

TEACHINGS ON HUMAN HEALTH AND NATURE USING THE HERITAGE OF ABU ALI IBN SINA

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Annotation: In this article, it is emphasized that the use of Abu Ali ibn Sina's views on the systematic topics included in the curriculum of biology lessons will give effective results, and as a result of the formation of knowledge about nature and human health, the issues of responsible attitude to the environment and nature in their education are highlighted.

Key words: biology, views, result, nature, human, health, knowledge, formation, upbringing, habit.

INTRODUCTION

Ibn Sina wrote: "...Health is an ability and state, thanks to which the tasks (organ) intended for their implementation are flawless."



Health and disease is the main category of scientific knowledge in medicine. Usually they have a medical and social nature. The categories "health" and "disease" are socially determined states of a person. At the moment, these categories have a clear medical and biological basis, since the individuality of a person means that his nature is biological. A person realizes all his needs through the functioning of physiological systems, and nothing social can be realized without a biological substrate. In other words, the human biological substrate is the implementer of the social essence.

It is known that Abu Nasr Farabi, Ibn Sina, Abu Raikhan Beruni, Abdurakhman Jami, Alisher Navoi and other great thinkers, who made an invaluable contribution to the world civilization and had a strong influence on the history, science, culture, and

moral development of the Muslim world with their great works, believe in the young generation in their works. , who put forward the idea of forming virtues such as conscience, honesty, purity, and diligence, their legacy acquires methodological significance. According to the great thinker Abu Raikhan Beruni, the qualities of a perfect person are knowledge, moral purity, good behavior, and spiritual maturity.

The pursuit of science is one of the highest spiritual actions of a person. Because science leads a person to spiritual elevation, it serves as the main factor in the development of society. It is necessary to strengthen the unity of the educational, developmental and educational goals of education in order to ensure the development of the next generation in all aspects. In the seventh chapter of the book "India", Beruni expresses an opinion about the level of enlightenment and knowledge, the state of reasoning of people. A teacher was walking with his disciples in the dead of night. They came across something standing still. The teacher asks his students to tell him what it is. One of his students says he doesn't know, the other says he doesn't know and I can't know. The third one will be revealed when the morning dawns, and if something terrible happens, it will disappear as soon as the morning dawns. He replied that if he doesn't find anything terrible, the situation will become clear to us. Beruni learns the condition and abilities of the three students from their answers; the scientist will see the ignorance of the first student, the procrastination of the second, and the third's desire for enlightenment even if he is ignorant. Therefore, it is necessary to study and know everything carefully, and only come to a conclusion from this. In this work, Beruni rejects the reliance on experience, criticizes ignorance, laziness, and lack of knowledge. Beruni condemns the evil in people's lives. According to him, the main way to overcome this evil is to find and cut its roots. There are many branches of evil, but their basis is three things: lust, anger and ignorance. The basis of these principles is appetite and anger. Appetite is the strongest and most deadly enemy of a person, and they deceive a person with the pleasure of hunting and eating. Scientists explain that this leads to vices, suffering and sin. A person who succumbs to their influence loses his humanity. Beruni considers such people to be beasts, toad-legged animals, even devils and devils. Beruni glorifies truthfulness and truthfulness, and condemns lying as a vice that brings shame to people.

According to the scientist, it is necessary to see and know the news brought by a person carefully, to have a clear idea about it. If the prosperity of the country is due to the development of science, he considers the happiness and maturity of young people to be dependent on their knowledge and enlightenment, and he invites young people to learn: "When you enter the field of knowledge, your heart should be freed from the vices that seduce a person, from situations that burn a person to ashes, for example, a secretary It is necessary to be freed from old traditions, greed, competition, and

hunger." According to Beruni, young people, after having the beginnings of professional and work experience, gradually improve their mastery and get used to using their theoretical knowledge in the way of logical thinking. In this way, children are educated until they reach maturity by teaching them science. The main goal of this is to eliminate illiteracy. The thinker emphasized that it is not easy to become a scholar and a good person, and that it is only a product of hard work. "- says. In general, Abu Rayhan Beruni, as a great supporter and admirer of science, believed that the prosperity of the country lies in the flourishing of science, and the happiness of a person lies in his knowledge and enlightenment. In his works, he gave examples of poems and stories about education, and through them he followed the dictates of his heartem phasizes that one should strive for goodness, not show grace and honor for the sake of artificial reputation and fame.

During the period when the natural sciences were challenged with the advent of Christianity in Europe after AD, Central Asian scientists developed and promoted it, while introducing students to the activities of Abu Raykhan Beruni, Abu Ali Ibn Sina, their services should be highlighted separately. Showing the portrait of Abu Raikhan Beruni, the mourner mentions that he was born in Kiyot, the ancient capital of Khorezm (973-1048).

Now we will talk about the life and work of Abu Ali ibn Sina, another famous scholar of Central Asia, who goes by the name of Avicenna. He was born in the village of Afshona near Bukhara (980-1037) and, like Beruni, paid much attention to various branches of natural science, but gained great fame as one of the founders of medicine. Ibn Sina, who was educated on the works of Greek scientists, only recognized science based on facts. He is the author of the world-famous "Laws of Medicine", which is an encyclopedia of medical knowledge of the last century.

