

## THE USE AND HISTORICAL DEVELOPMENT OF DISEASE NAMES IN HISTORICAL SOURCES

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**Annotation:** This article examines the ancient wealth of the Uzbek language, which includes folk, common, and national variants of disease names taken from historical sources and folklore.

**Key words:** "Avesta", "The Canon of Medicine", "Compendium of the Turkic Dialects", smallpox, cholera, plague, pestilence, leprosy, lytargue, tuberculosis, hypertension, cirrhosis, istisca, guinea worm.

The earliest written information about the medicine of the ancient Uzbek people has come down to us through the sacred religious book of the Zoroastrians — Avesta. From a practical point of view, Avesta describes three methods of treatment: healing with a knife (surgery), healing with plants (therapeutic treatment), and healing with words (incantation). From the standpoint of modern science, the last method can be considered psychotherapy. This unique source acknowledges medicine as an independent profession and emphasizes that healers should be paid for treating patients. The book states the following: "Priests are rewarded for reciting prayers, and physicians — for treating the sick. A doctor, when communicating with a patient, must possess sufficient speech skills and a rich vocabulary to explain diseases and their possible consequences in terms understandable to a person who is not familiar with medicine. In his speech, the doctor should use the everyday variant of medical terminology — the popular form used in the common language. For example: 'You have pneumonia — a consequence of infection with the coronavirus, that is, inflammation of the lungs.' "The disease has developed against the background of chronic bronchitis"; "Your son is experiencing epilepsy — one of the most common chronic neurological disorders. The cause of epilepsy is a tumor in the brain," and other similar examples. It is also stated that "payment should be made according to the physicians' earnings."

It can be said that important medical information is provided in the book Vendidad, which consists of 22 chapters. The source emphasizes the need to be cautious of a dead body, as various infectious diseases may spread through corpses. It also notes that the most severe illnesses include fever, inflammation, weakness, bone decay, and the premature graying of hair.

It can be said that the development of medicine in Central Asia is closely connected with The Canon of Medicine written by Abu Ali ibn Sina (Avicenna). This work was published in Arabic, Hebrew, and Latin versions and translated into many languages around the world. The great encyclopedic scholar Abu Ali ibn Sina's masterpiece, The Canon of Medicine, is considered a unique compendium — an encyclopedia of medical knowledge.

The following folk and national variants of disease names taken from various historical sources and oral folklore indicate that the Uzbek language is ancient and rich, possessing its own unique way of describing phenomena

1. Alpomish said: "What happened, my friend?" Qorajon, trying not to reveal his secret, replied:

“I have a disease called epilepsy, which attacks me daily — it struck me at that moment.” (Epic of Alpomish, p. 107)

“At that time, on the thirteenth day of the month of Ramadan, I was afflicted with the illness epilepsy.”

(Zahiriddin Muhammad Babur, Baburnama (translated version), p. 12)

Epilepsy is a chronic disease of the brain, commonly known among people as tutqanoq or quyonchiq.

1. “However, a day before our appointed meeting, a guinea worm disease appeared on my leg and it became swollen, so I could no longer walk to the village.”

Rishta (Guinea worm disease) — a long, thread-like worm that develops under the skin and causes disease. It was a disease characteristic of the Bukhara region. A person infected with this illness would have a thin, thread-like worm appear under the skin, usually in the lower part of the body. This disease has now disappeared.

2. “When Anvar turned three, the disease hemorrhoids, which had clung to Uncle Salim for five years, finally managed to bring him down.”

(A. Qodiriy, Scorpion from the Altar, p. 22)

Hemorrhoids — a disease that develops as a result of poor working conditions and the harmful effects of occupation-related factors on the human body.

3. “Where is my dear mother?” asked Khonzoda Begim. “Last year I heard some bad news — is it true?”

“Five years ago... she passed away from typhoid fever . We buried her in Bagh-i Nawruzi in Kabul.”

Enteric fever — an infectious disease, also known as typhoid fever (tif in Uzbek).

4. “Wondering whether Eshonoyim’s child might have eshakemi, I went and rented someone’s donkey for an hour.” (G‘. G‘ulom, The Mischievous Boy)

Eshakemi (urticaria or hives) — a disease characterized by the appearance of large or small blister-like rashes on the skin or sometimes on the mucous membranes, accompanied by intense itching. It is an allergic reaction of the body.

5. “My dear brother, did you not think of our wounded brother? Did you not feel pity for our sister who has become pes? Did you not miss our mother and wish to go to her soon, so that she would not lie alone in the dark grave?”

Pes (vitiligo) — a skin disease characterized by the loss of skin pigment, resulting in white or pale patches on the skin.

6. The tipsy guests, completely absorbed in their pleasure, stared in astonishment at the mute boy who had entered by chance, his eyes reflecting a mix of fear and restlessness.

Soqov – mute, speechless, unable to speak.

7. “Even if I walk barefoot, I won’t die! The winter in Tashkent isn’t that cold!” he said

— yet after digging potatoes for three days in the rain wearing old shoes, his old illness flared up, and he was struck by bod in his back.

Rheumatism – swelling; inflammation of joints and muscles;

8. One day, the bond of friendship between them was severed by the reaper of death. Nasim, who was about fifteen years old, fell ill with smallpox and, unable to recover from this then-incurable disease, passed away.

Smallpox – a severe infectious disease that causes fever and fluid-filled blisters to appear on the skin, most commonly affecting children.

9. Malaria – an infectious disease that causes periodic fever and chills. It can be seen that the disease is described as a serious illness caused by a parasite transmitted through mosquitoes.

In conclusion, it can be said that, due to the rapid development of modern medicine, it is important to study not only the terminological names of diseases in the Uzbek language but also their non-terminological forms — the national and folk variants — which reflect the linguistic and cultural richness of the Uzbek people.

#### **Adabiyotlar**

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