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ABU ALI IBN SINONING VA ABU RAYHON BERUNIYNING ILMIY MEROSI

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Tib olamining buyuk namoyondasi Ibn Sino haqiqiy ensiklopedist olim sifatida o'z davridagi fanlarning deyarli hammasi bilan muvaffaqiyatli ravishda shug'ullangan va ularga oid ilmiy asarlar yaratgan. Turli manbalarda uning 450 dan ortiq asarlari qayd etilgan bo'lsa ham, zamonlar o'tishi bilan ularning ko'pi yo'qolib ketgan va bizgacha faqat 242 tasi yetib kelgan. Shu 242 dan 80 tasi falsafa, ilohiyot va tasavvufga tegishli, 43 tasi tabobatga oid, 19 tasi mantiqqa, 26 tasi psixologiyaga, 23 tasi tabiiyot ilmiga, 7 tasi astronomiyaga, 1 tasi matematikaga, 1 tasi musiqaga, 2 tasi kimyoga, 9 tasi etikaga, 4 tasi adabiyotga va 8 tasi boshqa olimlar bilan bo'lgan ilmiy yozishmalarga bag'ishlangan. Bu asarlarning barchasi olimlar tomonidan bir xilda o'rganilgan va keng ilmiy jamoatchilikka ma'lum qilingan deya olmaymiz. Ularning ayrimlari jahonning ko'p tillariga tarjima etilib, asrlar davomida qayta-qayta nashr etilgan.

Ibn Sinoning eng yirik falsafiy asari "Kitob ash-shifo" hisoblanadi, uni o'z davrining ilmiy qomusi desa bo'ladi. Bu asar 4 qismdan iborat: mantiq, tabiiy fanlar (bu qismda minerallar, o'simliklar, hayvonot olami va insonlar haqida alohida-alohida bo'limlarda gap yuritiladi), matematika, ya'ni riyoziyot ilmlari (bunda arifmetika, handasa, astronomiya va musiqa fanlari haqida bahs boradi), metafizika, yoki ilohiyot. "Kitob an-najot" ("Najot kitobi") kitobda "Kitob ash-shifo"ning mazmuni qisqartirib bayon etilgan. "Al-ishorat va-tanbihot" ("Ishoralari va tanbihlar") asari Ibn Sinoning eng so'nggi yirik asari bo'lib, unda olim falsafaning asosiy masalalarini qisqa iboralarda bayon etgan. "Tib qonunlari", "Kitob al-qonun fit-tibb". Bu kitob o'sha davrgacha bo'lgan tabobat borasidagi eng mukammal qo'llanma hisoblanadi. Bu ensiklopedik kitobda tibbiyotning hamma sohalari (anatomya, fiziologiya etiologiyasi (kasalliklar sabablari), propedevtika (kasallikning belgilari), tashhis qo'yish va davolash, profilaktikasi (ularning oldini olish) va h. k. bo'yicha ilmiy izlanishlar yoritilgan. Ibn Sino birinchilardan bo'lib tabiiy muhit va inson hayoti o'zaro munosabatlarini har tomonlama tahlil qilish zaruratini fahmladi. Inson hayoti, uning salomatligi yoki xastalik holati organizmga tashqi muhit ta'sirini ifodalaydi. Bunday sharoitga ob-havo, turar joy,



yashash joyining xususiyatlari, yil fasllari va ularning o'zgarib turishi va hokazolar kiradi.

