



The traditions of our people to teach young people how to heal through magic and magical phenomena

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ABSTRACT

In ancient times, our people lived close to nature, gained experience by observing the events that occur with the change of weather and the change of seasons. They drew their own conclusions from their experiences. Man learned the necessary lessons from various natural phenomena and tried to understand them. The sudden illness or sudden death of a healthy person who was standing up made people marry, think, and determine its meaning. That is why the people were looking for the reasons and secrets. To do this, he tried to understand the mysterious phenomena of the environment, nature. He knew in advance the dangers. On the plus side, Karakalpak folk healers found some types of diseases to be right and sought treatment, while others were able to cure them. Over time, the concepts, the accumulated knowledge expanded and the traditions of treatment also developed. The people of Karakalpakstan, based on their way of life, have paid attention to the events of the changing seasons, which are shrouded in natural phenomena. Although the public opinion is not very high, experience has shown that various natural phenomena can be harmful to human health through observations.

Keywords:

Healer, magic, talisman, tradition, shoulder bone, hedgehog, snake, tumor, jinn, devil, witch, fairy.

Every nation has its own history. All representatives of each nation should know the past tree of their nation, their ancestors be inspired by it and die in the chain of the next generation. In particular, it is a reflection of the people's past in the traditions of healing through the phenomena of healing, sorcery and witchcraft, used by our ancestors to heal people, to keep their health strong, spiritually stimulated. Therefore, it is appropriate to incorporate our historical treatment traditions, which have been preserved for several centuries, into the minds of today's generation, and to say that some of them have been proven to be used correctly today.

Our people have always paid attention to health and spirituality. For this purpose, our past testifies to the fact that in folk pedagogy a lot of research and experiments have been conducted to bring together young people with

good health and spiritual freshness. In ancient times, our people lived close to nature, gained experience by observing the events that occur with the change of weather and the change of seasons. They drew their own conclusions from their experiences. Man learned the necessary lessons from various natural phenomena and tried to understand them.[2] The sudden illness or sudden death of a healthy person who was standing up made people marry, think, and determine its meaning. That is why the people were looking for the reasons and secrets. To do this, he tried to understand the mysterious phenomena of the environment, nature. When people look at the chain of thought, they see that nature has various mysterious rewards. The rewarding world comes to life before our eyes, and the world of human thought has evolved. More time was spent observing natural phenomena and

learning from them. Thus, in folk pedagogy, many events have influenced the development of people's thinking. One of them is the magical powers of magic. Today, psychologists and philosophers have been able to determine the cause of its formation by analyzing it. By that we think it still requires in-depth research. If we analyze the therapies that have emerged among the people, we will see that they have come to the conclusion that the world of magical powers sometimes has forces that help, protect, and sometimes harm the sick. Folk healers have found the basis for this on their own. The forces that harm man are called evil spirits, demons, devils. The concept of our people's belief in myths is called demonology. Sources observed in folk demonology include demons, devils, wanderers, demons, devils, witches, fairies. They are derived from different religious concepts. Some are associated with old religious beliefs. Therefore, it is believed that a person became ill if he was possessed by a demon or was possessed by a demon. Our people in ancient times did not know medicine and its methods of treatment. But he was able to cure many diseases through magic and sorcery. Some of these methods, formed by the intellect of our people, have survived to the present day. Of course, some folk remedies are still relevant today and have a place in folk medicine. We find them in the legends and heroic songs preserved in folk pedagogy. Legend has it that if a pregnant woman touches the heart of a tiger or other powerful animal, she will give birth to a brave son. Many traditions of folk medicine have come down to us through such legends. Another legend that has come down to us says that if a person swallows the tongue of a snake, he will surely become a doctor in the future. When we analyze the myths more broadly, we can see that he used the snake as one of the healing methods. In fact, the snake is a poisonous animal. A person bitten can cause serious injury or death if not treated in time. But if the snake is used with a certain amount of venom, it will benefit the human body. From ancient times, our people have used it to cure diseases such as snake's head and tongue. Experiments have shown that a mixture of snake venom can

be used to control disease. We are unable to prove how in ancient times people explained the beneficial properties of snakes, but in advanced medical science today, medicines made from snake venom are used as medicinal drugs. In science, the chemical composition of snake venom consists mainly of proteins and enzymes. Such a chemical composition helps to improve the movement of muscles, skeletal system, cardiovascular system and leukocytes in the body.[1]

