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About the Methods of General Treatment. Blood Vessels for Bloodletting in the Teachings of Ibn Sina

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Annotation- I say that healing is done in three things. One of them is the regimen and nutrition, the second is the use of drugs and the third is the use of an action with the hand. By regime we mean the regulation of a limited number of necessary factors that usually exist; this includes food.

The prescriptions of the regimen correspond to the prescriptions of the drugs in terms of their quality. However, for nutrition, among these prescriptions there are special ones related to quantity, because food is sometimes forbidden, sometimes reduced, sometimes made in moderation, and sometimes increased in quantity.

Keywords: nutrition, food, medicine, hand action, relaxation, nature, dry, hot, cold, wet, IbnSina.

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About the Methods of General Treatment. Blood Vessels for Bloodletting in the Teachings of Ibn Sina

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RELEVANCE

Indeed, food is forbidden when the doctor wants nature to be engaged in bringing the juices to a mature state, and they reduce the amount of food when the doctor's goal is to maintain the strength of the food. At the same time, attention will be paid to the strength, which may decrease, and to the bad juice, so that nature is not busy only with the digestion of a large amount of food. Attention is always drawn to what is more important, and such is either strength, if it is very weak, or illness, if the latter is very strong.

Food is reduced in two ways: 1) in terms of quantity and 2) in terms of quality. If you combine these two relationships, you also get a third relationship. The difference between the relationship of quantity and quality is this: there are foods with a large volume and low nutritional value, like vegetables and fruits, and if someone eats them in large quantities, then he increases the amount of food, but not its quality. There are foods that are low in volume but high in nutrition, such as rooster eggs and testicles.

We sometimes need to decrease the quality and increase the amount of food, namely, when the appetite is very strong and there are raw juices in the vessels. We want to satisfy the appetite by filling the stomach and to prevent a large amount of substance from entering the vessels in order for the substance already in them to mature first, and also for other purposes.

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Sometimes we need to increase the quality and decrease the amount of food. This happens in those cases when we want to increase the strength of the patient, but the nature that controls the stomach is so weak that it cannot cope with the digestion of food in large quantities.

For the most part, we strive to reduce and prohibit food when we are engaged in the treatment of acute diseases. We reduce food also in chronic diseases, but this decrease will be much less than the decrease in acute diseases, because in chronic diseases we are more concerned about the strength of the patient, because we know that the crisis of such diseases is far away, and their end is also far away. If you do not maintain strength, then there will not be enough strength until the moment of the crisis and it will not be enough to bring to a mature state of that, the period of maturation of which lasts a long time.

As for acute illnesses, their crisis is close, and we hope that the strength of the patient will not change him until the end of the illness. If we are afraid of this, then we will not excessively reduce food.

Whenever we are dealing with a disease that has begun recently and the manifestations of which are still calm, then we nourish such a patient in order to strengthen his strength. And if the disease begins to develop and its manifestations intensify, then we reduce the food in accordance with what was said above.

By doing this, we will shorten the time of the struggle of power. Before the end of the disease, we will significantly soften the regime.

The more acute the disease and the closer its crisis, the more we soften the regime, except for those cases when circumstances appear that prohibit us from doing so. We will mention this in the Book of Private Diseases.

Food, since it is eaten, has two more distinctive properties: 1) the speed of penetration, as, for example, in wine, and the slowness of penetration, as, for example, in fried meat and fried food in general, and 2) the ability to generate a thick blood that does not have fluidity, what comes from foods such as pork and veal; and the blood is thin, rapidly dissolving, which is the case from food such as wine and figs.

When we are willing to take action against the decline of animal power and want to raise it, and when

there is no time or energy sufficient to digest slowly digesting food, then we need fast-penetrating food. One should beware of giving fast-digesting food when it comes to eating previously-eaten, slowly-digesting food. Then we are afraid that both of them will mix and get what we have outlined above.

We are also wary of junk food after learning that blockages have begun to appear. However, we prefer highly nutritious and slow-digesting foods when we want to strengthen the patient and prepare him for vigorous exercise, and prefer light foods for those who have a faster pore thickening.

As for treatment with drugs, there are three rules for it: 1) the rule for choosing a medicine by its quality, that is, the choice of hot or cold, wet or dry, 2) the rule for choosing a medicine by quantity, and this rule contains the rule of measurement weight, and the rule for measuring properties, that is, degrees of hotness, coldness, and other things, 3) the rule for distributing the time of taking the medicine.

As for the rule of choice for the quality of drugs in general, the choice will go along the right path when recognizing the type of disease. Indeed, when the quality of the disease is understood, it is necessary to choose a medicine with the opposing quality, for the disease is cured by the counteraction, and health is preserved by assistance.

