

SANITARY AND HYGIENIC RULE IN THE WORKS OF ABU ALI IBN SINA

Umarqulova Orasta Nizomjonovna

(PhD), a student

Yuldasheva L.S.

Associate Professor

ABSTRACT

In this article, the secrets of health, hygiene rules and the issues of promoting proper nutrition and a healthy lifestyle are covered in the works of the great scholar, Eastern thinker Abu Ali Ibn Sina.

Key words: *hygiene, healthy lifestyle, proper breathing, body exercise, healthy diet, In-Yan, work, medical science, achievement, nutrition.*

АННОТАЦИЯ

В данной статье рассматриваются секреты здоровья, правила гигиены и вопросы пропаганды правильного питания и здорового образа жизни в трудах великого ученого, мыслителя Востока Абу Али Ибн Сины.

Ключевые слова: *гигиена, здоровый образ жизни, правильное дыхание, физические упражнения, здоровое питание, Инь-Янь, работа, медицинская наука, достижение, питание.*

INTRODUCTION

Studying the heritage left by our ancestors and following their teachings determines the future. We can cite many scholars, including Abu Ali ibn Sina, as an example. Our ancestor Abu Ali Ibn Sina, who lived in our country and became famous all over the world for his achievements in medical science, also wrote down many practical ideas about maintaining health, which is achieved on the basis of rational nutrition, proper rest, activeness, and general hygienic measures, on the threshold of the Third Renaissance. It is very important for the new people of Uzbekistan. The fact that in our country these days, making our people healthy by ensuring and promoting a healthy lifestyle, proper nutrition, and constant physical activity is one of the most important tasks of the population, which requires a serious approach to this problem. does.

The purpose. The purpose of this scientific research work is to study the hygienic measures recommended and applied by Abu Ali Ibn Sina in his "Medical Laws" for the prevention of various non-infectious diseases. Material and methods. For this purpose, the third part of the first book of the "Laws of Medicine" written by

Abu Ali Ibn Sina called "On Health Care" was studied, and the obtained materials were analyzed.

Result and analysis. The third part of the first book of Ibn Sina's "Laws of Medicine", which is considered to be the master work of Ibn Sina, is called "About Health Care" and it shows the extreme depth and originality of the scientist's medical views on health care. Ibn Sina put physical education and good physical activities in the first place in health measures, and diet and sleep in the second and third places.

Abu Ali Ibn Sina was the first to scientifically substantiate the strengthening of the human body by physical exercises. He considered physical training to be the main factor in maintaining human health. According to him:

- the body should be clean before doing physical exercises;
- the consumed food must be digested and, in turn, it is not recommended to perform physical exercises on an empty stomach;
- a person who regularly engages in moderate physical exercises will not need any treatment;
- physical education is an action that forces a person to breathe deeply and continuously;
- after physical training, one should immediately dive into cold water until it covers the whole body.

He pointed out that if the water burns the bather and does not affect him badly, he will stay in the water until his body trembles.

Abu Ali ibn Sina also attached great importance to the process of training the body with physical exercises using natural forces - air, water and sun. According to him, walking for a long time in the open air, finding the body, doing activities, walking, playing games along with physical exercises will have a good effect.

In adolescents and adults, it is recommended to take the form of wiping the body with a wet towel, bathing in the bath and using sun baths as one of the processes of body conditioning.

Sunbaths improve metabolism in the body, as a result of which a person becomes fresh and energetic, dissolves excess fat in the body, relieves headaches and strengthens the brain.

Another way to exercise the body is massage, which is an important treatment to prevent fatigue. Ibn Sina divides massage into strong - strengthening the body, weak - softening the body, continuous - slimming, moderate - growing the body. They have stated that the purpose of massage is to thicken the organs, to harden the soft organs, and to soften the hard organs.

Abu Ali Ibn Sina to observe the following in the events of rational eating:

1. Malnutrition;
2. Do not eat food before it has been digested in the stomach;
3. It states that the main composition of food products should consist of vegetables and fruits.

Alloma also stated that the human body's demand for food depends on age and said: "There is a demand for food and digestion in teenagers, and the opposite is observed in old people, and their energy goes back."

In addition, he expressed an opinion about the dependence of nutrition on climate-geographical factors: "People living in the North have better digestion and live longer." These ideas have been scientifically proven by many foreign and domestic hygienists and nutritionists over the years.

CONCLUSIONS

1. Abu Ali ibn Sina's recommendations on the rules of proper nutrition, physical exercise and massage are considered the principles of people's lifestyle, and they are still relevant in modern preventive medicine.

2. Abu Ali ibn Sina's many comments and instructions on the hygienic importance of rational nutrition in his works made a great contribution to the development of modern medical science.

REFERENCES:

1. Razak Mohammed Gyasi and others. Public perceptions of the role of traditional medicine in the health care delivery system in Ghana // *Global Journal of Health Science* Vol. 3, No. 2; October 2011.
2. Абдужаббор Муҳаммад Собир ўғли. Асрлар ошган табобат. Т. Давр пресс. 2007.
3. Yuldasheva L.S. The spiritual world of every individual is his spiritual power /*Oriental Renaissance* № 1 2021
4. Yuldasheva. L.S ABU RAYHON BERUNIYNIG ONTOLOGIK QARASHLARI. *Oriental Renaissance: Innovative, educational, natural and social sciences*. 2023. 03.02.
5. Lola Yuldasheva, Gulchekhra Abdugarimova, Nazokat Saminova. (2020). THE IMPORTANCE OF COMPARATIVE CONTRASTIVE METHOD USED IN THE WORK "INDIA" BY ABU RAYHAN BERUNI. *International Journal of Advanced Science and Technology*, 29(05), 1866 - 1870. Retrieved from <http://sersec.org/journals/index.php/IJAST/article/view/10345>
6. Yuldasheva L.S Abdukholik Gijduvani's Teachings On Human Perfection: A Philosophical Analysis. *JOURNAL OF PHARMACEUTICAL NEGATIVE RESULTS*. 2022. 12.31.