In ancient times, in folk medicine, such evidence was not known to the people, but the venom of the snake, the skin, the head was used in magical and magical treatments. In ancient times, our people considered the snake to be wise, a saint, and used it effectively in ancient folk medicine, believing that it protects people from demons. Our people, who understood that everything depends on Mother Nature, understood and used nature as a healing doctor. He paid special attention to the dried skull of the snake. The white shiny skin of the snake was comfortable to wear around his neck, so he wore it around his neck as a piece of jewelry. Our people, who understand that the power of nature, the flora and fauna in it can be used properly, and the human body is healthy, are not limited to the methods of treatment, they have learned to predict the future through educational events. An example of this is the stone bone of a sheep.

In folk medicine methods, special attention is paid to animals and birds. For example, the thorny skin of a hedgehog, the claws of an eagle, an owl, and a dagger all made our people believe that they could be protected from demons, harmful spells, and magical powers. In ancient times, our people invented ways to avoid demons, fairies and ghosts. In this, the people considered the saints powerful. He believed that saints were the protectors of people from the forces of magic and sorcery, that is, the spirits of our ancestors. It is worth noting that at a time when scientific concepts are developing, scientific works in various fields are being developed, and new research is being considered, the above-mentioned concepts have survived among our people. When we analyze the oral concepts that have

come down to us in terms of educating young people and treating diseases in order to ensure the health of young people in ancient times, it becomes clear that some of them are irrational fantasies of today's society. We can see that healing traditions based on talismans and magical powers are still used in some cases today. The basic meaning of this is that while we know that they are nonsense from today's understanding but in turn it has a basis. But since the manuscripts were not inherited, the meaning of the actions was forgotten because the treatments came orally, only the actions in the treatment of anger survived and have survived to the present day. When treating people, folk healers followed the medical methods of other physicians who treated them based on the knowledge experiences they knew about the disease and took the necessary aspects. In folk pedagogy, human health has long been a concern. It is explained that a person's healthy gait depends primarily on the person himself.[3] A clean walk is recommended to consume the right amount of food. If someone got sick, with the help of nature, he invented ways to treat it with the help of plants and animals. An in-depth analysis of folk medicine reveals that from ancient times folk medicine is associated with philosophical and psychological sources. In folk pedagogy, along with comprehensive education of young people from an early age, he focused on knowing the ways to recover from illness. Our people have conducted various researches for the healthy growth of the next generation of youth. The basis of modern advanced medical science is also based on the experience of treating young people in folk medicine. In ancient times, the power of our ancestors lived. He lived in a place where he did not live, and moved to Oris. Nevertheless, our people pay great attention to the issues of a healthy lifestyle.[4]

The health of young people is explained as best they can to make them aware of the need to value health. From ancient times, mankind has relied on the experience of science, which is not as developed as it is today, and used phenomena with complex substances of various natures as a magical cure, thus

seeking a cure. He used his magical powers as a divine bird and believed in his divinity. Among such things our people added the stone of a sheep, the stone of a tortoise, the claws of a wolf, the ribs with the claws of an owl, the skull of a snake. He wore them as a tumor on his neck, claiming that he had the ability to heal. He conducted various experiments on this. For example, deep-thinking scholars from among the people foretold the future. For this, the shoulder bone of the sheep was used. They first stared at the shoulder bone in the sun, and all sorts of lines were visible. He learned to predict the future through these lines. He believed that there was divinity in him if some of the prophecies came true. With this confidence, the wise men of the people were able to convince the future of all kinds of sins. Therefore, in the Karakalpak people, the shoulder bone is considered a special, divine. He believes that it protects from evil. When the guest of honor arrives, the shoulder bone is honored with hospitality. In ancient times, after eating food, the shoulder bone foretold the future by turning the horse or light. From this, the shoulder bone was considered divine, and the people understood that even if they found that the bone was dry, it would protect them from all kinds of calamities. Among the people of Karakalpakstan, it is still a tradition to bring a shoulder bone to the guest of honor.[6] A similar tradition can be observed in other nations. For example, the Russian people ate the flesh of a bird, broke a thin piece of the temple bone, and used it to prophesy. The Karakalpak people used various methods for treatment. Relying on folk medicine, the people of Karakalpakstan used the claws and ribs of the rich man for healing purposes. These birds are considered to be divine and have their claws and ribs hung on the hats of young children. The owl's ribs, toenails, protected it from all sorts of calamities, and were believed to protect it from harmful things. Even the owl's claws and ribs are attached to the cradle. This was done to protect the children from being harmed by demons. Some people have hung a felt on the doorstep of the house, claiming that the owl's ribs protect the threshold from the devils. From the data found

on the ancient medical experiments of the people, we can see that the people took care of nature. He also focused on the proper use of natural resources. This can be illustrated by the fact that our people used animals and birds as natural healing.[5]