The quantitative measurement of a drug in two respects, taken as a whole, is made by the discernment of the medical arts, based on the nature of the organ, the degree of disease, and the factors that indicate the appropriateness and appropriateness of these drugs; these factors are gender, age, habit, season, country, profession, strength, and appearance.

Knowledge of the nature of an organ embraces the knowledge of four things: 1) the nature of the organ, 2) its natural structure, 3) its position and 4) its strength. As far as the nature of an organ is concerned, if its natural nature and its morbid nature are known, then through the insight of medical art it is known how much its nature has deviated from its natural nature; the amount of what will return nature to its natural state is determined. For example, if a healthy nature is cold, and a painful one is hot, it means that the latter has deviated from its natural nature very much, and strong cooling is needed. If both natures are hot, then a weak cooling is sufficient in this matter.

Regarding the natural structure of the organ, we have already said that it embraces several meanings - let them take a closer look at this place. Then know that some organs by their structure have convenient channels and have empty spaces inside and outside, and therefore the excess is removed from them with the help of mild and moderate medicines; others are not, and then there is a need for strong medicines. Some organs are also loose, while others are dense. For a

loose organ, a light medicine is enough, and for a dense one, a strong medicine is needed.

Most of all, an organ that does not have a cavity at either of its two ends and does not have free space is in need of a strong medicine. This is followed by an organ that has this at one end. Then such an organ, which has free space on both sides, but itself is compact and dense, such as the kidneys. Then one that has cavities on both sides, but it is loose, such as the lungs.

As for the position of the organ, it is known to determine either the place of the disease or its complicity in the disease of another organ.

The use of the position of the organ associated with the knowledge of this complicity is especially important when you choose the side where the medicine is attracted and directed. For example, if the bad juice is in the convex part of the liver, then we remove it together with urine, and if it is in the deep part of the liver, then we remove it with the help of a laxative, because the convex part of the liver participates with the urinary organs, and its deep part - with intestines.

Using the location of the organ, they pay attention to three circumstances:

- 1) Its remoteness and proximity to the place of taking the medicine; if it is close, such as the stomach, then moderate medicines reach it in the shortest possible time and do their job there while maintaining their strength. But if an organ is removed, such as the lungs, then the strength of moderate drugs, before they reach the organ, is lost and therefore it becomes necessary to increase the strength of the drug. The strength of the medicine, meeting with a nearby organ, must be so great as to counteract the disease. If, however, there is a large distance between the organ and the drug, and there is a disease in which the drug, in order to penetrate the organ, needs a force that penetrates deeply, then it is necessary that the force of the drug be greater than required, such as medicinal dressings for inflammation of the sciatic nerve and other things;
- 2) Determining what needs to be mixed with the medicine so that it quickly penetrates the diseased organ: for example, a diuretic is added to medicines for the urinary organs, and saffron is added to heart medicines;
- 3) Determining from which side the medicine comes. For example, if we know that there is an ulcer in the lower intestines, then we inject the medicine through an enema, and if we suspect that there is an ulcer in the upper intestines, then we inject the medicine through drinking.

Sometimes both signs are taken into account together, that is, both the location and complicity of the functions of the organs. This should be done when the

bad juice has already completely poured into the organ, but should not be done if it is still pouring in. If the bad juice is still pouring in, we pull it away from that place, observing the following four conditions: 1) the opposite direction, for example, bad juice is drawn from right to left and from top to bottom; 2) complicity of the functions of organs, for example, menstrual blood is stopped by imposing two blood-sucking cups on both breasts, because in this case the blood is attracted to the accomplice; 3) correspondence, for example, in case of liver disease, bloodletting is done from the basil of the right hand, and in case of spleen disease - from the basil of the left hand; 4) the distance so that the place of attraction of the bad juice is not very close to the place from which the bad juice is drawn.

As for the case when the bad juice has already poured into the organ, then we act in two ways: either we remove it from the diseased organ itself, or we transfer it to a nearby organ that participates in the function of the first, from there we take it out, for example, in case of uterine disease we do bloodletting from the luteal vein, and in case of swelling of the tonsils, from a vessel under the tongue.

When you want to pull the bad juice in the opposite direction, first quench the pain of that organ from which the bad juice is attracted; at the same time, it is necessary to observe that the path of the bad juice does not lie through the dominant organs.

Using the power of the organ to determine the amount of medicine, there are three ways:

- 1) Take into account whether the body is dominant and initial. We are as afraid as possible to give strong medicines to the dominant organ, because then we will spread the harmfulness of the medicine to the whole body. Therefore, in necessary cases, we do not empty the brain and liver in one step and never cool them too much.

When we tie rags with absorbable drugs to the liver area, we must add astringent incense to them in order to preserve the strength of the liver. For the same purpose, we do the same when we give medicine to drink.

