

**CHEMICAL COMPOSITION AND HEALING PROPERTIES (MIZAJ-  
PHARMACOLOGY) OF THE MINERAL WATER OF THE “TURON” SANATORIUM****Mashrapov Hasanbay Sharifovich**Physician – Physiotherapist  
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**Abstract:** I work as a reflexotherapist at the “TURON” JSC Sanatorium. Based on the teachings of Abu Ali Ibn Sina — the founder of Mizaj-pharmacology — the healing properties of the mineral waters located within the Sanatorium’s territory were studied. In modern medicine, the "Mizaj" (temperament/nature) of organs, diseases, and medicinal substances is not taken into consideration. Mizaj has been studied only within a narrow framework as the temperament in I.P. Pavlov’s classification. In this scientific research, Mizaj is given a scientifically grounded explanation. Temperament and nature do not fully encompass Abu Ali Ibn Sina’s concept of Mizaj. A scientific understanding of Mizaj allows us — modern physicians of the contemporary world — to comprehend the centuries-old roots of traditional medicine and “connects” us with Abu Ali Ibn Sina!

**Keywords:** Type, temperament, Mizaj, photon, light, color, ultraviolet, optical, infrared spectral rays, methods of determining the Mizaj of biochemical compounds. Diagnosis and treatment based on Type (Mizaj).

**Introduction:** What is Mizoj (temperament/nature) itself? It has the concepts of type, nature, and energy (6, 7). To understand easier, we will write mizoj as “Type”. It is the primary basis of all phenomena and bodies in nature. Their qualities are cold, wet/moist, dry, and hot (6, 7, 9). Photon (quantum) energy is the basis of the 4 mizojs (natures). The basis of spectrum rays is the photon!

**"LITERATURE REVIEW AND METHODS"**

1. Determining the type (temperament) of spectrum rays. Teslina E.V. scientifically determined the organotropism of the rays and designated each color using the symbolism of - fire, water, tree, and earth. - Teslin E.V. 2010 (12).

Type 1, Brain, Kidney organs – water, cold.

Type 2, Neuro – endocrine organs - air, damp.

Type 3, Liver, pancreas organs – earth, dry.

Type 4, Heart, lung organs – fire, hot.

1.UF spektr nurlar energiyasi biokimyoviy birikmalar, dorilar, oqsillar, genlar,

1. The energy of UF spectrum rays is the basis for determining the type of biochemical compounds, drugs, proteins, genes, DNA, RNA, peptides, molecules, microorganisms, and pathological substances

2. IQ (IR/Infrared) spectrum rays are the basis for determining the type of substances by their smell and color.

3. Optical (visible) spectrum rays are the basis for determining the type of organs, diseases, drugs, and biochemical compounds (table № 1).

The etalon for determining the type of optical rays is the jumping of the hydrogen electron in each shell;  $H. > H. > H. > H.$  (16, figure № 2, table № 1), while for UF and IQ rays;  $\sigma \rightarrow \sigma^*$ ,  $\pi \rightarrow \pi^*$ ,  $n \rightarrow \sigma^*$ ,  $n \rightarrow \pi^*$  (10, 12, table № 1, 2).

2. determining the type - temperament of substances;

I placed the wind (dampness) temperament after the cold, the earth (dry) temperament between the wind and hot (fire) temperaments, basis:

"Did We not send forth the winds (dampness)..." (1).

"Heat is nourished by dampness"  $\pi \rightarrow \pi^*$  nourishes  $n \rightarrow \pi^*$  (2, 1, II, p 11, 13).

3. We study the determination of the type (temperament) of human organs and diseases based on the organotropism of the rays.

Teslina E.V. scientifically determined the organotropism of the rays and designated each color using the symbolism of - fire, water, tree, and earth (12):

Type 1, Brain, Kidney organs – water, cold (19). Biochemical compound -OH, -CH, -NH (8, 11, 12 - 19).

Type 2, Neuro – endocrine organs - air, dampness. Biochemical compound - C = C, C = N, C = O, C = S.

Type 3, Liver, pancreas organs – earth, dryness. Biochemical compound - C –Hal, C = F, C = Cl, C = Br, C = O = C.

