



IMPORTANCE OF KARAKALPAK FOLK HEALING TRADITIONS IN YOUTH HEALTH

Kurbanbaeva A.J.

Doctor of Philosophy in Pedagogical Sciences (Phd),

Nukus Mining Institute under the Navoi State University of Mining and Technologies

Nukus State Pedagogical Institute, Faculty of Natural Sciences

Таянч сўзлар: саломатлик анъаналари, қорақалпоқлар, қадимий одат, экология, тиббиёт, анъана, даволашнинг қадимий усуллари.

Ключевые слова: традиции здоровья, черные шляпы, древние обычаи, экология, медицина, традиция, древние методы лечения.

Key words: health traditions, black hats, ancient customs, ecology, medicine, tradition, ancient methods of treatment.

Introduction. Analyzing and studying the effectiveness of prevention, diagnosis and treatment of diseases, as well as other medical services, using the historical traditions and unique heritage of Karakalpak folk medicine, is defined as the main task of today. For this, "phytotherapy" ("method of treatment with medicinal plants"), "acupuncture" ("acus-igna, punctura-punch" in Latin), "ayurveda" ("physical-spiritual health"), "homeopathy", "yoga" ("communication with the human psyche and physiology"), "moxotherapy" ("healing through the body's biologically active points"), "naturopathy" ("healing the mind and body"), "osteopathy" (tissues and organs that can move and contract restoration of mobility), "thermal medicine" ("treatment with spring water coming from the earth as a direction of folk medicine"), "chiro-practice" ("treatment by hands without any medical devices without drugs as a direction of folk medicine"), "qigong" ("healthy gymnastics based on the movement of energy in the body") performs the main tasks in the development of the main directions of folk medicine, their wide application in practice, and the preparation of educational and methodical literature on supporting the healthy lifestyle of young people[3].

Materials and methods. In addition, cultivation of medicinal plants, preparation of raw materials based on them, organization of scientific research,



localization of rare medicinal herbs, all this opens the door to great opportunities in the prevention, diagnosis and treatment of diseases in the health care of young people. If we pay attention to foreign experience and practice, in a number of countries (China, Japan, Russia, Korea, India) folk medicine is considered an integral part of the official health care system[1].

Countries such as China, India, Japan, and South Korea have strong legislation in this regard. In these countries, folk medicine treatment methods are officially allowed to be used in the national health care system. The activities of doctors and the treatment system are regulated. In countries such as China, South Korea, Vietnam, India, Russian Federation, Armenia, necessary courses aimed at conducting scientific research on folk medicine have been implemented.

Folk medicine has been embodied in natural phenomena in the living conditions of every nation for centuries. In ancient times, people relied on the knowledge and experiences of doctors to protect people's health. In the folk pedagogy of Karakalpak, treatment methods related to teaching young people to maintain health are based on the study of ethno-pedagogical literature, folklore works and historical sources. The treatment methods formed in folk experiences using socio-economic, medical-hygienic, psychological and physical methods have come orally through folk proverbs and epics. Because in ancient times, writing and drawing were not sufficiently developed among the people, therefore, the traditional life of the people was expressed in the folk art.

The territory of Karakalpakstan is considered a center of high culture and formed an integral part of the ancient Eastern world. The favorable natural climate, flora and fauna of such a wonderful land attracted the attention of our earliest ancestors. Scientific study and analysis of the rich historical health traditions of the Karakalpak people is one of the necessary issues in the field of pedagogy. Our people have always paid attention to health and spiritual vitality[2].

In ancient times, our people lived close to nature, and gathered experiences by observing the phenomena observed with the change of weather and seasons. He drew conclusions from his experiences. Humans have tried to understand various natural phenomena. The sudden illness or unexpected death of a healthy person made people think and understand its meaning. As a result of this, the people tried to understand the mysterious phenomena of the environment and nature and formed them in their experiments.

The past, history, and traditions of the Karakalpak people are expressed in epics, proverbs, folk tales, and folk songs from the sources of folk pedagogy. Folk pedagogy is an integral part of the art of every nation, it includes people's thoughts and aspirations and reflects their worldview, ideas about personality,



family, youth education. The role of folk pedagogy in the application of folk health traditions to the educational process of young people, which is analyzed within the framework of our scientific research, is considered special.

