



HISTORY AND ORIGIN OF TURKISTAN MEDICINE

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Abstract: This article presents information about the state of Turkestan medicine, the doctors who worked at that time and their treatment methods in English-language sources.

Key words: Turkestan medicine, Western tourists, Central Asia, "Tukhfatul Mominin", Central Asian doctors, hospital, symptoms of the disease, sanatorium, medicines and drugs.

Introduction: In the second half of the 19th century and the beginning of the 20th century, foreign scientists began to pay attention to various issues of Central Asia, including its medicine, which became the object of their research. In particular, Western travelers, political agents, and representatives of expeditions who visited Central Asia in the second half of the 19th century and the beginning of the 20th century wrote in their works and memoirs about the medical situation in Central Asia, especially in Turkestan. In particular, the works of researchers such as Skyler, H. Lansdell, A. Miken, O. Olufsen contain interesting information about the medicine of the region, and the documents of the US State Department archive serve as an important source for studying the medicine of this period.

In the process of studying the history of medical practice during this period, it is possible to observe the diversity. In particular, the methods of treatment introduced by local and Russians, as well as the diseases introduced with the Russians, the problems and similarities in the methods of treatment become clear. One of the works that covered the medical practice was written by Y. Skyler, who noted that the first procedure of local doctors was to examine the general appearance of the patient and ask about his temperament. He indicated "Tuhfatul Mominin" as the most widespread book on medicine. The author, who wrote about the process of examining and treating a patient, describes it as follows: "...The doctor, having summarized the patient's symptoms with the patient's character, takes the necessary medicine from among the medicines in paper containers from his bag or belt, and gives it to the patient with the usual instructions regarding its dosage and diet. The medicines used by Central Asian doctors are usually very simple and are mainly derived from plant substances, with a small amount of animal and mineral substances. Annette Miken noted that among local doctors, those who studied in Bukhara enjoyed a high status.

Main part: Most works note that medical services were provided mainly by blood donors, dentists, medical workers, mullahs and bond collectors, and some medical services were provided mainly in the open air. Also, in the second half of the 19th century, there were medical institutions in the region. For example, H. Lansdell noted in his works that there were treatment and quarantine rooms, and later hospitals were built by the Russian administration and local investors. In particular, describing the hospital he visited in Tashkent, he mentions that it was located near the Salor Canal outside the city. The length of the hospital was 850 yards and its width was 550 yards.

A highway ran along the hospital, and houses for hospital staff were built to the west of it. The land area to the east of the highway was approximately equally divided



between winter and summer buildings, and was densely planted with poplars. This complex had the status of a second-class Russian hospital, designed for 15 officers, 380 soldiers, 20 women, with 300 ready beds and another 100 in reserve. The houses in the winter cottages were built of baked bricks and covered with iron sheets. One house had a room for surgical operations.

The author also recorded valuable information about the composition of those being treated in the hospital. In particular, H. Lansdell, who visited this hospital on September 17, 1882, noted that there were 14 officers, 260 soldiers and 31 female patients there. Out of a total of 305 patients, 35 were prisoners. A year earlier, on the same date, there were 358 patients in the hospital. In addition, he indicated that the most common diseases in Tashkent were fever and diarrhea. This hospital served mainly Russian citizens. In 1874, a dispensary was established at the expense of local funds in the part of the city of Tashkent inhabited by the local population. This institution provided free services to the local population, and paid services to Russians.

Results and Discussion. The state of the bond in the body is also presented in almost the same way in studies. For example, Y. Skyler noted that its development is likely caused by an infusoria, which enters the body when bad water is consumed, and after about a year, a white worm begins to grow in the body in the form of a worm and appears on one of the large legs. Olufsen, on the other hand, wrote that the egg in the body gradually develops, and under the skin, the head is cylindrical, and the body looks like a long thread. The symptoms of the disease are the beginning of shrinkage in some parts of the body, especially the legs (if it is on the head, the disease is very dangerous), the appearance of red spots in the affected area, the place where its head is located is swollen, causing severe pain, and as a result, a fever.

The effective treatment of this disease was somewhat better in Bukhara than in other regions, and patients with this disease mainly went to the barber, and the barber cut the swollen area, crushed the head of the worm with a small object, and pulled it out as if pulling out a thread. It is mentioned in sources in the language. H. Lansdell, who witnessed this process, described the practice of removing the ring, according to which the ring was pulled out with the fingers of the right hand, and the affected area was pressed with the fingers of the left hand, and this procedure lasted 1-5 minutes. If this procedure was successfully carried out, it was often attributed to the skill of the barbers, and the patient was cured of the disease, but if part of the worm broke off and remained inside, an extremely painful inflammation occurred, requiring additional operations. Sources contain information that some people had even 10 to 20 rings on their bodies.

According to works written in English in the 19th and early 20th centuries, one of the most common and treatable diseases in the region was eye diseases. Loess dust in desert areas is cited as the reason for the high incidence of eye diseases. H. Lansdell noted that the effects of the sun and dust were the cause of eye diseases.

Olufsen cited factors such as the spread of chickenpox epidemics every two years, the lack of hygiene of the population, and the lack of bathing as reasons for the occurrence of eye diseases. However, sources on the history of the region do not provide any information about the spread of the disease every two years in Bukhara. Also, considering that the majority of the population was Muslim and washed several times a day to perform daily prayers, it becomes clear that both of these reasons are unfounded. However, another



reason is indicated as the use of stagnant water by the population, which is consistent with reality. Because the consumption of stagnant water without boiling caused the spread of ringworm and other diseases. In addition, the very hot summer, dry air, high light levels, and salty dust are also cited as reasons.

Conclusion. That is, the summer season was one of the main factors in the development of eye diseases. Also, the deterioration of the air circulation system in the narrow streets of the cities, the lack of wearing hats that shade the eyes, and the fact that women cover their faces with a veil on the street, which increases the heat and has a worse effect on the eyes, led to an increase in eye diseases. Various methods were used to treat the eyes. In particular, the local population applied antimony to their eyes, washed them with a tea candle or warm milk, and used eye drops and herbal decoctions given by local pharmacists. The arrival of Russian doctors to the country and the establishment of medical services resulted in a decrease in eye diseases.

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