Type 4, Heart, lung organs – fire, warmth. Biochemical compound -C. C -, -C. N, C = C = C.

According to Ibn Sino's (Avicenna's) doctrine, the organs are distributed as follows: Spiritual energy is the warmest; the rest cool down as follows – heart, sperm, blood, liver, muscle, spleen, kidney, vessels, intestines, skin, lymph, hair, bone, cartilage, joint, tendon, membranes, mucous membranes, adipose tissues (14, table № 2).

4. Treatment rules. We rely on Ibn Sino's Mizaajpharmacology method. "If the temperament of the disease is clear, we use a medicine with an opposing temperament to that temperament, and for an organ with the disease temperament, we use a medicine with a corresponding temperament; that is, a medicine with a temperament contrary to the nature of the disease and corresponding to the diseased organ is used" (5. 379).

Medicines have temperaments: hot, cold, dry, and damp nature (4, 20). They have warming, cooling, drying, and moistening properties (17).

Results: First, to differentiate the chemical composition of our mineral water from other waters, we compare it with Zam-Zam water and "Essentuki № 17" water.

1. Chemical composition of Zam-Zam water: pH 7.8 (28).

2. "Essentuki № 17" - weakly carbonated, chloride-hydrocarbonate, sodium mineral water, moderately mineralized (12.8 g/l)

HCO<sub>3</sub>\*59 CL\*41

CO<sub>2</sub> 2,6 M 12,8 ————— pH 8,6 .  
(Na + K)\*92

HCO<sub>3</sub>59 Cl41

3. "TURON" Sanatorium mineral water is sulfide! pH from 6.20 to 7.0 (13).

Cl 40 SO<sub>3</sub>1 HCO<sub>2</sub>9

1.18 ----- pH 6.20 well water  
. Na88

Cl 41 SO<sub>3</sub>2 HCO<sub>2</sub>7

1.17 ----- pH 6.70 drinking water gallery.

. Na89

1.15 ----- pH 7.00 bath section.

. Na88

It has chloride sulfide – hydrocarbonate sodium weakly mineralized properties. Our water's pH is neutral. Zam-Zam and Essentuki waters are alkaline. The temperament (mizaaj) of the chemical elements of the "TURON" sanatorium mineral water is as follows (figures №: 1, 2, 3. tables №: 1- 4, 8):

#### DISCUSSION. Relevance of the topic:

1. The treatment principles of Mizaajpharmacology correspond to the rules of pharmacodynamics and kinetics, based on the temperament (mizaaj) doctrine of Abu Ali ibn Sino (Avicenna). From the viewpoint of Mizaajpharmacology, our mineral water is a 3rd and 4th type temperament, i.e., earth (dry) and fire (hot) temperament (table № 7). Earth and fire temperament have alkaline properties, strengthen the immune system, and have high antioxidant properties. They restore the bioenergy of the liver, pancreas, heart, and lung system organs. Cold and damp temperament is resistant to pathogens.

Using Figures №№ 1 – 3 and Tables №№ 1, 2, we can determine the temperament of any substance. Based on quantum energy, we determine the temperament of existing substances in nature: cell, DNA, RNA, GENES, amino acids, peptides, protein, fat, carbohydrates, tissues, organs, diseases, medicines, and biochemical compounds. Treatment in modern medicine is based on symptomatic therapies and chemical preparations.

2. Diagnosis and treatment based on Acid-Base Balance and pH indicators. Disruption of the A-BB leads to disruption of normal biochemical processes in organs and systems. Metabolism in intracellular and extracellular fluids is disrupted. Even nerve conduction – sinus rhythm – in the heart muscles is disrupted. Our scientific work determined that the higher the pH, the higher the R in the ECG, and the S proportionally decreases.

3. **NOVELTY - innovation**; treating the root cause of the disease without disrupting the body's natural energy, taking into account the spectrum rays (temperament/mizaaj) of medicines, consistent with pharmacokinetics and dynamics (31, 32).

The level of our water's effect on diseases was checked using a pH indicator for the Acid-Base Balance. The dynamics of the water's effect on the body before and after treatments were determined by the change in pH.

