

THE EARLY STAGES OF THE DEVELOPMENT OF MEDICAL SCIENCE IN THE TERRITORY OF UZBEKISTAN

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Abstract

The first stages and State of the development of medical science on the territory of Uzbekistan, as well as the historical and cultural processes associated with it, are revealed on the basis of sources.

Keywords. Ancient Medicine, Avesto, Quran Karim, Zoroastrian, Wendidat, Saydana Fit-Tibb, Al-Qonuncha, Qorabodin, Fihrist, Epilepsy, Medical Laws.

Introduction

Throughout millennia, humanity has fought against various diseases with the help of medical science. Even in today's world, where modern medicine has reached its peak, the medical knowledge and practices of earlier times continue to be actively applied. In the development of the medical field, sources and works related to medicine have played a crucial role, with great medical specialists widely utilizing them in practice. Ancient medicine, while drawing on traditional methods accumulated over centuries, also effectively benefited from scientific works, maintaining its significance in life. Additionally, it contributed to enriching medical science with previously non-existent scientific innovations.

In every field of activity within society, reference materials and written works hold great importance. Life experience has demonstrated that professionals who base their practices on scientific achievements can attain significant success. Specifically, various representatives of medicine, particularly healers, extensively utilized manuals based on religious teachings, as well as rare books and manuscripts written in Persian, Arabic, and Turkic by medical scholars. These sources provided invaluable information for treating patients. Healers were required to understand complex medical texts, which necessitated knowledge of Persian and Arabic. Furthermore, a healer needed to be well-versed in the structure of the human body (anatomy), possess knowledge about the medicinal properties of various plants, and have an understanding of their chemical composition.

Central Asian healers, across different historical periods, drew upon the verses of the Qur'an, the Hadith, and the works of medical philosophers such as Abu Bakr al-Razi and Ibn Sina (Avicenna). Additionally, they utilized the works of notable scholars, including Mahmud Hakim Yayfoni Huqandi, Mulla Nurmuhhammad, Hamidkhan ibn Zohidkhan ibn Muhammad Sadiqkhan Shoshi, Basitkhan ibn Zohidkhan ibn Sadiqkhan Shoshi, and Alikhontura Soguni, in their medical practices.



RESULTS AND DISCUSSION

The first written records about the medicine of the peoples who lived in the territory of Uzbekistan in ancient times can be found in the sacred religious text of the Zoroastrians, the *Avesta*. The *Avesta* is the holy book that contains the religious beliefs of the peoples who lived in the territories of Central Asia, Iran, and Azerbaijan. It is believed that the book was written by Zoroaster (Zarathustra) around the 7th century BCE¹.

Eastern medicine, as a teaching, has developed into various branches². The sources and books used in the history of medicine can be classified as follows:

The first group includes sources of religious content and essence — the *Avesta* sources, verses of the Qur'an, and Hadiths.

The second group consists of works created by great scholars and physician-healers — books by Ibn Sina (Avicenna), Abu Rayhan Beruni, Abu Bakr al-Razi, Ismail Jurjani, and other scientists. The third group comprises small-sized treatises and manuals that were popular among folk healers. The *Avesta* consists of three books. The first book is called "Vendidad." This book provides important information related to medicine.

Knowledge is the most righteous path that elevates and leads a person to perfection. Islam calls people to set an example through knowledge. Learning the knowledge that leads to perfection and making it virtuous through practice is the way of the great. In particular, Islamic teachings contain many wisdoms related to medical science.

In the Hadith, it is said, *"Cleanliness enhances a person's intellect and understanding, brightens their nature, adds beauty to their appearance, and protects them from various diseases. For this, it is necessary to bathe at least once a week, trim nails, cut hair, brush teeth, and wash hands before and after eating, as well as after using the toilet."*

When it comes to infectious diseases, the Hadith states: *"If an epidemic spreads in a certain place, do not enter there, and if it spreads where you are, do not flee."* This refers to the quarantine process. It can be interpreted as: *"Do not infect yourself, and do not be a cause for others to get infected either"*³.

Knowledge is the most righteous path that exalts a person and leads to perfection⁴. Islam calls people to be exemplary through knowledge. Learning the knowledge that leads to perfection and applying it in practice to attain virtue is the way of the great. Specifically, Islamic teachings contain many wise sayings regarding the science of medicine.

