



ANCIENT EGYPTIAN PAPYRUS AS A HISTORICAL SOURCE FOR STUDYING FOLK MEDICINE

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ABSTRACT: - The article describes the history of naming ancient Egyptian papyri, which played an important role in the history of traditional medicine, records of their treatment of various diseases, recommendations and suggestions for the prevention and prognosis of diseases.

KEYWORDS: Folk medicine, ancient Egyptian medicine, papyrus inscriptions, Imhotep, mummification, ancient Egyptian surgery.

INTRODUCTION

It would be more correct to admit that the ancient Egyptians were the first doctors who laid the foundation for the emergence and development of world medical science and laid the foundation for world medicine and practice, raising it to the level of art.

The cultural life that originated in Ancient Egypt in the early stages of statehood around

5-5.5 thousand years BC, the patriotic and peaceful policy of the Egyptian rulers, the emphasis on creativity and ingenuity for the benefit of the people contributed to the formation and development of not only medical science, but also science and culture. The kings who founded Egyptian statehood and culture: Manes, Djoser, Cheops, Mentoxutep, Akhenaten, Seti, Ramses and

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others, made a name for themselves in history as adherents of science.

The Russian Egyptologist V.V. Razanov admitted the following about this period: While the Greeks were highly developed for 300 years and the Romans for 400 years, the Egyptians experienced a period of creative maturity for 3000 years in high spirits and never tired. The source of this is the positive attitude of the Egyptians towards the world, life on earth, the spirit, the concept of conscience and the fate of the human soul after death. Yes, because of such a peaceful, peaceful way of life, their culture - architectural structures, exoms - lives on as a symbol of eternity for the next generation.

METHODS

Anyone interested in the history of medicine will naturally be interested in such questions as who was the first source of medical science and who was its founder. Of course, Abu Ali ibn Sina, who really struck the medical world in his time, lived 2-2.5 thousand years before Hippocrates and Alcmaeon. The messenger is the great sage Imhotep (2800-2700 BC). He was born at Antou, near Memphis, in ancient Egypt, to a man named Kanufer. Imhotep, who lived during the time of Pharaoh Djoser, is the first doctor of mankind, a great man who laid the foundations of world medicine. Thanks to this doctor, the demand for Egyptian doctors in the Middle East and Greece has increased. Notable thinkers such as Hippocrates and Galen have also acknowledged that most of the information in them is due to Imhotep.

Historically, it seems true that the earliest manifestations of medical science and practice date back to ancient Egypt, thousands of years before ancient China, India, or Greece. Since the ancient Greeks at one time also engaged in medical science and

practice based on the written sources of Ancient Egypt, the attitude of the Egyptians towards a healthy lifestyle amazed every foreigner. Diador Sicily, who lived from 90 to 21 BC, wrote: "The Egyptian way of life was so purposeful that one could see the work of the chief physician, who was scientifically organized in terms of health laws rather than obligations."

Indeed, the Egyptians were fully aware of the importance of exercise in restoring health and took great care of it. Sometimes kings also took part in sports, for example, Pharaoh Djoser also took part in running competitions and showed his agility and endurance. This is evidenced by the paintings on the walls of the pyramids and temples.

In addition, Egyptian doctors promoted the principle of responsibility for one's own health and recommended vomiting, cleansing and diet every 10 days with special exfoliating preparations, keeping the body clean, doing gymnastics, exterminating insects, disinfecting air and objects. attention to landscape design.

10 papyri, which are still known to us in the knowledge of Egyptian medicine and recorded in different periods of the ancient Egyptian state, are considered a historical and scientific source. These inscriptions are named after the researchers who first discovered them, and now the places where they are stored (Berlin, London, Leiden).

Based on these data, Egyptian medicine can be divided into the following areas: cardiovascular diseases, mental illness, internal diseases, diseases of the skin and genital organs. By fields of science: mental states, anatomy, physiology, pharmacology, hygiene, physical education, lifestyle and healthy lifestyle. These areas are also key in the modern healthcare system.