#### Conclusion:

In Type 1 diseases, out of 92 cases, 59 changed overall (64.15%),  
Of the 59 changes, 20 were acidic (33.6%), 39 were alkaline (66.1%)

In Type 2 diseases, out of 35 cases, 20 changed overall (57.15%),  
Of the 20 changes, 2 were acidic (10.0%), 18 were alkaline (90.0%)

In Type 3 diseases, out of 57 cases, 7 changed overall (12.30%),  
Of the 7 changes, 4 were acidic (57.0%), 3 were alkaline (43.0%)

In Type 4 diseases, out of 16 cases, 10 changed overall (62.50%),  
Of the 10 changes, 3 were acidic (18.7%), 7 were alkaline (43.8%)

A total of 90 cases out of 200 monitored diseases changed overall in dynamics (45%),  
Of the 90 changes, 29 were acidic (32.0%), 61 were alkaline (68.0%)

The acidic pH change caused blood thickening, hypoxia, stone formation, and an increase in R  
and a decrease in S in the ECG above the norm.

Ishqoriy pH ozgarishida yuqorida keltirilgan simptomlarning aksi kuzatildi.'

In the alkaline pH change, the opposite of the above symptoms was observed.

#### **Technical result:**

In modern medicine, using medicines according to the spectrum ray type in the  
Mizaajpharmacology method, along with natural ethiopathogenetic treatment of disease causes,  
achieves the protection and restoration of human organs from DNA to cells and tissues without  
harm. The goal is to preserve human genetics purely and pass the gene to future generations in  
an undamaged state.

Table No. 1. The Nature of Optical, UV, IR Spectrum Rays.

H <sub>δ</sub>	H <sub>γ</sub>	H <sub>β</sub>	H <sub>α</sub>
410,2 – 434,0 nm	434,1 – 486,0 nm	486,1 - 656,2nm	656,3 - 780 nm
$\sigma \rightarrow \sigma^*$	$\pi \rightarrow \pi^*$	$n \rightarrow \sigma^*$	$\pi \rightarrow \pi^*$ и $n \rightarrow \pi^*$
100 nm – 150 nm	150 nm – 200 nm	200 nm – 300 nm	300 nm – 350 nm
2800 - 4000 cm <sup>-1</sup>	2100 - 2300cm <sup>-1</sup>	1500 - 1800 cm <sup>-1</sup>	400 - 1400 cm <sup>-1</sup>
type 1	type 2	type 3	type 4

(8, 11).

Table No. 2. The Mizaaj of Organs.

1	1.0.1.	0.0.1	0.1.1	0.1.0.	1.1.0.	1.1.0.	1.0.0.
2	$\sigma \rightarrow \sigma^*$	$\pi \rightarrow \pi^*$	$n \rightarrow \sigma^*$	$\pi \rightarrow \pi^*$ -	$n \rightarrow \pi^*$		
3	Water	Air	Earth				Fire
4	Cold	Humidity	Dryness				Hot
5	Broun, ren	Neuroendokrine org.	Liver, spleen				Cor, pulmo
6	type 1	type 2	type 3	type 4			

Note: by Gorizontally: 1- color and RGB code (17, 18).

2 – energetic jump

/ energy transition.

3- nature / properties / character, 4 –

energy, 5- organ, 6 – type (5).

Table No. 3. The Nature/Properties of Bioorganic Substances in the IR Spectrum View / Appearance.

No	Bioorganic substance	compounds	cm <sup>-1</sup>	Type - mizadj		t
1	Phospholipids		3650	Water	Cold	1
2	Water, protein		3250	Water	Cold	1
3	Protein, keratin		3050	Water	Cold	1
4	Lipids	v <sub>s</sub> (CH <sub>3</sub> )	2950	Water	Cold	1
5		vas(CH <sub>2</sub> )	2900	Water	Cold	1
6		v <sub>s</sub> (CH <sub>2</sub> )	2800	Water	Cold	1
7	DNA		2700	Air	Humidity	2
8	RNA		2500	Air	Humidity	2
9	Glycogen		2000	Ears	Dryness	3
10	Lipids	v <sub>s</sub> (C=O)	1750	Ears	Dryness	3
11	Protein amid I		1700	Ears	Dryness	3
12	Protein amid II		1500	Ears	Dryness	3
13	Lipids, protein	δ <sub>s</sub> (CH <sub>2</sub> ),	1450	Ears	Dryness	3
		δ <sub>s</sub> (CH <sub>3</sub> )	1450	Ears	Dryness	3
14	Protein	v <sub>s</sub> (COO)	1400	Fire	Hot	4
15	Lipids, DNA, RNA	vas(PO <sub>2</sub> )	1250	Fire	Hot	4
16	Glycogen, DNA	v <sub>s</sub> (C-O-O-C)	1200	Fire	Hot	4

