

IMPORTANT RESEARCH ON THE MAINTENANCE OF SPEECH AND HUMAN HEALTH

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ABSTRACT	KEY WORDS
The article discusses the place and role of the word as an important means of preserving human health in the scientific conclusions of natural scientists of foreign countries, summarizing the results achieved, the effective and appropriate use of the word, revealing the scientific, theoretical and methodological significance of the teaching manual dedicated to solving the actual scientific and philosophical problems of linguistics.	linguistics, philosophy of language, sociology of language, speech art, sociolinguistics, lexicology, civilization, proprietor, spiritual factor, national language, national value, national identity, national idea.

Introduction

In our country, special attention is being paid to the preservation and strengthening of human health, the development of science in all aspects where good work is being done in this regard to study and promote the unique achievements of world-famous naturalists - scientists to draw the attention of experts and the general public to Uzbek linguistics, it is extremely urgent, important and necessary to study and promote the unique achievements of the world-famous naturalist-scientists in solving the current problems of linguistics, to draw the attention of specialists and the general public to the solution of the current problems of Uzbek linguistics.

A year ago, in connection with the establishment of Fergana Medical Institute of Public Health, the first higher medical educational institution not only in our republic, but also in Central Asia, focused on the preservation and strengthening the economic, social, domestic, ecological, cultural, political factors of public health and researches were started to study spiritual factors, in particular, the place, role and importance of speech in improving human health, work efficiency, creating a prosperous and happy life worthy of our people, and further improving interpersonal relations. One of them is the publication of the 144-page book in Fergana “Words and Health” by Associate Professor Mahfuzulla Rahmanov, candidate of philological sciences.

Although this manual is intended for non-specialist students, it is undoubtedly an important resource for specialists in linguistics, language philosophy, sociology of language, sociolinguistics, psychology, speech culture, oratory art, due to its outline, content, and the weight of the issues.

An important aspect of the work is that an attempt was made to prove the scientific as well as philosophical essence of a word, functions, important factors in maintaining human health by showing the word in the examples of the research in the world-famous Japanese scientist Masaru Emato, German philosopher Sigmund Freud, Russian academician, famous specialist in quantum genetics Pyotr Petrovich Goryaev, famous Russian linguist N. I. Jinkin and many other foreign scientists.

The role of the word in human life and fate, the fact that it is a reliable tool in the treatment of certain diseases, is evidenced by important conclusions presented in the works of the world famous Hakim (doctor) Abu Ali ibn Sina, the great thinker, poet and statesman Alisher Navoi.

The author of the work reasonably and efficiently used the results of research on the topic of scientists of foreign countries, articles published on Internet sites, media outlets, newspapers and scientific journals during his multifaceted scientific potential, multi-year scientific and pedagogical research.

In this, of course, the great knowledge and experience gained by the author of the work in such complex areas of general linguistics as historical grammar, lexicology, semasiology, phonetics are very much ingrained.

Another valuable aspect of this work should be highlighted. First of all, in the work, the author turned to the sacred religious sources that have passed the tests of history, the rich heritage of our great ancestors, in order to prove the one-sidedness and invalidity of the Marxian methodology in the scientific basis of an important and mysterious phenomenon like language. In particular, poet Alisher Navoi:

The word came first and then the world,
What then is the space with the subsistence?
(Сўз келиб аввалу жаҳон сўнгра,
Не жаҳонки, кавн ила макон сўнгра...)

One more

The human being is a loser,
Know that there is no Guari Sharif andin –
(Инсонни сўз айлади жудо ҳайвондин,
Билки, гуҳари шарифроқ йўқ андин –)

the fact that he tried to prove with such important conclusions as new is an important achievement of a worldview and thinking style.

From the beginning to the end of the work, the author puts forward the high and noble idea that love for Man and Motherland begins with attention and respect for the mother tongue, the meaning of words. In this sense, the fact that the publication of the work coincides with the 33rd anniversary of the adoption of the Law “On the State Language” in our country is not just a coincidence, but the product of the author's 33 years of observations, joys and sorrows, his tireless search for the realization of his dreams, and his sleepless nights. The author wants to show the place and position of the Uzbek language among the world languages in a situation where mass illiteracy, indifference to language, writing, books and words have become the goal of students of higher educational institutions, not to acquire knowledge and practice it, but to actually get a diploma, giving the following important fact: “The inhabitants of the earth speak 7111 languages. 90% of the world's population speaks 70 languages, which are only one percent of these languages. Currently, 40 million people in the world speak Uzbek”.

Our language is one of the 70 languages spoken on Earth. It can be seen that the international status of the Uzbek language is enviably high (p. 39).

Language is a social, historical, cultural, spiritual and divine phenomenon. Linguistics is one of the social and humanitarian sciences. As a science, unlike other forms of social consciousness, it can serve as a reliable means of developing the national language and national spirituality, ridding humanity of ignorance, ignorance and ignorance only if it is free from political and ideological pressures.

In this sense, linguistics is very close to philosophy. Because it plays a very important role in solving a number of social-humanitarian, universal problems, including improving human relations, improving human mood and health. A linguist-scientist, unlike an artist, politician and ideologist, can be valued as a real expert only if he writes the truth, speaks the truth and is sincere to people, in a word, if he has the qualities and characteristics of a creative person and leaves an indelible mark in the history of science.

The national language is the spiritual wealth of the nation and society, an inexhaustible treasure. However, this treasure is used by different social groups and strata for their own interests. As lies, deceit, hypocrisy and fraud become a means of livelihood in a society where the poor, lawless and uneducated people live, the wise words of the great German philosopher Hegel: "Neediness offends all sacred values" come to mind.

