

# TREATMENT OF ABU ALI IBN SINA FROM TOXIC SUBSTANCES IN THE HUMAN BODY

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## ANNOTATION:

**In the medical system of Abu Ali ibn Sina (Avicenna, 980-1037), indications for the use of more than 1,500 simple and about 800 complex medicines are presented as part of the "opposite to opposite" therapy tactics. Failure to comply with the requirements of this therapy tactic can cause a sharp deterioration in the condition of patients suffering from type 2 diabetes mellitus, gout, certain forms of cancer, urolithiasis and cholelithiasis, as well as a number of other pathological conditions, the pathogenesis of which is associated with the development of metabolic syndrome.**

**Keywords: human body, treatment system, toxic pesticides.**

## INTRODUCTION:

It is difficult to imagine modern medicine without synthetic or semi-synthetic antibiotics, nonsteroidal anti-inflammatory, hormonal, painkillers, metabolism-correcting agents and dozens of other medications. However, the inability to rationally use Avicenna's rich experience, knowledge of various ancient medical systems and schools on phytotherapy and pharmacotherapy of non-communicable diseases (NCDs) and their underestimation and non-use today lead to an insufficiently effective cure. According to the authors, modern methods

of treatment do not have a comprehensive justification within the framework of requirements directly related to the tactics of therapy "opposite to opposite". Treatment with synthetic means alien to the body, often having a toxic effect on intracellular, intra-organ structures (especially in the liver and kidneys), violating individual links of neuroendocrine, metabolic, regulatory mechanisms, does not pass without a trace for the human body, moreover, the body of sick people suffering from diabetes mellitus, cardiovascular or oncological pathology. As you know, in modern medicine, there is often a wide use of synthetic drugs. Doctors prescribe several medications for a course of treatment without taking into account their compatibility with each other and with the "mizaj" (nature) of the patient's body. The requirements of the general pharmacological tactics of therapy "opposite to opposite" are also not taken into account. As a result of such medical errors, one drug can enhance the toxic effect of another, or, due to the incompatibility of the "mizaj" of the prescribed medication with the nature of the patient, contribute to the disruption of a number of natural physiological and metabolic processes in the body. The most common consequences of uncontrolled use of synthetic drugs is the appearance of so-called medicinal diseases [1]. This causes great concern among pharmacologists and other specialists engaged

in the study of this problem. The purpose of this work is to familiarize modern doctors with the essence and meaning of the tactics of therapy "opposite to opposite" on the example of medicines recommended by Ibn Sina for the treatment of diabetes mellitus (DM). Materials and methods of research The study of this problem was carried out by the method of comparative analysis of data from the following works of Avicenna and other classics of ancient medicine, as well as the results of scientific research of modern medicine, in particular pharmacology, biochemistry and phytochemistry. To solve the tasks set in the work , the following encyclopedic works of classics of medicine were used

Avicenna was in a hurry. As a doctor and a wise man, he knew that he didn't have much left to live, and therefore he was in a hurry. What he comprehended then, in those ancient times, seems incredible. For example, he wrote about the role of the retina in the visual process, about the functions of the brain as a center where nerve threads converge, about the influence of geographical and meteorological conditions on human health. Avicenna was convinced that there are invisible carriers of diseases. But with what vision could he see them? Which one? He talked about the possibility of spreading contagious diseases through the air, made a description of diabetes, distinguished smallpox from measles for the first time. Even the simple enumeration of what he has done is astonishing. At the same time, Avicenna composed poetry, wrote several philosophical works, where he posed the problem of the correlation of the material and the corporeal. Avicenna's poetry expresses very succinctly his desire to see the world as one, integral. Here is his quatrain translated from Farsi: "The earth is the body of the universe, whose soul is the Lord. And people with angels together grant sensual flesh. After Avicenna managed to escape through the desert, he hid