Table No. 4. The Nature/Properties of Blood Serum Substances in the IR Spectrum View/Appearance.

No	Bioorganic substance	compounds	cm <sup>-1</sup>	Type - mizadj		t
1	Glutamine	OH-	3650	Water	Humidity	1
2	Blood components	v <sub>s</sub> (CH <sub>3</sub> )	2957	Water	Humidity	1
3	Blood components	vas(CH <sub>2</sub> )	2926	Water	Humidity	1
4	Plasma bloods	C=O-	1650	Ears	Dryness	3
5	Albumin	C=O-	1680	Ears	Dryness	3
6	Globulin	C=O-	1639	Ears	Dryness	3
7	DNA	vas(PO <sub>2</sub> )	1300	Fire	Hot	4
8	RNA	vas(PO <sub>2</sub> )	1047	Fire	Hot	4
9	Holstering	vas(PO <sub>2</sub> )	1242	Fire	Hot	4
10	Phospholipids	vas(CH <sub>2</sub> )	1430	Fire	Hot	4
11	Phospholipids	-CH <sub>2</sub> -O-P-	1170	Fire	Hot	4
12	PhL in hepatocytes	v <sub>s</sub> (C-O-O-C)	1063	Fire	Hot	4

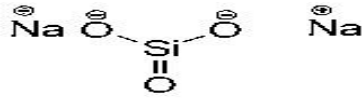
(10). t - type.

Table No. 5. The Nature/Properties of Chemical Elements of the Mineral Water of the "TURON" Sanatorium Based on the doctrine of Mizaadjeparmacology.

Microelements in aqua.		Organs type t**		Fire spectra (19)	For pathogen type t*
		IR spectra.	UV spectra.		
Cl <sup>-</sup>	40% ekv/l	2400 cm <sup>-1</sup>	(27)	Green, type 3	type 2
Na <sup>+</sup>	88 % ekv/l	588,9953 nm	(28)	Yellow type 3	type 2
Mg <sup>2+</sup>	4	1567 cm <sup>-1</sup>	(26)	Yellow type 3	type 2
Ca <sup>2+</sup>	8	1565 cm <sup>-1</sup>	(29)	Orange, type 3	type 2
SO <sub>4</sub> <sup>2-</sup>	31	1150cm <sup>-1</sup>	(20)	type 4	type 1
HCO <sub>3</sub> <sup>-</sup>	29	1362 cm <sup>-1</sup>	(30)	type 4	type 1
CO <sub>2</sub> free	mg/l 18 – 22	1383 cm <sup>-1</sup>	(23)	type 4	type 1
SiO <sub>3</sub> ,mg/l	44	958 cm <sup>-1</sup>	(30)	type 4	type 1
H <sub>2</sub> SiO <sub>3</sub> mg/l	57	990 cm <sup>-1</sup>	(22,25)	type 4	type 1

Avicenna writes in his book "The Canon of Medicine:

"When the nature of the illness (t - typ illness nature/temperament) is precisely determined, a medicine with an opposing effective nature (t\* - typ) should be selected; the illness is treated by the opposing effect, and health (t\*\*-typ) is restored by a medicine with a similar effect (t\*\* -typ)" (5) Canon, 1981, kn. 1, ed. II, p. 379.\*\*.



FIGURES:

Figure № 1.  $\text{SiO}_3 = 990 \text{ cm}^{-1}$ .

