

**“XALQ TABOBATI: TARIXI, YUTUQLAR,  
ISTIQBOLLAR”**

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soblanadi. Ilm- fan rivojiga hissa qo'shishini istagan biz yoshlar bu istaklarni ajdodlarimizning bebaxo ilmiy merosi bilan hamohang olib borsak yanada maqsadga muvofiq bo'ladi.

## **O'ZBEKISTON FARMAKOLOGLARINING FITOTERAPIYA RIVOJIGA QO'SHGAN HISSASI**

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### ***Toshkent tibbiyot akademiya, farmakologiya kafedrası***

Turli o'simliklardan davo sifatida foydalanish juda qadim zamonlardan ma'lum. Ibtidoiy davrda odamlar atrof-muxitdagi o'simliklardan faqat oziq-ovqat uchun emas: balki ularning bezararligidan davo etish maqsadida turli shikastlanishlarda, xastalanishlarda qo'llaganlar. O'simliklarni bunday xususiyatlari og'izdan-og'izga o'tib, keyinchalik yozuv paydo bo'lishi bilan ular tug'risidagi ma'lumotlar yozib qoldirilgan. Bunga misol qilib eramizdan ancha oldin qoldirilgan Ebers papirusi, sopolga yozilgan ma'lumotlarni keltirish mumkin. Tarix shuni ko'rsatadiki, Osiyoning markazida va janubida joylashgan qator davlatlarda (Misr, Xindiston, Xitoy, Tibet va boshqalar) qadim zamondan bemorlarni shifobaxsh o'simliklar bilan keng miqyosida samarali davo qilib kelingan. Buni tasdiqi sifatida «Jashur-veda» - «Xayot xakidagi fan», «Djud-shi» («Shifobaxsh dori-darmonlar moxiyati») kabi qo'lyozmalarni keltirish mumkin. Fitoterapiya tarixida ayniqsa, Abu Bakr Muxammad ibn Zakiriya al Roziy, Abu Rayxon Beruniy, Ismoil al Jurjoni, Abu Ali ibn Sino va boshqalarning xissasi salmoqdidir. Bulardan Abu Ali ibn Sinoning «Tib qonunlari» asari olamshumul axamiyatga sazovordir.

Ibn Sino 980-yilning 16-avgustida Buxoro yaqinidagi Afshona qishlog'ida tavallud topgan va 1037-yili Xamodonda vafot etgan. Uning maqbarasi ustida 12 ustundan iborat gumbaz qad kutarib turadi. Bu Ibn Sino tomonidan davrdagi 12 fan yo'nalishini mukammal egallagani to'g'risida habar beriladi.

Ibn Sino tibbiyotga bag'ishlangan 55 asar yozgan. SHu jumladan «Tib qonunlari» 5 qismdan iborat. Kitobning ikkinchi qismida dorivor moddalarni- 811 o'sha davrdagi o'simliklarni shifobaxsh xususiyatlari keltirilgan. Bu o'simliklar 105 tasi hozirgi zamon tabobatining amaliyotida qo'llanadi.

Fitopreparatlarning ko'pchiligi bemor uchun zaxarsiz yoki salbiy ta'siri kam. XXI-asrni boshlanishida dorivor o'simliklarga bo'lgan qiziqish ancha oshdi.

Respublikamizda shifobaxsh o'simliklarni o'rganish va amaliyotga tatbik etishda yoki fitoterapiyani rivoj topishida farmakologlardan I. I. Markelov, N. N. Kompansev, I. K. Komilov, X. X. Holmatov va boshqalarni xissasi kattadir.

O'zbekiston shifobaxsh giyoxlarga boy diyor. Respublikamizda 4000 dan ortik yovvoyi o'simliklar o'sadi. SHulardan faqatgina 100 dan ko'prog'i tibbiyot amaliyotida ishlatiladi. Xalq tabobatida esa xududimiz o'simliklaridan 600 ga yakini dorivor hisoblanadi va ishlatiladi. Bu degan so'z respublikamizda o'sadigan va o'stiriladigan shifobaxsh o'simliklar soni juda ko'p va ular yangi dori-darmonlar fitopreparatlar yaratishda bitmas-tuganmas manba hisoblanadi.

