



DIAGNOSTIC METHODS OF ABU ALI IBN SINA AND THEIR IMPORTANCE IN MEDICINE

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Annotation: According to Ibn Sina, every living being has a natural norm corresponding to its type. The creature with the most moderate client is man. In this article, I will discuss Ibn Sina's diagnostic methods in detail.

Key words: Ibn Sina, diagnostics, methods.

Enter. Today, it is a well-known fact that a healthy lifestyle is the key to maintaining and strengthening human health, as well as longevity. After all, each of us, first of all, should think about our health. Then we will live a peaceful and prosperous life and prevent many complicated diseases.

The scientific legacy of Ibn Sina, who sealed his position in world medicine, is an extremely rich and priceless treasure. Today, works such as "Ibn Sina and his influence on the Arab and Latin world", "Abu Ali ibn Sina and his legacy" by Jules Janssens, professor of the Catholic University of Louvain in Belgium ... President of the association "Abu Ali ibn Sina - France" by Professor Mark Bonnell, the scientific activities of the Dutch scientist Robert van Ghent, professor of the Institute of History of Science in Utrecht, are another evidence that the ideas in Ibn Sina's works are extremely valuable. A deeper study of Ibn Sina's works is considered the most necessary factor in solving the problems of today. It is important that our quest to know the history of our past opens up new aspects of the past. Man and man, their influence, life and death, and various issues such as the observed purpose of living are among the main topics that have attracted the attention of creative people for several centuries.

The emergence of the science of ecology, that is, the relationship between the organism and the external environment, and the use of the phrase "ecological" (oikos-Greek house, place of residence "logos"- science) was attributed to Ernst, a German naturalist who lived in the 19th century. He is associated with the name Haeckel (1834-1919) and is considered the father of environmental science. We should object in this regard, because nearly a thousand years ago, our great compatriot, encyclopedist, genius of Yibbiyat Abu Ali ibn Sina, described almost all the factors of the environment, which are now called ecology, the influence of humans and creatures on them, and finally, the effect of these factors on humans and creatures. It is enough to quote the famous sayings about the effect. "If there was no dust, a person would have lived 1000 years", or: "As long as the air is balanced and clean, if foreign additives are not added to it (pneuma), it will be a pledge of health, otherwise it will be prone to various diseases causes"¹. Regarding the environment of the place of residence, it is emphasized in the "Laws of Medicine" that: "The place of residence can affect the body in different ways: high or low place, composition and nature of the soil, abundance or scarcity of water, abundance of trees, cemetery or proximity to mines, etc., are important when choosing a place of residence. These thoughts are about the environment, and we will see that they are relevant in medical ecology.

Therefore, it is fair to associate the complex, which was later named ecology, with the name of Ibn Sina, at least to be called the father of "medical ecology".

Currently, environmental factors are divided into biotic and abiotic factors. But Ibn Sina's views on the dynamism of environmental factors in the causes of health and disease a thousand years ago are surprising. The fact that Allama gave a wide place to environmental factors among the causes confirms once again the longevity of Ibn Sina's teaching with its relevance today. We can rightfully say that Ibn Sina is the founder of the doctrine of a healthy lifestyle. According to Ibn Sina, the only sure way to live a healthy life and live a long active life is a healthy lifestyle. Nutritional culture, environmental education and physical exercise play an important role in shaping a healthy lifestyle [6-15]. Allama very rightly recognized that many people believe that health depends on the quantity or quantity of blood in the body, but in reality it is not so, health depends on the quality of blood. In modern terms, health depends on the immanent quality of blood. In the work of Claude Bernard Ibn Sina, "customer" means a specific quality, a natural standard. "As a result of the elements interacting with each other with their energies, a suitable mood is created for all of them. This mood is the customer." It is not so difficult to understand that it is a question of the compatibility of four different qualitative elements with each other in proportional amounts. Blood, bile, blood and lymph fluid are present in a certain amount for each organism - in "specific amount"; These four liquids form a unity standard in the measurements of proportionality with each other in certain quantities. In this case, the standard of health is manifested in the form of a relationship of four independent standards. Abu Mansour al-Qumri confirms his teacher Ibn Sina's opinion in this regard and says: "In the moderate state of the human body, these four opposite qualities stop at a certain limit."

