

# IBN SINA'S VIEWS ON MEDICINAL PLANTS

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## Abstract

Looking through the treatises of the great medieval doctor Abu Ali Husayn ibn Abdullah ibn Sina or Avicenna (980-1037), one can find many interesting medical knowledge and advice. Separately, the doctor talks about some medicinal plants and describes their capabilities and properties. Here are some of the doctor's observations.

**Keywords:** Ibn Sina, scientist, doctor, health, healthy, hygiene, plant, medicinal.

## IBN SINO SHIFOBAXSH O'SIMLIKLAR HAQIDA

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## Annotatsiya:

O'rta asrlarning buyuk tabibi Abu Ali Husayn ibn Abdulloh ibn Sino yoki Avitsenna (980-1037) risolalarini varaqlar ekanmiz, ko'plab qiziqarli tibbiyot yo'nalishidagi bilimlarini va maslahatlarni topish mumkin. Alohida, tabib ba'zi dorivor o'simliklar haqida to'xtalib, ularning imkoniyatlari va xususiyatlarini tavsiflaydi. Mana, shifokorning ba'zi kuzatuvlari.

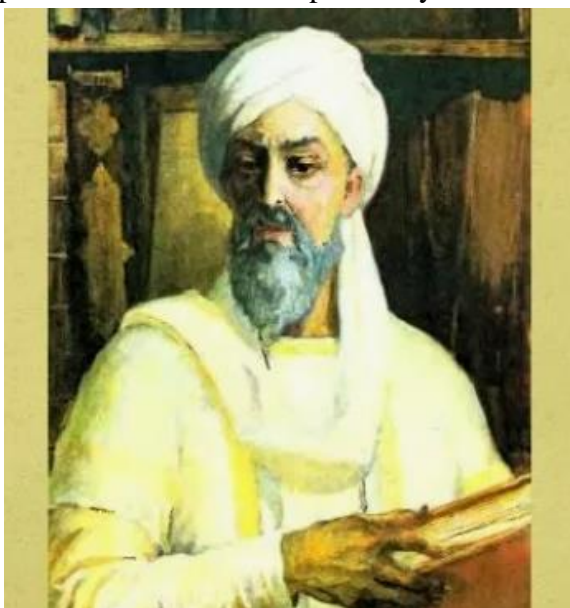
**Kalit so'zlar:** Ibn Sino, olim, tabib, salomatlik, sog'lom, gigiyena, o'simlik, dorivor.

## Introduction

Our great-grandfather Abu Ali Ibn Sina, a Central Asian scientist, the founder of medicine, a famous scientist and physician of the last centuries, used a wide range of raw medicinal plant materials in his treatment practice. In modern medicine, the value of plant raw materials is immense, and they are processed in the pharmaceutical industry to produce various medicines [1-5]. Medicinal plants listed in Ibn Sina's book "Laws of Medicine", their use and methods of use are particularly important. Ibn Sina thoroughly studied the experiences of the old doctors, perfected them, tried new treatments for them, and comprehensively revealed the medical importance of plants and fruits used in folk medicine at that time. Therefore, studying the legacy



of Ibn Sina, scientifically justifying the drugs he used and applying them to modern medical practice are among the important tasks of modern pharmacy.



Abu Ali Ibn Sina listed 520 plants as medicinal plants in the second book of his magnum opus, Kitab al-kanun fit-tib (Laws of Medicine). Of these, 178 species are found on the territory of the Republic of Uzbekistan: 110 species grow wild. 68 of them are sometimes grown in botanical gardens and nurseries for various purposes (food, fodder for cattle, raw material for industry, medicinal, decorative plants, etc.).

Let's dwell on some plants that Abu Ali Ibn Sina used and recommended for various diseases in his time:

Fig.

Abu Ali Ibn Sina used fig fruit as an expectorant and expectorant. He ordered to eat figs to strengthen phlegm, and to boil them in milk to improve swallowing.





Pomegranate. Abu Ali Ibn Sina used pomegranate peels for spitting up, tooth extraction, stomach diseases (constipation, mixed diarrhea), urinating, strengthening teeth, treating wounds and other diseases. He treated goiter diseases using a decoction made from pomegranate peel.



Quince. Abu Ali Ibn Sina used tincture and decoction made from quince fruit for dysentery and diarrhea diseases, as well as an appetite suppressant, diuretic, and antipyretic. A decoction made from its seeds was used to stop diarrhoea, expectoration and uterine bleeding. It is also used successfully in the treatment of asthma. A special tincture prepared from a spoonful of quince seeds loosens phlegm and helps to breathe easily.



Almond. Abu Ali Ibn Sina used bitter almond kernel and its oil to treat expectoration, cough, asthma, tuberculosis, kidney and bladder diseases and to remove stones from the bladder.



Currant. Abu Ali Ibn Sina recommended crushing the dried plant of ituzum and applying it to the head, under the ears, and swollen areas of the brain in case of headache. He treated autumn and sore throat diseases with ituzum juice. Its fruit was used in the treatment of kidney and bladder diseases, as a diuretic and as a medicine to stop bleeding from the uterus.



Cilantro. Abu Ali Ibn Sina used cilantro fruit as a cure for vertigo and as an antidote. The roasted fruit is used as an anti-emetic and for the treatment of gastrointestinal diseases. The fruit, together with the juice of the zubtutum plant, is prescribed for spitting disease.







Onion. Abu Ali Ibn Sina smoked onions to cure jaundice and increase appetite. With its sap, he treated purulent wounds, purulent discharge from the ear, angina, and an arrow that fell in the fall. The juice was used as a medicine to relieve headache (instilled into the nose and ears), and as a medicine to induce menstruation when menstruation stops in women.



Carrot. Abu Ali Ibn Sina used carrot fruit and leaf as a diuretic. Treated wounds. He treated intestinal pain, chronic cough and pleuritic diseases from the root. He ordered to eat cooked and root fruit in isticosteroid disease.







Obese. Abu Ali Ibn Sina plucked fresh fat, prepared its juice and used it on a patient who had spit up. Used for internal bleeding, autumn inflammation, liver disease. It is recommended to consume one tablespoon of semizut mixed with wine an hour before meals. With this method, a complete cure of liver disease was achieved within one month.



Peach. Abu Ali Ibn Sina used the peach fruit to stimulate the appetite and soften the stomach. Killed maggots in wounds with leaf juice. Undried leaf or flower juice is used to deworm the worm. The oil has been used to treat migraines and earaches.





In conclusion, Ibn Sina understood the dialectical relationship between human health and nature and its environmental factors. A truly healthy person is a product of a healthy nature, and more than 7 billion inhabitants of the planet Earth can live peacefully only when the biosphere is maintained in accordance with the life indicators. Only perfect people understand the norms of nature and do not allow them to be violated in life.

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