The most important organs in relation to which this rule is observed are the heart, then the brain, and after it - the liver;

- 2) Take into account the complicity of the functions of organs, even if these organs are not dominant, such as the stomach and lungs. Therefore, in case of fevers with a weak stomach, we do not allow the patient to drink too cold water.

Know that in general, the use of only one relaxing agent for the dominant and adjacent organs is very life-threatening;

- 3) The acuity or dullness of sensation is taken into account. Indeed, the very sensitive and nerve-rich organs should be protected from the use of drugs

with bad properties, burning and painful, like yatu and others.

Medicines, from the use of which you need to refrain, are divided into three categories: stimulating resorption, cooling potentially, and having opposite properties, such as ragweed, tin white, burnt copper, and the like.

Here is a detailed rundown of medication selection.

As for determining the degree of the disease, then if, for example, during the illness there is a symptomatic high fever, it is necessary to cool it with a medicine with a very cold property; if with it there is a strong symptomatic cooling, then you need to warm it with strong heating drugs. If the heat and cold are not strong, then we are satisfied with the medicine, which has little strength.

As for drugs for a certain stage of the disease, then we must know in what stage the disease is. For example, if the tumor is in the initial stage, we use what only repulses it, and if it is in the final stage, then we use what causes resorption. And if the tumor is between these two stages, then we mix both drugs together.

If the disease in the initial stage is acute, then we moderately soften the regime, and if the acute condition continues until the stage of completion of the disease, then we soften more.

If the disease is protracted, then at first we do not apply such a softening of the regimen as before the stage of completion of the disease, although most of the chronic diseases, except for fever, are cured with the help of a light regimen. Also, if the disease is accompanied by a large amount of raging bad juice, then we empty the body at the initial stage of the disease and do not expect the bad juice to ripen. If it is in moderation, then we force it to ripen and then we do the emptying.

As for the testimony obtained from the moments requiring appropriate measures, it is easy for you to find out them. Air is one of those things; it is necessary to pay attention to whether the air is conducive to medicine or disease.

We say that if, if the necessary measures are taken to a later date or these measures are facilitated, the diseases become dangerous and there is no guarantee that the forces will not disappear, then strong measures should be taken from the very beginning. And when there is nothing dangerous, then it is necessary to move to stronger measures gradually, and only when light measures prove to be insufficient. See, do not avoid what is good, for otherwise the action will be delayed. You should also not stand on any erroneous position, because then you cannot eliminate the harm from it. Also, one should not stop at one treatment with one drug, but rather change the drugs. Indeed, one who is accustomed to one remedy does not experience its action. Everybody, even every organ and even the same body and one and the same organ sometimes

experiences the effect of drugs, sometimes does not experience or experiences the effect of one drug, and the other does not.

If it is difficult to determine the disease, leave it to nature and do not rush. Indeed, either human nature will prevail over the disease, or the disease will be defined.

If the illness is accompanied by some kind of pain, or the like, or something that caused pain, such as a blow and a fall, then one must start by soothing that pain. If you need to dull pain, then do not overuse drugs such as sleeping pills, because it, dulling the pain, becomes habitual and is eaten as edible. If you know that this organ is very sensitive, then feed the patient with something that very thickens the blood, for example, harisa; if you are not afraid of cooling, then give him such cooling agents as lettuce and the like.

Know that the number of good and effective treatments includes the use of something that enhances mental and animal strength, such as joy, meeting the patient with what he loves, and constantly finding him with a person who pleases him. Sometimes it is helpful to be constantly with courageous people and with those whom he is ashamed of. This removes some of the things that are harmful to the patient.

Moving from one city to another and from one climate to another, the change of one environment to another, is among the close to this kind of treatment.

It is necessary to oblige the patient to accept such a position and perform such actions that would correct the diseased organ and bring it to a normal nature. For example, a cross-eyed child should be obliged to stare at shiny things; a person with facial paralysis should be offered to look in a Chinese mirror. All this, truly, makes you try to straighten your face and eyes. Sometimes such efforts lead to recovery.

Some of the rules that you should remember are the following: as far as possible, you should not apply strong treatments during strong seasons; for example, in summer and winter, strong laxatives, cauterization with iron, opening and emetics should not be used.

There are also cases when treatment should be carried out after a subtle study, namely, when one disease requires two opposite measures. For example, the disease itself requires refrigeration, and its cause is warming, such as a fever requires refrigeration and a blockage that causes the fever requires rewarming; or vice versa. It also happens that, for example, a disease requires warming, and the phenomena caused by it require cooling.

So, a bad juice that causes kulandzh needs warming, tearing off and liquefying, severe pain from it - in cooling and dulling sensitivity; it happens and vice versa. Know that not every overflow of the body and not every bad nature should be treated by opposite actions, that is, emptying and counteracting the bad nature of

the environment, and for the most part other good and important measures applied against overflow and bad nature are sufficient.

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