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# Emergence and Development of Traditional Medicine in the East History

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**Abstract:** The East is the cradle of human progress. All branches of science, including medical science, first appeared in the countries of the East. It has been more than 5,000 years since the emergence of folk medicine in the East. The first treatments started when people helped each other during illness. Types of treatment with burns with needles or fire, treatment with medicinal herbs, treatment of broken and protruding limbs with special methods have been known since ancient times. The East is the land where many medical scientists grew up. In the region, Luqmani Hakim, Abu Ali ibn Sina, Abu Bakr ar Razi, Sabur ibn Sahl, Ali ibn Rabban at-Tabari and many other scholars left a great legacy for the development of medical science. Scientific research is being conducted in the world's largest cities to study the cultural heritage of the great encyclopedic scholar of Oriental medicine Abu Ali Ibn Sina. Alloma's "Laws of Medicine" still serves as a program. During the reign of Subhanqulikhan, one of the Ashtarkhanid rulers, there was a slight shift in the development of science. There has been a significant increase in medicine compared to other fields. During the reign of Subhanqulikhan (1681 1702) he wrote "Treatment on Subhaniy medicine" ("Ikhya ut-medical Subhaniy"). This play provides valuable information. Especially at that time Subhani apricots were popular. Today, this practice, which some call traditional, some call unconventional, some despise, and still others value up to heaven, is in fact a divine blessing.

**Keywords**: Movorounnahr, Turkestan, folk medicine, medicine, Buqrot (Hippocrates), Jolinus (Galen), Ibn Sina, Sabur ibn Sahl, Ali ibn Rabban at Tabari, "Kitab ush-shifo", "Kitab an-najot", "Al -share and t-tanbihot "," Encyclopedia "," Laws of Medicine "," Medicinal Flower "," Subhon Medicine >>, Pharmacopoeia.

**Introduction:** Medicine began to emerge at the same time as humanity. Medical knowledge came into being as a result of people helping themselves and each other. The path of development over several thousand years past

The East is the cradle of human progress. All branches of science, including medical science, first appeared in the countries of the East. This is evidenced by the material evidence and historical data found as a result of archeological excavations. Archaeological excavations in Africa and Asia, for example, have uncovered a great deal of material evidence of what diseases our ancestors suffered from and how they were treated. Based on these, we can gain some insight into how developed medicine has been in some countries in the distant past [9].

Medicine emerged as an important area of human activity before many other fields. For example, primitive people learned to treat certain illnesses without even knowing how to build a house, sew clothes, and cook for themselves. This was required by the living conditions of those primitive people. Their living conditions were very harsh and arduous. Primitive people were homeless, half-naked in the woods, and often hungry, and experienced many hardships. As a result, they suffered from many diseases, collided with wild animals, and suffered bodily injuries [1].

Naturally, in such cases, people sought to get rid of the disease and treat bodily injuries. As a result, the first simple treatment methods were developed. The great Hippocrates wrote of this: "Life itself has compelled men to seek the art of medicine." A comprehensive study of the process of the origin of medicine shows that the "first physician" is the organism itself, that is, when the organism itself is the first to fight the disease [1].

The human body is created in such a way that when a part of our body is damaged or cut, the tissues remove the damaged flesh from the body and replace it with new skin. Medicine helps us to make this process fast and harmless. Just as the first civilizations originated in the Ancient East, the development of medicine flourished in the same lands.

**Materials:** Oriental folk medicine is more than 5,000 years old. Treatments for burns with needles or fire have been known since ancient times. Initially, needles were made from thin stones and bones to treat patients, but later metal, silver, and gold needles entered medicine. In ancient times, wormwood was used as a wick in the treatment of burns, but today special cuttings of wormwood are used. Both of these methods are still widely used today.

Hippocrates said, "The judge has three weapons, which are the sweet word, the knife, and the medicinal herb." In ancient times, physicians treated patients mainly with herbs. A pharmacopoeial manual was created by the Egyptians 4,000 BC. The emergence of medicine from ancient times to the present day and a number of scientists have contributed to its development. Buqrat (Hippocrates), Jolinus (Galen), Ibn Sina, Sabur ibn Sahl, Ali ibn Rabban at-Tabari, Abu Bakr Muhammad ibn Zakariya ar-Razi, Rabi ibn Ahmad al-Ahawani al-Bukhari, Abul Mansur al-Qamari, Abu The rich experience left by Mansur al-Hasan ibn Nuh al-Qumri, Abul Qasim al-Zahrawi, Abu Sahl al-Masihi and many other medical scholars serves as the cornerstone of today's advanced modern medicine.

Among the nearly seven thousand different species of plants that grow in Asia,

the healing properties of some plants, which have been used by ancient rulers and are also used in modern medicine, are known by the names of these plants. who wrote down the information.

Today, this practice, which some call traditional, some call unconventional, another despises, and still others value up to heaven, is in fact a divine blessing. Folk medicine, which seeks to assimilate its immortal traditions into modern medicine, offers a wise use of the legacy of dedicated physicians for the sake of human health, is like a never-ending treasure, a literary source. [6].

