



## AVICENNA'S CONTRIBUTION TO WORLD MEDICINE

**Annotation:**

*The article provides brief but significant accounts of Abu Ali ibn Sina, a prominent great physician and scholar in the East and West under the name of Avicenna. It tells about the life of a scientist, his activities, the indelible place he left in the history of mankind.*

**Keywords:**

*Ibn Sina, Avicenna, "Tib laws", disease, human body.*

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Avicenna is one of the genius doctors in human history. He was a prominent figure of the Islamic Renaissance. His medical works are studied by modern physicians. In the history of World Science, The X-XI centuries are rightfully considered the era of Central Asia. The enormous work of the great encyclopedist scientists, who at that time made and created in Movarounnakh (the territories between Amudarya and Syrdarya), had a great impact on the development of all mankind. Among them, one of the most important places is, of course, Abu Ali Husayn ibn Abdullah ibn Sina, known in Europe as Avicenna (980 y— 1037 y) [1]. His life, overflowing with many legends, was described by more than a dozen researchers. Fortunately, to help them, anticipating such a high interest in his person, he laid out in his first thirty years of autobiography without false humility, which was not at all typical of court women and scribes of the time. Born in Holy Bukharoi Sharif and the son of a tax collector, and later a vizier, statesman and eternal Nomad, Ibn Sina was the author of more than 450 works, of which only 274 have survived to us. Although only one of Avicenna's main works - "The Laws of Tib" — was preserved, the work guaranteed him eternal glory. It is no secret that the work was the main medical guide both in the East and in the West until the 17th century. It is noteworthy that after the invention of the stanza of printed writing in Europe, "the laws of the Tib", was published immediately after the Gospel[2]. In any case, over the course of 57 years of his life, Avicenna has achieved success in 29 areas of knowledge, and his contribution to the development of medical science is difficult to overestimate. According to a common interpretation, it is not surprising that the term "medicine" comes from the Latinized "madad Sina" (translated — healing from the sin) or the abbreviated "method of Sino". Avicenna did not complete specialized academies, but at the age of Seventeen, thanks to the practical experience gained by overcoming the harsh medieval prohibitions, became the personal physician of the Emir of Bukhara and was entitled to use the famous palace library. At the age of 18, he corresponded with the largest scientists in the East, with whom he argued on the issues of physics, philosophy and astronomy. 800 years before Louis Pasteur discovered pathogenic viruses, Avicenna predicted that some febrile diseases were caused by "tiny creatures". He was the first to focus on the contagiousness of smallpox, to distinguish between plague and plague, to introduce the term "epilepsy", to describe leprosy and jaundice, to propose causes, symptoms and treatments for meningitis, ulcers, etc., substantiating the hypothesis that many diseases arise under the influence of negative emotions. Ibn Sina developed a whole teaching on Pulse diagnostics: he wrote that the pulse can be wavy and sickle-shaped, two-stroke, long, trembling, short, small, slow, soft, tense, nervous, low, saw-toothed, full, empty. Legends say that when the daughter of a Bukhara Merchant became



seriously ill, all doctors and healers were helpless, and no one could understand the causes of the disease. Then the merchant invited Avicenna, who grabbed her by the wrist and began to tell the streets of Bukhara one by one. He was then asked to bring a list of the names of those living on a particular street. When it comes to one of them, the girl's face has turned pink. So, judging by the vascular tattoo, the scientist found out the name of the girl lover. In fact, the girl was afraid to tell her father about her lover, knowing that he would never agree to their marriage. It was these anguish that brought the girl to the brink of death. The merchant had no choice but to bless the lovers, and the people again admired Avicenna's talent. Another legend tells how Ibn Sina managed to determine the mental cause of a young man's physical exhaustion. In a number of words, with a change in heart rate, he recorded which one was triggering the effect that caused the disease. This was the first case of psychodiagnostics in history, since Ibn Sina's doctrine of the effect of affective states on deep organic processes was not yet in antiquity. In addition, Avicenna prescribed the treatment of the disease with color, depending on the color of the patient's skin and urine, depending on the nature of the disease and the mental state of the patients. The Atlas compiled by him describes the relationship between color, temperament and human health. Avicenna was able to diagnose and treat 2,000 different diseases. Today, about 5,000 diseases are known, but modern doctors often limit themselves to treating their consequences, getting rid of symptoms. The drugs used eliminate the body's immune status and resistance force. In the Middle Ages, Ibn Sina seriously thought about restoring natural balance. He noted that the disease that arises from the outside, of course, has internal causes, and the symptoms indicate these signs. The scientist knew that the body could exert its own power influence, looking for ways to encourage him to fight the disease. Ibn Sina paid great attention to physical exercises, calling them the most important condition of Health. Next to him was the procedure for eating and sleeping. He writes that the main thing in the art of maintaining harmony is to balance the necessary factors: the balance of nature; the choice of food; cleansing from excess; maintaining physical condition; improving what breathes through the nose; adapting clothes; maintaining the balance of physical and mental movement[3,4].

At Isfahan, Avicenna founded an observatory and was one of the first to prove the mobility of the solar apogee. To clarify the measurements, he used the original method. The technique was later discovered in the 16th century by a Portuguese scientist and named after the "principle of Nonius". During Ibn Sina's lifetime, Huja-tul was awarded high titles such as Haq (proof or prestige of truth), Shaykh-ur-rais (chief of the wise), Hakimi buzurg (great healer), Sharaf-ull-Mulk (glory, pride of the country). Avicenna had developed pain in the stomach area along the way and died of complications. In his will, he ordered the distribution of all his property to the poor and the release of servants. People could not believe that the healer, who managed to fight the disease and return to life those who were no longer able to stay in this world, could not heal himself. Thus, The Legend was born that Ibn Sina prepared forty medicines that were supposed to revive the dead body, and after death ordered his disciple to revive it by applying it in a certain sequence. Soon the scientist died, and The Apprentice began to heal. The drugs had an unusual effect-the body became more and more rejuvenated, the scientist began to wake up. This state of affairs shook the young man hard. The disciple could not hold the vessel with the amazing composition in his hand due to the intense excitement at the moment when the life-giving balm was being pushed into his lips by a scientist and dripped into his mouth. Elixir slipped from trembling hands and fell...

Although Avicenna admitted that he could not find a way to escape death in his ruboes, his name and fame were sealed over the centuries. 500 years later, his works were studied by Leonardo da Vinci and Andrei Vesalius. Dante's "Divine Comedy" and Lope De Vega's "the Valencian tentac" make fantastical references to Ibn Sina. Carl Linnaeus named a species of plants in the Acanthus family, Avicennia, in his honor. Minor Planet 2755 Avicenna is named after him.

In 2006, Lenin Peak in Pamir was renamed Abu Ali ibn Sino peak. A museum was established in the village where the great scientist was born and grew up. In the first year of the independence of the



Republic of Uzbekistan, a medical institution was established in Bukharoi Sharif, the Land of Avicenna, which was named after Abu Ali ibn Sino. Hamadon is the burial place of Avicenna, which is always crowded, until then, the Tomb of the legendary person is not melted by pilgrims, who believe that even touching the tombstone once will get rid of any disease.

**Conclusion:** the great scientist Abu Ali ibn Sina, who lived a thousand years ago, said that his life and contributions to World medicine are a huge legacy for generations.

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