Ibn Sino o'zining mashhur asari "Tib qonunlari" kitobida kishi organizmi holati sabablarining tasnifini beradi. Bunday sabablari uning fikricha, ovqatlanish, har xil ichimliklar, havo, suv, mamlakat, turar-joy, kasb, urf-odatlar, tan va ruh harakati, osoyishtaligi, jins, yosh, hayotda odat tusiga kirmagan hodisalarning yuz berishi va boshqalardan iboratdir. Organizmning turli ko'rinishda sodir bo'ladigan holatlari yuqorida aytilgan sharoitlarga bog'liqdir. Odam organizmi faoliyati uchun muhim bo'lgan omillardan Ibn Sino yashash joyining geografik va meteorologik xususiyatlari, havosining toza va sofligi, xo'jalikda ishlatiladigan suvning ahamiyati katta ekanligini alohida ta'kidlaydi. Olim kishi organizmining turli fiziologik holatlarini ob-havoning o'zgarishiga bog'laydi. Meteorologik hodisalarning tez-tez o'zgarib turishi, joylarda ob-havoning beqarorligi, Ibn Sinoni kishi organizmi bilan ob-havo nisbatini o'rganishga undadi. Muhitga nisbatan organizmning faolligi Ibn Sino tomonidan to'liq o'rganilgan edi. Biror-bir sababning ta'siri kuchli yoki kuchsiz odamda, ta'sirchan yoki kam ta'sirchan odamda bir xil bo'lavermaydi. Organizmning doim o'zgarish va harakatda bo'lgan tashqi muhitga moslashuvi borasida jismoniy mashqlarning ahamiyati kattadir. Ular tufayli organizm chiniqadi, muhitdagi o'zgarishlarga chidam va bardoshli bo'ladi. Olim jismoniy mashqlarni faol, o'rtacha va sust mashqlar deb tasniflaydi. Jismoniy mashqlarning faol turlariga, masalan, musht bilan turtishish, kamondan otish, tez yurish, balandga sakrash, bir oyoqda sakrab yurish, qilichbozlik, otda yurish, qo'l va oyoqlarni harakatga keltirish va qator boshqa mashqlar kiradi. Tashqi muhit omillari keltirib chiqaruvchi sabablar har xil xususiyatga egadir. Bir xil sabablar kishilar organizmida turli-tuman kasalliklarni paydo qiladi. Shu bilan birga buyuk alloma dorivor o'simliklar bo'yicha ham ko'pgina ma'lumotlar qoldirgan. Abu Ali Ibn Sinoning "Al-qonun" asarida 476 ga yaqin o'simlikning shifobaxsh xususiyatlari va ularni ishlatish usullari to'g'risida ma'lumotlar keltiriladi. Dorivor o'simliklar — odam va hayvonlarni davolash, kasalliklarning oldini olish uchun, shuningdek, oziq-ovqat, atir-upa va kosmetika sanoatida ishlatiladigan o'simliklar — giyohlar. Hozirda dorivor o'simliklarga bo'lgan talabning dorivor o'simliklardan oqilona foydalanish bo'yicha O'zbekiston Respublikasi Prezidentining 2020 yil 10 aprelda "Yovvoyi holda o'suvchi dorivor o'simliklarni muhofaza qilish, madaniy holda yetishtirish, qayta ishlash va mavjud resurslardan oqilona foydalanish chora tadbirlari to'g'risida"gi qarori qabul qilingan. Qarorda dorivor o'simliklarni yetishtirish va qayta ishlashni yanada rivojlantirish,



sohaning eksport salohiyatini oshirish, shuningdek, ushbu sohada ta'lim, fan va ishlab chiqarish jarayonlarini birlashtirish zarurati belgilab qo'yilgan. 2020 yil 1 maydan boshlab dorivor o'simliklarni yetishtirish, saqlash, birlamchi yoki chuqur qayta ishlash uchun klasterlar yaratish, shuningdek, dorivor o'simliklarni yetishtirish bo'yicha hududlarni ixtisoslashtirish ishlari belgilab berilgan. Yer yuzida dorivor o'simliklarning 10—12 ming turi bor. 1000 dan ortiq o'simlik turining kimyoviy, farmakologik va dorivorlik xossalari tekshirilgan. O'zbekistonda dorivor o'simliklarning 700 dan ortiq turi mavjud. Tabiiy sharoitda o'sadigan va madaniylashtirilgan 120 ga yaqin o'simlik turlaridan ilmiy va xalq tabobatida foydalaniladi. Hozirgi davrda tibbiyotda qo'llaniladigan doridarmonlarning qariyb 40—47% o'simlik xom ashyolaridan olinadi. Dorivor o'simliklarning quritilgan o'ti, kurtagi, ildizi, ildizpoyasi, tuganagi, piyozi, po'stlog'i, bargi, guli, g'unchasi, mevasi (urugi), danagi, sharbati, qiyomi, toshchoyi, efir moyi va boshqalardan doridarmon tarzida foydalaniladi. Mahalliy floraga mansub 4.3 mingdan ortiq o'simliklarning 750 turi dorivor hisoblanadi, ulardan 112 turi ilmiy tibbiyotda foydalanish uchun ro'yxatga olingan, shundan 70 turi farmatsevtika sanoatida faol qo'llanib kelinmoqda. 2019 yilda 48 mln AQSh dollari qiymatidagi qayta ishlangan dorivor o'simliklardan olingan mahsulotlar eksport qilingan.

O'zbekiston Respublikasi serquyosh jannatmakon yurt, bu yurtda turli-tuman dorivor o'simliklar osadi. Hozirda kasalliklarni davolashda qollaniladigan dorivor vositalarni tayyorlashda bu ikki alloma yaratgan ilmiy asarlar qo'llanma bolib xizmat qilmoqda, hamda farmatsevtika sanoatini va farmakologiya fanini rivojlanishiga katta hissa qo'shmoqda.



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