From time immemorial in folk medicine, medicinal plants, which are a product of nature, have been successfully used in the treatment of various diseases. Man's research in this direction, his productive experience from ancestors to generations remains at the heart of various sources [11].

A remarkable feature of folk medicine is that it is a specific person not invented or organized by. Folk medicine is one the result of rich experience accumulated and tested over thousands of years.

When talking about the history and early sources of medicine of the peoples of the East, the names of our great compatriot Abu Ali Ibn Sina and Abu Bakr al-Razi, who lived a hundred years ago, and the invaluable legacy of medicine, of course, are mentioned. In the past it was called Movorounnahr, Turkestan. In the territory of today's Uzbekistan, folk medicine has long been developed, soda and complex treatments based on rich experience have been used [6].

Ibn Sina was one of the great figures who made a great contribution to the development of world science, and his scientific works, together with the works of the great Khorezmian encyclopedist Abu Rayhan Beruni (973-1048), were the culmination of the development of science at that time. His full name is Abu Ali al-Husayn ibn Abdullah al-Hasan ibn Ali ibn Sina, often abbreviated as Abu Ali ibn Sina. The name is spelled Aven Sino in ancient Hebrew, and the scholar's name in the form of Avicenna, common in Europe, is derived from a slight distortion of the word. Cultural encyclopedia of the great encyclopedic scholar of Oriental medicine Abu Ali Ibn Sina scientific research is being conducted in the world's largest cities to study the heritage. Manuscripts of the scientist in various fields, which have come down to us, are preserved in the largest libraries of the world.

Abu Ali Ibn Sina, who made a great contribution to the development of world science, especially medicine, is one of our compatriots who grew up in Central Asia. Ibn Sina loved to study the natural sciences, especially medicine. Because of his innate talent and extraordinary hard work, he could easily master the lessons, even reading things unknown to his teachers from the book. Especially in medicine, it begins to mature very quickly. At the age of seventeen, Ibn Sina became famous among the people of Bukhara as a skilled physician.

As a true encyclopedic scholar, Ibn Sina was successfully engaged in almost all the sciences of his time and created works related to them. Although more than 450 of his works have been recorded in various sources, many of them have disappeared over time, and only 242 have survived.

Of these 242, 80 are related to philosophy, theology and mysticism, 43 to medicine, 19 to logic, 26 to psychology, 23 to medicine, 7 to astronomy, 1 to mathematics, 1 to music, 2 to chemistry, and 9 to ethics. 4 devoted to literature and 8 to scientific correspondence with other scholars.

The largest and most important works of the scholar that have come down to us are "Kitab ush -shifo", "Kitab an-najot", "Al-ishorat va t-tanbihot", "Donishnoma", "Tib kanunlari", "Tabobat gulshani".

One of Ibn Sina's greatest works on medicine is the Laws of Medicine. The translation of this book into various languages has intensified the interest of many readers in this work, enriching their understanding of the science of oriental medicine. It has begun to serve as a huge program in the health sector for our people.

This book summarizes Ibn Sina's teachings on the measures that must be taken to protect human health from birth to the end of life, the effects of the external environment on the human body, and some diseases and the drugs used to treat them.

Among the medicinal substances recommended by Ibn Sina, we have a list of medicinal plants that grow mainly in the territory of Uzbekistan, or those that have been used in folk medicine, even if they are imported.

The Institute of Oriental Studies named after Abu Rayhan Beruni of the Academy of Sciences of Uzbekistan preserves a number of manuscripts of Ibn Sina's works.

The great achievements of medical science after Ibn Sina are incomparably rich in technical and technological equipment and methods of treatment. The legacy of the great scientist in the field of medicine has not lost its relevance even today, despite the fact that medicine has finally become more diverse and prolific. This heritage, which combines the achievements of the ancient world and the Middle Ages in the field of medicine, also retains its practical value in many ways. That is why the interest in it continues to this day and continues to attract humanity for many years to come.

The creative legacy of the great scholar and philosopher Abu Ali Ibn Sina and his separate study of the doctrine of the brain are topical issues in medical science. Because the brain is the controller of all organs.

By showing the consistency, originality and independence of Ibn Sina’s thoughts Egypt, China, Greece, Rome, the Mediterranean, who lived before him to give and the views of scholars from Middle Eastern countries were studied and interacted with compared [3].

Ibn Sina, a great encyclopedic scholar of the East, paid special attention to medicinal plants. In his Laws of Medicine, he wrote about the healing properties of more than 400 plants and the methods of their use.

Today, more than 100 medicinal plants used by the great scientist are effectively used in modern medical practice. Currently, 40% of all drugs used in our medicine, and 80% of drugs used in the treatment of cardiovascular diseases are medicinal herbs and ointments derived from them. More than 4,000 species of wild plants are known in Uzbekistan. Of these, more than 500 are medicinal plants [2].

In the East, the great scholar was compared to Luqman Hakim. The West recognized her as Avicenna. The works left by this great man are a priceless treasure for us. This heritage will serve as a program in the field of medicine before us, in our time and for our generations.