When introducing ecological education and training in medicine, it is appropriate to take Ibn Sina's teaching as a basis and study it from the point of view of modernity. In this case, for the purpose of afforestation, the planting of some ornamental trees that do not belong to the fauna of the country is not so useful in the sense of ecogenesis of diseases, but in the conditions of our country with high pollination, they are pathogenic to humans (including allergens) should not be forgotten. As Ibn Sina admitted, it is now necessary to approach the landscape of the lands allocated for settlements, their condition, i.e., the directions of urban development, as an ecological factor. One of the important features that determine the main core and actual significance of the scientific heritage is its consistent and selfless pursuit of a great goal - understanding the identity of man as a social being based on the scientific mastery of various aspects of existence, raising his level of perfection, man and nature, man and there is a constant effort to scientifically justify and harmonize the relations between the society and their interdependence in a wide and deep way. He reflected his attitude to the field of science and its important place in people's lives in our work "Donishnoma", divided the sciences of that time into theoretical and practical parts, and theoretical knowledge "is the way our soul acquires its own form and is happy in that world." If he believes that the state of existence of objects and informs us, practical knowledge "informs us about our actions... Its benefit is that it teaches us what we should do to get our work done in this world" 2 , - states that. The wise observations reached in the bosom of such meaningful lines at the level of wisdom of the great scholar are contemporary even for today. To be aware of them and to follow them is a human duty of every person living in this life. Ecology studies the relationship between man and nature. Among the 15,000 sciences that exist today, environmental science is distinguished by its depth of essence, extremely large number of branches, and importance of practical significance.

One of the largest countries in Central Asia in terms of population, Uzbekistan is witnessing the emergence of environmental problems, its impact on the natural environment and human health. In order to overcome these ecological problems, it is an urgent issue of the present day to form an ecological culture in all the people of Uzbekistan, especially the youth, by providing them with ecological knowledge. In short, Ibn Sina understood the dialectical relationship between human health and nature and its ecological factors. A truly healthy person is a product of healthy nature, and only when the biosphere is maintained in accordance with the life indicators, more than 7 billion inhabitants of the planet Earth can live peacefully. Only perfect people understand the norms of nature and do not allow them to be violated in life.

Our compatriot Abu Ali ibn Sina, who made a great contribution to the development of medicine in the period of modern science, technology and technology, the methods of using drugs in the treatment of patients, the forms of drugs are still preserved and serve as a guide for the future generation.

Abu Ali ibn Sina (980-1037) was born in August 980 in Afshona village of Bukhara region. Having studied medicine from Nux al-Kumri, he became a famous doctor at the age of 16-17 due to his sharp mind and memory. Along with being a physician, Ibn Sina spent his life writing various medical works. He has more than 280 works, 40 of them are devoted to the science of medicine. Ibn Sina had a great impact on the development of medicine and pharmacy in the world today. 10 centuries ago, when Ibn Sina lived and worked, there was no independent pharmacist service, it had just separated from medicine and started to form independently. Later, the composition of recipes and the complexity of their preparation technology, as well as the creation of new types of complex drugs, became difficult for judges (or doctors) to perform alone. In Ibn Sina's time, pharmacy was not separated as an independent science. Ibn Sina wrote his thoughts on pharmaceutical issues in his masterpiece. "Medical Laws" is the most important of Ibn Sina's medical works, which consists of five independent books. In particular, more than 700 drugs are written in the second book 275 drugs are described in the fifth book, and the number of drugs used in heart diseases exceeds 400 At the same time, the use of chemical substances margumush, copper, sulfur, silver and their combinations was used in medicine for the first time by the scientist. In the fifth book, the method of preparation of complex drugs, their effect on the body and methods of consumption are given. Abu Ali ibn Sina's methods of using drugs in the treatment of patients are not only preserved even now, they are considered traditional methods. According to Ibn Sina, all medicines collected from the desert are stronger than those collected from gardens, and often smaller in size. Picked in rocky areas - it is classified as stronger.

