

16-DEKABR

2022



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Abu Rayhon Beruniy ilmiy- madaniy merosining ahamiyati va uning fan taraqqiyotidagi o'рни

Respublika ilmiy-amaliy konferensiyasi

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Toʻplamga kiritilgan materiallarning mazmuni va sifatiga muallif(lar) javobgar hisoblanadi.

Toshkent - 2022



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ABU ALI IBN SINONING DORISHUNOSLIKKA QO`SHGAN XISSASI

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Hozirgi fan-texnika va texnologiyalar rivojlangan davrda tibbiyotning rivojlanishiga katta xissa qo`shgan vatandoshimiz Abu Ali ibn Sino bemorlarning davolashda dorilarning qo`llash usullari, dori shakllari hozirda ham saqlanib qolganligi va kelajak avlodga qo`llanma bo`lib xizmat qilmoqda.

Abu Ali ibn Sino (980-1037 yy.) Buxoro viloyatining Afshona qishlog`ida 980 yilning avgust oyida tug`ilgan. Tibbiyot ilmini Nux al Kumriydan o`rganib o`zining zehni va xotirasi juda o`tkirligi sababli 16-17 yoshidanoq mashhur tabib bo`lib yetishdi. Ibn Sino tabiblik bilan birga umrini turli tibbiyotga doir asarlar yozish bilan o`tkazdi. Uning 280 dan ortiq asarlari bo`lib ulardan 40 tasi tabobat ilmiga bag`ishlangan. Bugun dunyoda tibbiyot va farmasiyaning taraqqiyotiga Ibn Sino o`zining g`oyat katta ta'sirini o`tkazgan. Bundan 10 asr avval, Ibn Sino yashab, faoliyat ko`rsatgan davrda mustaqil dorishunos xizmat bo`lmagan, u tabiblikdan endigina ajralib mustaqil ravishda shakllana boshlagan edi. Keyinchalik reseptlar tarkibi va ularni tayyorlash texnologiyasining murakkablanishi hamda murakkab dorilarning yangi turlarini hakimlar (yoki tabiblarning bir o`zi bajarish qiyin bo`lib qoldi. Ibn Sino davrida farmasiya mustaqil fan sifatida ajralmagan edi. Ibn Sino o`zining farmasevtika masalalariga oid fikrlarini buyuk asari bo`lmish "Tib qonunlari" ning ayrim kitoblarida bayon etgan. Ibn Sinoning tibbiyot asarlaridan eng muhimi "Tib qonunlari" bo`lib, asar beshta mustaqil kitoblardan iborat. Kitoblarning ikkinchi va beshinchisida dorishunoslikka oid ma'lumotlar yozilgan. Xususan ikkinchi kitobda 700 dan ortiq dori vositalariga tarif berilgan, ularning tayyorlash va qo`llash usullari ko`rsatilgan. Beshinchi kitobida esa 275 ta murakkab dorilar bayon etgan. Bulardan tashqari yana 64 ta yurak kasalliklarida ishlatiladigan dorilarni ko`rsatgan. Ibn Sino bayon etgan murakkab dorilarning soni 400dan oshadi. Shu bilan birga olim tamonidan kimyoviy moddalar margumush, mis, oltingugurt, kumush va ularning birikmalaridan foydalanish ilk bor tibbiyotda foydalanilgan. Beshinchi kitobda esa unda murakkab dorilarni tayyorlash usuli, tanaga ta'siri va istemol qilish usullari berilgan. Abu Ali ibn Sino bemorlarning davolashda dorilarning qo`llash usullari hozirda ham saqlanib qolmaygina xattoki ananaviy usullar hisoblanadi. Ibn Sino sahrodan yig`ilgan dorilarning hammasi bog`lardan yig`ilganga qaraganda kuchliroq.



ko'pincha hajmi kichikroq bo'ladi. Tog'-toshloqlarda terilgan – undanda kuchliroq deb tariflanadi.

