



INFECTIOUS DISEASES SPREAD IN MOVAROUNNAHR IN XIV-XV CENTURIES, THEIR CHARACTERISTICS AND TYPES

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Annotation: This article provides information about infectious diseases, their characteristics and types that spread during the time of Amir Temur and the Timurids. It also describes the activities of medical institutions, their condition, and doctors in medical institutions.

Key words: infectious diseases, medicine, doctors, pharmacy, surgeon, hospital, patient, science, pharmacist, poison.

Amir Temur is famous in the pages of world history as a great statesman, a skilled general, patron of science and culture. It is the demand of the time to thoroughly study the history of Amir Temur and the Timurid era and convey the existing historical truth to our people.

Below we will discuss the general and specific aspects of the lifestyle of the peoples of Central Asia during the time of Amir Temur and the Timurids, as well as how medicine developed. According to the historical data, the medicine in Central Asia during the Timurid period is not a direct continuation of the medicine during the Samoni and Karakhanid period. A whole century of destruction and stagnation lies between the Somonites and the Karakhanids and the Timurids.

It is known that at the beginning of the 12th century, Mongol-Tatar invaders invaded Central Asia, razed many cities and villages to the ground, found cultivated fields and destroyed all cultural wealth. Hospitals, pharmacies, libraries were destroyed. Many doctors were persecuted and executed. Medicine, like other industries, began to experience a severe depression. As a result, the standard of living of the people decreased and diseases increased. This sad situation continued for more than a hundred years.

By the 60s and 70s of the 14th century, a large and powerful Timurid state emerged in Central Asia. This country was founded by Sahibkiran Amir Temur. He carried out large-scale construction works in the country to raise his country to a high level economically, politically and culturally. Amir Temur paid special attention to the development of the country and the health of the population. It is said in "Tuzuklari Timur": "I again ordered that mosques, madrassas and houses should be built in every city, big and small, and houses for the poor and needy (an anchorage place for passengers; let them build a place



where food is given to orphans and widows, and let them build a hospital for the sick and appoint doctors to work in them “.

During the Sahibqiran era, every city had a hospital, where educated and experienced doctors worked. In particular, in Samarkand there is a large hospital called "Dor ush-shifa", which was headed by Mir Sayyid Sharif Sherozi (1330-1414), a well-known physician of his time. This doctor was originally from Jurjan, he came to Samarkand at the invitation of Amir Temur and headed this hospital. Among the great doctors of these times, Khisamiddin Ibrahim Kirmani, Maulana Faizullah Tabrizi, and Mansur ibn Muhammad lived and worked. According to historical data, Maulana Faizullah Tabrizi was the personal physician of Amir Temur. He would accompany Sahibqiran on all his trips.

Amir Temur divided the social groups of his time into twelve categories. Among them, he included judges, doctors, astrologers and engineers in the eighth category. He called them developers of the kingdom's enterprise. He says about doctors: "I used to treat patients in alliance with doctors and healers".[1;66]

At this point, we will quote a short excerpt from the book "I am the world-renowned Timur" by Professor Marcel Brion, a French Timur scholar. "... I decided to go to my homeland through Khurasan... I stopped the army when we reached Daraburjird. We stayed here for two days to rest the horses. On the first day itself, several of our fighters were reported to be sick, complaining of headaches and high temperatures. I asked the army doctor if they had the plague. The doctor said that he could not determine the cause of the disease, but there were no symptoms of the plague. On the second day, the number of patients increased again. On the first day, the patients reported that a swelling like a walnut appeared under their armpits and groin, and it was causing severe pain. Only after that the doctor came to a firm decision - it was a plague.[2;384]

I asked the doctor: "How can these patients be treated?" He said, "There is no cure for this disease: they will either die or recover on their own!"

Amir Temur also implemented measures against the emergence and spread of various diseases among the population. To do this, he implemented measures to keep cities and other populated areas clean and provide people with clean drinking water. To keep the water clean, he built covered water pipes. He built cisterns on the roads between cities. During the archeological excavations conducted in Samarkand and Shahrukhiya near Tashkent, archaeologists encountered many such structures.





A patron of science and culture, Mirzo Ulugbek also attached great importance to medical science. He built a hospital in Samarkand and invited the famous doctor Burhanuddin Nafis ibn Awaz (Iwaz in some sources) Hakim al-Kirmanî from the Iranian city of Kirman to work in it. This physician served as Ulugbek's court physician. Along with treating patients in the Samarkand hospital, he also wrote several works on medicine. In the book "The Art of Medicine Preparation", the author describes the methods of making recipes for simple and complex medicines, their preparation and use.

During the time of Mirza Ulugbek, there were skilled surgeons among the doctors. One of them was Tajiddin Hakim. This surgeon also performed more complex operations. For example, he successfully treated cataract surgery. It should be noted that this doctor heated the surgical instruments on the grass (fire) before the operation and then used them. During the operation, he often dipped his hand in finely chopped onions. It is known that onions contain phytochemicals that kill microbes. The tool heated on the grass is completely germ-free (sterilized). It is clear from this that Tajiddin Hakim knew about the existence of creatures that mirror the wound and took the above-mentioned measure to prevent their development. In this respect, Tajiddin Hakim can be said to be the founder of the antiseptic method in Central Asia.

