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Abstract: *In this article eastern mentioned about the ideas that eastern scholars treated different illnesses with the help of music. Precisely the author investigated Ibn Sino's opinions about the role and importance of music in medicine. Besides there was mentioned the ideas of other nations related to musical treatment.*

Key words: *medicine, music, scholar, tradition, harmony, emotional, recovery, melody song.*

Annotation:

Undoubtedly, the historical memory, culture, education, scientific heritage of our great scientists play a decisive role in educating the younger generation as mature people, mature in all respects. Therefore, during the period of independence, a lot of work has been done to study the life and priceless heritage of our great ancestors, to improve and preserve their monuments, and our national spirituality is developing.

Great scientists pointed out that the calmness or cheerfulness of music also affects a person's mood. Healing the body with music has been tested in practice since the time of our ancestor Abu Ali Ibi Sino. The treatment of the spirit and the body was carried out in proportion to each other. The man who heard the sweet melody forgot his pain. The recovery process has accelerated.

In oriental medicine, doctors widely used methods of treating patients with medicinal herbs, animal organs, various minerals, healing waters and salts. Doctors paid great attention to the naturalness of the medicine, its harmlessness and the fact that it does not cause other diseases. However, in addition to physical ailments, a person also has mental and mental illnesses, and music has been widely used by Eastern medicine in the treatment of such ailments. Since ancient times, doctors have treated the sick with music, singing and dancing. This method exists not only in our country, but also in medicine of all peoples. For example, the ancient Egyptian physicians achieved good results in treating patients with the help of tone. Chinese doctors, depending on the condition of the patients, recommended them the only means of music therapy - the benefits of music. It should be noted that each nation forms its national music on the basis of worldview, mentality, religious and moral values, as well as economic lifestyle.

Abu Ali ibn Sina in his work (Kitab ush-shifa) devoted a chapter to the interpretation of music. This is how he writes in this play. (To be a perfect person, one must be a doctor. If a doctor does not know poetry, if he does not understand music and art, he cannot be a doctor. Music gives a person spiritual energy of nourishment. It relieves spiritual discomfort and fatigue. Listening, in the language of modern medicine, reduces the stress-causing hormone cortisol in the blood. Specialists treat with music even patients who have lost their tongue as a result of a stroke. Sometimes healthy parts of the brain are replaced by damaged parts, and the person left with the manure begins to sing.

Ibn Sina expounded his views on the use of music in medicine in books such as *The Laws of Medicine* and *The Book of Healing*. In particular: “The child needs to use two things to strengthen the client. It is one thing to shake a child in an ox, and another is music and deification, which has become a habit to pronounce to put him to sleep. According to these two, the child’s talent for physical education with the body and music for the soul is formed.”[2]

The scientist compared the human heartbeat (pulse) with the setting of the oud. Explaining the harmony of the pulse with the timbre and rhythm of music, he said: The combination of sounds in musical art reflects the balance between the acute phase of the disease and severity and determines the time between these rhythms. In the part of the book “*Kitab al-Shifo*”, dedicated to music, it is also mentioned: The human heart is pacified by every pleasant melody. This means that when we listen to music, all parts of our body and spirit change, and the harmony of music with the soul and body relieves diseases. From his works we can learn that Ibn Sina was not only a mature physician of his time, but also well versed in musical knowledge. Alloma used music in medicine not only as a method of treatment, but also widely used musical knowledge to explain certain medical processes to others.

Historical evidence confirms that Hippocrates used music to treat epilepsy and insomnia. The ancient Roman physician Galen, on the other hand, said that the snake used music as an antidote to treat patients bitten by other venomous animals. In ancient Egypt, childbirth was also carried out to the sound of music. In ancient India, it was customary to treat wounds on the battlefield with music.

Al-Kindi was one of the scientists who tried to reveal not only the aesthetic pleasure of music for a person, but also its influence on the state of the soul. According to him, music is a drug that affects the human psyche. Sources say that Al-Kindi treated the paralyzed son of a merchant with a melody played on the oud. The second source claims that Darvish Ali Changi treated the patient with the music of a dust instrument [4].

Another medieval scholar, Alisher Navoi (1441-1501), in his "*Majolisun nayoys*" revealed the invigorating, healing and calming effect of music and art. He himself was directly acquainted with the science of music and was well aware of the influence of music on the consciousness and psyche of a person. Abdurauf Fitrat in his book "*Uzbek classical music and its history*" writes that Navoi studied music with a famous musicologist named Khoja Yusuf Burkhan, was well versed in the theory and practice of music. Navoi pays great attention to such issues as the role of music in human life and its influence. A scientist in the field of music and medicine, we can see in his works that the role of melody and melody in the treatment of people is incomparable.

Navoi asked his teacher Abdurakhmon Jami (1414 - 1492) to write an essay to music. After that, Jami created "*Risolai musiqiy*". In the play, the scientist considers music as a determining factor in the unity of man and nature, and at the end of the play he touched on the influence of the Bunj heritage of our people “*Shashmakom*” on the human psyche. According to him, each position in *Shashmaqom* balances the physical (courage, strength, resettlement) and spiritual (passion, treasure) state of a person. This directly affects physical and mental health.

In their views, Eastern scientists promoted music as a healing factor in the spiritual world and the spiritual image of people. In Eastern medicine, diseases are divided into two large groups: mental and mental illnesses and physical illnesses. Eastern scholars said that the correction of the mental state of the patient is necessary as a primary action, even in the treatment of physical ailments.

Today, music is used in modern medicine not only for mental illness, but also for complex operations. In the developed countries of the world, “music therapy” courses are organized. This means that medieval oriental scholars in their research received valuable information about the healing properties of music and its unique source in the treatment of the human psyche. Today, these

views are not only the achievement of world music, but also occupy a place in world culture as a unique system of Eastern medical traditions.

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