

## SPEECH AND HEALTH

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**Annotation:** This article describes the ideas on the role and importance of word for human health and discusses the importance, power, and effective role of words in treatment. The topic is covered about the role of speech in human health, and valid examples are given.

**Key words:** Word, health, state of mind, positive words, negative words, psychology, man and his nature, sound, imagination, meaning of words, emotions, gestures, body language.

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The word has many definitions in the language. The word is the basis, the core of the language. The word serves to name things, events, ideas and concepts. A word has its own sound shell, which is the building material of a sentence. The value and importance of the word is great in people's lives, and it is used to communicate, relate, and express an opinion. Without it, they will never understand each other. First there was a word, the word was created, it is said in the holy books.

Indeed, the word is holy and a miracle. He was the basis for the creation of all things and events. As we said above, people of various professions, the general public, young people and old people who communicate with the word turn to the word. In the process of communication, along with polite, pleasant and sweet words, they also use rude, rude, unpleasant, inappropriate, unpleasant and unpleasant words. This situation can be in the family, at work, on the street and everywhere. In all nations of the world, when people ask each other, they always say, "Are you healthy?" The word salam itself means health. It is the most precious dream of mankind to consider health, which is the most valuable for a person, as important, superior and necessary above all else.

All human thoughts, feelings and concepts are communicated through words. Beautiful words give beautiful results only when they are carried out. It is absolutely useless for a person who finds a way of treatment during treatment or a doctor to know the science of medicine if he does not follow it. In Surah Al-Baqara, Allah commands people to "speak good words". This means that the craft of good people is in their words, and the craft of bad people is in their words. In "Nightmare": "Don't speak cold words. "A cold word is a seed from which enmity grows." Words can heal seriously ill patients. Any word is a form, image, meaning hidden in it. Many people do not understand the meaning of this image.

Alisher Navoi defines the word in his works and equates it to the following things: Word - noise, first sound, song; The word is a jewel, a sea of waves, a sea that makes the heart-like pattern shine with one ripple; The word is the soul, and the soul is the dew, a song that does not cool down. The word is a treasure, the word is the sun, the sun whose light never diminishes. The word is water, sea, a sea that does not decrease with a drop of water. A word is a pure gem, a pure gem that has no price in personnel.

It should be said that ordinary people and mature people do not use words in the language at the same level. Everyone has a certain set of words. He uses this set of words throughout his life. Words and words taken in isolation can change our lives and affect our health. People can communicate through words, create different thoughts, create feelings, please and anger. Why are words important to our health? Pleasant and sweet words affect our health, encourage and

delight. Words associated with unpleasant things, both necessary and unnecessary, give negative energy to your health. But words like soft and lovely, bold and beautiful, light, great, bright serve to improve health. The occurrence of sad and happy events in your life, depression, strong emotions lead to the appearance of various diseases. Geberk Benson, a professor at Harvard University, scientifically substantiated longevity. Regular prayer and prostration reduces the vibration of breathing and normalizes the brain waves. It helps the body's self-healing process. According to Benson's observations, religious people live longer than other people.

Unfortunately, some words in daily use really have the power to poison human tissue. A single negative word, a curse, is capable of disrupting the DNA strands, even passing the disease from generation to generation. It seems that the words of ancient peoples about seven generations of curse are not in vain.

A person uses an average of 20,000 words every day. Do these words affect us, and if so, how important is their effect? Scientists from all over the world, after many studies, are convinced that the word is the most powerful and powerful weapon in the history of mankind. Unfortunately, just like there are good words and bad words, there are good and bad people in life. And they also use these words every day.

Insults affect the human body like radiation. By saying these harsh words, we start the self-destruct mechanism. Because they are as powerful as nuclear weapons.

Ironically, 300 years ago it was unusual to hear profanity on the street. This is not only because our ancestors were mild-mannered and well-educated, but because there were severe punishments, even the death penalty, for such an act. Perhaps the people of that time knew better that the word had such destructive power.

Scholars say that insults do not fail to spread their hateful fire on both sides. Both those who say it and those who hear it suffer equally. That's why it's the best way to catch yourself and control your emotions when they yell at us and say bad things. But a person who has drunk raw milk cannot always do this. So how can we protect ourselves from such words directed at us? Psychologists advise that in such cases, running away from the shouting person a few steps away, not talking to him, and counting to 10-15 can be useful.