Shunday qilib, dorivor o'simlik mahsulotlarining yuqori sifatli bo'lish mezoni va unga qo'shiladigan talabni aniqlash bilan Ibn Sino kelajak farmakognoziya faniga asos solgan. Dorivor o'simliklar mahsulotlarini yig'ish vaqtlari, quritish usullari va saqlash muddatlari to'g'risidagi Ibn Sino fikrlari, uni dorivor mahsulotlarni yuqori sifatli bo'lishiga qo'ygan talablari, albatta, kelajakda farmakognoziyaning fan sifatida shakllanishiga va bu fanni maqsadlarini aniqlashga so'zsiz o'z ta'sirini ko'rsatadi. Alloma dori vositalarini davolash maqsadida ishlatilishida asosiy uchta prinsipga rioya etilishi zarurligini ta'kidlaydi. Bular, birinchisi, dorilarni kayfiyatga qarab, ya'ni issiqlik yo sovuqlik, ho'llik yo quruqligiga qarab tanlash qonuni, ikkinchisi, dorilarning miqdorini saqlash qonuni; bu ikkinchi qonun dorilarning og'irligini o'lchash qonuniga va dorilar kayfiyatini o'lchash, ya'ni issiqlik, sovuqlik va boshqalarning darajasini aniqlash qonuniga bo'linadi. Uchunchisi esa dorilarni istemol qilish vaqtini aniqlash qonuni. Abu Ali ibn Sino qisqa ammo mazmunli hayot kechirgan, yaratgan asarlari ayniqsa "Tibbiy doston" tibbiyotni, xususan dorishunoslikni rivojlanishida alohida ahamiyat kasb etadi. Shu bilan birga buyuk alloma tabobat mavzuiga oid bir necha nazmiy asarlar yaratgan. U bunday asarlarning aruzning rajaz vaznida yozganligi jihatidan ularni urjuzalar deb atagan. Abu Ali ibn Sino tabobatga oid 8 ta doston yozgan va ular quyidagilar: Sog'liqni saqlash-gigiena haqida urjuza, yilning to'rt fasllari haqida urjuza, anatomiya haqida urjuza, Gippokrat vasiyatlarini haqida urjuza, tajribadan o'tgan amaliyotlar haqida urjuza, tibbiy nasihatlar haqida urjuza, aloqa haqida urjuza, tabobat haqida urjuza.

"Tibbiy doston" urjuzalarning eng kattasi va mashhuridir. "Tibbiy doston"ning amaliy qismining ikkinchisi kasallarga dori va ovqat berib dardni tuzatish haqida dorilar tarkibiy qismi haqida, og'riqni to'xtadigan dorilar haqida, dorilarning ishlatilishi haqida, yomon a'zolarning davolash va ularning belgilari haqida alohida alohida to'xtalib o'tib o'z taklif-maslahatlarini bayon etgan.

Yangi dori vositalarini tibbiyot amaliyotida davolash uchun ishlatiladigan ular ma'lum bor miqdorda ya'ni dozada olinadi. Chunki dori vositalarining tasiri foyda berishi har tomonlama ularning dozasiga bog'liq. Yuqoridagilardan shuni aytish mumkinki, yani har qanday dori-darmonlarni tayyorlashda ma'lum qoidalarga, ayniqsa gigiyenik tozalikka, dorilarning tayyorlash texnologiyasiga, qo'shilayotgan mahsulotlarning miqdoriga tayyor xolga keltirilgan mahsulotni qo'llash uchun ma'lum miqdor ya'ni dozalarga bo'lish ko'rsatib o'tilgan. Chunki dori vositasini dozasiga e'tiborsizlik bilan qabul



qilish organizmda turli noxush va nojuya o'zgarishlar yuzaga kelishiga sabab bo'ladi. Shu bilan birga buyuk tabib dorilarning ishlatilishi yani organizmga yuborish yo'llari haqida ham qilgan.