Treatment methods formed in the experiences of the Karakalpak people, some traditions formed in their life experiences form a value system that is still important today. Including mother and child health care. The people of Karakalpak have long respected the health of mother and child, the role of the girl child and woman in the family. Having understood from his experiments that a healthy child is born from a healthy mother, he took special care of pregnant women and paid attention to not lowering their spirits. That is why, as a result of people's experiences, the educational phrase “Кеўли жаманнан жаман бала туўылады” was embodied.

When the pregnant women have their first fetus, they have appointed mothers as counselors and educators. Our people called such mothers "navel sheshe" (midwives). "Kindik sheshe" (midwife) explained to women the secrets of pregnancy, what foods to eat for the health of the child, how to start labor, what to do after the baby is born, all these are natural situations. Pregnant women are protected from hard work in everyday life[7].

"Kindik sheshe" (midwife) women also participated in taking care of the small baby that was born. From birth, our people bathed the baby thoroughly with salt water during the "qyrkynan shig'aryo" (period of chill) and then applied "pisken sary mai" (butter from milk and curd) to the fingers of his hands, stretched his joints by stroking his body, as a result of which the baby's body was refreshed. . In carrying out such actions, our people intended for the healthy and well-rounded development of the future generation. Currently, when the birth process is carried out on the basis of modern medicine, the recommendations of midwives regarding the health of the mother and the child are important. For example, the rites of cradling and christening a child are considered educational[5].

"Аялаў поэзиясы" did not aim at "erkeletio" (petting), "аялап-элпешлеўди" (caring), "марапатлаўды" (encouragement) in child education, but to grow up as a healthy human being with a sense of humanity. Even today, such practices have been completely preserved among the people, and the "Alla" songs, which have become the basis of the people's health care, are an example. In such "аялаў поэзиясы" of the Karakalpak people, the love, wishes and dreams of parents for their children are mentioned.

The results obtained. Our people have always paid great attention to body beauty, proper nutrition and physical activity while leading a healthy life. Our people's adherence to health traditions is reflected in popular sayings such as “Ден саўлық-терең байлық”, “Аўырыў астан”, “Дени саўдың – тәни саў”,



“Ас адамның арқауы”, “Сынықтан басқаның бәри жуғады”. The health of young people is the property of the whole society. Health is the main guarantee and condition for a full, happy life. Health is a necessary condition of human life, a quality indicator that ensures a healthy state of the body. The identity of health care traditions formed in people's life experience improves the reproductive health of everyone in society, family, and everyday life[6].

The attitude of young people to folk health traditions is carried out as a result of certain pedagogical influence. Among the students of the higher education system, the traditions of folk health were studied within the disciplines of "Folk pedagogy", "Health, manners - ethics", "Physical education", "Medicinal plants of folk medicine". Students will have the opportunity to promote the knowledge, skills and abilities they have acquired in the training to others. For the first time, the traditions of health care, formed in the experiences of the Karakalpak people, are being scientifically analyzed from a pedagogical point of view. In the scientific research work carried out within the framework of teaching young people to maintain health in Karakalpak folk pedagogy, the traditions of Karakalpak people's health care were clarified in the process of pedagogical education from the point of view of medicine and spiritual culture.

In the history of the development of the Karakalpak people, physical exercises and folk games were considered important in maintaining human health. Studying the history and culture of different nations shows that each of them understood the importance of physical health and organized sports games and competitions for young people.

When it comes to the traditions of teaching young people to maintain health in Karakalpak folk pedagogy, the first thing that comes to mind is such a set of exercises, games and competitions. Folk physical exercises and folk games formed in the life experiences of Karakalpak people since ancient times are " ат шабыс " (horse riding), "ылақ ойын" (goat game), "арқан тартыў" (rope pulling), "шүллик" (throwing a stick with a stick), "палўанлар гүреси" (wrestlers' fight) is composed of Even today, physical exercise takes first place in the basic rules of health. Physical and mental health was considered a strong value of the society in all times. In ancient times, doctors understood this as the main condition for the perfection of free human activity[4].

The attitude to health is formed as a result of a certain pedagogical influence. In the higher education system, the tradition of educating young people about health care is considered as a complex of actions, considerations, behavioral patterns and self-evaluations that are more or less directly determined by the conditions of modern life. In addition to the considered factors, an increase in the volume of



negative information received from various information sources leads to mental and emotional overstrain of young people, and a decrease in healthy lifestyle.

