

Folk Medicine and Modern Medicine

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Abstract: In this article, we will discuss the similarities and differences between modern medicine and folk medicine, which are currently the cause of many debates.

The origin of modern medicine is Hippocrates' humoral theory, and modern modern medicine representatives of the present time also recognize this.

Hippocrates developed the theory of element, character, and essence as the basis of medicine. Based on this theory, many disciples wrote books about the origin, periods, clinical symptoms, treatment, and prevention methods of the disease and put them into practice.

The humoral theory was developed based on these fluids, which include blood, phlegm, bile, and blood.

This theory is known in the world as 4 temperaments: sanguine (bloody), phlegmatic (phlegmatic), choleric (bile), and melancholic (trade).

After Hippocrates, we can recognize Claudius Galen as one of the scientists who made a great contribution to the development of medicine. Galen contributed to the development of medicine by deeply studying the human blood circulation system, nervous system, and muscles. We should mention Abu Bakr Ar Razi (865-925) among the scientists who made a great contribution to the development of medicine.

Ar Razi reassembled the scattered medicine and developed it in many fields. For example, he laid the foundations for the emergence of a new direction in medicine by writing down the history of diseases, the field of surgery, the treatment of eye diseases.

World scientists also recognize Abu Ali Ibn Sina in the strong development of medicine.

Abu Ali Ibn Sina (980-1037) continued Ar Razi's work and broke certain rules by polishing the science of medicine and making it easier to study.

Because of its ease of reading, learning, and teaching, it has been the primary textbook for teaching medicine in European academic institutions for 600 years.

In the 18th and 19th centuries, the theory of infection appeared, that is, all diseases were studied by connecting them with micro-organisms. Gradually, the development of synthetic drugs increased, and modern medicine, apart from medicine, developed rapidly.

Especially in the 1940s, the creation of antibiotics was the impetus for the powerful development of modern medicine. As the world was developing, modern medicine was developing using new inventions. By the 1970s, the harmful aspects of synthetic drugs were identified and studied.

Since these years, the need for science and medicine has been felt again. By the 19th century, other branches of folk medicine were developing apart from modern medicine.

Osteopathy is derived from the word "way through the bone" and developed based on the theory of body-heart (soul), spirit, and cooperation. Osteopathy is the main treatment through the hands, and the human body is built as a whole.

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Osteopathy is against the infectious theory and believes that it is necessary to treat the patient, not the disease. Treatment methods are divided into about 200 (technical) types.

The following methods used in Uzbek folk medicine are included in it. Cardiac lift, uterus stomach kidney lift, palate lift, and so on.

Naturopathy - a treatment with medical means and methods, developed strongly until 1900, separated from medicine. He held high positions in the medical field until 1940.

Naturopathy includes phytotherapy, homeopathy, acupuncture, dental therapy, aromatherapy, chronotherapy, magnetotherapy, and other methods.

Kinesiology is a science developed based on the theory of the effects of physical, spiritual, and chemical drugs on the body. These disciplines have been established in Europe and America, and many specialists are currently working in this field. For example, in the United States of America, there are about 20 training centers of osteopaths and about 60 thousand specialists are working.

As modern medicine developed, it moved away from the basics of folk medicine.

Modern medicine is based on more evidence, developing the theory of infection. More attention was paid to the material aspects of the patient's conditions, i.e. visible, detectable in the laboratory, and visible in the apparatus.

He did not pay attention to the patient's invisible conditions, which cannot be determined by the devices, that is, the client's mental state.

Modern medicine began to study the body not as a whole, but divided into organs, parts, and cells. Separated the body from the soul, the energy in the organism was studied as impulse currents.

The effect of drugs on the body was seen as an effect on cells and organs. He studied the advantages and disadvantages of synthetic drugs.

In the last 200 years, many branches of medicine have developed separately and developed in some countries in a competitive situation.

In China in the 1950s, decrees and decisions were issued for the development of medicine, and practical support was provided. As a result, 3 treatments were strongly developed and put into practice.

These are Jungo medicine, Tibetan medicine, and national Uyghur medicine.

Also, modern medicine was given privileges and conditions were created for its practical application. Theoretically, modern medicine comes from the same roots as the national Uyghur medicine.

In Jungian medicine and Tibetan medicine, it is derived from energy-power (yin yan) as its theoretical basis, and it is also called empirical philosophical theory.

In our country of Uzbekistan, during the USSR, folk medicine was not developed because it was prohibited. In the years of independence, attention was paid to folk medicine, and practical support was given for its development. Also, many decisions and decrees were issued and put into practice.

Folk medicine developed as Uzbek national medicine in Uzbekistan and began to be studied in all medical universities.

Medicine mainly looks at the body as a whole and focuses on treating the patient rather than the disease. Treatment attempts to be as therapeutic as possible. Follows the principle of "not harm if you do not benefit".

In Uzbek folk medicine, he has been studying the effect of the body and energy on each other and has been using it effectively in the practice of treatment.

Power energy is divided by 3.

1. Located in the heart and arteries, it is called the vital force.
2. Located in the brain, spinal cord, and nerve network, it is called mental power.



3. The liver and vein are located in the blood vessels and are called medical power. Also, there are 4 power energies in each organ and cell, which are named as follows.

1. Traction power
2. Holding power
3. Digestive power
4. Driving power

Conclusion: Modern medicine and folk medicine originate from the same root.

They were not distinguished from each other until the 19th century. After the widespread use of synthetic drugs, various industries developed.

Therefore, modern medicine and folk medicine are not enemies but complement each other.

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