

A HEALTHY LIFESTYLE IS THE GUARANTEE OF HEALTH WITHOUT DRUGS

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Annotation: This article reflects on a healthy lifestyle, proper nutrition, adherence to daily routine, timely rest, as well as the regime and rules implemented in this process.

Key words: Healthy lifestyle, hygiene, proper nutrition, stress, biological regime, Abu Ali Ibn Sina.

Importance: It is important to know that a healthy lifestyle is the key to protecting and strengthening human health and longevity. In fact, each of us, first of all, should think about our health. Only then will we prevent many complicated diseases. Paying attention to human health is becoming important in the current developed era. It is important for a person to take care of his health and protect the environment. This article reflects on a healthy lifestyle, proper nutrition, following a daily schedule, resting on time, and the regime and norms implemented in this process.

The purpose of the study; Forming the skills of children and students to follow a healthy lifestyle. Teaching how to eliminate diseases that may arise in the future by following the rules of a healthy lifestyle without drugs.

Materials and styles: Healthy lifestyle is a very common concept today, and every person interprets it in many ways in his own way. One aspect of a healthy lifestyle is keeping your body in good physical shape. A questionnaire was developed to study the lifestyle of students and to determine their understanding of a healthy lifestyle.

The questionnaire consisted of 10 open-ended questions and was conducted with the students before the questionnaire was administered.

Results: A healthy lifestyle is considered to be a set of usual normative actions, such as eating healthy food of the right quality, giving up bad habits, following a daily

schedule, and resting on time. Adhering to a healthy lifestyle first of all, we need to organize a proper diet. A healthy diet means rejecting any food that is harmful to our body. Here we mean foods enriched with harmful chemical additives, fizzy drinks, fried foods, any expired foods and any products that contain excess salt, oil, undercooked, expired products. . For those who follow a healthy lifestyle, it is important to eat each meal on time throughout the day. For example: Breakfast: should be eaten between 07:00 and 08:00. But it should not be later than 10:00. Lunch should be between 12:30 and 14:00, but not later than 16:00, and dinner should be eaten between 18:00 and 19:30. But it should not be later than 21:00. Dinner should be eaten 3 hours before bedtime.

Abu Ali Ibn Sina, the father of the Great Oriental Medicine, said in his works that "the important factor (medicine) for the treatment of diseases is to follow a healthy lifestyle and eat well." According to that person, the health care provider explains that you should follow your diet and eating habits. The main part of the diet should be vegetables, fruits, spices, mineral water, which are quickly and easily digested and provide the body with necessary nutrients. In food, avoid meat-like things; It should consist especially of fish, goat, calf and lamb meat, unripe healthy vegetables, wheat, sedona cleaned of impurities, and good flavored juice according to the customer. Everything else is used only for treatment and prevention of disease. According to Ibn Sina, the most suitable fruits for food are figs, ripe grapes, customary honey and dates, the fruit of paradise.

If waste occurs while eating this food, you should try to release that waste as soon as possible. It is necessary to eat food with appetite and not suppress appetite; but let not the appetite be false, like the appetites of drunken people and those with an upset stomach; because fasting (by causing appetite) fills the stomach with whey-like bad things. You should eat hot food in winter and cold or warm food in summer. The most harmful thing to the stomach is to introduce food before it has matured and digested in the stomach. There is nothing more harmful than an upset stomach, especially from bad food. Because it causes joint pain, kidney pain, asthma, shortness of breath, goiter, hardening of the spleen and liver, and diseases caused by phlegm and trade. he says.

Summary: In order for us to be healthy, to live a long life, not to get sick, not to go to the pharmacy and hospital, it is enough to follow a healthy lifestyle and follow its 7 golden rules. Firstly; proper nutrition (quality, nutritious, planned nutrition), secondly; constant movement (exercises, sports games, more engaging in body-training treatments), thirdly; organization of the agenda and work on the basis of the biological regime (therefore, the working day and rest time should be planned correctly), fourth; avoidance of stress, mental health (it is important not to be frivolous, to think about good things, to think rationally, to refrain from bad things, not to give in to lust, to be polite is important to maintain health), fifthly; abstinence from harmful

habits (drinking, gambling, drugs, prostitution), sixth; keeping the environment clean (keeping the environment, water, air clean), seventh; observance of personal hygiene (observance of freedom, modesty),

Abu Ali Ibn Sina in the "Laws of Medicine" in order to be healthy, to avoid getting sick, eat more vegetables, fruits (honey, walnuts, raisins, cucumbers, apples), all types of grains based on grain. during the day, it is advisable to set our own time for each meal (eating on time) and to avoid dinners and, most importantly, to eat food in moderation (not to eat too much). he said that he was. Everyone is responsible for their own health and should follow a healthy lifestyle for their own health, but we must always remember that if there is no desire to be healthy, the wisest doctor will not advice will also be ineffective. A healthy lifestyle, followed correctly, is a natural healer for every human body.

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