



IMPORTANCE OF FOLK MEDICINE IN THE TREATMENT OF DISEASES

<https://doi.org/10.5281/zenodo.10511654>

Kalandarova Matlyuba Khodzhiakbarovna

Teacher of Fergana Medical Institute of Public Health.

Fergana, Uzbekistan.

ANNOTATION

This article provides information about traditional medicine, its development and the importance of traditional medicine in the treatment of diseases. In addition, traditional medicine methods used in the treatment of influenza and upper respiratory tract diseases are presented.

Key words

folk medicine, Avesta, ginger, turmeric, cardamom.

Introduction. Folk medicine is a collection of empirical knowledge collected by the people, used in the diagnosis and treatment of diseases, passed down from generation to generation. Some of the effective and safe methods of folk medicine have been adopted by modern medicine. Folk medicine may also include elements of magic, esotericism, and alternative medicine. It often includes ineffective or even dangerous treatments. The term folk medicine is used in the same way as the term traditional medicine.

Until the end of the 18th century, folk medicine was not separated from general medicine. It was used in folk medicine based on the instructions of Hippocrates and other ancient doctors about the "proportion of body juices". The term "folk medicine" first appeared in the medical works of German scientists in the first half of the 19th century. In it, he described how the population would take care of their own health, so it included not only magic and naturopathic medicine, but also a combination of healing methods. Thus, the term encompasses the almost invisible variety of ideas that prevail among people about diseases and how to treat them. At the end of the 19th century, the concept of "folk medicine", which developed an approach based on scientific evidence, began to enter the fields of medicine. By the end of the 20th century, folk medicine has spread widely among countries. In contrast to classical medicine, folk medicine was mainly used as medicine based on irrational traditions.

The information collected by folk medicine includes the greatest physicians of the ancient world - Bogar, Tirumular, Sushruta, Charaka, Vagbhata, Kashyapa,



Nagarjuna, Amenhotep, Bian-Tsue, Zhang Zi, Rufus, Erasistratus, Pythagoras, Aristotle, Disquiridus, Hippocrates and Galen, the ancient Greek. , A. Sels, Zahrawi, Ar-Razi, Abu Sahl Mashihi, later - Ibn Sina, Musa Qurtubi, Ibn Nafis, Al-Aqsarayi, Chag'mini, Muhammad Akbar Arzoni, Basitkhan ibn Zahidkhan Shoshi, Alikhantora Soguni, Taken from the works of Muhitdin Umarov. At the end of the 18th century, Russian people learned the features of folk medicine from the works of P.S. Pallas, V.F. Zuev, I. Gmelin, S.P. Krashennnikov, I.I. Lepekhin and others. In the 19th century, the founders of Russian clinical medicine, M. Ya. Mudrov, N. I. Pirogov, S. P. Botkin, G. A. Zakharin and others, used some techniques and medicines used in folk medicine in their practice.

In researching the issues of legal regulation of folk medicine, it is important to analyze the history of the origin of this reality, in particular, the analysis of social relations in this regard and the specific features of their legal regulation at various stages of the formation of the legal system of our country. Therefore, folk medicine served as the only means and system of treatment for thousands of years after the tsarist occupation of our country until the introduction of western medicine. Therefore, today it is important to refer to and rely on historical experience in creating the legal basis of social relations in the field of folk medicine. Folk medicine has a long history in our country. This priceless gift has been passed down from generation to generation, refined as a result of thousands of years of experience of the people, and has reached us. As researchers of primitive culture such as L.Morgan, E.Taylor, R.Soleski, V.Alekseyev rightly noted, folk medicine is equivalent to the emergence of humanity on earth.

The Ancient East is also the ancient center of medical views. Oral works of the Turkic and Persian-speaking peoples and the evidence in "Avesta" clearly confirm this. In all parts of the Avesta, especially in "Vendidod" 26, valuable information is given about the training of doctors, their duties and tasks, medical practice, classification of diseases, the causes and factors of their occurrence, methods of treating patients, medicinal plants, their classification, rare medicinal herbs. In addition, in this section of Avesta, you can find a lot of valuable tips and recommendations about housing, environment, nature protection, keeping clean, and various aspects of personal hygiene. In the book, separate pages are devoted to the description of the doctor's culture, morals, dedication to his profession, appreciation of the doctor's work.

Currently, the use of folk medicine in the treatment and prevention of diseases is widely introduced. Let's take just one example of influenza: influenza is one of the most widespread acute infectious diseases and is found in all countries of the world. Seasonal increase of this disease is observed in November and March, especially in autumn and winter. People of all ages are susceptible to the flu,



especially children with low immunity, the elderly, pregnant women, and people with chronic diseases. Therefore, we need to strengthen our immunity against influenza. For this, Turkish doctor Mehmet Uchar recommends vitamin C, ginger, turmeric, cardamom, echinacea, ginseng, white tea, pomegranate peel and hibiscus, salt and carbonated water for sore throat, zinc and selenium, fruits and vegetables. recommends.

Vitamin C. During the day, fruits and vegetables containing vitamin C should be consumed, such as tomatoes, fresh peppers, arugula, parsley, tangerines, grapefruits, oranges, pomegranates, plums, and kiwis.

Ginger. It has the ability to open the respiratory tract due to its sharp taste and aroma. It can be used in soups, fresh vegetable dishes and salads.

Turmeric. Eat a teaspoon of turmeric daily sprinkled on salad, soup, yogurt or eggs.

Cardamom. Effective against bacteria and viruses. It is useful in relieving the complaints of flatulence, bronchitis, cough, high fever. It supports the immune system. It is effective in mouth and throat inflammation.

Cardamom, which can be consumed in powder and herbal form, is mainly available in powder form. In addition, the plant can be used to make tea or coffee. Drink dried cardamom in water as a herbal tea. You can eat it mixed with yogurt.

Echinacea. To prepare this herbal tea, 1 liter of boiling water with 4 teaspoons of echinacea is enough. It is advisable to consume echinacea added to boiling water after boiling for 5 minutes.

Ginseng. Ginseng medicinal plant increases body strength in cases such as fatigue. Regulates the immune system and supports it.

White tea. Strengthen your immunity by drinking 1-2 cups of white tea a day.

Pomegranate peel and hibiscus. Add two lira-sized pieces of dried pomegranate peel and 1 teaspoon of hibiscus to 1 cup of boiling water. After boiling for 5 minutes on low heat, wait for it to cool. Drink warm, once a day on an empty stomach.

Salt and soda for a sore throat.

If you add 1 teaspoon of salt and 1 teaspoon of salt carbonate to 1 glass of water and gargle, your sore throat will be relieved.

Zinc and Selenium. They are important minerals for the immune system. Selenium; found in seafood, meat, onions and garlic. Zinc is especially abundant in pumpkin seeds. It is also found in raw nuts, tahini, oily seeds such as walnuts, raw almonds, Indian meat, lamb, asparagus and mushrooms.

Summary. Today's acute and urgent problems require us to thoroughly analyze the main principles of modern development, as well as deeply understand the rich experience of mankind in recent and distant history, and draw practical



conclusions based on this, that is, the experience of history is becoming more and more important for mankind. It can be said without exaggeration that the centuries-old medical history of the Uzbek people is a source of such great experiences.

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