In the people of Karakalpakstan, it was ordered as a cure, believing that the wolf's claw protects from calamities, and the knee bone from joint diseases. Research on folk medicine has also found a basis for this. Such a characteristic place of the wolf is associated with old Turkish legends. The old Turkic tribes along the Orkhon-Yenisei River are descended from the "blue" wolf. The worship of the wolf is also observed in the legends of the Yakut-Saka people. In ancient times, in some cases, our ancestors believed in certain prophecies that were spread among the people, and accepted the prophecies correctly. The prophets used to throw 'kumalak'. He predicted that if the "sands" fell, "a wolf came out in front of you, and your work would come to mind." Based on current scientific theory, such predictions show that they are not true. The basis of the Karakalpak people's livelihood was fishing and cattle breeding. The reason is that the nomadic people, who did not live in one place, had to engage in fishing and animal husbandry. He considered cattle to be divine because he was engaged in animal husbandry. Our people, who believe in different things, sometimes tied a jackal on a pregnant woman's head when it was time for her to give birth. The goal was for the woman to be in a dangerous position during childbirth, which she understood would be protected by a jackal. Every effort has been made to bring the pregnant woman to a healthy world, and to maintain order among the people. The pregnant woman was not given camel meat. There was a belief in Mobo that if a pregnant woman unknowingly ate camel meat, her pregnancy would be prolonged. Therefore, thinking that a woman had eaten camel meat when the time had come for her to give birth, the elderly mothers jumped on the pregnant woman's footsteps. In fact, in some cases, this myth has survived to this day. But our people forbade a pregnant woman to jump on a tug of war. It was believed that if this was done, the

baby's umbilical cord would become entangled.[2] There were all sorts of other superstitions among our people, and the people believed and practiced such superstitions. For example, one of the most common myths among our people said that the village was occupied by demons. Believing this, no one was afraid to even replace the ox in the relocated village. The reason is that the place is occupied by demons, who knew that they could infect people with various diseases. Such notions can be called the simple ideas of the common people. But from the current scientific point of view, the meaning is profound. It is true that in ancient times there was no concept of germs and infectious diseases among the people, but now it has been scientifically proven that infectious diseases and disease-causing microbes remain in the old villages. Therefore, it is impossible to replace the old village of our people with the notion that demons and demons that harm people will occupy it. In the past, there were no chemicals that kill germs like there are now. That is why the people were able to use the plants that exist in nature on the basis of their own experience. He lit incense to cast out demons he knew to be so divine. Today, incense is fully analyzed in science. The incense contains a large number of alkaloids, the basis of which are garmin, garmalol, garmalin and peganin. Such alkaloids have disinfectant properties. The incense can be used to clean the granaries where various grain products are stored from harmful ants. Garmin in incense can also be used to calm the nervous system, treat headaches and soothe.[7] Abu Ali Ibn Sina suggested using incense as a painkiller when a person has a cold in the knee. Incense was also used as a powerful diuretic. The great encyclopedist Abu Rayhan Beruni's Kitab as-saydana fit-tibb states that if the incense is soaked in milk juice for 10 days and a cotton cloth is dipped and applied to the body of patients with pruritus, the patient will feel some relief.[9]

In folk pedagogy, our people believed in magical phenomena and spread various concepts. Our people believed that fire gave them a divine bird and protected them from demons, various dangers and diseases. Perhaps