So, during Ulugbek's time, science advanced so much that the above-mentioned famous healers appeared.

This tradition continued during the reign of another representative of the Timurid dynasty - Husayn Boygaro. Alisher Navoi, a great poet and statesman, who held the position of Prime Minister in Hossein Boygaro Palace, has great merits. This is explained in detail in the work entitled "The Medicine of the Navoi Period" written by the orientalist Mahmud Hasaniy and Surayyo Karimova.

Although Navoi was not a doctor himself, he loved to read the works of the great doctors of the past, expressed his thoughts and opinions about them. His personal library contained the books of Abu Ali ibn Sina, Abu Bakr al-Razi and other doctors. Navoi gave a very high evaluation to Ibn Sina. He called it a symbol of intelligence and thinking. Navoi's thoughts about doctors and medicine are mainly expressed in his famous work "Mahbub ul-Qulub". In this work, Navoi devoted a special chapter (Chapter 15) to the issue of medicine and doctors. The work was written in the last years of Navoi's life and is the product of his life experiences accumulated over many years. The main ideas of the work are humanitarianism, philanthropy, justice, goodness and concern for the well-



being of the people. For this reason, the book's chapter on doctors occupies one of the main places in it. Navoi begins to describe this chapter, first of all he dwells on what kind of person a doctor should be and what qualities he should have. Navoi said that a doctor should be a master of his field. He should follow the words of the sages and follow them. It can be seen that Navoi made very responsible demands on doctors. In fact, a doctor should be an expert in his profession. If he has not mastered his profession well, if he is a shallow-minded, inexperienced doctor, how can he diagnose a patient's illness, and a doctor who cannot diagnose a disease cannot even treat it. Navoi paid special attention to this.

The second requirement that Navoi sets for doctors is that they must treat patients with compassion. Here, Navoi talks about humanity, the main quality that distinguishes the medical profession from all other professions. As people entrust doctors with their most precious wealth - their lives, it is necessary for them to value trust, treat patients with compassion, and care about their lives and health. The highest duty of a doctor is to relieve a person from the pain of illness. But among the doctors there are also those who have a rude and indifferent attitude towards the patients. It is natural that there were such people during Navoi's time as well. Navoi compares such doctors to an executioner and writes: "A doctor illiterate in medicine is like an executioner's apprentice. If he kills with a blade, it will torment with poison. Undoubtedly, the executioner is better than such a healer. Because he kills the innocent, which kills the sinners. No sinner should be humiliated in the hands of the executioner, no innocent should be sick, and no such unworthy doctor should suffer."

Talking about health and medicine, Navoi also shows that alcoholism has a harmful effect on human health. For example, he wrote that "constant drinking destroys health." He likens wine to poison and exclaims, "What a rule to drink a glass of poison to lose humanity and health." Navoi emphasizes that a person who wants to be healthy should not do all kinds of corrupt and naughty things and should take care of himself.

According to historical sources, more than 300 different cultural and household buildings, hospitals, pharmacies, and medical schools were built in the country on Navoi's initiative. Experienced doctors treated patients in hospitals. One of them was Nematullah ibn Fakhriddin Mubarakshakh Hakim Kirmani, who was the personal physician of Husayn Boykara. He was not only a doctor, but also a deeply learned philosopher, scientist and poet. That is why his contemporaries called him a great poet and second Ibn Sina.



In 1480-1482, a special medical complex was established in Herat under the instructions and participation of Navoi. This complex consisted of a hospital named "Shifahiya", a madrasa named "Ikhlosiya" and a bathhouse named "Safohil". At that time, the fame of the madrasa spread to all the countries of the East. Many doctors from other countries came here, got education and became specialists and returned to their countries.

In the countries of the East, especially in the cities of Central Asia, apart from the pharmacies in the hospitals, there were separate pharmacies. They prepared medicines for patients according to the doctors' prescriptions. Alisher Navoi gave the following information about one such pharmacy: "A pharmacist named Haji Ali Hasan Kirmani lives in Herat. He has a pharmacy. He takes his profession very seriously. He skillfully prepares medicines".[3;22]

Therefore, the development of science, especially medicine, in the country during the time of Husayn Boygaro is closely related to the name of Alisher Navoi. Zahiriddin Muhammad Babur wrote about this in his famous work "Baburnoma" as follows: "There was no one who supported people of science and art like Alisherbek. ... There is probably no one who built as many buildings useful for the people as Navoi.

Thus, on the basis of the above-mentioned historical data, we witnessed that medicine also developed well during the general development of the country during the period of Timur and the Timurids. Hospitals, medical schools, and libraries were built in cities. Dozens of famous doctors have grown up. Along with treating patients, they also wrote scientific works on medicine. It is desirable to study these rare and rare works and apply them to the development of medicine today.

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