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HEALTH THEORY

Annotation: the view that a person’s health is a situation with a complex composition, assessing it from the point of view of an impartial worldview, recognizing that a person is an integral part of nature and a high yield of evolutionary progress on earth, while his professionalism is the consequence of anthropo-violence against his own health, can create a favorable ground for

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Health is becoming one of the important preconditions of socio-economic development as an invaluable asset to every person. A person can live happily as long as he has strong health. Every nation is able to create all the historical, cultural, national values that are sacred to each country, not only a physically and mentally healthy person. Hence health-should be valued as the highest among all existing values. Every society can rise to a higher stage of socio-economic development only if it is able to assess human health as a high value and adequately appreciate it and put it in its place. In a democratic society, where human health is perceived as responsible for its conduct, human health rises to the level of the highest value, which is of great importance, everyone turns out to be a builder of their own health. It is necessary to build it so that it never breaks down, it is able to withstand any harmful effects. The essence of a new modern strategy of the formation of human health, a constructive approach to health should be such. To do this, it is necessary for everyone to have a deep knowledge of the secrets of Health and understand that the only way to achieve full health is to lead a healthy lifestyle.
It is very important to study the formation of a healthy lifestyle and to know the history of this problem in order to bring the need for one's own health to the level of vital necessity. To do this, it is very important that we turn to the mosaic, learn how representatives of different peoples in different circles attach importance to this issue.

Hippocrates, the father of medical science, a great scientist who lived and worked in the VI century BC, in his works touched upon this issue in detail and gave grounds to it in all its aspects. Hippocrates also wrote valuable information about bathing young children, about the composition of women's diets, about how to lose weight on obese people, obesity on lean people, about the procedure for physical exercises. In order to deepen his knowledge of Ar-Razi, he expressed the need to study, gain personal experience, as well as use the experiences of previous past doctors. In particular, AR-Razi wrote: "over the scientific improvement of Medicine, thousands of doctors may have worked for thousands of years. For this reason, whoever they are, if they have mastered their creativity, if they have meaning, would have discovered something more than a chop to treat thousands of patients in their short lifetime. After all, even when a person lives a thousand years, he does not take advantage of the experiences of doctors who lived before him, he can not only learn a lot according to his observations, he can not reach his bottom, he can not only read, but also observe what he has read and implement it, which elites maturity.

Among them are Doctor of philosophy, ecosiologist scientist and doctor Professor Yu.Shodimetov's fundamental scientific works such as” Scientific Technical Development, lifestyle and health “(1987),” social environmental aspects of human health " (1990), Published by T.I.Iskandarov and V.I.Isxakov in 1987 year, the so-called” healthy lifestyle eastern traditions and modernity", as well as the famous scientist, academician N.Majidov and V.D.Toroshin necessary to indicate the Monographs of “Profilactic Neurology”, which consists of 4 parts, which the troshins co-wrote (1996-1998). The historical approach to the solution of such a
complex issue as the formation of a healthy lifestyle, the study and use of rich experience of the peoples of the world, especially the peoples of the East, is of great practical importance.

The views of Avesto, Ibn Sina, which are considered ancient and unique cultural monuments of the peoples of the East, about the healthy and measured lifestyles described in the work of “Medical Law” and the medical friend named “Urjuza” are especially valuable for us. Abu Bakr AR-Razi and Abu Ali Ibn Sina, Abu Rayhon Beruni, Kaykovus have described in their works the need to live a healthy and clean life in a unique way. The scientific norm left by them is characterized by the richness of the healthy and measured lifestyles of the peoples of Central Asia, the reflection of traditional National features in themselves, the valuable views of our country on the adaptation to specific climatic conditions.

Ahmad Yassawi repeatedly appeals in his wisdom to the development of the philosophy of Nafs in his teaching, to the polishing of the soul, not loving the substance of this world, to the immorality of the accumulation of wealth, to the infidelity of wealth. Yassavi warns people that every person is a grace given from the creation of his life, realizing that death is true, that he should always be prepared for it, that a person should spend his life on his noble deeds, and not on the accumulation of wealth, that he should not be given special time to do such deeds.

To view human health as a situation with a complex composition, to evaluate it from the point of view of an impartial worldview, to consider a person as an integral part of nature and a high yield of evolutionary progress on earth, to recognize that his kasallikas are the consequences of anthropo-violence against his own healthgina can lay a favorable groundwork for the Such a general theory of health can be developed by conducting a higher philosophical analysis of a person and his health, his lifestyle, by forming a categorical apparatus of Health, which is a complex problem that philosophers and scientists working in this field are obliged to conduct research.

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