Thus, Ibn Sina laid the foundation for the future science of pharmacognosy by determining the criteria of high quality of medicinal plant products and the demand added to it. Ibn Sina's opinions on the collection times, drying methods, and storage periods of medicinal plant products, his requirements for medicinal products to be of high quality, certainly led to the formation of pharmacognosy as a science in the future and the determination of the goals of this science. Without it, it will have its effect. Alloma emphasizes the need to observe three main principles when using drugs for treatment purposes. These are, first, the law of choosing drugs according to the mood, that is, according to heat or cold, wetness or dryness, and the second, the law of maintaining the amount of drugs; this second law is divided into the law of measuring the weight of drugs and the law of measuring the mood of drugs, that is, the law of determining the level of heat, cold, etc. The third is the law of determining the time of drug consumption. Abu Ali ibn Sina lived a short but meaningful life, and his works, especially the "Medical Epic", are of particular importance in the development of medicine, especially pharmacology. At the same time, the great scholar created several poetic works on the subject of medicine. He called them Urjuzas due to the fact that they were written in the rajaz weight of aruz. Abu Ali b

Sino wrote 8 epics about medicine and they are: Urjuza about health and hygiene, Urjuza about the four seasons of the year, Urjuza about anatomy, Urjuza about Hippocrates' wills, Urjuza about practices passed by experience, Urjuza about medical advice, Urzuza about communication, Urzuza about medicine.

"Medical saga" is the largest and most famous of the Urjus. The second practical part of "Medical saga" is about the composition of drugs, about the ingredients of drugs, about drugs that stop pain, about the use of drugs, about the treatment of bad organs and He elaborated on their signs and gave his suggestions.

New drugs used for treatment in medical practice are taken in a certain amount, i.e. dose. Because the effectiveness of drugs depends on their dosage. From the above, it can be said that in the preparation of any medicine, certain rules, especially hygienic cleanliness, the technology of preparation of medicines, the amount of products added to the finished product must be divided into a certain amount, that is, doses. It has been shown. Because taking the medicine without paying attention to the dose

doing it causes various unpleasant and unpleasant changes in the body. At the same time, the great doctor is talking about the use of drugs, that is, the ways of sending them to the body to did

The forms of use of the most common medicines are classified, and the methods currently used in modern medicine: that is, showing the drugs in solid form (tablets, powders, dragees), liquids (solutions, tinctures, decoctions), at the same time the methods of injection into the body were used several centuries ago, and opinions about their use were expressed. At the same time, the ways of administering drugs to the body, their absorption, distribution in the body, and their amount in the blood are of certain importance. Only then, the drug interacts with the body tissue and shows its effect. The effectiveness of these drugs

largely depends on the way they are administered to the body. There are drugs that do not have any effect if taken orally, but have a positive effect if given in another way (injection). There may be situations where the same drug has different effects on the body when it is administered in different ways. That's why it is necessary to choose the right way to show the positive effect of each medicine when it is injected into the body. Ibn Sina gave information about the ways of introducing drugs into the body, through the mouth, back (anal), nasal or urinary tract. He knew, used and wrote in his works about the fact that it is possible and considered useful to send it through the rectum, especially when there is no possibility of oral administration. At present, the incidence of cancer is increasing in the period when the negative effects of various man-made factors, especially carcinogenic factors on the human body are increasing. According to the World Health Organization, the world may face cancer in the next 1012 years. Because obesity, excessive consumption of alcohol and smoking are increasing among the world's population, which creates the basis for the emergence of this disease. According to the prediction of the above organization, it may reach 19 million by 2025, 22 million by 2030, and 24 million by 2035. Eastern medicine had the concept of cancer, and Ibn Sina tried to find a cure for this disease. In "Medical epic", the great Hakim discussed the treatment of bad breath and its symptoms.

Summary. From the information given above, we can conclude that the great scholar Abu Ali ibn Sina used various drugs and methods of introducing drugs into the body in the treatment of patients. Abu Ali ibn Sina's ideas are still used in modern medicine, especially in folk medicine. At the same time, it is important as a study guide for future doctors and pharmacists.

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