St. Petersburg scientists conducted an experiment. They took water samples from various water bodies: wells, lakes and ponds. These water samples contained high amounts of *Staphylococcus aureus* and *Escherichia coli*. Then certain prayers were recited over them. And an amazing thing happened. Bacteria in their content decreased 100 times. A similar experiment was conducted on wheat seeds. These seeds were irradiated and then prayers were recited over them. Not a single ear sprouted from the irradiated seed, and the same number of ears grew from the prayer as from the unirradiated seeds.

The word restores the hereditary meaning. Prayer words have a positive effect on the human body, immunity increases, and it is surprising that the process of metabolism improves.

In Muslims, the prayer that is recited for the purpose of curing a disease and making a problem easier is called chilyasin (chillayosin). Forty times Yosin is recited and blessed. Chilyosin is the 36th sura of the Qur'an and consists of 83 verses. There is also a method of healing the body by reciting a spell and massaging the hands, feet, back, neck and ears, which is also called koqim, kaqiq and sukuk.

Also read a prayer to relax. There are also ways to get rid of the disease by stroking, stroking with a spell, massaging. In this way, many patients can be cured or alleviated of their illness.

In our next works, we will inform you about the methods of eliminating diseases in other Turkic peoples and Muslims by means of prayer.

Psychiatrists and psychotherapists conducted the following experiment: they invited a priest to the hospital to pray for patients. Patients were mainly suffering from heart and nervous diseases. For several weeks, doctors monitored and recorded the condition of the patients. At the end of the experiment, the results were collected. It showed a 93% increase in recovery rate in over 500 patients.

Of all the weapons of destruction that man has invented, the word is the most terrible and powerful. Daggers and spears leave a trail of blood. Death can be avoided if poison is detected in time. Words kill without words. Paulo Coelho.

First, let's take a look at the world of words, what changes do we notice when we hear and say certain words? Our whole life, development in culture, science, religion, psychology - all with the development of speech opened up more opportunities for us. We got to know the works of famous people like Socrates, Confucius, Lao Tzu, Buddha, and Gandhi. Words connect centuries, hearts. With words we create the future.

There is a strange tribe in far Africa. The Dogon tribe is very different from other Africans, they are tall and handsome. The most surprising thing is that they had a correct idea about the structure of existence exactly 1000 years before the Copernican doctrine. This wise people have another concept: they live with the belief that the universe will continue as long as people communicate with each other.

To understand the depth of this idea, let's imagine what it would be like if the entire population of the world was deprived of the opportunity to speak. Silence covers the whole place. Schools and universities will be closed, production and agriculture will be destroyed, and our culture will be destroyed. Because words are the basis of our existence, successes and failures in our daily life.

Words are the clothing of our thoughts. Every word spoken prompts good or bad. The meaning of every word that comes out of our mouth represents its quality and power. Our words are the tidings of life or sorrow to ourselves and others. The words of love, help, and friendship have such an effect on the listener. If the same word is mixed with hatred, jealousy, envy, anger, we can see the opposite of the above situation. A word spoken in anger also causes negative emotions in our interlocutor. So, the purpose and meaning of the spoken word plays a big role in its impact on a person.

The spoken word awakens the forces that lie dormant within us, which, if not spoken, would remain a fantasy. That is why it is appropriate to attribute many achievements of modern development to words. After all, all inventions once appeared as words by their authors. If a person speaks the thoughts or plans in his mind with confidence and courage, the distance to reach them will be shortened, because it is no longer a dream, but a stated plan.

Words can be divided without hesitation into two opposite groups: words that bring disaster and life-giving words. The words of the first group are based on the meanings of poverty, loneliness, fear, illness, weakness. On the basis of the words of the second group, the meanings of

cheerfulness, happiness, health, and victory are hidden. Therefore, we should be careful with the words we use to change our lives and maintain our health.

