

THE DYNAMICS OF TEACHINGS ABOUT THE ESSENCE OF THE CONCEPT OF HEALTHY LIFESTYLE AND ITS SIGNIFICANCE

Asilakhon Sadikova

Teacher of Journalism and Mass Communication University of Uzbekistan,
Republic of Uzbekistan

Abstract: *In the article has been analyzed of the dynamics of teachings about the essence of the concept of healthy lifestyle and its significance by the helping scientific literatures. Therefore, in the research also showed the essence of some sources that expressed our opinion on the preservation and maintenance of human health in different periods and study their importance in modern personality education.*

Key words: *dynamics, healthy lifestyle, significant, ability, preservation, concept, human development.*

INTRODUCTION

Health is important for everyone's ability to live and work. Therefore, at all stages of human development, special attention is paid to the preservation and maintenance of human health, and this is reflected in historical sources. We will analyze the essence of some sources that expressed our opinion on the preservation and maintenance of human health in different periods and study their importance in modern personality education.

RESEARCH METHODS

In our opinion, since ancient times, the attitude of a person to his health has been determined by his vitality, ability to fulfill his biological and social tasks. This is consistent with the level of knowledge about the characteristics of human anatomy and physiology, the factors that determine the normal functioning of the body. In the first primitive period, when man was powerless against the forces of nature, he connected his physical condition with mystical visions.

RESULTS AND DISCUSSIONS

By the time of the primitive community, these ideas were materialized in amulets, which were considered to have divine properties, and health protection measures existed in the form of religious paintings. However, a person observed his life and made conclusions, noted the causal connections between health, lifestyle, dangerous factors, healing and healing properties of various tools. It was already noted in those times that the condition of a person depends on the physical work he

has to do to protect the life of himself, his family, and the community he belongs to. In this period, medicine probably did not gain great importance, because in the conditions of insufficient knowledge about the causes and mechanisms of health disorders and diseases, a person relied more on the capabilities of the body than on his own intervention in the disease process.

Special attention was paid to the systematization of knowledge about human health in the period of the slave society. Efforts in this regard are mainly focused on the creation of health care systems. As a result, unique health programs have come down to us: the Chinese "Kong Fu" (about 2600 BC), the Indian "Ayurveda" (about 1800 BC), Gyrocrat's "On a Healthy Lifestyle" (ca. 400 BC), establishes the existing wellness systems in Sparta. The main idea of these systems is not the treatment of diseases, but the formation, preservation and strengthening of human health, and in the event of its deterioration - the use of the body's reserve capabilities to restore health. Due to the increase in property and social stratification among people, the attitude towards human health in slave communities began to change. Accustomed to a carefree life, slaveholders paid little attention to their health and relied on blind physicians in cases of ill health. In this way, medicine has lost its healing and disease-preventing importance and has specialized in the treatment of more blind diseases.

The rich experience of health care systems has been preserved by millenniums. The separation of the Far Eastern countries (including China and India) from the rest of the world and becoming "crack states" also creates an opportunity. At the same time, some scientists who paid attention to the problems of health will continue to flourish in the next centuries. For example, our great grandfather Abu Ali ibn Sina (980-1037), known in the West as "Avicenna", in his book "Laws of Medicine" did not treat diseases as the most effective way to live a long life, but health. shows health care.

The secrets of folk medicine are revealed in the medical encyclopedia "Ayurveda", a sacred source of ancient India. It covers the symptoms of more than 150 diseases and their treatment methods. In addition to recommendations on the importance of diet for health, Ayurveda describes the benefits of "massage, bathing in mineral waters, the use of more than 760 medicinal herbs, ointments made from animal fats, milk and brains"[1] done Five signs of wounds, such as redness, swelling, increased body temperature, and pain, are recognized as the beginning of the disease, and as methods of their treatment, it is recommended to wash the inflamed areas with boiling water, treat with needles, and burn. In order to prevent problems of various levels, special attention is paid to the importance of the patient's vomiting and the use of suppositories. In Ayurveda, as the main factor of

maintaining human health, there are such things as proper nutrition, getting up early, following the daily routine, brushing teeth, engaging in physical education, observing body cleanliness, shaving hair on time, and dressing modestly. Ayurveda has specific recommendations for the art of longevity, including the consumption of medicinal waters made from honey, milk and other medicinal plants. The impact of weather and natural climate on human health has been proven in the course of historical development. Because during the first ice age, not only mammoths and dinosaurs, but also the first humans died, it was expressed from archaeological sources. However, during the Ice Age, people tried to adapt to nature and used various medicinals to overcome various problematic situations.

It should be noted that Ayurveda was considered a book of rules for knowing and following the facts of life of the ancient Indians. In it, it is recognized that the world came into being as a result of a subtle cosmic vibration, the cosmic vibration created the ether, the movement of the ether created air, and later fire and water. Cosmic consciousness in the form of universal energy passed from the potential state to the dynamic state and after passing through the stages of development, after spending its existing energy in ether, air, fire and water, it became the Earth, therefore, in "Ayurveda" the universe we live in and ourselves are universal. teaches that energy is our product. According to him, "Energy of consciousness gradually transforms into matter after expending its energy on vacuum, quantum field, plasma, atoms, substances. Due to the rotations of the mind and its movement in constant chaos, the human organism is raido" [2]. In this context, Ayurveda teaches that since man is a product of consciousness, then man and his health should be our focus.