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Written sources provide information on the treatment of rheumatism in the Berlin papyri, as well as ways to determine whether a woman is fertile or the sex of an unborn child. For this, "barley and grains of wheat are placed in the urine of a pregnant woman to determine her sex. If barley sprouts first, a girl is born, and if wheat sprouts first, a boy is born." Now this has been proven in practice with an 80 percent result.

The papyri of London, Kahun, Leiden, Ebers and Edwin Smith contain information on magical treatments, cures and advice for indigestion and stomach ailments. Recommendations are also given on the precautions to be taken when bitten by an animal. It also discusses how blood travels to other parts and organs of the body through the 22 blood vessels of the heart, as well as life, death, and health. Egyptian doctors overestimated the importance of blood for life, in addition to the invisible in the air - there is a substance necessary for life (pneumonia), it is written that people's health depends on the purity of blood and pneumonia. Based on the presence in the human body of certain points connecting the internal organs of the Egyptians, the treatment of the patient is one of the most widely used methods of treatment in modern medicine.

The 22-page Edwin Smith Surgical Papyrus discusses 48 types of injuries and effective treatments for them, including head, throat, lower back and shoulder injuries, chest injuries, and spinal cord injuries. The procedure for examining the patient is discussed - a thorough examination, the study of the pulse and treatment etiquette, medical ethics.

In 2006, a study of 4,500-year-old mummified bodies found in a cemetery near the city of

Abu Simbel showed that one of them had a flat gold fixture attached from the skull to the body during his lifetime. Based on these facts, Egyptian surgeons not only removed brain tumors 3,000 years ago, but also performed major operations - surgery on the caecum, amputation of an arm or leg. Personally, during the first brain surgery, Imxotep first put the patient to sleep with hypnosis during anesthesia, and then gave him strong drugs. Gold has been used as an antimicrobial agent.

The Egyptians also effectively treated diseases of the eyes, ears, throat and teeth. The study of the Ebers Medical Papyrus provides a wealth of knowledge about eye diseases, their types, and how to treat them. Treatment methods such as blindness, bleeding, inflammation, cataract (blurring of eye crystals), belmo (corneal whitening) are described in detail.

The level of thinking and weight of the ancient Egyptians in their philosophical understanding of life are marked by such an achievement that they discovered one of the highest discoveries of medical science in solving the problems of the soul, life after death - the practice of mummification of the body. It should be noted that mummification requires the removal of the body from the internal organs, the removal of the brain, as a result of which the Egyptians have a steady increase in knowledge of anatomy, pathological anatomy. In the process of mummification, the corpse was first dehydrated in salt baths, and then the internal cavities were filled with cloth soaked in a complex mixture. This substance is also applied to the body and covered with a multi-layer dressing, which is again applied to each layer of the dressing from the same mixture. Due to the strong disinfectant properties of this complex substance, it was possible to prevent the rotting of the carcass. At that

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time, it was also used as a medicine due to the complexity of the composition of shilajit. Later, when scientists examined the mummy of Ramses II, they found that it contained tobacco products and black pepper. Presumably, the practice of mummification could also have been invented by the great Imhotep, since the first mummified bodies date back to the time in which he lived.

Based on the foregoing, we see that the following areas of modern medicine were used in practice in the inscriptions of ancient Egyptian papyri:

1. Treatment through exercise;
2. Sanitation and hygiene;
3. Surgery, transplantation;
4. Cardiovascular diseases;
5. Mental illness;
6. Internal diseases;
7. Skin and genital diseases;
8. Pharmacology;
9. Traumatology;
10. Culture of life, healthy lifestyle, etc.

CONCLUSION

In short, the study of ancient Egyptian papyri is not only a source of information for young people about various diseases, their causes, treatments and medicine preparations, but also a source for research in new scientific fields of medicine and medicine. pharmacy.

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