

## VIEWS OF ABU ALI IBN SINA IN THE FIELD OF GERONTOLOGY

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**Аннотация.** Данная статья посвящена геронтологическим аспектам, которые были освещены и раскрыты в великом произведении Абу Али ибн Сины «Канон врачебной науки». Освещаются особенности физиологического состояния пожилых людей, особенности их питания и образа жизни и указаны профилактические меры по увеличению продолжительности жизни.

**Ключевые слова.** Геронтология, здоровье, Абу Али ибн Сина, великий учёный, здоровый образ жизни, питание пожилых, физические упражнения.

**Annotatsiya.** Ushbu maqola Abu Ali ibn Sinoning “Tib qonunlari” nomli buyuk asarida yoritilgan va ochib berilgan gerontologik jihatlarga bag‘ishlangan. Keksalarning fiziologik holatining xususiyatlari, ovqatlanish va turmush tarzining xususiyatlari yoritilgan, umr ko‘rish davomiyligini oshirish bo‘yicha profilaktika choralari ko‘rsatilgan.

**Kalit so‘zlar.** Gerontologiya, salomatlik, buyuk olim, Abu Ali ibn Sino, sog‘lom turmush tarzi, keksalar uchun ovqatlanish, jismoniy mashqlar.

**Annotation.** This article is devoted to gerantological aspects that were covered and revealed in the great work of Abu Ali ibn Sina "The Canon of Medicine". The features of the physiological state of the elderly, the features of nutrition and lifestyle are highlighted, and preventive measures to increase life expectancy are indicated.

**Keywords.** Gerontology, health, Abu Ali ibn Sina, a great scientist, healthy lifestyle, nutrition for the elderly, exercise.

**Introduction.** The average life expectancy around the world is growing every year, therefore, various economic, social, psychological problems arise that are associated with human aging and the provision of elderly people with decent living conditions and quality medical care. Over the past 70 years, average life expectancy has increased by 23 years, which indicates that the trend of increasing average life expectancy is steadily increasing.

**Literature and methodology.** Abu Ali ibn Sina is the most famous healer of Central Asia, his work “The Canon of Medicine” is an encyclopedia of medical science of that time, interest in which has not faded to this day. The purpose of our work is to study the gerantological views of Abu Ali ibn Sina, which are reflected in his brilliant work "The Canon of Medicine". The main

research method is historical, the object of study is Avicenna's book "The Canon of Medical Science".

**Results.** The word gerontology (from ancient Greek γέρων “old man” + λόγος “knowledge, word, teaching”) is a science that studies the biological, social and psychological issues of human aging, its causes and ways to deal with it (rejuvenation). The term was first introduced by I. I. Mechnikov in 1903. Many scientists devoted their treatises to gerontology, including those from Claudius Galen to Abu ibn Sina. Abu Ali ibn Sina, being an encyclopedic scientist who wrote the great work The Canon of Medicine, which absorbed all the latest information about medicine of that time, paid great attention to gerontology. According to Abu Ali ibn Sina, aging is a natural process of development of the body, leading to physiological changes. He considered it necessary in the treatment of a person to take into account the age-related characteristics of the body, differentially apply therapeutic agents to help the elderly and take special preventive measures to improve their health. He understood that serious changes take place in an aging organism. According to numerous studies by scientists, dehydration processes occur in the aging human body due to a significant decrease in water in the body. As the great healer Avicenna writes: “... from the very beginning, we (the organism) are extreme moisture. The shrinkage that occurs in our body is a necessity that cannot be avoided. When the drying of the innate moisture is completed, the innate warmth dies away - the body of the old people is cold and at the same time drier. Abu Ali ibn Sina noted about the “advanced in years” regime, which “includes the simultaneous use of warming and moisturizing agents, namely: lengthening sleep and staying in bed more than for young people; eating, bathing in a bath, drinking, constantly excreting their urine, excreting mucus from the stomach, through the intestines and bladder, and constantly softening their nature. Avicenna attached great importance to the nutrition of the elderly. In his opinion, the daily amount of food for the elderly should be divided into small portions and at the same time, the activity of his digestion should be taken into account. Abu Ali ibn Sina mentions the value of natural products: meat of birds or fish, milk of donkeys and goats, honey, various herbs and fruits, in particular figs and plums, noting their nutritional value and softening effect on the nature of the elderly. “Advanced in years” should refrain from any heavy food. This is how the great scientist writes about it: “When a person is already in years, his body will not take as much food as he took in his youth. Food will turn into surplus in it. Therefore, he should not eat as much as he used to [eat before], but should [the amount of food] reduce.”

Also in his work, he pays great attention to physical exercises for the elderly: "... physical exercises for advanced in years are different according to the state of their body, which of the ailments they are used to and what is their habit of physical exercises." Of physical exercises, Abu Ali ibn Sina recommended walking or riding if they are weak for walking. For healthy older people - "If their body is extremely balanced, then moderate types of exercise are suitable for them." For people of advanced age, rubbing with oil, moderate in quantity and nature, is useful. The weak need more frequent rubbing. The scientist also noted the importance of using substances with a

biostimulation effect, which included oil with grape must, bitter almonds, wild pomegranate root, ambergris to maintain the health of the elderly.

**Discussion.** Elderly people have distinctive characteristics, which must be taken into account in their lifestyle, dietary habits, and physical activity. Studies conducted by Swedish scientists (University of Gothenburg) have shown that physical, intellectual activity, undying interest in life, the rejection of alcohol and tobacco contribute to an increase in life expectancy, not burdened by many diseases, by about 14 years. The great thinker Abu Ali ibn Sina believes that the most important requirements for protecting the health of older people are the observance of sleep and nutrition, exercise, which is relevant and important at this point in time, when the average life expectancy is growing around the world and the proportion of old people is increasing from year to year.

**Conclusion.** Mature and old age are naturally occurring stages of a person's individual development. The processes of maturation and aging occur continuously, unevenly and non-simultaneously. They do not equally affect various tissues, organs and systems of the body. In the elderly and older age, irreversible changes occur in the systems and organs of the human body, called aging. The intensity of aging depends on the lifestyle, nutritional habits, motor mode. The less physical activity of a person, the faster, other things being equal, the changes characteristic of the period of old age occur in his body. Conversely, with a fairly active lifestyle, the body's performance can be maintained at a high level until old age.

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