
7. Абу Али Ибн Сино. Тиббий ўғитлар. Т:Мехнат. 1991.4-бет.
8. Абу Али Ибн Сино. Саломатлик сирлари. У.Каримов, Ҳ.Ҳикматуллаев, М.Хайруллаев. Т:2000. 4-бет.
9. Абу Али Ибн Сино неврологияси. Н.Мажидов, Ҳ.Ҳалимова, Н.Мажидова. Т:2002.3-4бет.
10. Абу Али Ибн Сино. Шарқона даволар. А.Собиржонович. Т:1999.3-4-,бетлар.
11. Tashpulatov B. S. LOOKING AT THE HISTORY OF MEDICAL EDUCATION SYSTEM (ON THE EXAMPLE OF UZBEKISTAN) //Gospodarka i Innowacje. – 2022. – Т. 23. – С. 176-181.
12. Muminova G., Tashpulatov B. POLITICAL REPRESSIONS DURING THE PERIOD OF COLLECTIVIZATION IN UZBEKISTAN (ON THE EXAMPLE OF KASHKADARYA REGION) //Oriental renaissance: Innovative, educational, natural and social sciences. – 2022. – Т. 2. – №. 1. – С. 725-729.
13. Ochilova O. POLICY OF REPRESSION AGAINST REPRESENTATIVES OF TRADITIONAL MEDICINE //Oriental renaissance: Innovative, educational, natural and social sciences. – 2022. – Т. 2. – №. 1. – С. 719-124.
14. Муминова, Га Э., and О. Р. Очиллова. "НАРОДНОЕ МЕДИЦИНА И КОСТОПРАВСТВА." *ББК 1 Е91* (2020): 209.

<sup>12</sup> Абу Али Ибн Сино неврологияси. Н.Мажидов, Ҳ.Ҳалимова, Н.Мажидова. Т:2002.3-4бет.  
<sup>13</sup> Абу Али Ибн Сино. Шарқона даволар. А.Собиржонович. Т:1999.3-4-,бетлар.

15. Sarvinoz O., Dilbar R. Stages of Development of Physical Education in Uzbekistan in the Years of Independence //International Journal of Development and Public Policy. – 2022. – Т. 2. – №. 5. – С. 152-155.
16. Омонова С., Рахматова Д. Ўзбекистон республикасида мустақиллик йилларида хотин-қизлар спортини ривожлантириш истиқболлари //Общество и инновации. – 2022. – Т. 3. – №. 4/S. – С. 576-582.
17. Muminova G. E. History of the healthcare system in Uzbekistan (1917-1991) //Tashkent. "New edition".-2015. p181. – 2018.
18. MUMINOVA G. E. THE ORGANISATIONAL BASIS AND RESULTS OF THE PROCESS OF COMBATING EPIDEMICS IN UZBEKISTAN DURING THE SOVIET ERA //International Journal of Philosophical Studies and Social Sciences. – 2021. – Т. 1. – №. 1. – С. 1-8.
19. Мўминова Г. Ўзбекистонда соғлиқни сақлаш тизими тарихи: 1917-1991 йиллар. – Yangi nashr, 2015.
20. Якубова Ш. O'zbekistonda farmasevtika sanoatining rivojlanishi //Общество и инновации. – 2021. – Т. 2. – №. 8/S. – С. 414-418.
21. Якубова Ш. А. Развитие в Узбекистане фармацевтической промышленности //Электронный сетевой политематический журнал " Научные труды КубГТУ". – 2020. – №. 3. – С. 588-594.
22. Тоштемирова Н. Ўзбекистонда оналик ва болаликни муҳофаза қилишнинг ҳуқуқий асослари //Общество и инновации. – 2021. – Т. 2. – №. 8/S. – С. 258-263.
23. Тоштемирова Н. Правовые основы защиты матери и ребенка в Узбекистане //Общество и инновации. – 2021. – Т. 2. – №. 8/S. – С. 258-263.