The formation of Karakalpak folk health traditions is directly related to high and folk ceremonies, traditions, and national values. People's health care traditions mean organizing lifestyle in accordance with the purpose, realizing the value of life. Summarizing the essence of the tradition of teaching young people to maintain health in Karakalpak folk pedagogy, we came to the conclusion that it serves the well-rounded development of students of every higher education system. Phrases such as "A healthy people, a healthy nation are capable of great things" mentioned in the values have an educational significance in that protecting the health of young people becomes a sacred human duty of everyone.

Conclusion. One of the most important and responsible tasks of any society is to protect the health of the population and youth. In order to successfully solve many problems of modern social development, a person must be healthy and in the spirit of confidence in his future. In Karakalpak folk pedagogy, the traditions of teaching young people to maintain health are formed in the traditions and programs of the people. The people of Karakalpak have long paid great attention to the health of the future generation. That's why our people are careful in kinship relations with people belonging to the same "uryo" (seed). That is, it is not allowed to have god-parent relations among people of the same "uryo" (seed).

Such folk traditions are important for maintaining the health of young people and for the birth of a healthy generation in the society. The folk health traditions analyzed in the process of scientific research were formed in the ancient way of life of the Karakalpak people, and they have been studied until today in folk art, proverbs, and epics, and their educational importance in maintaining the health of young people is emphasized.

Literature:

1. Алеуов Ө, Өтебаев Т. Қарақалпақстанда педагогика илиминиң қәлиплесиўи хәм раўажланыўы. Оқыў қолланба. Ташкент-2007.-130 б.
2. Бахадырова С. Қарақалпақ қандай халық –Ташкент, «Наврўз» баспасы. 2017 ж., 256 б.
3. Марков В.В. Основы здорового образа жизни и профилактика болезней:учеб.пособие для студентов пед.вузов.М.:Академия, 2001. 320 с.
4. Норқобилов М.Н., Мирходжаева З.С., Махмудов В.В. Жисмоний маданият ва спорт машғулотларида соғлом турмуш тарзини талабалар онгига сингдиришда педагогик ёндошувлар. // Монография. Тошкент 2019.-138б.
5. Торежанова Р.У. Традиции эстетического воспитания молодежи в каракалпакской народной педагогике. автореф...дисс...канд...пед.... наук... -Ташкент 2007.-24 с
6. Сапаров Т. «Экологик нақулай минтақалардаги мактаб ўқувчилари соғлиғини сақлашга йўналтирилган ўқитиш технологиялари» Пед.фанл.номз.... дисс.автореф.- Ташкент -2011. 24б.
7. Бекжанов Б.К. Халқимыз қадирлеген ғазийнелер- Нөкис, 2016.-76 б.

**РЕЗЮМЕ**

Maqolada qoraqalpoq xalqining qadimiy salomatlik an'analari va ularning bugungi kunimizda inson salomatligini asrashdagi ahamiyati haqida so'z boradi. Qoraqalpoqlar qadimdan iqlim sharoitidan kelib chiqib, xalq salomatligiga katta e'tibor berib kelgan. Qadim zamonlarda tabiat qo'ynida yashab, tabiat hodisalarini o'rganib, ulardan salomatlikni saqlashda foydalangan Qoraqalpoq xalqlarini davolashning qadimiy usullarini o'rganish bugungi kunning dolzarb muammolaridan biridir.

РЕЗЮМЕ

В статье рассматриваются древние традиции здравоохранения каракалпакского народа и их значение в сохранении здоровья человека в наши дни. Каракалпакцы издревле уделяли большое внимание здоровью народа, исходя из климатических условий. Изучение древних методов лечения народов Каракалпакии, живших в древности на лоне природы, изучавших явления природы и использовавших их для поддержания здоровья, является одной из актуальных проблем современности.

SUMMARY

The article examines the ancient health care traditions of the Karakalpak people and their importance in maintaining human health today. Since ancient times, Karakalpak paid great attention to the health of the people based on the climatic conditions. Studying the ancient treatment methods of the people of Karakalpak, who lived close to nature in ancient times and studied natural phenomena and used them to maintain health, is one of the urgent issues of today.