this is why the idea that fire is still guarded and that the ashes of the flame cannot be suppressed has survived to this day. The fire is used in all kinds of fires. In order to protect the baby from various diseases, the cradle was marked by heating the wood with a hot iron or fire. Passing between two burning fires was considered a cure for diseases. Even fire was used to treat molds. If an animal is infected with an infectious disease, it jumps through the flames. Thus, since our people in ancient times knew that diseases were the power of the devil, they used fire to chase him. The notion that fire is divine and protects from demons has been around for centuries. Even today, there are some such myths. For example, in our time, if a bride falls into the house, she uses fire to burn the bride.[8] In the Middle Ages, Islam was fully spread among our people. From then on, old notions among the people began to emerge: new ways of protecting oneself from calamities, demons, and diseases. Indeed, the Muslim religion has had a certain impact on the health of our people and the healthy growth of the next generation. From that time on, the people, who were left helpless before the divine power of nature, invented all sorts of irim traditions. One such tradition is the wearing of amulets. In order to avoid such diseases and plagues, the Muslim wrote various verses on a piece of paper. He wrapped it in a triangular cloth and tied it around his neck. The verses of the Qur'an in the work of Tumor were considered as a way to protect people from demons and calamities. Tumor wearing was not only in the anger of the Karakalpak people, but in all peoples of the world. In the literature, wearing a tumor around the neck is called an "amulet". Even today, the Muslim community is preserved among the people, and amulets are given by our religious fathers, mullahs and doctors. In the evening, when passing by the tombs, it is recommended to recite the words of the tumor, ie the verses of the Qur'an. We mentioned above about the skull of a snake. When we compare, we see that the tumor and the skull of the snake perform the same function. It is believed that a snake's skull protects it from some calamities, while a tumor dries up the root of all evil and protects a person from

calamities. There are other types of protection from evil among the people. One of them is to shed blood as a deity. This is a tradition that has come to us with the development of the Muslim religion. Divinity is prevalent in the plural layer of the earth. God's shield worked when the plague spread, when there was no water, when there was no rain. He believed in the power of magic and trust in protecting the health of young people in public safety. For example, our people are deeply concerned about the way people look at each other. That is why it has given variety to people's eyes. Protected from eye contact. Afraid of someone's sincere gaze.[7] He understood that it would make him sick. True thinking with the help of our people, their understanding did not know that the eye is biotoxic. Some gudak have caused the disease noted in human cases. Accordingly, attention was paid to the analysis of the eye. In ancient times, there were also correct aspects of such thinking of our ancestors. This is because the eyes have the power to bring out the inner biological forces in a person. The burning of his control also proved the day's medical bed. Also, our people have a long tradition of swearing. In this case, too, people can be afflicted with various diseases, and observed in folk experiments. In doing so, the people praised the analysis of the eye with the tongue, and the people came up with ways to avoid touching the tongue. For this reason, if someone looks at you with a sincere intention and throws a stone, it is born as a "dream out of sight." I have such a giant. On the other hand, our people have a generational notion that spitting and squeezing return emotions. According to our ancestors, the analysis of the word knew that evil and good are thankful. If spitting is used as a weapon to repel evil, it is a blessing for good intentions. Therefore, among the people, he understood that giving a blessing with good intentions gave the development of his work, but giving a negative blessing if he was dissatisfied was a sign of evil. That is why people have been struck by the place of the tongue in the tongues of adults from taking a negative pot. This also has a high educational value. The reason behind this is to respect the

elderly, to put their respect in place. The eye contact mentioned above has been analyzed to some extent from today's scientific theory. At the same time, the type of folk medicine, which has been in the minds of our people since ancient times, is of greater importance than today's understanding in determining the type of disease and its cause. The reason is that people do not have medical knowledge, but as a result of their observations and experiments, they understand that the type of disease depends on the treatment. In ancient times, people believed in doctors. Among our people, along with doctors, there were various fortune tellers who predicted the disease, relying on the power of magic. The people considered them to be powerful divine people. The above-mentioned shoulder look, the divine knowledge of the wolf, is the teaching of the prophets. Another way to diagnose the disease through prediction is to inject lead. To do this, the prophets put a piece of lead in a cast iron pan and heated it in the fire in the evening.[8] When the lead was well melted, the patient was brought to his knees. Putting a container of water on his head and pouring lead into it, he predicted the disease by the rapid hardening of the lead. The disease is "diagnosed" if the shape of the cast lead is similar to that of a dog, and if the shape of the lead is similar to that of an eye. The impact force of this was also high. The reason is that people strongly believed in the prophet and also believed in finding a cure for the disease. From this theory, prophecy can be said to find a cure for a disease. People's lives have been difficult since our people moved. Based on this, he earned a living in animal husbandry and fishing. When man raises cattle, of course, he is enchanted by nature. He is enchanted by nature, observes the magic of nature, acknowledges its power. In general, the people began to understand the natural phenomena, its laws, seeing and knowing the daily events around them. He then learned to use them for his own needs.

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