

PRIMARY CONCEPTS ABOUT THE CAUSES OF DISEASE

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Abstract: *The medical profession, which originated as a field of human activity, was constantly developing and improving. It is enriched with new diagnosis and treatment methods. This was required by people's lives. Both doctors and patients were interested in the development of medicine. Patients tried to consult a more experienced physician. In order to attract more patients to them, doctors sought to diagnose them correctly and treat them better. For this purpose, they were looking for new methods of diagnosis and treatment. Those who have tried various drugs and perfected the methods of treatment. With this, they always enriched medicine. Thus, the medicine that first appeared as an empirical, practical treatment developed, improved, and became a scientific medicine.*

Key words: *healer, disease, pain, panic, ancestor, perception, spirit, ignorant, patient.*

Primitive people understood the causes of diseases differently at different stages of their development. People who lived at the initial stage of the development of human society (in the era of matriarchy) had a very simple (primitive) understanding of nature and the events taking place in it. They imagined the world as it looks from the outside. Those who do not know the inner nature of events and are not interested in it. The same was true of diseases. They are why the patient got sick; They were not interested in the issue and treated it. In this case, the treatment was mainly symptomatic. "Doctors" did not treat the cause of the disease, but its symptoms. For example: if a person has a headache, they don't think about why it hurts, they just give painkillers, and if they have diarrhea, they just give them laxatives. Doctors at that time were unable to think about the cause of the disease.

After people developed the ability to think abstractly, they began to be interested in the phenomena around them and sought to know the essence of various phenomena. They also tried to find out the cause of diseases. However, they do not understand much about this issue. For example, fantastic ideas appeared about natural disasters (thunderstorms, lightning, earthquakes, volcanic eruptions, etc.). People thought that these phenomena must be caused by some supernatural forces. They also thought about diseases in the same way. For example, they assumed that there must be some ignorant force that causes disease. The oldest of such concepts is fetishism, that is, imagining the surrounding nature and things in it as frightening. According to this concept, those who thought that there is some kind of supernatural power in nature and the things that exist in it, and this power also causes diseases. Then the concept of animism (from the Latin word anima - soul) appeared. According to this concept, the world is filled with innumerable souls. These cause all kinds of disasters. They thought that diseases are

caused by these spirits. In the calculation of spirits, they also added the spirit of a person's dead ancestors. They believed that if a person disrespects his deceased ancestors, the spirit of the deceased will take revenge on him by sending various diseases to him. In addition to "ignorant" spirits that cause various diseases, they believed that there are also "merciful" spirits that bring health and happiness to a person.

According to the understanding of the people of that time, the "ignorant" forces that cause disease enter the human body (especially the brain) and cause various symptoms of the disease (fever, shivering, headache, etc.). , who believed that.

In addition to the above, there is also the concept of totemism. This concept comes from the word "totem", which means "my tribe". People of that time believed that each tribe originated from a certain animal (totem). Accordingly, if a person disrespects his totem, he will send a disease to that person and torment him. who thought that

Treatment of patients was carried out in accordance with the understanding of diseases. These activities are mainly aimed at expelling the "ignorant power" that has entered the human body. At first, they tried to soften the spirit of this "power" with all kinds of games, dancing, flattery, and get it to leave the patient's body by itself. If it was not possible to expel the "mad force" by this measure, they "expelled" it by force. The method of intimidation was used for this purpose. For example, the method of "attacking" was used against the "ignorant force" that entered the body. Based on this method, shamanism (magic) originated. The shaman used various noisy musical instruments to drive away the "ignorant power". In addition, he used the method of "whip driving" the "ignorant force". In Uzbek folk medicine, this method is called "kochiriq", i.e., "displacing" the "ignorant force" from its place of residence.

At the end of the primitive society and the beginning of slavery, religion arose. After that, every phenomenon occurring in nature was connected with a religious concept. This concept has spread to the medical field as well. They began to think that every disease is sent by God to a person who commits a sin. They treated the sick in temples. This is how "temple medicine" was born.

The methods of treatment in the synagogues mainly consisted of reciting various prayers and performing religious ceremonies. Sometimes they used medicinal plants. However, they understood the effect of this medicine from a religious point of view.

In practical medicine, there were also correct ideas based on experience about the origin of diseases. Based on their observations, representatives of practical medicine came to the conclusion that the disease is caused by the influence of external harmful factors on the human body. They put different foods in the first place. In particular, eating poor-quality food, starving or vice versa, etc. In such cases, they concluded that food is not properly digested in the gastrointestinal tract, and disease occurs in them.

Then they gave importance to climate, air temperature, winds and other natural factors. Such was the understanding of the ancient peoples who lived in the territory of Uzbekistan about the disease and its causes.

In studying the history of medicine of our country, it is important to know what diseases our ancestors suffered from in the distant past. Paleopathology (the science of ancient diseases) studies have shown that disease-causing factors appeared on earth at the same time as the origin of living beings. Even the simplest organisms, whose library was found during archeological excavations, showed signs of disease. In particular, the remains of traumatic injuries were also observed in the bodies of many creatures that turned into stone, in which the complications of infectious diseases were detected. In the historical literature, there is information about the discovery of symptoms of the disease in Neanderthals and Cro-Magnons.

Archaeological investigations conducted in the territory of Uzbekistan show that our ancient ancestors suffered from various diseases and injuries. In particular, the complications of various somatic diseases, traumas and anomalies have been identified in the bones of ancient people.

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