



# The Healing and Pedagogical Significance of Physical Exercises In IBN Sina's Views.

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## ABSTRACT

This article reveals the contribution of Abu Ali Ibn Sina to medicine and pedagogy, pedagogical views on a healthy lifestyle in maintaining human health, as well as on the health benefits of physical exercise.

### Keywords:

Healthy lifestyle, health care, active movement, training, pedagogy and medicine, physical exercises, health-giving, educational tasks, body, movement, human organism

Abu-Ali-Ibn-Sina is considered to be the greatest thinker, the greatest scientist-encyclopedist, and a skilled healer of the Middle Ages in the flourishing period of the economy and culture of the people of Central Asia at the end of the 10th and the beginning of the 11th century. Having learned from the best scientists of Bukhara, which was the center of Central Asian culture at that time, the encyclopedic scientist not only perfectly mastered ancient Greek, ancient Roman, Indian, Iranian and Chinese medicine, but also began to treat people from the age of 16. Abu Ali Husayn ibn Abdullah ibn Sina, known as Avicenna in Europe, is a mature encyclopedist of his time. His has created more than a hundred works devoted to various fields of knowledge. Ibn Sina followed Farabi and was close to Beruni on a number of fundamental issues of philosophy, medicine and pedagogy. In one of his speeches, President Shavkat Mirmonovich Mirziyoyev spoke about the famous people of Bukhara and said: "Imam Bukhari, Abu Ali Ibn Sina, Muhammad Narshahi, Abduhalik Gijduvani, Mir Said Kulol, Khoja, who grew up on this fertile land. The names of our great thinkers such as Arif Revgari, Bahauddin

Naqshband, and their rich heritage are known throughout the eastern and western world.

Every state, every nation sees the young generation as a great force that will realize the long-standing dreams of this nation. Now all our efforts are focused on raising such perfect people. The education of a competent, healthy, young generation is also very important in the formation of a legal democratic state and a free civil society based on national values. A healthy lifestyle is a way of life aimed at maintaining and strengthening health by organizing daily life on the basis of biological and social laws. In the healthy life of a person, active movement, that is, exercise, occupies the main place. The impact of physical activity on human health is defined as a view that means that the body is closely connected with the external environment. Physical training does not affect one or another group of muscles, but affects the body as a whole. Especially regular physical activity has a good effect on human health. That is: metabolism improves, body tissues actively absorb nutrients, and decomposed substances are removed from the body faster. The heart heals and becomes strong again. For this reason, people who always practice active physical

activity are refreshed, mentally light, full of energy, have a high mood, and speak clearly. In terms of education, "Physical education is an inseparable component of education," said Abu Ali ibn Sina.

From ancient time, our people have paid great attention and respect and physically strong and mentally healthy people. Love for physical education and sports in every person starts from the family. Abu Ali ibn Sina wrote: "A person who regularly does physical exercises rarely needs treatment."

The healthy and educational tasks of physical education are as follows:

- you will be in a good mood throughout the day;
- your work is productive,
- your creative activity will be strong;
- the nervous system is balanced,
- you will be calm and thoughtful;
- regular exercise leads to the formation of hygienic skills;
- fats in the body will decrease, you will be fit, dexterous and agile;
- your muscles tighten and your figure will be beautiful;
- the flow of blood in the veins is improved, the flow of oxygen and nutrients to the body and organs is improved;
- the body's defense increases;
- you will be young, handsome, hardworking and healthy than others.

The public has access to methods of physical health with rapid physical education. If the morning physical exercises is carried out in the open air every day, it will give good results and increase the cheerfulness and ability to read throughout the day. Due to human laziness, most of our young people prefer to spend their valuable time in front of TV and computer watching various shows and playing games instead of engaging in physical activities that are useful for them. As a result, they become the cause of various diseases due to such low mobility. No matter what the movements are, they are related to energy consumption due to the active work of the body and organs. Types of actions that every person needs to enter into

his daily life: 1. work; 2. sports games; 3. dance; 4. physical education (physical culture), etc. Today's youth are the people who will realize the future and development of our country and our great goals tomorrow. They must be fully mature and physically healthy.

Ibn Sina's work "The Laws of Medicine" has been served as the most important guide for students of medicine and physical education in all European universities for 5 centuries. In this work, in addition to various materials related to anatomy, physiology and medicine, Ibn Sina also provides extensive information about the use of physical exercises for the purpose of treatment and prevention of different disease. "In his advice, Ibn Sina emphasizes not only maintaining a person's health, but also paying great attention to the improvement of his behavior."

A healthy and strong body is the most necessary thing for a person. Because a person needs a strong and healthy body to study, learn and teach. People who do not have a healthy body physically and mentally cannot do many good things. A strong and healthy body is necessary for healthy thought. Therefore, it is beneficial for everyone to follow a healthy lifestyle, increase physical activity and start these activities today to be healthy and fit. It is inevitable that this will become the spiritual wealth not only of today, but also of tomorrow's generations, and will give our nation incomparable spiritual strength and support.

In conclusion, it should be noted that, although more than 9 centuries have passed since the publication of "The Laws of Medicine", the issues of medicine and physical exercises for therapeutic and preventive purposes described in this brilliant work are in a great of interest.

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