Buyuk alloma dorilarning qo'llanish shakllar tariflangan bo'lib, hozirda zamonaviy tibbiyotda qo'llanilayotgan usullar: ya'ni qattiq shakldagi (tabletkalar, kukunlar, drajelar), suyuqliklar (eritmalar, nastoykalar, damlamalar, qaynatmalar) ko'rsatish, shu bilan birga dorilarni organizmga igna orqali yuborish usullari bir necha asr avval ham qo'llanilgan va ularni qo'llash to'g'risidagi fikrlar bildirilgan. Shu bilan birga dori vositalarini organizmga yuborish yo'llari, so'rilishi, tanada tarqalishi yig'ilishi qondagi miqdori ma'lum ahamiyatga ega. Shundagina dori vositasi tana to'qimasi bilan o'zaro bog'lanib o'z tasirini ko'rsatadi. Dorilarning bu tasir samarasi ko'p tomondan ularning organizmga yuborish yo'llariga bo'liq. Shunday dorilar borki og'iz orqali qabul qilinsa hech qanday tasir ko'rstmaydi, boshqa yo'l bilan (inyeksiya) yuborilsa ijobiy tasir ko'rsatadi. Shunday holatlar bo'lishi mumkin bir dori vositasi turli yo'llar bilan yuborilganda organizmga turlicha tasir ko'rsatadi. Shuning uchun har bir dori vositasini organizmga yuborilganda ijobiy tasiri namoyon bo'ladigan yo'lni to'g'ri tanlash lozim. Ibn Sino dorilarni organizmga kiritish yo'llari, og'iz, orqa (anal) teshikdan, burun yoki peshob yo'llaridan kiritish haqida ma'lumotlar nazm ko'rinishida bergan. Ayniqsa og'iz orqali yuborishning imkoniyati bo'lmaganda hozirda to'g'ri ichak orqali yuborish ham mumkin va foydali hisoblanganligi haqida xakim davrida bilgan, qo'llagan va o'z asarlarida yozgan. Hozirda turli texnogen omillarlarning ayniqsa, konserogen omillarning inson organizmga salbiy tasir ko'payib borayotgan davrda saraton kasalligini bilan kasallanish xolati ham o'sib borayapti, ma'lumotlarga qaraganda dunyoda ayniqsa kasalliklar ichida saraton kasalligi bilan kasallanish o'sib bormoqda. Jahon Sog'liqni saqlash tashkilotining ma'lumotlariga ko'ra kelgusi 10-12 yil ichida dunyo saraton kasalligi bilan to'qnash kelishi mumkin. Chunki dunyo aholisi o'rtasida semizlik, spirtli ichimliklarni ko'p istemol qilish va sigareta chekish ko'payib bormoqda bu esa ushbu kasallikni paydo bo'lishiga zamin yaratmoqda. Yuqoridagi tashkilotning bashorat qilishi bo'yicha 2025 yilga borib 19 mln, 2030 yilda 22 mln, 2035 yilga borib esa 24 mlnga yetishi mumkin. Sharq tabobatida saraton kasalligi tushunchasi bo'lgan va Ibn Sino ham shu kasalga davo topishga harakat qilgan. "Tibbiy doston" da buyuk xakim yomon azoni davolash va uning belgilari haqida to'xtatib o'tgan.

Yuqoridagi keltirilgan ma'lumotlardan shuni xulosa qilishimiz mumkin buyuk alloma Abu Ali ibn Sino bemorlarni



davolashda turli xil dori darmonlardan, dorilarning organizmga kiritish usullaridan foydalanilgan. Abu Ali ibn Sinoning fikrlari hozirda ham zamonaviy tibbiyotda foydalanilmoqda, ayniqsa xalq tabobatida muhim roli o'ynamoqda. Shu bilan birga bo'lajak shifokorlarga va dorishunoslar uchun o'quv qo'llanma sifatida ham o'z ahamiyatiga egadir.

