

HEALTH IS THE HIGHEST VALUE

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Аннотация: Ушбу мақолада инсон саломатлиги бебаҳо неъмат эканлиги, тиббиёт илмининг буюк намоёндалари ва Шарқ мутафаккирлари томонидан саломатлик, саломатликни мустаҳкамлаш, соғлом турмуш тарзини шакллантириш борасидаги фикр-мулоҳазалари, тавсиялари тўғрисида баён этилган.

Калит сўзлар: Саломатлик, соғлом турмуш тарзи, экологик вазият, Гиппократ, Ар-Розий, Авесто, Абу Али Ибн Сино, “Тиб қонунлари”, “Уржуза”, Абу Райхон Беруний, Кайковус, Аҳмад Яссавий.

Аннотация: В данной статье рассказывается о том, что здоровье человека является бесценным благом, приводятся мнения и рекомендации великих представителей медицинской науки и мыслителей Востока по вопросам здоровья, укрепления здоровья, формирования здорового образа жизни.

Ключевые слова: здоровье, здоровый образ жизни, экологическая ситуация, Гиппократ, Ар-Рази, Авеста, «Канон врачебной науки», «Урджуза», Абу Али Ибн Сина, Абу Райхан Беруни, Кайковус, Ахмед Яссави.

Annotation: This article talks about the fact that human health is an invaluable blessing, provides the opinions and recommendations of the great representatives of medical science and thinkers of the East on health issues, health promotion, and the formation of a healthy lifestyle.

Key words: Health, healthy lifestyle, ecological situation, Hippocrates, Ar-Razi, Avesta, Abu Ali Ibn Sina, "Canon of Medical Science", "Urzhuz", Abu Raykhan Beruni, Kaykovus, Ahmed Yassawi.

Health is one of the important conditions for socio-economic development as an invaluable gift for every person. A person can live happily only when he is in good health.

Only a physically and mentally healthy person can create all the historical, cultural and national values that are sacred to every nation. Therefore, health should be valued as the highest of all existing values.

Each society can rise to a higher level of socio-economic development only if it can evaluate human health as a high value, value it correctly and put it in its rightful place. In a democratic society, in which human health is recognized as responsible for his behavior, human health is elevated to the rank of the highest value of importance, and everyone is

the builder of his health. It must be built in such a way that it never breaks and can withstand any harmful effects. This should be the essence of a new modern strategy for the formation of human health, a constructive approach to health. To do this, everyone must know deeply the secrets of health, how to achieve good health, and understand that the only way to complete health is a healthy lifestyle.

In order to study the mechanism of formation of a healthy lifestyle and raise the need for health in people to the level of vital necessity, it is very important to know the history of this problem. To do this, it is very important for us to turn to Moses, to find out what importance was attached to this issue by representatives of different peoples in different periods.

The greatest manifestation of medical science, the great scientist Hippocrates, who lived and worked in the 6th century BC, addressed this issue in detail in his writings and explained all its aspects. Hippocrates also wrote down valuable information about bathing young children, feeding women, losing weight to overweight people, fattening thin people, and the order of physical training.

The Eastern thinker Ar-Razi emphasized the need to learn, gain personal experience and use the experience of previous doctors to deepen one's knowledge. For example, Ar-Razi wrote: "Thousands of doctors could work for thousands of years on the scientific improvement of medicine. Therefore, if someone adopted their creations, then in his short life he would discover more things than he would run to treat thousands of patients. After all, even if a person lives a thousand years, if he does not use the experience of the doctors who lived before him, he will not be able to learn much on the basis of his own observations, and will not be able to understand. The doctor is able not only to learn, but also to observe what he has learned, and to be able to put it into practice."

By the end of the twentieth century, a number of scientific and practical monographs were created on the problems of studying the impact of the current unfavorable environmental situation on human health, studying the positive and negative aspects of scientific developments on human health, and creating a healthy lifestyle. Among them are the fundamental scientific works of Doctor of Philosophy, ecosociologist and doctor of science Yusuf Shodimetov, such as "Development of scientific technology, lifestyle and health" (1987), "Socio-ecological aspects of human health" (1990), "Healthy lifestyle Life, Eastern Traditions and Modernity", published by T.I. Iskandarov and V.I. Iskhakov in 1987, as well as the monograph "Preventive Neurology", consisting of 4 parts (1996-1998), written jointly by a famous scientist, Academician N.M. Medzhidov and V.D. Troshin (1996-1998) must be shown.

In solving the complex issue of forming a healthy lifestyle, the historical approach, the study and use of the rich experience of the peoples of the world, especially the peoples of the East, are of great practical importance.

For us, the views on a healthy and balanced lifestyle set forth in the "Avesto", the "Canon of Medicine" by Abu Ali ibn Sina and the medical epic "Urjuza", which are

considered ancient and unique cultural monuments of the peoples of the East, are especially valuable for us. Abu Bakr al-Razi and Abu Ali Ibn Sina, Abu Raikhan Beruni, Kaikovus have described in their works the need to live in a healthy and pure way of life in their own style. The scientific heritage left by them is distinguished by the richness of valuable ideas about the healthy and moderate lifestyle of the peoples of Central Asia, their traditional national characteristics, and adaptation to the specific climatic conditions of our country.

Ahmed Yasawi develops in his teaching the philosophy of himself, repeatedly refers in his wisdom to the curbing of oneself, dislike for the material things of this world, the futility of accumulating wealth and the unfaithfulness of wealth. Yasawi warns people that their life is a gift from the Creator, that they should always be ready for death, that they should spend their lives on good deeds, and not on accumulating wealth, that they should not set aside special time for such deeds.

Considering human health as a state with a complex composition, evaluating it from the standpoint of an unbiased worldview, considering man as an integral part of nature and the highest product of evolutionary development on earth, recognizing that his diseases are the result of anthropogenic violence against his health, creates a favorable basis for the foundation of the main theory health.

Such a general theory of health can be developed by conducting the highest philosophical analysis of a person and his health, lifestyle, forming a categorical apparatus of health. This complex problem requires philosophers and scientists working in this field to conduct research.

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