



SCIENTIFIC HERITAGE AND REGIONAL STABILITY IN CENTRAL ASIA: THE ROLE OF UZBEKISTAN

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Abstract: This article provides a detailed analysis of the development of ancient scientific heritage and medicine in the Central Asian region, as well as Uzbekistan's role in ensuring regional stability. The significance of maintaining regional stability through ancient scientific works, the legacy of prominent scholars, and contemporary strategies is highlighted.

Keywords: Central Asia, scientific heritage, ancient medicine, stability, Uzbekistan, strategy, diplomacy

Central Asia has historically been one of the most developed centers of science and medicine. The region saw the emergence of the first cities, centers of learning, madrasas, and academies. During this period, perspectives on nature, the human body, and medicine began to take shape. The Avesta, Behistun rock inscriptions, Indian, Chinese, Greco-Roman sources, as well as the works of prominent Eastern scholars, provide insights into ancient scientific thought [1][2].

Uzbekistan's geographical location has strategic significance in ensuring regional stability. The country plays a leading role in fostering regional stability and good-neighborly relations [6][7]. From this perspective, scientific heritage and regional stability are closely interrelated. Central Asian science and medicine were highly advanced in ancient times, emphasizing not only patient treatment but also mental well-being, hygiene, and preventive care.

In the *Avesta* (particularly the *Vendidad* section), issues of physical and mental health, hygiene, prevention, healthy nutrition, and clean drinking water are discussed



[1]. Additionally, concepts such as the brain and mental activity, the center of life, and visual and auditory centers were introduced. These ideas reflect scientific insights formed approximately 150 years before Hippocrates.

Abu Ali Ibn Sina (Avicenna): His work *The Canon of Medicine* laid the foundation for systematic development of medicine in Central Asia, detailing anatomy, diagnostics, surgery, physiology, and pharmacology [2].

Abu Rayhan Beruni: In his *Kitab as-Saydana fit-Tib*, he described over 1,000 medicinal substances, including methods of collection and application [3].

Abu Nasr Farabi: He scientifically analyzed the relationship between human mental and physical states and the external environment, exploring interactions between humans and their surroundings [5].

This scientific heritage has been a key factor in the medical and intellectual development of Uzbekistan and the entire Central Asian region. Central Asia is a strategic area in terms of geopolitics, and Uzbekistan actively ensures regional stability through multiple approaches:

- **Border and water resource management:** Successful resolution of border agreements with Tajikistan and Kyrgyzstan and enclave issues in the Fergana Valley [6].

- **Regional cooperation:** Collaboration through the Shanghai Cooperation Organization (SCO) to combat terrorism, extremism, and drug trafficking [7].

- **Economic integration:** Integration into international trade systems via free trade zones and global transport corridors [6].

- **Long-term strategies:** The *Uzbekistan – 2030* strategy guides sustainable development and security measures [7].

Uzbekistan's initiatives not only strengthen domestic stability but also contribute to regional stability. Several factors are crucial for ensuring security in Central Asia: geopolitical competition (attention from major powers like China,



Russia, and the USA), ecological security (management of rivers such as the Syr Darya and Amu Darya), regional cooperation (diplomatic, economic, and military collaboration), and cultural and ethnic diversity (ensuring interethnic harmony). By managing these factors, Uzbekistan aims to enhance regional stability and security.

In Central Asia, scientific heritage and regional stability are closely interconnected. Uzbekistan has preserved its scientific legacy while playing a strategic role in maintaining regional stability. Therefore, the main principles of Uzbekistan's foreign policy - "good-neighborliness" and "regional security"—serve to strengthen peace and stability in the region.

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