Statues of the world-famous scientist Avicenna have been erected in France, Austria, Turkey, Iran, Turkmenistan, Tajikistan and other countries. Another magnificent statue of the founder of medical science has now been erected in Rue Malmezon, near Paris, France.

The study of Oriental medicine in our country was not widely developed until the 1950s. Because almost all of the medieval scholars wrote their works in Arabic, which was the common scientific language at the time, not all medical historians were able to use them. Institute of Oriental Studies named after Abu Rayhan Beruni of the Academy of Sciences of the Republic of Uzbekistan translated Ibn Sina's work "Laws of Medicine" from Arabic into Uzbek and Russian in 1954-1961 published in six volumes. With the publication in two languages of the Law, the most authoritative and perfect encyclopedia of medieval medicine, interest in the history of medicine has increased considerably. As a result, books and articles were published by doctors of different specialties, which covered the services of the great Central Asian scientist in the history of medicine in different ways.

However, it is clear that the history of medicine in our country is not limited to Ibn Sina or Razi.

After all, Sufi medicine has its place among them. While the foundations of modern medicine are hundreds of years old, the history of Sufi medicine goes back thousands of years. So its essence and roots are very deep. It is no coincidence that our wise and great people, who have long lived in Central Asia, especially in Uzbekistan, have relied on Sufi medicine. It was only during the former Soviet era that Sufi medicine seemed to lose its essence for a while. Bent but unbroken Sufi medicine rose again during the years of independence. Strong and knowledgeable physicians emerged among the people.

**Methods:** In countries around the world, traditional medicine has continued to coexist with secular medicine, paving the way for the activities of folk medicine practitioners. Using the methods and practices of treatment of the past and using them today is an important tasks

**Results:** Pavlov emphasizes that it is inappropriate to connect the origin of folk medicine with the emergence of writing, this field is comparable to the period of human origin [7]. In particular, Central Asia has long been one of the regions where folk medicine was formed. The achievements in the field of medicine in the country have served as a program for many nations. Scientists from around the world have studied the history of folk medicine, its origin, types, methods and means of treatment, the history of its representatives from a medical, ethnographic, historical point of view.

As stated in the world-famous work of our great ancestor Amir Temur "Temur's Statutes", during the reign of himself and his great dynasty, "Dorush-shifo" buildings were built in each city, where qualified health guards worked. Based on modern language and concepts, this institution, founded by Alisher Navoi, served as a kind of medical academy. Because at that time, in the madrassas, when the science of the Taliban was well mastered the Arabic language, along with the religious river, secular, that is, the exact sciences were taught perfectly. In particular, medicine was taught on the basis of Abu Ali ibn Sina's Laws of Medicine. It is important to note that in the process of the river, the Taliban were given enough information about medicinal plants and herbs, and their medicinal properties. Another aspect is that there is an interesting aspect in the composition of "Medicines", there are also special libraries where medical books are kept. Many of them were brought from other countries and copied and reproduced by calligraphers on the spot. Talib benefited from these scientific sources and carefully studied the secrets of medicine.

**Discussion:** So, based on the opinions of experts-scientists, it becomes clear that the healing and educational institutions that are part of the "Medicine-Healing" had the status of "medical academies" of their time. This is because the Taliban, who studied there, were able to treat the sick when they had time, and at the same time, they taught in the local madrassas, as well as taught in the madrassas. [8]

During the reign of Subhanqulikhan, one of the Ashtarkhanid rulers, there was a slight shift in the development of science. For example, Mulla Tursun Farozi, Mulla Nemat Samarkandi worked in mathematics, astronomy and geometry, Abdulla Ofarinketi, Ali Ali Bukhari, Mulla Rahmat Samarkandi worked in musicology. In 1697, Subhonqulikhon built an 18-room madrasah-hospital "Dorush-shifo" in Bukhara. There was a diagnostic room, a pharmacy, a library and other ancillary buildings under this place. 40,000 coins from the foundation's property have been allocated for the treatment. Subhanqulikhan gathered doctors in his palace and organized scientific conferences on medicine. At these conferences, news about the most common diseases of that time and ways to overcome them, medical news were heard. Subhanqulikhan himself wrote two works on medicine. These works are written in Uzbek, the first of which is called "Subhon Medicine" and clearly describes the ways of diagnosis and treatment of various diseases. The second work consists of 8 parts and is called “Subhan’s Life Medicine”. Each part of the work deals with issues related to the quality preparation and use of drugs. He himself writes in this regard: “Doctors of the past have left us works written in Arabic and Persian. I did not come across a medical book written in Turkish (Uzbek). Locals do not have access to books written in Arabic and Persian. That is why I wrote my books in Turkish (Uzbek) so that our people could use them >> [13].

**Conclusion:** In short, folk medicine, which is still important today, has long been developed in Central Asia and has played an important role in maintaining public health. The scientific heritage of our great ancestors, added in ancient times for the

development of medical science, serves as the basis for modern medicine. Taking advantage of our ancient and modern heritage, many achievements are being made today.

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