

ABU ALI IBN SINO'S DIAGNOSIS OF THE SICK

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Abstract: *In this article, Ibn Sino attached great importance to diagnosing patients, that is, to identifying them. He said that the correct diagnosis of the patient's illness is the first guarantee of treatment. It is reported that Ibn Sino used all methods known at that time to diagnose patients.*

Keywords: *fear, pleasure, patient, urine, diagnosis, doctor, dense, porous*

INTRODUCTION:

Ibn Sino attached great importance to the diagnosis of the sick, that is, to his identification. He said that the correct diagnosis of the patient's illness is the first guarantee of treatment. In diagnosing patients, Ibn Sino used all methods known at that time. In medieval Eastern medicine, several methods of diagnosis were used. The most important of these is the examination of the vein. Ibn Sino knew this method very well.

Ibn Sino, in describing the method of checking the pulse, first focused on the factors that change the pulse in a healthy person. He emphasizes that knowing and taking into account this is the first task for every doctor. In this case, it is recommended to test the pulse first on a healthy person with a moderate client.

MAIN PART

Ibn Sino showed the following factors that change the pulse in a healthy person: various emotional states (fear, anger, sadness or strong joy, pleasure), physical activity, sex, age, climate, weather, air temperature, sleeplessness, hunger or overeating, drinks, etc. Here, Ibn Sino has shown in detail how each of the factors listed above causes a change in the vein. For example, he writes, anger makes the heart beat big, very loud, fast and consecutive. And pleasure makes the pulse slow and sparse. In fear, the pulse is fast, shaky, uneven and irregular: the pulse is fast and strong during the momentary labor of the body. In the spring, the throbbing is more moderate and strong in all directions. In winter, the pulse is rarer, slower and weaker. In autumn, the pulse is uneven and a little slow.

Ibn Sino defined the pulse as follows: "A pulse is a condition created by the contraction and expansion of a vein. At the end of each contraction and each expansion there is a pause (pause)". (expansion and contraction) and consists of two pauses. It is easy to feel the dilatation of the vein with the tip of the finger, but it is not possible to know its compression.

According to Ibn Sino, the movement of compression and expansion in the stroke of a vein is not the result of the blood being pushed from the heart or drawn towards the heart, but the result of the expansion and contraction of the vein itself.



According to Ibn Sino, the following 10 signs of stroke are determined: 1) degree of expansion of the vein; 2) the force of hitting the finger of the person examining the vein; 3) duration of each stroke; 4) hard or soft pulse; 5) fullness or emptiness of the vein; 6) the temperature of the place where the vein is being examined; 7) duration of pause (pause); 8) evenness or unevenness of pulse; 9) whether or not there is order in unevenness; 10) stroke weight.

Ibn Sino divided pulse into 3 dimensions. These are: the width, length and depth of the stroke. In addition to these, Ibn Sino wrote that there are "worm-like, ant-like, saw-like, mouse-like beats and pauses called maturing, dense, sparse, slow, porous." Such pulses and pauses are not known even to the highly developed clinical medicine of the present time. It seems that Ibn Sino got the information about such pulses and pauses from the sources of ancient Chinese medicine. In medicine, the ancient Chinese doctors who developed a method of checking pulses showed that there are many different beats and pauses. For example, one of the ancient Chinese judges, Wang Shuhe, who founded the study of vein warfare, showed that there are 24 different vein strokes. Ibn Sino is probably based on the information of Wang Shu He.

After this information, Ibn Sino moves on to the issue of changes in pulse in various diseases. At first, it shows how the pulse is in people of different clients. According to Ibn Sino, people with a hot temper have a large and high pulse. People with a cold heart beat slowly and sparsely. In a wet vagina, the pulse is wavy and wide. A dry client makes the pulse narrow and small.

Ibn Sino showed how the pulse changes in the following diseases: various fevers, lethargy, increase in bad breath, bad breath in the stomach, weight loss, insomnia, depression, muscle tension, poor digestion of food, weakening of energy, increased blood viscosity, nervous disorders, etc.

According to Ibn Sino, the pulse can be checked at any point of the body and limbs, but the wrist vein is checked more often. According to Ibn Sino, it has three advantages. First, finding the wrist vein is easy. Secondly, sick people (especially women) do not hesitate to show it. Thirdly, because it is located near the heart, it gives a more accurate indication. Ibn

According to Sino, the person undergoing the vein examination should be free from all kinds of exciting situations and physical activities. In general, the patient should be free from all conditions that change the pulse, except for the disease. Only then can it be determined what disease caused his vein.

Ibn Sino also used a unique method of mental excitement to examine the vein and diagnose the disease. In this method, the doctor holds the patient's vein and affects his mental state in various ways, and based on the change in the patient's pulse, he diagnoses his illness. Ibn Sino used this method to diagnose the "disease" of Manuchehr, the ruler of Jurjan, who was suffering from love pain.

In Eastern medicine, the examination of body waste is second only to the examination of pulse. Ibn Sino emphasized the importance of these verification methods. Here, too, there should be no factors that artificially change emissions. For example, a patient whose urine is being tested should not drink water, tea, eat food, take any medicine or anything that colors urine in the morning, and also the patient should not eat things that drive bile and mucus. Do not drink alcoholic beverages.

When examining urine, its color, clarity, thick-liquid, large or small amount, smell, and sedimentation are determined. Only morning urine is taken for testing. It should not stand for more than an hour.

Even at that time, Ibn Sino used some diagnostic methods that are used in modern clinics. For example, he used percussion, auscultation, and palpation methods. Although these methods used by Ibn Sino were not as advanced as they are now, they helped in identifying diseases of the organs located in the chest and abdomen. Ibn Sino wrote about the percussion method as follows: with the help of percussion, the difference between a mesh-like istisk (assit) and a drum-like istisk (meteorizm) is determined.



About auscultation, Ibn Sino writes: "The condition of the organs is checked by listening. For example, the gurgling of the intestines shows that air has stopped in them. This is a sign of poor digestion." These methods of diagnostic examination, which Ibn Sino used a thousand years ago, differ little from the methods of percussion, auscultation and palpation used in modern clinics.

Ibn Sino emphasized that it is necessary to make a conclusion based on the condition of each organ and how well it performs its function. For example, he can draw conclusions about the brain based on the level of intuition and free (voluntary) movement, the clarity of feeling and thinking, the presence or absence of paralysis, the pulse of the heart, the ease or difficulty of breathing, and the liver based on the color of feces and urine. emphasized the need.

CONCLUSION

The doctor emphasized that he pays attention to the patient's pain and its types, as well as the condition of the swollen organ. One of the most important indicators is how the member performs his function. Activity may decrease or disappear altogether. For example, in paralysis, activity is completely lost. The doctor should pay special attention to this when diagnosing the patient.

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