

QADIMGI YUNONISTON TIBBIYOTI TARIXI

SamDTU 2-bosqich talabasi

Alisherova Sabrina Azamat qizi

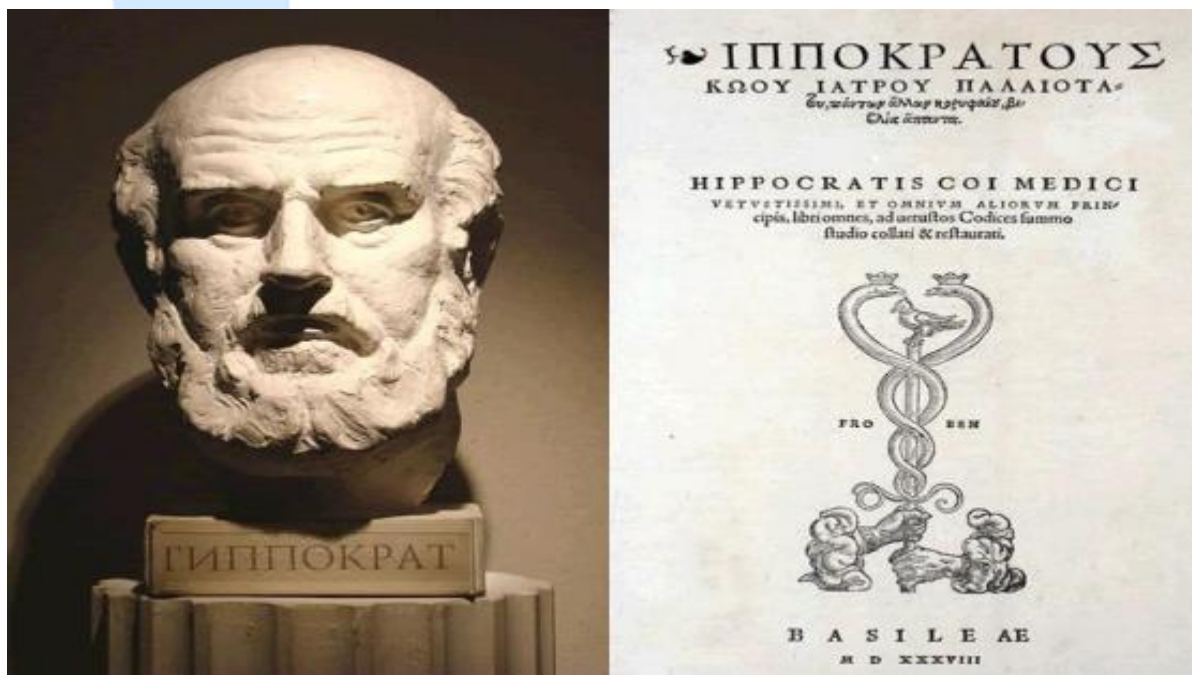
Ilmiy rahbar: Abdug'aniyev Bekzod Abduvali o'g'li

Annotatsiya : Ushbu maqolada Qadimgi Yunoniston tibbiyoti va birinchi tibbiy yordamning shakllanish jarayoni yoritilgan. Yunon tabobati kasalliklarni seyr-jodudan ajratib, ularni tabiiy sabablar bilan izohlashga intilgan. Gippokrat va uning izdoshlari inson salomatligi organizmdagi muvozanatga bog'liq ekanini ta'kidlab, kuzatuv, gigiyena, toza muhit, parhez va dam olishni muolajaning asosiy unsurlari sifatida qarashgan. Maqolada yunonlarning jang maydonida qo'llagan birinchi tibbiy yordam usullari — yaralarni tozalash, bog'lash, o'simliklardan antiseptik sifatida foydalanish va shikastlangan a'zolari immobilizatsiya qilish kabi amaliyotlar tahlil qilinadi. Shuningdek, Asclepieia ibodatxonalari ilk shifoxonalar sifatida ko'rsatiladi. Yunon tabobati keyinchalik Rim davri hamda zamonaviy tibbiyot rivojiga kuchli ta'sir ko'rsatganligi alohida ta'kidlanadi.

Kalit so'zlar: Qadimgi Yunoniston tibbiyoti, Gippokrat, birinchi tibbiy yordam, gigiyena, yaralarni tozalash, Asclepieia, o'simlik dorilari, antiseptiklar, yunon tabobati tarixi, tibbiyot etikasining shakllanishi.

