



## STUDYING THE CULTURAL HERITAGE OF ABU RAYHAN BERUNI, THE GREAT SCIENTIST OF EASTERN MEDICINE

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**Abstract:** A number of works are being carried out in our country in terms of protection, scientific study and use of our cultural heritage, which is considered the national wealth of the people of Uzbekistan. In particular, the historical centers of the cities of Bukhara, Samarkand, Khiva and Shahrisabz are candidates for the UNESCO World Cultural Heritage List, "Boysun Cultural Environment", "Shashmaqom Music", "Navroz", "Katta Ashula", "Askiya", "Palov Culture and Traditions". The fact that the Qur'an of Usman, the collection of manuscripts of the Institute of Oriental Studies named after Abu Rayhan Beruni, and the documents of the Khiva Khanate's office were included in the list of the representative list of intangible cultural heritage are a vivid example of the recognition of the cultural heritage of our country at the world level. As the main task in solving the issue of raising national spirituality in all aspects, it is necessary to thoroughly analyze all the factors and criteria that influence the formation of spirituality, to understand its meaning and role in this process. At the same time, it was noted that it is impossible to imagine any nation or nation without its spirituality, history, unique customs and traditions, vital values. In this regard, of course, spiritual heritage, cultural assets, old historical monuments serve as the most important factors. For this purpose, we decided to study the cultural heritage of Abu Raykhan Beruni, a great scientist of Eastern medicine who contributed to the world of medicine.

**Key words:** Abu Raykhan Beruni, Saydana, pharmacology, oriental medicine.

The history of medicine is coeval with the history of mankind. People who lived several thousand years ago fought for their health and developed the first medical skills. Beruni's "Book of Medicinal Plants" manuscript was found in Turkey and this work is known as "Saydana". In this work, Beruniy Sharq gave a complete description of the medicinal plants that grow especially in Central Asia. The main features of Saydana's work are that Abu Raykhan Beruni emphasizes that pharmacology is a separate science, thereby establishing the science of pharmacology.

**The purpose of the study:** Studying the recommendations of Abu Rayhan Beruni, a great encyclopedist of oriental medicine, about medicinal plants

**Material and methods:** Information was collected through articles written about Abu Rayhan Beruni's work known as "Kitab al-saydana fit-tib" i.e. "Saydana".

**Results and discussion:** "Saydana" describes 1116 types of medicinal plants. Among them, 750 types of plants and 101 different animals, 255 types of which are made of minerals, let us introduce some plants that are still widely used in medicine. Almond kernels are used in oil, because of their vitamin B12 content, they are used to treat stomach and intestinal pain, and almond oil is used as a laxative. Gulkhairi is an expectorant, used in the preparation of a drug against respiratory tract inflammation. Mavrak- helps the wound to heal quickly. Celery has strong diuretic properties. Dalachoy - drugs used against bacteria are prepared. A liquid extract prepared from sachratki is used in the treatment of diabetes. Sano-surgi is used as a medicine. It is used to lower blood pressure. Medicines prepared from this plant are used as appetite suppressants, laxatives, and stomach ailments.

Painkillers are made from peppermint. The above-mentioned medicinal plants were widely used in medicine during Beruni's time, were important in medicine, and are still of great importance in pharmacology. Even in today's advanced age, reading unique ideas about treatment and medicinal substances from the cultural heritage of Abu Rayhan Beruni helps to enrich our knowledge in the field of pharmacology.

**Summary:** Studying the cultural heritage of Abu Rayhan Beruni, a great scientist of oriental medicine, enriches the understanding of folk medicine and pharmacology, and serves as a great program in the field of health care for our people. The fact that Abu Rayhan Beruni's ideas about diseases and the drugs used for their treatment have not lost their importance shows that we need to study the medical heritage of Abu Rayhan Beruni more deeply.

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