A hadith states: *"Cleanliness enhances a person's intellect and understanding, brightens their disposition, adds beauty to their appearance, and protects them from various diseases. For this reason, one should take a bath at least once a week, trim nails, cut hair, brush teeth, and wash hands before and after eating, as well as after using the restroom."*

When discussing infectious diseases, a hadith says: *"If an epidemic breaks out in a certain place, do not enter it; and if it spreads in the place where you are, do not flee from it."* This refers to the

¹ Rustam o'g'li, R. Z. D. (2024). Characteristics and Organizational Forms of Production Training Contracts. Italy: *Actual Problems of Science and Education in the Face of Modern Challenges*, 17(1), [specific page range, if available].

² Akbarali Jo'rayev, Martdiyorbek Jo'rayev. "Jewels from the Treasure of Medicine." Tashkent (2012) - p. 3.

³ Rustamova X.Ye., Stojarova N.K., Nurmamatova Q.Ch., Abdurashidova Sh.A. "History of Medicine." - Tashkent, 2014 - p. 39.

⁴ Togaymurodov, J. (2023). "Social Potential of Religious Tolerance." *Galaxy International Interdisciplinary Research Journal*, 11(5), 215-218.





process of quarantine, which can be interpreted as: *"Do not infect yourself, and do not be the cause of infecting others."*⁵

Similarly, in the *Avesta*, it is written that to rid oneself of diseases, one must first bow to the god of goodness, Ahura Mazda, as only through his help can one be freed from illness⁶.

After the Greeks conquered Central Asia and established their rule, Greek rulers began to arrive in the region. However, we do not have information regarding the medicine of that era⁷.

The famous Islamic scholar Imam Ghazali said: "The Qur'an is a light. Salvation and rescue from error can only be found through it. It is the cure for the diseases that corrupt the hearts." Indeed, consider the miracle of the Qur'an, which, since the 15th century, has been introducing humanity to Allah and illuminating the path of guidance. This sacred word not only nourishes the thirsty hearts and souls of the nations with the pure waters of faith but also becomes a cure for the diseases in their bodies and limbs.

In medicine, religious teachings and books have been effectively used in treating patients.

Even though more than a thousand years have passed since the death of Ibn Sina, new works on medicine have been created. Especially during the period of the former Soviet Union, despite the persecution of doctors practicing folk medicine, the representatives of our past medicine continued their activities, albeit secretly. Among them were many who had a deep understanding of folk medicine, were knowledgeable in Arabic and Persian, and could read and understand the works of Ibn Sina and the physicians who followed him in their original languages. These doctors effectively utilized medical sources in Arabic and Persian throughout their work. One of the prominent scholars of Central Asia was Abu Nasr Farabi – a famous philosopher from Central Asia. He was called the "Aristotle of the East." Along with other sciences, he also studied medicine and wrote several works, including "On the Structure of the Human Body" and "Theoretical and Practical Medicine." The first book discusses the structure and functions of the human body, as well as the causes of diseases, treatment methods, and prevention⁸.

The scientific staff of the Institute of Oriental Studies named after Abu Rayhon Beruni of the Academy of Sciences of the Republic of Uzbekistan began studying medical works in the 1950s. The institute's scholars, in collaboration with doctors and medical scientists, translated Ibn Sina's "Canon of Medicine" into Uzbek and Russian. Academic U.I. Karimov translated and published Abu Rayhon Beruni's work "Saydana fi-t-tibb" ("Pharmacology in Medicine"). A publication of Ibn Sina's other works titled "Medical Treatises" was published, including the scientist's new works related to medicine. The Arabist scholar H. Hikmatullayev studied the legacy of Abu Bakr al-Razi and proved that he was the first in the East to apply the history of diseases. By the 1990s, books by this scholar, "The History of Diseases" and "Eastern Medicine," were also published⁹.

⁵ Rustamova X.YE., Stojarova N.K., Nurmamatova Q.CH., Abdurashidova Sh. A. Tibbiyot tarixi. - Toshkent – 2014-42-b

⁶ Ochilova, O. "The Role of Islamic Teachings in Medicine." // Collection of Materials from the 25th Republican Scientific-Practical Online Conference on the Topic "Developing the Modern Education System and Creative Ideas, Proposals, and Solutions Aimed at It," October 12, 2021. – pp. 166-170.

⁷ Rustamova X.Ye., Stojarova N.K., Nurmamatova Q.Ch., Abdurashidova Sh.A. "History of Medicine." - Tashkent, 2014 - p. 43.

⁸ Rustamova X.Ye., Stojarova N.K., Nurmamatova Q.Ch., Abdurashidova Sh.A. "History of Medicine." - Tashkent, 2014 - p. 9.

