



IBN Sino's Thoughts on the Importance of Physical Exercises in Living a Healthy Lifestyle

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Abstract: A healthy lifestyle is defined as the care and attention of a person to his or her body in order to maintain the health given to him or her by nature. In his five-year book, *The Laws of Medicine*, the Sultan of Medicine outlines a series of factors that affect health.

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Health is one of the most important conditions for the socio-economic development of society as an invaluable asset for everyone. According to the World Health Organization, health is not only the absence of disease or physical impairment, but also a state of complete physical well-being. According to the experts of this authoritative organization, medical services provide only 8-10% of health care. 18% of our health depends on genetic factors, 17% on the environment and more than 50% on our way of life, that is, directly on ourselves. A healthy lifestyle is a set of measures related to maintaining, strengthening and preventing the health of oneself and others. It is also an active movement aimed at improving and protecting human health. It includes sensible nutrition, physical activity, productive work and rest, observance of personal hygiene rules, abstinence from harmful habits, etc. [1, 5,6].

Allama Abu Ali ibnSina paid special attention to the fact that the role of a healthy lifestyle in maintaining health is extremely unique. A healthy lifestyle is defined as the care and attention of a person to his or her body in order to maintain the health given to him or her by nature. In his five-year book, *The Laws of Medicine*, the Sultan of Medical Science outlined a series of factors that affect health, emphasizing that a healthy lifestyle consists of seven factors.

1. High spirituality; 2. civilized; 3. resolute; 4. Must be strong-willed. [2, 7]

Advantages of a healthy lifestyle:

5. Strengthening human health; 6. Improving the ability to work;

7. longevity;

Today, based on the seven principles of the famous encyclopedic scientist, the basis of a healthy lifestyle is:

- adherence to the schedule and morning exercise, if possible, for 7-10 minutes, a walk in the fresh air;
- physical activity, physical training, regular sports;

- Follow the rules of personal and general hygiene: wash in the morning, after exercise, brush your teeth after breakfast and before going to bed at night, wash your hands with soap before eating;
- seasonal dress;
- Eat wisely, lose weight. Limit consumption of animal fats, sugars and sweets;
- Elimination of harmful habits for health: smoking, alcohol consumption, abstinence from negative substances such as drugs;
- Pay attention to healthy family planning and family planning on the basis of modern requirements; - to eliminate the existing shortcomings in the behavior, that is, to control the emotional state, to prevent mood swings for no trivial reasons and to upset the mood of the people around;
- environmental safety.

If you have decided to learn a healthy lifestyle and live a long life, then you should follow the following principles:

- Protect your health from an early age, there are many types of diseases, the causes of which begin in childhood, but with age they begin to appear;
- If you feel unwell, start a medical examination;
- Know the norms of each thing;
- Do not be obese, it complicates the functioning of the body and accelerates the aging process;
- Be thoughtful, heavy and cheerful, irritability and malignancy damage the heart and nervous system;
- Find a type of work that will be interesting for you. May this activity satisfy you not only materially but also spiritually;
- Do physical work or physical exercise, try to spend as much time in the fresh air as possible;
- Take an active rest, limited movement creates the ground for the onset of the disease;
- Sleep 7.5 hours a day, restores sleep and heals the human body better than any medication;
- Do not smoke, especially to escape from your problems and do not enter the world of alcoholism and drug addiction;
- Take time to relax, it will help you to diversify your life and relax;
- Do not be depressed and do not let your spirits down. [3,6]

The scientist is fighting for the health of people in the second part of the third part of his work "Law of Medical Science", which consists of 17 chapters. devoted to the use of physical exercise. As in the preceding lines of this section, it is noted that exercise and subsequent diet, as well as sleep, are the most important conditions for good health. While the scientist considers physical exercise to be the most important means of maintaining human health, he does not say that physical exercise is a voluntary movement that leads to continuous and deep breathing.

The services of Abu Ali ibnSina, a well-known Central Asian scholar who first described physical exercises and listed them in a unique classification, were especially significant. It is also important that the scientist classifies physical exercises in his own way. The scientist emphasizes that physical exercises are different. He says that such exercises, such as small and large, very strong and slow, slow or fast, consist of several sharp and fast movements, can be moderate exercises between the

fastest and slowest exercises. The importance of the scientist's methodological guidelines on the principles of using physical exercises is also very important. "It is better for a person to be clean when he starts exercising," he said. IbnSina also has a number of valuable instructions on physical hygiene, bathing and massage. He considers massage to be an important means of relieving fatigue.

The words of the great sage Abu Ali ibnSina, "Physical training is a great way to maintain good health," have become a motto of life for any person, and have shown a positive effect on the prevention and treatment of various diseases in our society. Let's remember! Even in the best of circumstances, a healthy person can achieve his dreams!

Let's not forget! A healthy lifestyle ensures the future of the nation.

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