* The first book describes the structure and functions of human body organs, symptoms of various diseases and treatment methods.

* The second book is devoted to common drugs and their effects on the human body. This book describes more than 80 common medicines, their properties, methods of preparation and administration.

* The third book deals with diseases and their treatment methods.

* The fourth book deals with matters of surgery (the treatment of bone dislocations and fractures) and here the general doctrine of fever is given.

*In the fifth book, information is given about complex medicinal substances, poisons and substances used against poisons.

Ibn Sina emphasizes the importance of physical exercises and proper nutrition in strengthening human health and protecting the body from diseases. According to him, there are natural reasons for every human illness. For example, he believes that a living organism is the cause of the rabies disease, which is widespread in Bukhara and its surroundings. Ibn Sina hypothesized that the causes of contagious diseases such as smallpox, cholera, and tuberculosis depend on the activities of living animals (beings) that do not fall. The famous naturalist of the 18th century K. Linnaeus honored Ibn Sina and gave the name *Avicennia* to the evergreen plant belonging to the family of *sytemaceae*.

The famous scientist V. N. Ternovsky writes about Ibn Sina's "Law": until the 12th century, the "Law" was the main tool in almost all universities in Europe, they learned from it and taught medicine accordingly. This is what the famous Carl Linnaeus writes about Ibn Sina. "His teaching is an inexhaustible fountain, and his thread is an everlasting flower."

One of the urgent tasks of the educational process is to educate the young generation to be mature in all aspects, based on the ideas of national and universal human talents.

Including, in biology classes, it is important to familiarize students with the views of Central Asian scholars on human health and nature conservation. Acquiring in their mind the knowledge based on the views of the great scholars of North Asia on human health and nature preservation will train them to have a responsible attitude towards the environment and nature. Two important situations arise in the use of the ideas of Central Asian scholars about man and nature in the teaching of human health in biology classes:

- they get acquainted with examples that express ideas about human health;
- they acquire the knowledge and skills to be responsible for the improvement of the environment, to preserve nature.

The works of Abu Ali ibn Sina are methodologically important in the formation of concepts related to human health and nature conservation. The number of works created by Alloma is more than 450, and more than 80 of them are devoted to nature and man's attitude towards it. Abu Ali ibn Sina's ideas about the changes of natural processes on the surface of the earth with the passage of time became important for the development of biological science. In order to improve the content of the topic "Genetics and human health", which is mentioned in the biology textbook, "General biological concepts of life at the level of the organism", the issues related to the effect of external environment on the human body, preservation of human health, diet,

personal hygiene were created by the scholar "Medical Laws". » is one of the important ideas embedded in his work. One of the factors that cause diseases in the human body is related to the violation of the balance of water, land and air, the narrowness of living spaces, lack of cleanliness, diseases (such as leprosy, smallpox, cholera fever, pus, rash) scientific conclusions about the creation of favorable conditions for the rapid spread of infectious diseases, the transmission of infectious diseases in densely populated areas through air and other factors, have important social and educational significance in the current period. The famous thought of the thinker, "If there were no dust and dust in the air, man would have lived for a thousand years" will help students to acquire skills and abilities related to not polluting the air, keeping the environment clean and not harming the nature. According to the scientist, a person naturally not only reconciles the sources of material life, but also receives spiritual and physical strength. Also, the thinker emphasizes the need to effectively use natural resources, in particular, sand, soil, water and plants in the treatment of certain diseases, and gives scientifically based recommendations. Ibn Sina in his book "The Laws of Medicine" showed the methods of treating diseases and getting rid of them, and in this process he also explained the importance of physical education for human health. Alloma recognized the following as the most important factors for maintaining health in adolescence:

- physical education;
- proper nutrition and rest;
- Sufficient and effective *uyku*1.

The thinker emphasizes that physical education should be carried out in different ways, taking into account a person's age, health and illness. In particular, during childhood, adolescence, young manhood and old age, a person should treat physical activities differently. Ibn Sina notes that "Physical exercise is a voluntary movement that forces a person to take deep breaths in a row", and notes that a person who regularly engages in physical education does not suffer from pain and does not feel the need for a doctor or medicine. Alloma emphasizes the need to pay attention to three conditions in the process of physical education by children:

1. The color of the skin - if it improves, you can continue the exercises, if you start to sweat, you should stop the exercise.
2. Lightness of exercises - physical exercise. During the exercise, one can continue the exercise if the body is light.
3. To the condition of the members - if their growth continues, to continue the exercise

Apart from that, Abu Ali ibn Sina also showed a number of different forms of physical education and how to use them to strengthen human health.

CONCLUSION

As a conclusion, it should be noted that it is appropriate to regularly refer to the works of Ibn Sina in improving the content of biology lessons. First, the approach based on integrated (humanities, geography, biology) education in delivering the views of the thinker on nature and human health to the students in biology lessons gives positive results. Secondly, in the process of imparting knowledge about biology to students, at the new stage of development in our country (in the example of the area where the student lives), it is appropriate to give examples of nature conservation, flora and fauna, and its important works for human health.

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