

ANCIENT MEDICINE

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Abstract: *The day when a sharp stone (stone) began to be used in treatment can be called the day of the emergence of "human medicine". This "medicine" gradually developed and improved, reaching the level of modern medicine. Medicine has followed this path in the territory of Uzbekistan. This is proven by archaeological materials and medical-historical literature. There are a lot of such materials in archaeological institutions and research institutes in our republic.*

Key words: *forest, cave, primitive, life, animal, malaria, predator, animal world, treatment.*

Medicine is one of the important areas of human activity. It appeared earlier than many other fields. According to historical data, the primitive people who lived in ancient times learned how to treat themselves in some cases of illness before they knew how to build a house, sew clothes and cook food for themselves. This was required by the living conditions of those primitive people. Their living conditions were very difficult and difficult.

Primitive people lived homeless, half-naked and often hungry in forests and caves and suffered many hardships. As a result, many people got sick, collided with wild animals and got injuries.

Naturally, in such cases, people sought to get rid of the disease and heal their injuries. As a result, the first simple treatment methods were "discovered". The great Hippocrates (Hippocrates) wrote about this: "Life itself forced people to search for the art of medicine."

A detailed study of the history of the origin of medicine has shown that the "first doctor" is the organism itself, that is, the organism itself is the first to fight against the disease. In fact, the body of living creatures has the ability to fight against disease-causing factors. This can be seen from the following simple example: If a foreign object, for example, enters the body from the outside, blood cells (leukocytes) gather around it and begin to swallow and destroy the microbes that entered the body. As a result, the body is free of these microbes.

The ability of the body to resist diseases was also known to the rulers of the ancient East. For example, Abu Ali ibn Sina wrote that "the human body always strives to get rid of disease." The organism of some living creatures has

the ability to restore a lost body part. For example, if a lizard's tail is cut off for some reason, it will grow a new tail. Also, smaller injuries that appeared in some part of the body will heal "by themselves".

Due to the body's ability to fight diseases, sometimes a patient can recover even if for some reason he cannot be treated. Ancient doctors also found that the body can develop a "non-acceptance" feature in relation to some infectious diseases. This is called "immunity" in modern language. For example, the judges of ancient China and Iran determined that a person who suffered from smallpox and measles before will not suffer from these diseases a second time. Based on this, the initial variolation (vaccination) methods were developed. For example, the Chinese used smallpox vaccination. The ancient Iranians also tried to develop immunity to snake venom and achieved some success in this area. They gave a person little by little snake venom, and in the end, his body developed immunity to this poison. These examples show that the organism of living beings really has the ability to fight against diseases. This feature can be called "body's own internal medicine". This "internal medicine" is very important in life. There are so many and various factors that cause diseases in the surrounding nature that if it were not for this "internal medicine" of the body, all creatures would have already perished from various diseases.

"Organism's own internal medicine" has developed as a process of biogenesis at all stages of the life of living beings. However, it became clear that "the body's own internal medicine" cannot ensure non-acceptance in all cases and in relation to all diseases. In order to get rid of the disease, it is necessary to carry out "External medicine", that is, various treatment measures. Thus, various treatment methods were developed. At this point, it should be mentioned that "External medicine", i.e. various treatment methods, does not eliminate the disease by itself. He prepares the ground for "internal medicine" to overcome the disease. Emphasizing this, Hippocrates wrote, "Nature heals, the doctor helps him." Here, Hippocrates meant the nature of the organism, its ability to fight against diseases. Thus, the need to develop "External Medicine", that is, to find and use various treatment methods, arose.

According to historical data, simple treatment methods were known even before humans appeared on earth. For example, some animals knew and used medicinal plants in nature. We can see this from the behavior of animals whose body is injured for some reason. There are many examples of this in medical historical literature. For example, according to the naturalist scientist Y. Rotsius, a gibbon (a small humanoid monkey) with teeth appeared

in his mouth found a medicinal plant in the forest, chewed it until it became a paste, and then used this "treatment" for another time. how many times did he repeat The wounds in the gibbon's mouth soon healed. An injured rabbit found sticky spiders in the forest and crushed them and rubbed them on the injured part of its body. It turns out that the body of these spiders contains a substance that relieves pain and stops bleeding.

It is known that the medicine of henna (quinin) that cures malaria is brought from America. This medicine is obtained from the bark of a tree called Hina. Hina was discovered by American Indians. The Hindus learned from the puma (a type of wild cat) that the bark of the henna tree has antimalarial properties. According to the Hindus, cougars who fell ill with malaria chewed the bark of the henna tree. According to the peoples living in the north, deer tired after running a long distance find and chew the root of a plant called levzei. It turns out that the root of this plant contains a substance that gives strength.

According to the well-known kim yogar scientist, academician S. Y. Yunusov, a doctor named Turob from Zarkent told him about a similar incident he saw: a snake accidentally stuck its head into a hole in a mountain rock. There is a nest of bees there. Annoyed by this "unexpected guest", the bees attacked the snake, biting it and swelling its body. The snake was numb for several minutes. Then he came to himself, quickly went down to the stream, found a carrot-like plant and began to chew it. After a while, the swelling on the snake's body disappeared, and he went on his way as if nothing had happened. Lida continued. Absinthe is the plant that caused the swelling in the snake's body. In Abu Ali ibn Sina's "Book of Medical Laws" it is said that erman is "a healing plant that relieves pain and reduces swelling." The above incident shows that snakes know medicinal plants.