from Sultan Mahmud for a long time. The ruler persistently searched for the fugitive and even sent out in 40 copies something like a leaflet or prescription with a picture depicting Avicenna. And judging by what was reconstructed from his skull, he was handsome, without any particularly pronounced Eastern, Asian or European features. Mahmud was never able to return Avicenna (Ibn Sina). The successor of Sultan Mahmud, Masud Ghaznevi, in 1030 sent his army to Isfahan, where Avicenna was, and committed a complete pogrom there. Avicenna experienced a real tragedy: his house was destroyed, many of his works were lost. In particular, the work in 20 parts "The Book of Justice" has disappeared forever. It was one of his last books. Perhaps it contained his final, deepest thoughts. But we will probably never know about them.

The tactic of treatment "opposite to opposite" until the beginning of the twentieth century was widely used not only in various Eastern medical systems, but also in all leading European medical centers. After the development and introduction of new synthetic drugs in many European countries, there is interest in traditional medicines, the bulk of which (from 85 to 95% or more) were herbal remedies, fell sharply. The tactics of therapy "opposite to opposite" were excluded from the educational programs of medical universities and lyceums, so not every modern doctor knows about the essence and meaning of this ancient tactic of therapy. In 2010, public academies of traditional medicine were established within the framework of the countries that are members of the Shanghai Cooperation Organization (SCO), including Tajikistan. The main task assigned to these academies is to study the experience of ancient medical systems and introduce traditional methods of treatment, including phytotherapy, hirudotherapy, acupuncture, manual therapy and other methods of healing into modern

medicine as an alternative therapy. Without knowledge of the essence of the tactics of therapy based on the principle of "opposite to opposite", it will not be easy for modern medicine and practitioners to adequately use the experience of ancient doctors in phytotherapy. The tactics of therapy "the opposite of the opposite" is closely related to the doctrine of "mizaj". According to ibn Sina's descriptions, "mizaj" can be innate and acquired. Congenital, or hereditary, "mizaj" is permanent, difficult to be influenced by external factors. The acquired "mizaj", unlike the congenital one, is unstable, easily changes under the influence of products, medicines and environmental factors having a nature opposite to the nature of the organism of a sick or healthy person [14]. We have found that "mizaj" mutadil, according to Avicenna, corresponds to a neutral reaction of the acid-base equilibrium (CORE) of the organism, "cold" - a change in the pH of the organism to acidic, and "hot" or "warm" mizaj corresponds to a change in pH to the alkaline (more precisely, slightly alkaline) side [15]. Ibn Sina, in accordance with the observations of his medical activity, emphasizing the importance of this pharmacological regularity and taking into account the achievements of science of his era, comprehensively expanded the issues related to the tactics of therapy "opposite to opposite". In all five books of the "Canon ..." questions of general and private pharmacology, that is, methods of treating various human diseases are presented in accordance with the requirements of this therapy tactic. Certain diseases are difficult to treat nowadays in clinics where modern methods of treatment are practiced, whereas in traditional medicine centers, where the classical tactics of therapy "opposite to opposite" are strictly observed, many diseases are more successfully amenable to therapy. The analysis of the "Canon of Medical Science" by ibn Sina, as well as such treatises of the scientist

as "al-Vohiya" ("Set of prescriptions") [16], the treatise "On heart medicines" [17], "Treatise on Pulse" [18], convincingly show that Avicenna as a practicing physician made an invaluable contribution to the development of the tactics of therapy "the opposite of the opposite". All issues related to various aspects of general pharmacology, starting from the characteristics of the nature of drugs, the definition and nature of more than 70 varieties of general and local action of drugs, are described in detail in his works, taking into account this therapy tactic [19]. The study of Avicenna's works showed that he took into account direct and indirect, primary and secondary, as well as other pharmacological actions of ancient medicines with a wide range of actions, which contributed to the effectiveness of the practical application of the tactics of therapy "opposite to opposite". The second book of the "Canon of Medical Science" is devoted to simple medicines [3]. Ibn Sina gave characteristics, recommendations and methods of application of 811 raw medicinal products of plant, animal and mineral origin from the standpoint of the requirements of the tactics of therapy "opposite to opposite". The canons of restoring lost health under the influence of various exogenous (abiotic) and endogenous (biotic) pathogenic factors, developed by ibn Sina, made an invaluable contribution to the subsequent development and purposeful expansion of the scope of practical application of the tactics of therapy "opposite to opposite". An experienced doctor Avicenna, along with an assessment of the nature of the "mizaj" of medicines, gave a detailed description of the therapeutic properties of each drug individually, as well as 16 other parameters that serve as a justification for the safe use of the pharmacological tactics "opposite to opposite", which in general can be called a therapeutic system. The third and fourth books of the "Canon ..." describe the therapeutic use of more than 500 medicinal