An insult directed at a person begins its work in the human body as soon as it is heard. It's like a virus on a computer. All this is not new to mankind, the peoples of the ancient world knew this long before the experiments and researches of many scientists. Only as civilization advanced did such things seem to fall into disrepute. And if we say insults now in the middle of a fight with each other, we don't think that it will work like a mechanism in the human body.

So, we are not mistaken if we say that this consciousness literally controls human life. It is formed from our actions, thoughts and words, certain programs are restored by itself, and finally, although we do not know it, it finds its reflection in our life and marriage. So, our thoughts and words are the "programming language" of our brain.

Stressful situations in life cause depression, mood disorders, severe pain, malice, envy, jealousy and bitterness to narrow human arteries. As a result, the blood circulation of the body is disturbed. As a result, an unpleasant situation occurs in the human form.

The face of a person who has suffered a severe misfortune has a scary look. Oh! Wow! He will not be able to say words other than words like. Remember a situation in the novel "Otkan Kunlar": when Kumush died, Otabek's father Yusufbek Khoji said, "Yo, Lord!" expresses strong anguish.

After the death of Taras Bulba's son in Gogol's story, he shouted "Ostap, Ostap! My son!" repeated. With this, he wanted to express strong feelings like "I lost you, I'm sad, what should I do now?"

A number of words such as pain, mental pain, suffering, longing, calamity, suffering, anger, hatred, poison, revenge, sadness, anger, suffering, sad, gloomy, gamzada, upset, reproach, depression describe the mental states of a person. means inner suffering. Grief eats life, not work. Suffering needs to be endured, always needs a companion. Snow falls on a sad head. Such proverbs as the burden of grief is heavier than a mountain appeared on this basis.

Now let's look at some emotional conditions that can cause one or another disease in a chronic form:

Depression is a prolonged, unexplained depressed mood. This problem can cause serious diseases in the throat area, frequent angina and even loss of voice.

Regret is finding fault with yourself in everything you do. The result can be chronic headaches.

Nervousness - everything around you makes you nervous. In this case, it is out of the question to develop nausea, which is not helped by medication.

Pain is feeling insulted and insulted. It causes gastrointestinal disturbances, chronic gastritis, ulcers, constipation and indigestion.

Anger is a feeling that rises sharply and explodes unexpectedly. An angry person is quickly overwhelmed by failures and cannot control his emotions. His movements are erratic and quick. As a result, it damages the liver.

Excessive joy - dissipates energy, which explodes and disappears. If the main thing in a person's life is to enjoy life, then this person will not be able to hold his energy, he will always look for pleasure and pleasure in everything. Ultimately, such a person suffers from uncontrollable anxiety, insomnia and restlessness. In this case, it hurts the heart the most.



Grief - stops the work of energy. A person immersed in grief is cut off from the world, his feelings die, interest in life fades. Such people develop diseases such as asthma and constipation.

Fear - the question of life and death comes to the surface when standing crosswise. Energy decreases from fear, a person loses control over himself. A person who lives in fear has a tendency to live in anticipation of constant danger, extreme suspicion, isolation and isolation. He believes that the whole world is abusive towards him. Isolation from society turns him into a cold, hard-tempered person, resulting in arthritis, deafness, and mental retardation in old age.

How should we behave so that our emotions bring us only benefit?

First of all, to have a warm attitude towards those around you, to think positively. Such emotional uplift is definitely a strong basis for strengthening our health.

Applying mental gymnastics to life. Properly applied mental gymnastics produces physiological changes in the body. Remembering the happy events that happened in our life and imprinting it in our memory is beneficial. Facing unpleasant memories causes both physical and mental stress. Therefore, it is very important to be able to distinguish positive situations and use them in mental gymnastics.

Another effective way to expel stress from the body is moderate physical activity. This includes, for example, swimming, working out in the gym, running, etc. In particular, yoga, meditation and breathing exercises have an invaluable role in self-regulation.

One of the tried-and-true ways to relieve anxiety is to have a heart-to-heart conversation with your loved one.

Wake up every day with a smile, listen to good and pleasant music more often, have more conversations with cheerful people.

In this way, each person should feel responsible both for his illness and for his treatment. Remember, our health is in our hands, just like our emotions.

So, since health is a priceless wealth, every person should feel it from the heart and be able to manage it.

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