In the "Sanka philosophy" of Ayurveda, the sacred source of ancient India, the cosmic mind emerged from the interplay of consciousness and vacuum. Cosmic mind created the five sense organs such as hearing, seeing, smelling, smelling and tasting. The harmony of the mind, sense organs and body created the "I" in a person, the mind created the ground for the development of the mind, and the mind correctly distributed the purposes of the body, and the mind formed the possibility of a person to live.

In Ayurveda, three main principles such as Vata, Ritta, and Karkha determine the state of human body organs. The principle of Vata represents blood circulation, breathing, movement of substances through the intestines in the human body, the principle of Ritta represents digestion, control of body temperature, immunity, and the cognitive nature of the mind. The Karkha principle gives form to all the above functions, strengthens the body, strengthens immunity against diseases. Disturbance of the mutual unity of these three principles leads to diseases that are unique to them. In Ayurveda, "there are three periods of 'temperance, calmness and moisture', which

are repeated during one day and night, each lasting four hours" [3] based on. According to him, a person who wakes up between 6 and 10 in the morning remains calm and calm throughout the day. During this period, the mucous substance in the stomach becomes active and speeds up the digestion of food. Between 10:00 am and 2:00 pm, heat, evaporation, motion, and lightness spread throughout the body, and the digestive organs combine with this type of energy and absorb it, a process known as Ritta. The period from 14:00 to 18:00 is characterized by high activity, light movement of the air flow, and in this process the human body is activated, the speed of movement increases, the mood rises and it is called the Vatta period. During the period known as Karkha, from 18 to 22, the humidity increases, the air cools down, the nature becomes quiet, silence and peace settle down.

During the period of Vatta, activity alternates with slowness. From 10:00 PM to 2:00 AM, the Sun is on the opposite side of the Earth, and as a result of its natural radiation, it passes through the Earth and affects the human body. It is observed that the mind is awake, and the body is resting, and the most important thing is that a person is in the process of creative meditation. The ancient Indians divided the year into three seasons: wetness, wetness and dryness, and in each of them there were factors that harmed human health and extended his life. The most important of these factors was body movement.

The ancient Indian ideals of a healthy lifestyle are still an important factor in maintaining body hygiene today, because in them the human existence is manifested in harmony with the existence of nature, and natural change is an individual body based on the manifestation of change.

In our opinion, the holy book of Avesta contains the ideas of preserving and protecting human health and maintaining a healthy lifestyle as a result of the generalization of the experiences of everyday life and social and cultural life. About 3,000 years ago, the holy book "Avesta" recommended "purification of water, burying polluted places, decontamination of food, vinegar, wine, various herbs for the purpose of protection and cleanliness of the natural environment, prevention of various diseases" [4]. These traditions of Zoroastrianism continue in the lifestyle of modern Uzbeks in incense, and sandal burning ceremonies in Indian traditions. In "Avesta", the idea that "Pluck the disease before it touches you"[5] is a call to educate a person's self-defense against diseases. Also, maintaining the cleanliness of the house, maintaining the cleanliness of the areas where pets live is one of the rules of maintaining a healthy lifestyle.

A person achieves happiness through a rational lifestyle and rational work. According to Tibetan medicine, happiness is living in harmony with physical and mental energy. As long as this is the case, it is necessary to seek an answer to the

question of what is a rational life. Tibetan medicine explains that a rational life means keeping one's mind and body clean, restraining one's ego, and achieving mental and physical perfection. And rational work is work aimed at manifesting the individual state of each person. Smart work leads to a smart lifestyle, without smart work, a smart life cannot be achieved. Tibetan medicine promotes the idea that mental work as a part of the body should not tire the central nervous system, and physical work should not delay the emergence of our mental abilities. If physical work is aimed at a specific goal and is performed in the open air, the coefficient of useful work increases. In Tibetan medicine, work in the field of agriculture is considered useful and educational, as it acts as a factor that ensures the balance of physical and mental work. According to Tibetan medicine, if a person correctly understands the meaning of his life, uses it wisely, ensures the safety of his life, refrains from family marriage relations between blood relatives, he can achieve his livelihood. In our opinion, these ideas advanced in Tibetan medicine are compatible with the principles of modern healthy lifestyle.

CONCLUSION

As a conclusion, it should be noted that the ideas of maintaining a healthy lifestyle were formed even in the period of primitive society, and the improvement of rational consciousness increased the importance of health as the greatest wealth. At the same time, the reduction of the role of physical labor due to the influence of man-made civilization creates indifference of people to their health, ease to engage in physical education, which leads to people not following the standards of a healthy lifestyle.

Therefore, it is important to improve the legal foundations of a healthy lifestyle created in Uzbekistan during the years of independence, to inculcate the idea of self-care in the minds of different layers of the population. The establishment of the Health Institute, established under the Ministry of Health of Uzbekistan, serves as a program for solving existing problems in this field. The results of scientific research and practical activities carried out by the Institute of Health are reflected in the prophylactic treatments carried out in different regions of our republic, in the programs adopted to restore the health of the mother and child, but the human factor is mainly important in this field. . As long as the population and every person does not carry out systematic activities to protect their health, the tasks defined in the programs will remain only a theory.

REFERENCES

1. History of philosophy. – M: Nauka, 1999. – P.65.
2. History of philosophy. – M: Nauka, 1999. – P.27.



3. History of philosophy. – M: Nauka, 1999. – P.123.
4. Hamidy Kh. From Avesta to Islam. - Tashkent: Shark, 2009. - p. 18.
5. Hamidy Kh. From Avesta to Islam. - Tashkent: Shark, 2009. - p. 70.