Bu borada bir qator respublikamiz olimlari samarali, ilmiy va amaliy ishlar olib borishyapti. Ayniqsa, respublikamizda dorivor giyoxlarni xar tomonlama o'rganish va ulardan biologik faol moddalarni olish va tibbiyot amaliyotida tatbiq etishda akademik S. YU. YUnusov nomidagi u boshqargan O'zbekiston fanlar akademiyasi qoshidagi O'simlik moddalari kimyosi ilmiy tekshirish instituti olimlarning bu soxada ilmiy, nazariy, amaliy ishlari kimyo va tibbiyot olamida mashxurdir. Bular katoriga farmakologlardan I. K. Komilov, M. B. Sultonov va ularning bir qator shogirdlarini: O' B. Zokirov, S. S. Azizova, X. U. Aliev, M. M. Azimov, F. N. Joxongirov va boshqalarni keltirish mumkin.

SHuning bilan birga fitoterapiyani Respublikamizda rivoj topishida Toshkent farmatsevtika instituti bir qator olimlarining (X. X. Holmatov, M. N. Maxsumov, T. P. Pulatova, X.U. Aliev, va boshqalar) olib borgan ilmiy va amaliy ishlari katta ahamiyatga ega.

Bemorga davo ko'rsatishda faqat fitoterapiyadan cheklanib qolmasdan, boshqa mavjud dori vositalari va usullaridan, shu jumladan sintetik va yarim sintetik dorilardan va boshqalardan foydalanilganda davo samarasi yuqori bo'ladi. Asosan fitoterapiya surunkali kechadigan kasalliklarda ancha foydali hisoblanib, davo ko'rsatishning bir turi sifatida qaraladi. Fitoterapiyani o'zoq muddat qo'llanishi, asoratlarni kam ko'rsatishi, ularni ayrimlarini uy sharoitida tayyorlash mumkinligi, bunda katta xarajat bo'lmasligi, xamda shifobaxsh ta'siri ko'p qirrali bo'lishi uni boshqa davolash turlaridan nisbatan ustundir.

## BASICS OF TRADITIONAL MEDICINE

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**The purpose of the study.** The strategic element is to use the potential contribution of traditional and complementary medicine to improve medical services and health outcomes. Keeping in mind the traditions and customs of peoples and communities, we should think about how traditional and complementary medicine can contribute to the prevention or treatment of diseases, maintenance and promotion of health. It is recommended to study the models of integration of traditional and complementary medicine into national health systems.

**Safety.** The globalization of traditional medicine has important implications for both drug quality control; as well as the training and competence of practitioners. In addition, when traditional medical procedures are incorporated into complementary and alternative medicine in industrialized countries, there is an increased need for vigilance.

**Materials and methods.** The theory of 5 elements is the theory of yin and yang. It includes 5 basic elements of the earth, which also form the human body. In ancient times, this theory was used to explain and analyze things and their changes in the natural world. Zang's five organs are the heart, lungs, liver, spleen and kidneys. The theory not only describes the physiological functions of 5-tsang organs, but also shows their relationship between organs and the body.

Meridians are a network of energy channels or electrical pathways covering the body, which are similar to the zones traditionally known in reflexology. There are twelve main meridians, each of which passes through one side of the body and is reflected from the other side.

A basic understanding of the meridians can help the therapist understand the pathways of the disease and identify problem areas. The electrical energy flowing through these meridians is known as qi. This energy comes from the food we eat and the air we breathe, and is considered the "root of life", the vital energy in the body that nourishes the body and mind. A healthy diet, exercise, healthy breathing, good posture and limited stress maximize qi and ensure human health. Poor diet, lack of exercise, poor breathing, poor posture, and high stress levels deplete Qi, causing an imbalance in the system that can eventually lead to illness.

**Result and discussion.** Traditional medicine should be officially legalized and incorporated into the official healthcare system. The protection of intellectual property rights should be extended to traditional medicine, since some of them contain valuable products that have been used for a long time, and they need to be maintained in working order to protect rights. The Government should openly and effectively support scientific research in the field of traditional medicine. Traditional medicine should be officially legalized and incorporated into the official healthcare system. It is necessary to openly and effectively support scientific research in the field of traditional medicine.

**Conclusion.** The basic theory of traditional medicine comes from the clinic, develops with the change of clinic and serves for the clinic. In many countries, traditional medicine is often referred to as alternative or complementary medicine.

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