

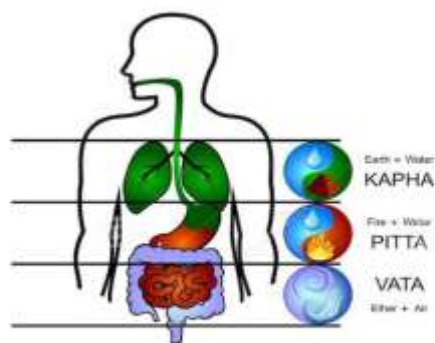
## QADIMGI HINDISTON TIBBIYOTI TARIXI

*SamDTU 2-bosqich talabasi**Choriqulova Marjona Isomiddin qizi**Ilmiy rahbar: Abdug'aniyev Bekzod Abduvali o'g'li*

**Annotatsiya:** Qadimgi Hindiston tibbiyoti Ayurveda tamoyillariga asoslangan bo'lib, unda sog'liq besh unsur va uch dosha muvozanati bilan izohlangan. Sushruta Samhita kabi manbalarda jarrohlik, yara parvarishi, suyaklarni bog'lash va shoshilinch yordam ko'rsatish usullari batafsil bayon etilgan. Qadimgi hind tabiblari o'simlik dorilari, gigiyena va tabiiy davolash usullari orqali jarohatlar, kuyishlar, zaharlanish va hayvon chaqishlariga samarali yordam ko'rsatgan. Ayurveda tizimi bugungi tibbiyotning shakllanishiga katta ta'sir ko'rsatgan.

**Kalit so'zlar:** Ayurveda, qadimgi Hindiston tibbiyoti, Sushruta Samhita, birinchi tibbiy yordam, besh unsur, dosha, o'simlik dorilari, jarrohlik.

In Ancient India, first aid and medical treatment were guided by the principles of Ayurveda, one of the world's oldest and most advanced systems of medicine. The word Ayurveda means "the science of life," and it emphasized the balance between body, mind, and spirit to maintain health and treat illness. Indian physicians, known as Vaidyas, developed an impressive understanding of anatomy, surgery, and emergency care that included many practices similar to modern first aid. Their methods combined natural remedies, preventive care, and surgical techniques to manage wounds, fractures, burns, and other injuries effectively. The foundation of ancient Indian medicine is found in classical Sanskrit texts such as the Sushruta Samhita, written around the 6th century BCE by the legendary surgeon Sushruta, often called the "Father of Surgery." This text is one of the earliest medical encyclopedias in human history and contains over 300 surgical procedures, 120 surgical instruments, and detailed explanations of anatomy, wound treatment, and bone setting. Sushruta described methods to stop bleeding, clean wounds, stitch cuts, and apply dressings to prevent infection—core principles that remain central to modern first aid. He also taught that a healer should always act quickly in emergencies to save life, prevent further harm, and promote recovery, perfectly aligning with today's goals of first aid. Ancient Indian healers were known for their expertise in wound care and infection control.



Ayurveda is an ancient medical system from India based on the idea that all living beings are made of five natural elements and governed by three biological energies called doshas. The five elements are ether, air, fire, water, and earth. Ether represents space and emptiness in the body, such as body cavities and the ability to hear. Air represents movement and controls breathing, circulation, nerve impulses, and all kinds of physical motion. Fire represents transformation and is responsible for digestion, metabolism, body temperature, and sharp mental activity. Water represents fluidity and cohesion, forming bodily fluids such as blood, saliva, and lymph. Earth represents stability and structure, forming bones, muscles, teeth, and the solid parts of the body. These elements combine in different proportions to create the three doshas: Vata, Pitta, and Kapha. Vata is made of ether and air, and it controls movement, the nervous system, breathing, and creativity; when imbalanced, it causes anxiety, dryness, and sleep problems. Pitta is made of fire and a little water, and it governs digestion, metabolism, intelligence, and body heat; when imbalanced, it leads to anger, inflammation, and stomach issues. Kapha is made of water and earth, giving strength, stability, calmness, and immunity; when out of balance, it causes tiredness, slow digestion, and weight gain. Ayurveda teaches that health is achieved when the five elements and the three doshas are in harmony, and illness appears when they become imbalanced. They used honey to clean and disinfect wounds because of its antibacterial properties, turmeric for its antiseptic and healing effects, and aloe vera to soothe burns and promote skin repair. Other common ingredients included sandalwood paste to cool inflammation, neem leaves for their cleansing action, and various oils to keep wounds soft and protected. These natural treatments reflected a deep understanding of the medicinal properties of plants and minerals, many of which are still used in modern herbal and Ayurvedic medicine. In cases of fractures and dislocations, Indian physicians applied splints made from bamboo, wood, or cloth to immobilize the injured limb and allow proper healing. Sushruta's writings include detailed instructions on setting broken bones and caring for patients with physical trauma. He also described how to recognize signs of infection or gangrene and how to manage them with herbal



treatments. Ancient Indian medicine placed great emphasis on cleanliness and hygiene, teaching that a contaminated wound could lead to severe illness or death. Therefore, healers were instructed to wash wounds with clean water or herbal infusions before applying any ointments or dressings. Ayurvedic first aid was not limited to physical injuries; it also included treatment for burns, poisoning, and animal or snake bites, which were common dangers in ancient India. The texts describe how to identify different types of bites, how to suck out poison safely, and how to apply antidotes made from specific plants or minerals. For burns, cooling agents like aloe vera and ghee (clarified butter) were applied to reduce pain and inflammation. The systematic and well-documented approach to these emergencies shows that ancient Indian healers had a highly organized system of immediate medical response long before modern emergency medicine existed. Another important feature of Indian first aid was preventive care. Ayurveda taught that a balanced diet, exercise, good hygiene, and mental peace were essential for maintaining health and preventing injuries or illness. This holistic approach aimed not only to cure but also to prevent disease by strengthening the body's natural defenses. Healers were encouraged to observe patients carefully, understand their body constitution (known as dosha—Vata, Pitta, or Kapha), and provide personalized treatment even for minor wounds or illnesses. Medicine and healing were also considered sacred duties in Indian culture. The act of helping the sick or injured was viewed as a form of service (seva) to humanity and the divine. Physicians were expected to act with compassion, patience, and precision. Sushruta himself wrote that a good healer must have a steady hand, a clear mind, and deep moral integrity—values that echo in the ethical principles of modern medicine.

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