⁹ Eastern Medicine. – Tashkent: A. Qodiriy National Heritage Publishing House, 1994.



Abu Abdullakhom Ilaki's works include "On the Causes and Symptoms of Diseases," "Treatment Methods," "A Compendium on Medicine," "Extracted from Medicine," and "Shortened Laws."¹⁰ Tashkent's Muhammad Shohxo'ja Mahmud Chag'miniyn translated the works "Al-Qonuncha" by Muhammad Shohxo'ja Mahmud Chag'miniyn and "Jam' ul-favoiiyd" by Yusufiyan into the Turkic language. The work "Muqaddimai Dastur ul-Ilaj" by Sultan Ali the physician and several other treatises were also translated into Turkic. Year after year, the number of scholars engaged in the history of medicine expanded, and the number of works translated into Uzbek also increased. Books such as "*Jewels from the Treasure of Medicine*," "*Drops from the Ocean of Medicine*," "*Gems of Medicine*," "*Treatise on Temperament*," "*Stories of the Physicians*," "*Luqman the Wise's Counsel*" (M. Hasaniy), "*Medicine in the Era of Navoi*" (M. Hasaniy, S. Karimova), "*Medical Teachings*" (S. Karimova) are among them.

The 9th-13th centuries became a historically significant period in the life of Eastern peoples, marked by crucial historical events. During this time, dynasties such as the Samanids, Ghaznavids, Qarakhanids, and Khwarezmshahs ruled Central Asia, bringing certain changes and advancements in all fields. Despite political conflicts between these dynasties, under the influence of Islam, Eastern countries became one of the major centers of science. Ismail Jurjani completed his most significant medical work, "Zahira-i Khwarezmshahi," in 1110 and dedicated it to the Khwarezmshah Qutb al-Din. Following the order of Otsiz, a shortened version of this work was completed in 1113 under the title "Al-Huffayi al-A'lo-iy." The work was written in Persian, an understandable language for everyone, with the intention of making it convenient to carry during military campaigns and travels. "Zahira-i Khwarezmshahi" consists of ten books, and later the "Book on Pharmaceutics" ("Qorabadin") was added to it.

Many scholars, philosophers, and representatives of literature and art emerged. These scholars and sages created immortal works in various fields of science and culture. Their contributions became invaluable gems in world science and culture. Among them are Firdawsi's "Shahnameh" and Ibn Sina's "Canon of Medicine." Works such as "Hundred Questions on Medicine," "Book on Medicine," "Book on the Smell of Plague," "Article on Smallpox," "Book on the Soul," and "Book on Natural Sciences" belong to the genius Abu Sahl Masih¹¹.

Abul Hayr ibn Hammor was one of the elderly, experienced physicians. He was born in Baghdad and spent most of his life in this city. After reaching adulthood, he arrived in Urganch, where he, along with his disciple, wrote many books on biography. His works include "On the Creation of Man and the Structure of His Organs," "On the Regimen of the Elderly," and "Article on Epilepsy." Abu Sahl Masihiy (1010-1017) was a member of the Academy, a renowned scholar, philosopher, logician, and famous physician. He received his early medical education in Jurjan, then continued his studies in Baghdad and Khorasan. After reading Abu Ali ibn Sina's "Hundred Questions on Medicine," he acknowledged him as a mentor. In 997, when he was in Khwarezm, he met Abu Rayhon Beruni. "Book on the Smell of Plague," "Article on Smallpox," "Book on the Soul," and "Book on Natural Sciences" belong to Abu Sahl Masihiy.

¹⁰ Rustamova X.Ye., Stojarova N.K., Nurmamatova Q.Ch., Abdurashidova Sh.A. "History of Medicine." - Tashkent, 2014 - p. 73.

¹¹ Rustamova X.Ye., Stojarova N.K., Nurmamatova Q.Ch., Abdurashidova Sh.A. "History of Medicine." - Tashkent, 2014 - p. 74.



A "Catalogue" of medical works held in the institute was prepared. This "Catalogue," prepared by H. Hikmatullayev and S. Karimova, was published in collaboration with German scholars. S. Karimova conducted a major scientific study on works related to chemistry and medicine.

Conclusion

The golden heritage of our great ancestors, including their invaluable works in the field of medicine, belongs to the whole nation. It is important to carefully study the works left by great figures like Abu Nasr Forobiy, Ibn Sina, and Jurjani to truly recognize their worth. Today, traditional medicine is developing alongside modern medicine, and in this process, the works of medical scholars can undoubtedly serve as a solid foundation.

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