

THE MEDICAL VIEWS OF ABU ALI IBN SINA

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Abstract: Abu Ali Ibn Sina (Avicenna) was a great physician, philosopher, and encyclopedic scholar of the 11th century whose scientific legacy has immense value for global civilization. His contributions to medicine, particularly through his renowned work *The Canon of Medicine*, have influenced both medieval and modern medical science. This article explores Ibn Sina's primary contributions to medicine, including his understanding of anatomy and physiology, methods of diagnosing and treating diseases, and his ethical approach to medical practice.

Keywords: Abu Ali Ibn Sina, The Canon of Medicine, anatomy, pharmacology, therapy, psychotherapy, medical ethics, Eastern medicine, medieval science.

Introduction

Abu Ali al-Husayn ibn Abdullah ibn Sina was born in 980 in the village of Afshona near Bukhara. He achieved exceptional success in various fields of science, particularly medicine. Of his more than 450 works, about 40 are related to medicine. Ibn Sina considered medicine not only a practical craft but also a discipline requiring philosophical depth and moral maturity.

Ibn Sina and *The Canon of Medicine*

Ibn Sina's most famous contribution to medicine is his five-volume encyclopedia *Al-Qanun fi al-Tibb* (*The Canon of Medicine*), which includes:

1. **Book One** – General principles of medicine, anatomy, physiology, and the preservation of health;
2. **Book Two** – Description and classification of simple medicines and their properties;
3. **Book Three** – Diseases specific to particular organs and their treatment;
4. **Book Four** – General diseases like fevers, inflammation, wounds, and fractures;
5. **Book Five** – Compound medicines and instructions on how to prepare and administer them.

The Canon remained a standard medical textbook in European universities for over 600 years and was translated into Latin under the title *Canon Medicinae*.

Views on Anatomy and Physiology

Ibn Sina used rational and observational methods to study the human body. He accurately described many organs and their functions, including the brain, nervous system, heart, lungs, and blood circulation. He proposed that the heart was the center

of circulation and emphasized the interdependence of bodily systems—a concept foundational to modern psychosomatic medicine.

Methods of Diagnosis and Treatment

Ibn Sina's diagnostic methods were highly systematic. He relied on symptoms such as body temperature, pulse, urine analysis, and physical appearance to identify diseases. His therapeutic methods were largely based on natural remedies, including:

- Herbal medicine;
- Dietary therapy (food as medicine);
- Physical exercise and massage;
- Psychological counseling and emotional regulation (early form of psychotherapy).

In some cases, he also recommended surgical procedures, but only as a last resort.

Medical Ethics and the Physician's Moral Code

Ibn Sina gave great importance to the ethical responsibility of physicians. He believed that a doctor must possess not only scientific knowledge but also high moral standards, including:

- Honesty and integrity;
- Compassion and patience;
- Dedication to serving the public good;
- Respect for the doctor-patient relationship.

He considered trust between the physician and patient as a critical factor in healing.

Influence on Modern Medicine

Many of Ibn Sina's principles are still relevant today. His teachings on preventive healthcare, hygiene, and a balanced lifestyle align closely with current global health policies. Moreover, his ethical philosophy remains a cornerstone of modern medical ethics.

Conclusion

Abu Ali Ibn Sina holds a unique and irreplaceable place in the history of medicine. His contributions have enriched the medical profession not only technically but also morally and philosophically. His legacy continues to inspire physicians around the world and serves as a guiding light in the pursuit of compassionate, science-based healthcare.

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