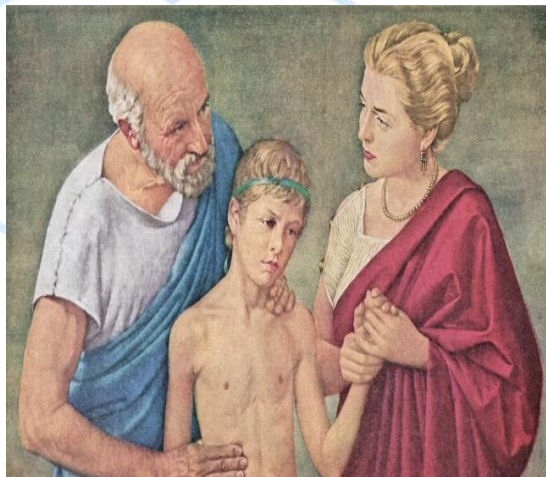
In Ancient Greece, medicine and first aid evolved through a combination of practical experience, observation, and philosophical reasoning. The Greeks were among the first people to separate medicine from superstition and magic, emphasizing that diseases and injuries had natural causes and could be treated through knowledge, cleanliness, and rational methods. Greek healers sought to understand the human body through direct observation, and their insights laid the foundation for many principles of modern medicine and first aid. One of the most influential figures in Greek medical history was Hippocrates of Kos (c. 460–370 BCE), often called the “Father of Medicine.” He taught that health depended on the balance of four bodily humors—

blood, phlegm, yellow bile, and black bile—and that illness resulted when this balance was disturbed. While this theory was not scientifically accurate by



modern standards, it encouraged careful observation of patients and systematic record-keeping, both essential for developing effective treatments. Hippocrates and his followers also promoted cleanliness, hygiene, diet, and rest as key factors for recovery. The famous Hippocratic Oath, derived from his teachings, remains a symbol of medical ethics and professional conduct to this day. Greek first aid practices were both practical and advanced for their time. During wars, soldiers received basic training in caring for wounds and fractures on the battlefield. They learned to clean wounds with wine or vinegar, substances known for their antiseptic properties, and to apply bandages made from clean cloth to stop bleeding and protect injuries from dirt and infection. The Greeks also used herbal medicines for pain relief and healing. Common herbs included thyme, mint, and oregano, which were believed to have antiseptic and soothing effects, as well as olive oil, which was applied to soften the skin, reduce inflammation, and aid in recovery. Greek physicians and healers practiced in temples known as Asclepieia, dedicated to Asclepius, the god of healing. These temples functioned as early hospitals where patients came for both spiritual and physical healing. Treatments often included bathing, rest, diet control, and the application of herbal remedies. Priests and healers

observed the symptoms of each patient and adjusted care according to the type of injury or illness. In emergencies such as fractures or bleeding, they applied first aid techniques similar to those still used today—cleaning wounds, dressing them, and immobilizing injured limbs.



The Greeks also contributed to anatomical knowledge through dissections and observations of animals, which helped them understand how the body functioned. Although human dissection was rare for religious reasons, their growing understanding of muscles, bones, and organs helped improve medical treatment and emergency care. Military campaigns in particular encouraged the development of quick and effective first aid responses. Greek physicians accompanied armies and treated wounded soldiers using portable tools, bandages, and natural antiseptics. Another significant aspect of Greek medicine was its emphasis on preventive care. Rather than treating illness only after it occurred, Greek physicians taught that maintaining a healthy lifestyle could prevent injuries and disease. This idea reflected their broader philosophy of balance and harmony, both in the human body and in nature. Proper diet, regular exercise, and personal hygiene were seen as essential to preventing accidents and promoting faster recovery. Greek medical knowledge was later expanded and systematized by scholars such as Galen in the Roman era, but its foundations came from the early Greek emphasis on reason, observation, and cleanliness. The Greek approach to first aid reflected these values—it was rational, evidence-based for its time, and aimed at preserving life and preventing further harm. Their methods of cleaning wounds,

applying bandages, and using natural antiseptics directly influenced Roman military medicine and, eventually, modern emergency care.

References:

1. Turayeva Dildora Shukhratova. the role communication human life. Italy international scientific online conference. Science and innovation in the education system. International scientific online conference. 20.09.2022. P-16-20
2. Azimjon o'g'li, Beknazarov Javoxir. "cultural life in central asia during the timurids dynasty." shokh library (2025).
3. Abdug'aniyev, Bekzod. "sug'diylarda din masalasi: zardushtiylik va mazdakiylik." Ижтимоий-гуманитар фанларнинг долзарб муаммолари Актуальные проблемы социально-гуманитарных наук Actual Problems of Humanities and Social Sciences. 5.1 (2025): 34-40.
4. Mardiyeva g. xx asr 20-yillari o'zbekistonda: samarqand viloyati ijtimoiy va madaniy hayotida xotin-qizlar ishtiroki //issue 2 of 2024 (144/2). – 2024. – т. 2. – №. 153. – с. 5-10.
5. Guarantees of Equal Opportunities and Equal Rights for Men and Women, Including Girls G Tursunova - SYNAPSES: Insights across the disciplines, 2024
6. Majidov S. F. World epidemics in the history of humanity: on the example of the "black death" //Science and Education. – 2023. – Т. 4. – №. 1. – С. 246-253.
7. FORMATION AND DEVELOPMENT STAGES OF UZBEK STATEHOOD
G Tursunova - ACUMEN: International journal of multidisciplinary ..., 2024
8. Tursunova G. B. Tibbiyotda ma'naviyat masalalari, shifokor ma'naviyati //Science and Education. – 2021. – Т. 2. – №. 5. – С. 790-793.
9. Turayeva D. Shaxsning har tomonlama shakllanishida muloqot san'atining ahamiyati. Science and education. January. 2023 yil. B-863-843.