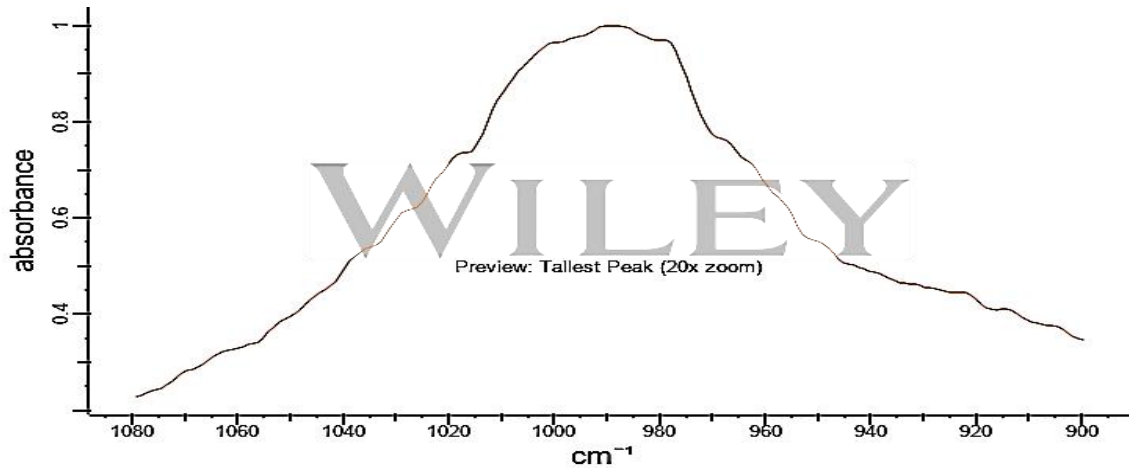


Figure № 2.  $\text{H}_2\text{SiO}_3$  FTIR-Spectra (30).

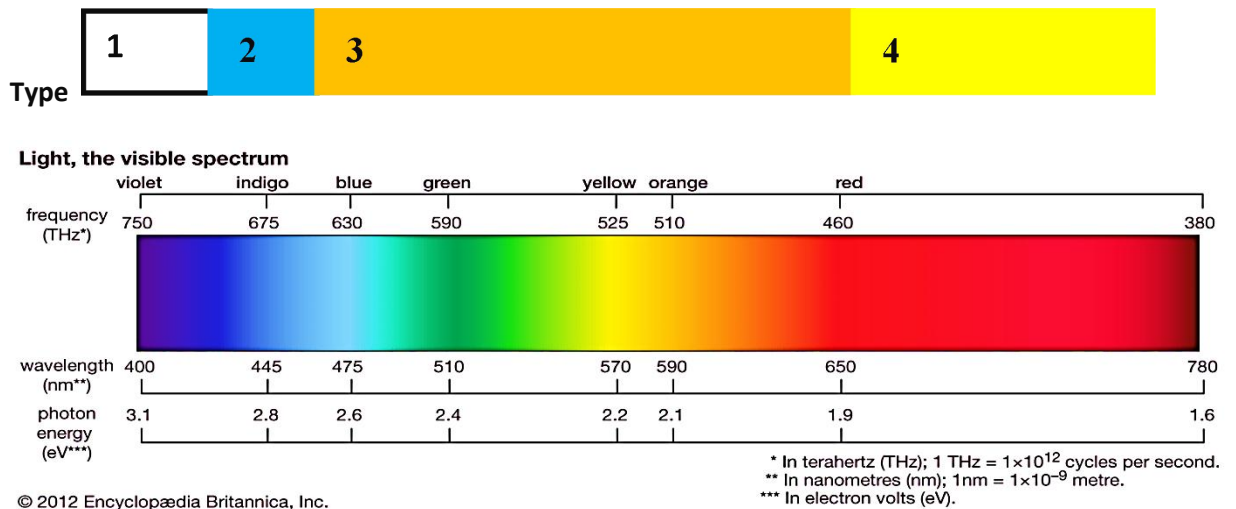


Figure № 3. The Width of the Nature/Properties of Optical Spectrum Rays According to the Fraunhofer Lines.

Source: (15) light, the visible spektrum;  
open-electronics.org.

Note: The widths of the typs (types) are indicated by Roman numerals.

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