plants that were not included in the second and fifth books of the "Canon ...". The therapeutic properties of all the described simple and complex drugs tested in various medical systems for etiopathogenetic, auxiliary and symptomatic therapy are also characterized within the framework of the "opposite to opposite" treatment system. According to the results of the pharmacological, biochemical, pathophysiological and phytochemical screening conducted by us, the use of the "opposite to opposite" therapy tactics was the most widely used healing tactic within the framework of the Avicenna treatment system. An analysis of the medicines recommended by Ibn Sina for the treatment of gout, urolithiasis and cholelithiasis, cardiovascular, hepatic, renal and dozens of other NCDs showed that he used this particular therapy tactic for their treatment. The main goal of the tactics of therapy based on the principle of "opposite to opposite" was aimed at restoring the natural state of the patient's nature disturbed under the influence of pathogenic factors, as well as restoring the natural balance of metabolic and physiological processes in the body, that is, correcting the disturbed pathogenetic mechanisms in various NCDs. Understanding the specific metabolic disorders that occur in the cells and tissues of the human body as a result of changes in the "mizaj" in the cold (acidic) side, studied to date on the basis of the latest achievements of such branches of science as biochemistry, phytochemistry, pathophysiology, experimental pharmacology and a number of others, was not possible in the era of Ibn Sina.

Antidiabetic agents that have a cold nature, that is, acid - oxidizing properties. We refer to acidic drugs according to the content of the following acids in them (citric, malic, ascorbic, oxalic, acetic, etc.) with pronounced oxidizing properties [20]. Ibn Sina used 84 natural (natural) remedies as simple

antidiabetic and dietary medicines. Among them, the total number of medicinal plants amounted to 75 names (89.3%), including 9 (10.7%) gums and gummols (apricot, peach, ferule, etc.). The total number of alkalizing agents among plant products was 73 names (97.3%). There were only 2 names of herbal remedies with acidic properties, which corresponds to 2.7%. Mineral products - 3 names (3.6%). There are only 6 names of animal products described (7.1%), 5 of which relate to potentially "cold" products (Fig. 1). Thus, the evaluation of 84 medicines recommended by Avicenna for the treatment of diabetes on the principle of "opposite to opposite" showed that the total number of alkaline remedies was 77, that is, the vast majority (91.7%). There were only 7 acidic drugs (8.3%), but Avicenna prescribed these drugs very rarely and in short courses. These results convincingly prove that this therapy tactic is identical with the tactics of mizajeterapii [14]. Doctors who do not know these general pharmacological patterns often prescribe acidic products as dietary or therapeutic agents to patients suffering from diabetes who already have acidosis. It should be noted that, according to our observations, vascular complications (diabetic foot, retinopathy) are more often observed in those patients with diabetes who, for the purpose of "healing", take acidic products such as lemon juice, sea buckthorn, unripe grape fruits - "guraob", sour milk serum (taj. - zardob) and others [20]. Conclusion Avicenna's teaching is remarkable for its desire to establish high moral standards in medical practice and determine physiological balance, had a strong influence on ancient medicine. The basis of Avicenna medicines intended for pathogenetic and auxiliary therapy of various degrees and forms of diabetes are vegetable, mineral and animal products with alkalizing properties. Due to this, each of these drugs, with the correct dosage, is able to change the deviated state of the acid-

