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## LINGUISTIC CHARACTERISTICS OF EXAMPLES OF FOLK ORAL CREATIVITY IN THE CONTENT OF "HEALTH", "DISEASE", "HEALING", "DISEASE"

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**ABSTRACT:** In the article, the linguistic characteristics of folk songs reflecting the characteristics of health, illness, and healing in various fields are studied. Also, special attention is paid to the fact that the names of diseases are given in Uzbek folk proverbs and the secrets of their treatment are explained, and the linguistic features of the names of various diseases are revealed.

**KEYWORDS:** Medical units, health, disease, healing, linguistics and medicine, the mysteries of medicine.

### INTRODUCTION

There are proverbs related to illness, pain, illness in folk tales, each of them is distinguished by its place of use and meaning.

These folk tales reflect the thousand-year experiences, history, language, religion, and culture of our people. Today, we often use medical units in our daily information exchange. As long as humanity exists, it is natural that there are diseases that torment the body and rob it of its well-being, as well as heat and cold. We can find a number of medical units in Uzbek folk proverbs.

Paremiological units representing the concepts of "Cure" and "Health":

Panic is half a disease,

Peace of mind is half wealth,

And patience is the beginning of healing.

(Vahima qilish yarim kasallik,

Xotirjamlik yarim boylik,

Sabr esa shifoning boshlanishidir.)

In this proverb, which reflects the wisdom of the people, the secrets of treatment are explained, but the truths of life are also reflected. Ibn Sina also said that "The worst of diseases is panic and fear, and the best medicine is calmness."

A habib cures a sick person, not a doctor.

(Kasalni tabib emas, habib tuzatar.)

Habib means dear friend, comrade. In fact, a true friend's love for you, his encouragement is equal to a thousand pains of doctors, in this proverb it is stated that not only the doctor, but also the love of his shoulder friend helps the patient to get up from the pillow.

Your purity is your health.

(Pokliging-sog`lig`ing.)

There is a universal meaning in this proverb related to health, which is widespread among our people. A clean body, a clean faith, and a clean mind are the greatest health. This is stated in the Holy Qur'an, which is our holy book, and in the hadiths, it is stated that cleanliness and purity are at the beginning of human health. The following proverb, corresponding to this proverb, is also an example of the creativity of our people:

A clean house will not be infected with germs,  
Even if the gard is infected, the pain is not contagious.

(Uyi tozaga gard yuqmas,

Gard yuqsa ham, dard yuqmas.)

One disease - a thousand cures.

(Kasal bitta- davosi mingta)

This proverb says that there are different cures for the same disease. Abu Bakr Razi also says that the treatment of one disease varies depending on the client, and the treatment taken by one client may have the opposite effect on another client.

A sick person does not laugh.

(Kasal kuygu suymas)

There is a hadith that says, "Smiling is also a sunnah." But laughter also has its place. Laughing in front of a person who is in pain is like laughing at his pain, the patient's body and mind do not like to laugh.

Dinner is poison, eat breakfast.

(Kechki ovqat — zahar, Ovqat yegin sahar.)

Among our people, there are many stories about eating a lot of food and not being full at dinner (If you eat melon, eat breakfast. If you don't eat breakfast, eat poison). In this proverb, which is included in the sentence, a large amount of food eaten in the evening is equated to poison. There is another proverb among our people: eat "like a prince" in the morning, "like a king" at lunch, and "like a bastard" in the evening.

If you want health, don't eat too much.

If you wish for honor, don't say too much.

(Sihat tilasang, ko`p yema, Izzat tilasang, ko`p dema.)

The meaning of this proverb is as follows: if you want to be healthy, don't eat a lot, eating a lot and overeating is harmful to human health. It is mentioned in the hadith that "Eating a lot and being satisfied is not a good thing"; if you want to gain respect, don't talk too much. In "Hibbat-ul Haqayyq" it is written that "The head of manners is the language, it must be restrained." Hold your tongue, don't break your teeth. In harmony with this proverb, there is another proverb in our people:

Eat on an empty stomach.

Wipe your hands without getting enough of the snow.

(Qorning ochmasdan ovqat yegin, Qorning to`ymasdan qo`l artgin.)

In the above proverbs, which are considered to be masterpieces of the people, not only the science of medicine, the science of hadith, the life activities of our ancestors are reflected, but also cures for many diseases and useful advice for people. Although many centuries have passed, these proverbs have not lost their relevance. In the process of reading the proverbs, we will be convinced of the way of life of our wise people, rich in deep wisdom, the pure words of our mothers, and the golden treatment methods of our doctors.

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