

THE IMPORTANCE OF TRADITIONAL MEDICINE

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Annotation: The article highlights the importance of traditional medicine in the world. The large-scale and rapid modernization of approaches to the study of traditional medicine helps to realize the potential and possibilities of traditional medicine and traditional knowledge in the interests of health and well-being.

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Traditional medicine has a long history. It is a body for knowledge, skills, and practices that derive from culturally rooted beliefs, beliefs, and empirical evidence of both a rational and dogmatic nature and are used to maintain health and prevent, diagnose, alleviate, or cure physical illness.

The rules of purity and chastity, the oldest part of traditional medicine, laid the foundations of modern scientific hygiene. In ancient times, extensive knowledge has been accumulated about the influence of climate and seasons on health, about the health benefits of personal hygiene, exercise and proper nutrition.

The information summarized in folk medicine is reflected in the works of Greek and Roman scientists Hippocrates, Galen, followed by Al-Razi, Abu Rayhan Beruni, Abu Ali Ibn Sina. Scientific medicine has mastered many of the treatment methods used in folk medicine and is now using them in the scientific world.[1]

In the Central part of Asia, a kind of oriental folk medicine has been formed over the centuries, which has been using medicinal plants for thousands of years, based on experience. The main weapon of traditional medicine is medicines based on medicinal plants and raw materials processed from them. In prehistoric times, when plants had a healing effect on humans, and there were plenty of them in erdami, there was information about methods of treating diseases, and they were used in practice. In Sumer, for 3,500 years BC. in 1956, scientists studied the state of medicinal products from medicinal plants on ceramic tablets, even in those ancient regions that controlled them, there was data on the methods of applying ointments.

The recommendations of traditional medicine today are very diverse and highly appreciated by the World Health Organization. In more than 120 countries of the world, folk medicine has been given an official status. In a number of countries there are academies of traditional medicine, research institutes, departments for the training of scientific and practical specialists for the medical system.

Approximately 40% of currently used pharmaceuticals are based on natural ingredients, and a number of important medicines are derived from traditional medicine. Traditional medicine and traditional knowledge have contributed to great discoveries in medicine, and effective drugs for the treatment of various diseases have long been developed on the basis of medicinal herbs.[2]

Thanks to folk medicines based on willow bark, aspirin was discovered; substances for the development of contraceptive pills were obtained from the root of wild yam; and preparations for the treatment of cancer in children were created on the basis of pink periwinkle. The Nobel Prize-winning research on the properties of artemisinin as a treatment for malaria began with the study of ancient Chinese medical texts.

The vaccination method, which has been used since ancient times in various countries around the world, is due to the appearance of a vaccine against smallpox, which made it possible to eliminate this infection.

The large-scale and rapid modernization of approaches to the study of traditional medicine helps to realize the potential and possibilities of traditional medicine and traditional knowledge in the interests of health and well-being. Research methods such as ethnopharmacology and "reverse" pharmacology make it possible to use traditional prescriptions as a guideline for the development of new clinically effective medicines. The use of new technologies in healthcare and medicine helps to expand the boundaries of knowledge about traditional medicine. The emergence of artificial intelligence technologies radically changes the situation, helping to radically improve the methods of studying and practical development of traditional healing systems.

Sophisticated artificial intelligence algorithms and machine learning capabilities can enable scientists to explore primordial medical knowledge in its entirety, systematize evidence and identify previously undetectable patterns.

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