

## MEDICAL VIEWS AND ARGUMENTS OF ALISHER NAVOI

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**Abstract:** *This article describes Alisher Navoi's views on health care and the role of doctors in it. Through this article, we can learn that Navoi is not indifferent to medical science.*

**Key words:** *health, moderation. medicine, client, medical science*

### INTRODUCTION

Many ghazals, tuyuq, rubai and hikms were also written about Navoi doctors and the science of medicine. It's not for nothing. Because in those times, the protection of human health and the treatment of patients were in a very difficult situation. As a result, people were bedridden for long periods of time or died from minor illnesses. Our grandfather tried to help the people as much as possible. The fact that he built the "Dorushshifa" treatment house in Herat at his own expense is proof of our opinion. At that time, experienced doctors received patients and treated them. Also, the doctors working here were given financial and moral incentives by Navoi from time to time. Alisher Navoi had a very deep understanding of practical and theoretical issues related to the science of medicine.

Sarsab erur hamisha bu gulshanda sarvdek,  
Ozodaiki bo'lsa mijozida e'tidol.

By means of this verse, if the client is moderate in the person of Navoi, he will always grow like a cypress tree without defects and defects and will be healthy. They say that if moderation is disturbed, illness may occur.

Har ta'bki zoti o'lsa mahrur,  
Oz hirkat etar tanini ranjur.

Navoi wrote many verses about the benefits of some medicinal plants for the human body. According to historical sources, Navoi established a strong relationship with doctors such as Maulana Abdulhai, who had just passed away at that time, and enjoyed their conversations about the science of medicine. Maulana Abdulhai Alisher worked in the "Dorushshifa" founded by Navoi, and it was there that he made scientific discoveries about the structure of blood vessels and the methods of treating diseases in them.

On the initiative of Alisher Navoi, more than 300 different cultural and household buildings, hospitals, pharmacies, and medical schools were built in the country. Especially in Herat, which played the role of the capital at that time, a lot of construction work was carried out. According to historical data, Alisher Navoi read

medical books like the scientists of that time. Among other subjects, medical knowledge was also taught in madrasas at that time.

#### Methodology

Consequently, Alisher Navoi also studied medicine while studying at the madrasa. In addition, the headmaster of the madrasa where Alisher Navoi studied - Fazlullah Abullaysi - was a scientist and a doctor. This scientist was Alisher Navoi's teacher. It is possible that he taught Alisher Navoi medical knowledge along with other subjects. This can be seen from his thoughts, opinions and wise words about medicine and doctors. Alisher Navoi's thoughts and opinions about medicine, doctors and health care are described in his famous book "Mahbub ul Qulub (lover of hearts)". A special chapter (Chapter 15) is devoted to this issue in the book. This book was written in the last years of the scientist's life, when he had great scientific and life experience. The book mainly focuses on Navoi's political, social, moral and educational views are described. The book is the result of many years of review, examination and summation of the life events of the scientist. The main idea of the book is patriotism, honesty, justice and care for citizens. According to Navoi, these ideas should find their expression especially in medicine. Therefore, the issue of medicine and doctors occupies one of the leading places in the book. In his works, Alisher Navoi thinks about health care and the role of doctors in it, and first of all he dwells on the question of what kind of person a doctor should be. According to Navoi, a doctor should first of all be a skilled specialist who has mastered his profession well, he should be compassionate and humane. It is necessary to have a talent for medicine. The physician should follow the advice and recommendations of the wise. He should be cute, warm-hearted, polite, humble. Navoi compares an inexperienced, illiterate, ignorant doctor to an executioner. Navoi wrote as follows: "The illiterate doctor is like the executioner's apprentice." An executioner kills with a sword, but an ignorant physician torments with poison. Undoubtedly, the executioner is better than such a doctor. Because he kills the sinner, and the ignorant doctor kills the innocent." While talking about health and illness, Navoi touches on the issue of wine. He compares wine to poison and says that addiction to alcohol weakens the body and causes illness. In addition, Navoi recommends avoiding other harmful habits. Regarding health care Navoi puts quality and proper nutrition in the first place. It is recommended not to abuse. At the same time, it shows that you should not go hungry. He writes like this: whoever wants health, he should eat in moderation."

#### Results and discussions

Alisher Navoi knew the healing properties of some fruits and plants, such as mackai sano, camphor pomegranate, quince, lemon and greens. In one of his poems, he wrote that he had an empty stomach after drinking pomegranate juice. Navoi knew very well that it is important for the client to be in a stable state in his health. He also showed that diet plays a big role. All this is evidenced by Navoi's diligent study of

medicine. Navoi expressed his opinions about the great doctors of the past. He rated Ibn Sina very highly. He called it a symbol of intelligence and thinking. Alisher Navoi appreciated the people of knowledge and raised them to high places, and wished them the life of Prophet Noah. Navoi writes: "If you have wisdom, ask for grace, so that you may live like the life of Noah". . Zahiriddin Babur writes: "Alisherbek was distinguished by his delicate nature, this characteristic was passed on to him."

#### Conclusion

Thus, we saw that the great poet was also a well-educated person in medical matters. However, it is not known that Navoi was engaged in practical medicine. Nevertheless, he played a great role in the development of medicine in Khorasan and Movarunnahr. Navoi's service is that, as a great statesman and humanitarian scientist, he was involved in the establishment of medical institutions in the country, the development of medical science, the opening of medical schools, and the training of specialists in the field of medicine.

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