Animals use the heat source as a cure. About this, I myself witnessed the following incident. (We had a cat in our house. One day someone hit it and crippled one of its legs. The cat began to walk on three legs and limp. When I took it in my hand and looked at it, its front right leg was swollen. he limped in this condition for several days. Then he found a way to heal his crippled leg. It was winter. One day when I went into the bathroom to take a bath, the cat lay down under the heating system and put his crippled leg on two radiators The cat continued this procedure for about two weeks. After that, his injured leg was healed and he was able to walk on all fours. I was very surprised by this story. So, cats "heat therapy" as long as they know how to use

Animals also have an instinct to help each other in case of illness. A hakim named Sayyid Muhammad Hasrat, who lived in the 18th century, gave

the following example: "Two birds landed on the bank of the river, and one of them took water from the river with its beak and began to pour it into the back of the other (sick) bird. In this way, he washed the intestines of the sick bird several times. After that they flew away. Citing this example, Sayyid Muhammad wrote that "people learned to do hukna (enema) from birds." Another example: it is known that a mother dog revived her 4 children who were frozen to the point of death after several hours of licking, i.e. massaging them.

In case of injury or illness, healing is particularly advanced in monkeys. It is natural. Because monkeys are superior to other animals in terms of perception. We have all seen how kind monkeys are to their children in zoos.

Some creatures also know that dirt is harmful. For example, swallows never soil their nests. Their babies defecate with their back holes out so as not to pollute their homes. A bird named Archidei is also a creature with a very tidy nature. He never makes his nest dirty. He always cleans it. In the thick forests of South America, near small waterfalls, animals called gullybears live. They have passed both swallows and orchids in order. Chaykabyers wash their food in running water, clean it and put it in their mouths.

Although animals know that they need to be treated in case of injury or illness, they do not have the concept of "death", "dying". For example, it is often possible to observe such a situation: When an animal moves its children to a safer and more comfortable place, it bites and carries away its dead children along with its living children and places them in a new place. He does not know that he is dead.

Treatment of animals and helping each other originated in ancient times, as we mentioned above, even before the appearance of humans, but their "medicine" was not developed. Animals were only able to perform procedures that could be performed "with the help of hands". For example, biting off the umbilical cord of a newborn child, biting out foreign objects that have entered the body (for example, a worm). Stop bleeding by licking the injured area, using some medicinal plants, etc. The main reason why animal "medicine" was so underdeveloped was that they could not learn to use weapons. It is impossible to improve and develop a field without using weapons.

There are different opinions on the origin and development of "people's medicine". Until recently, most historians of medicine believed that humans learned their healing methods from animals, particularly great apes. However, this idea was not proven. It is known that the body structure and intellectual ability of monkeys, especially chimpanzees, is closer to that of

humans. Based on this, many scientists thought that man came from monkeys and learned all skills from monkeys. This idea did not turn out to be correct. One animal has never been observed to transform into another. A wolf always remains a wolf, and a bear remains a bear. Also, apes (including apes) remained apes. He never became a man. Therefore, the idea that man came from monkeys and learned all skills from monkeys is not valid.

Recent anthropological evidence has shown that man was originally created as a humanoid creature. He had all the basic characteristics of a man. For example, this creature walked upright on its two hind legs. The front legs (hands) were free. They had five fingers to grasp something. Their perceptive abilities are superior to those of all animals. In general, the body structure of this creature was close to the body structure of a modern human. That is why anthropologists called this creature an anthropoid, that is, a human-like creature.

The body of the anthropoid has been improved as a result of evolutionary development, and it has taken the form of a real human.

Such evolutionary improvement of man was also known to some Eastern scientists. For example, the famous Samarkand scholar and writer Nizami Aruziy Samarkandi (XII century) wrote in his work "Majma'an-navodir" (Rare stories): inanimate objects in nature appeared. Then, after many ages, various plants appeared. The earthworm was the first animal to appear. At the end, a nasnos (humanoid creature) appeared.

Nasnos is a creature that has a straight figure, is as tall as an alphabet, and has wide claws. This creature resembles a person in many ways. Modern humans are descended from this lineage. Referring to Nasnos' treatment methods, Aruzi writes: "He made household utensils and weapons from steel, brass, copper, lead and tin. He made food, clothes and blankets from the world of plants. From the animal world, he brought forth riding and carrying goods. And from all these three worlds (factors), he isolated medicines and treated them with them. Here Aruzi showed a very important evidence, that is, that the gunman used a weapon. It is known that man separated from the animal world precisely because of the use of weapons.

The anthropoid used the method of treatment more widely than the ape. He also performed treatments that monkeys could not do with guns.

It is difficult to say exactly what methods of treatment anthropoids used and what medicinal plants they used. However, the methods of treatment of anthropoids and the types of medicinal plants they used were much higher than those of the most highly developed apes. they must have used

medicinal plants that heal wounds. These drugs were used in their natural form, that is, they were chewed and swallowed.

Human beings did not know in advance that there are medicinal plants in nature. In the process of searching for food, they learned that there are medicinal plants in nature. Then, when it became necessary, they searched for and used these plants. Medicinal plants have been discovered and used for a very long time.

Centuries passed between the discovery of one medicinal plant and the discovery of another, because nature itself was the "laboratory" of anthropoids. Learning the secrets of nature was not an easy task for these creatures. More chance played a role in this. For example, when a creature that was in pain somewhere accidentally ate a pain-relieving plant, the pain stopped. Then, when he had a pain somewhere, he looked for this plant. The entrails creature was looking for the plant that once stopped its entrails. Thus, step by step, medicinal plants were discovered.

As for the treatment methods performed by Qo1, the humanoid creatures performed procedures such as assisting a woman during childbirth, cutting and tying the umbilical cord of a newborn baby, stopping the flow of blood from an injured area and tying it up. Later, these methods were improved and developed. For example, if earlier they bit off the baby's umbilical cord, later they used a sharp stone for this purpose.

Edged stones were also used to expel pus that had accumulated somewhere in the body. Later, they used metals found in open nature for this purpose.

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