

## ABU ALI IBN SINO'S CONTRIBUTION TO FOLK MEDICINE AND ITS RELATIONSHIP TO MODERN MEDICINE

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**Summary:** *The development of folk medicine together with modern medicine opens the door to great opportunities in the development of folk medicine, which is extremely important in the prevention, diagnosis and treatment of diseases. To bring the field to a qualitatively new level, it is useful in every way to study the advanced experience of foreign countries. Also, the study and application of the literature left by one of our scholars, Abu Ali ibn Sina, in a new interpretation, in connection with modern medicine, will reveal new aspects of science to us.*

**Key words:** *Abu Ali ibn Sina, medical academy, phytotherapy, acupuncture, ayurveda, homeopathy, yoga, moxotherapy, naturopathy, osteopathy.*

### INTRODUCTION

The scientific heritage of our great ancestors is of special importance in the development of modern medicine. Our great compatriot Abu Ali ibn Sina is one of those nobles. This great breed, who started scientific research at the age of 16, created more than 450 works in the fields of medicine, philosophy, logic, chemistry, physics, astronomy, mathematics, music, literature and linguistics. 242 of them have reached us. These masterpieces, which made an important contribution to the development of world science, have not lost their importance. Abu Ali ibn Sina defined the main directions of the development of medicine in his "Laws of Medicine". In this work, the great scientist laid the foundation for the most important methods in the fields of applied medicine and pharmacology. Ibn Sina's main medical works "The Law of Medical Science" ("Book of Medicine") is an encyclopedic work, reworking the instructions and achievements of ancient physicians. "Medicines" ("Al-Adviyat al-kalbiya") about heart diseases and their treatment. fazail ash-sharab va manofi'ikh va mazorikh) — Ibn Sina's shortest treatise. "Treatise on the Vascular War" ("Treatise Nabziya") "Provisions for Travelers" ("Fi tadbir al-musofirin") "Treatise on Sexual Power" ("Risola fil-l-box") - disease, its prevention and the treatment of lust disorders is expressed. "Epic about medicine" ("Urdjusa fit-tib"). "Treatise about vinegar and honey" ("Treatise fi-s-sikandjubin") - the preparation of vinegar and honey with different composition and consumption in diseases is described. "Treatise about Sachartqi" ("Ristola fil-khindabo"). "Blood vessels in blood collection" ("Risola fil-uruk al-mafsuda") "Risola-yi judiya" - ear, stomach, dental diseases are described. In addition, hygiene problems are listed in it. Our great grandfather Abu Ali ibn Sina not only continued the ancient traditions, but also created new methods of treatment and founded the science of medicine. In particular, the information recorded

in the rare book "Medical Laws", which has become a favorite work of the peoples of the world and a program in the activities of medical workers, has not lost its importance at all, on the contrary, its value has increased even more. Their wider use is a vital necessity. Therefore, folk medicine, its unique traditions, have passed many tests in terms of quality, safety and efficiency in the provision of public health, medical and sanitary assistance, in particular, prevention of chronic diseases and their treatment. That is the reason why the development of folk medicine in our country is being paid a lot of attention. The Association of Folk Medicine of Uzbekistan, the Academy of Medicine was established, and as a result of consistent efforts at the front, it began to develop. consistent integration into the healthcare system, mutual harmonization, training of qualified specialists was required by life itself. In this sense, it is noteworthy that the above-mentioned decision defines a clear mechanism for the systematic resolution of such issues. The scientific-practical center of national medicine and its territorial structures are being established. Using the historical traditions and unique heritage of Uzbek folk medicine, prevention, diagnosis and treatment of diseases, as well as analysis and study of the efficiency of providing other medical services are defined as its main task. For this purpose, the development of the main directions of folk medicine such as phytotherapy, acupuncture, ayurveda, homeopathy, yoga, moxa therapy, naturopathy, osteopathy, thermal medicine, chiropractic, and sigun, their wide application in practice, educational support for the healthy lifestyle of the population. will be involved in the preparation of methodical literature. In addition, he will be an initiator in the cultivation of medicinal plants, preparation of raw materials based on them, organization of scientific research, localization of rare medicinal herbs. Therefore, all conditions are being created for cooperation with China, Japan, India, Vietnam, France, and Russia, which are leaders in this field, including extensive study. In this regard, it is gratifying that more recourse is being made to Chinese medicine, which is capable of miracles in the treatment of pain.

**Summary.** In the decision "On additional measures for the development of folk medicine in the Republic of Uzbekistan" adopted by our honorable President on April 10 of this year, clear and systematic tasks were defined for the solutions of these problems, their implementation will certainly be the basis for the elimination of pain points and problems in this direction. With the involvement of experts from the World Health Organization, the Association of Folk Medicine of Uzbekistan, the Academy of "Medicine" and other interested organizations were assigned to develop the project "Concept for the Development of Folk Medicine in Uzbekistan in 2021-2025" the tasks defined in the concept undoubtedly serve to ensure the perspective of the system. References:

1. Abu Ali ibn Sina. About medicinal plants
2. Abu Ali ibn Sina "Mysterious Medicine" 2015 Nasaf publishing house.