base equilibrium (pH) of the patient's body from an acidic state to a neutral or slightly alkaline side. Doctors wrote about the adequacy of the tactics of therapy "opposite to opposite" in the treatment of diabetes more than ten centuries ago, when mankind had not yet invented acidic drinks (Sos-Sola, Fanta, carbonated mineral water, etc.). Food products were natural, without preservatives and dyes; the human environment was not polluted by various toxic pesticides, chemicals, nitrogenous fertilizers, radioactive substances, dozens of types of industrial waste, exoecologically and endoecologically dangerous to humans. The practical recommendations, views and hypotheses presented in the "Canon of Medical Science" directly relate to the tactics of therapy "opposite to opposite". They are comprehensively substantiated by a brilliant scientist-encyclopedist on the basis of a deep understanding of the objective observation results obtained by him during the examination and during the treatment of patients. Antidiabetic agents that have a cold nature, that is, acid - oxidizing properties. We refer to acidic drugs according to the content of the following acids in them (citric, malic, ascorbic, oxalic, acetic, etc.) with pronounced oxidizing properties [20]. Ibn Sina used 84 natural (natural) remedies as simple antidiabetic and dietary medicines. Among them, the total number of medicinal plants amounted to 75 names (89.3%), including 9 (10.7%) gums and gummols (apricot, peach, ferule, etc.). The total number of alkalizing agents among plant products was 73 names (97.3%). There were only 2 names of herbal remedies with acidic properties, which corresponds to 2.7%. Mineral products - 3 names (3.6%). There are only 6 names of animal products described (7.1%), 5 of which relate to potentially "cold" products (Fig. 1). Thus, the evaluation of 84 medicines recommended by Avicenna for the treatment of diabetes on the principle of "opposite to

opposite" showed that the total number of alkaline remedies was 77, that is, the vast majority (91.7%). There were only 7 acidic drugs (8.3%), but Avicenna prescribed these drugs very rarely and in short courses. These results convincingly prove that this therapy tactic is identical with the tactics of mizajeterapii [14]. Doctors who do not know these general pharmacological patterns often prescribe acidic products as dietary or therapeutic agents to patients suffering from diabetes who already have acidosis. It should be noted that, according to our observations, vascular complications (diabetic foot, retinopathy) are more often observed in those patients with diabetes who, for the purpose of "healing", take acidic products such as lemon juice, sea buckthorn, unripe grape fruits - "guraob", sour milk serum (taj. - zardob) and others [20]. Conclusion Avicenna's teaching is remarkable for its desire to establish high moral standards in medical practice and determine physiological balance, had a strong influence on ancient medicine. The basis of Avicenna medicines intended for pathogenetic and auxiliary therapy of various degrees and forms of diabetes are vegetable, mineral and animal products with alkalizing properties. Due to this, each of these drugs, with the correct dosage, is able to change the deviated state of the acid-base equilibrium (pH) of the patient's body from an acidic state to a neutral or slightly alkaline side. Doctors wrote about the adequacy of the tactics of therapy "opposite to opposite" in the treatment of diabetes more than ten centuries ago, when mankind had not yet invented acidic drinks (Sos-Sola, Fanta, carbonated mineral water, etc.). Food products were natural, without preservatives and dyes; the human environment was not polluted by various toxic pesticides, chemicals, nitrogenous fertilizers, radioactive substances, dozens of types of industrial waste, exoecologically and endoecologically dangerous to humans. The

practical recommendations, views and hypotheses presented in the "Canon of Medical Science" directly relate to the tactics of therapy "opposite to opposite". They are comprehensively substantiated by a brilliant scientist-encyclopedist on the basis of a deep understanding of the objective observation results obtained by him during the examination and during the treatment of patients.

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