At all times, the elite stratum (scientists, scholars, property owners, businessmen, etc.), which is a minority in the society, has been vitally interested in the development of the national language. Qualities such as honesty, keeping one's word, valuing the word, short, concise and clear speech are the way of thinking and life of people belonging to the elite class. Where there is freedom, attention to beautiful, truthful speech, listening attentively to the interlocutor, being patient with him and striving for literacy will increase.

In the conditions of economic freedom, it is no secret that private clinic doctors, nurses and even technicians strive to provide maximum comfort to customers, treat them with sweetness and provide excellent service. As the author of the work rightly points out, a good word also brings economic benefits.

The elite layer is characterized by creativity, a desire for innovations, it has its own speech culture and literary language. The main characters of Abdulla Kadiri's novel "O'tkan Kunlar" (Past Days) and the speech culture of the elite layer of that time are a vivid example of this. The basis of the elite layer is made up of people of knowledge. Their speech culture and attitude towards their mother tongue has always been a model and an example for the common people.

On the page 108 of the book we read: "The inner world cannot be changed until thoughts, ideas, concepts and active words are changed. If the inner world changes, the outer world will follow" (R. Bern). It is a very cool and right idea. Only a person is able to change his inner world, himself. Only the individual considers himself responsible for society, nation and national language. Where a person is formed as a person, intolerance to illiteracy, injustice, tyranny, a desire to rebuild the entire social life on the basis of the principles of truth, goodness and beauty will appear.

It is also true to say that "to what extent people are poor, disenfranchised and illiterate, their indifference to their national language, word and self will be to such an extent," just as the correctness of the wisdom of the ancient Greek philosopher Socrates, presented in the work, does not leave room for doubt.

In this work, socio-political problems that hinder the development of our national language are deliberately avoided. To this, as the author himself pointed out, “a group of shackle words”: “It does not depend on me”, “Politics cannot be touched”, “Don't play with the hero, the hero hits with every chapter”, “My stomach is empty - my ears are quiet”, “Know yourself, fear, mistrust and hopelessness, typical of the way of thinking of the helpless, poor people, like “let someone else leave” prevented.

In the work, unfortunately, the issues of individual freedom and the development of the national language were left out of the author's attention. However, the group of “giving wings” words: “I believe in myself”, “I have no less place than others”, “Whatever I have achieved so far, I have achieved with my own mind, will and perseverance”, “I fear nothing but Allah” etc. are characteristic of PERSONAL speech. Honesty, sincerity and self-confidence are important criteria of personal development.

Freedom of speech is not considered a national and moral value under the isolated rule of a totalitarian state. Because they understand very well that in the conditions of lawlessness and tyranny, the power of the right word is stronger than an atom, and therefore they deliberately encourage praise and flattery in every way. The art of giving a beautiful speech, winning the listener's heart with true words, oratory is not supported at all in the conditions of a totalitarian regime. To be a good speaker, you need to be knowledgeable, intelligent, wise, and feel responsible for what you say. The book provides many examples of how world-famous orators eventually gained power.

As the author of the work noted, the beginning of the existence of the universe was the WORD. Islam, like other religions, strongly condemns lying, even the saying of the Prophet in Hadiths, “A liar is not my ummah” (“al kazzabi lo ummati”) confirms this. It's time to realize that right and true words are the source of human strength and development of society and national language.

The use of profanity in the work is shown as a consequence of human depravity. The opposite of abuse is praise, exaltation, and encouragement. Crushing a person spiritually and morally by insulting him is also a product of civilized development.

However, it is worth noting that there are many evidences from religious sources about the honor of receiving a blessing, its importance in maintaining human health, blessings, and the disasters and tragic consequences of receiving a curse.

Great poets skillfully used curse words close to the vernacular in the fight against the evil enemy. There is no doubt that academic poet Gafur Gulam cursed the “genius” of fascism in his poem “You are not an orphan” (Sen yetim emassan) and said: “How can milk blind bastard Hitler know the value of a white child” was the wish of millions.

In the famous poem “Girya” by Shavkat Rahman, another great poet of our nation, he called the oppressors of the autocratic regime, “You are young, do you have a heart?” His curse testifies to how close the poet was to the pain and desire of the people.

The author of the work tried to prove to the future doctors that speech is not only a means of communication and exchange of ideas, but also the most important and convenient means of raising human mood, prolonging human life, restoring human health, and he achieved this in many ways.

Unfortunately, in this work, insufficient attention was paid to the problems that hinder the development of the Uzbek language as a scientific language. Although it is commendable and worthy of attention that writers, poets and journalists have been playing a leading, avant-garde role in the social and political life of our country for the last hundred years, in the age of science and technology revolution, poets and writers, not scientists, are playing a leading role in the spiritual life of our people, to know the fundamental nature of social and political phenomena. not aspiration, but to interpret it

superficially, to try to interpret it is one of the factors that motivates the creation of light works of fiction that match the level, taste and artistic-aesthetic needs of our people.

One of the important reasons why the European scientific and technical way of thinking and values cannot rise to the level of national value is due to the fact that our journalists do not look down on the nature of science, do not understand the difference between words and concepts, and do not understand that science requires the scientific concept to be unambiguous, clear and concise.

The art of words (fiction) aims to conquer the heart and emotions of a person, to teach people how to live by showing life as a whole by means of images and symbols. In the early years of independence, famous Uzbek writers took the initiative to establish the TERM COMMITTEE, which replaced the scientific terms and concepts that entered our social and humanitarian sciences through the Russian language with Persian and Arabic concepts that were used in the 9th - 10th centuries. Most of us have not yet realized that it is a crime and nonsense. Unlike national literature, science is a universal value, a cultural phenomenon that connects peoples and countries, serves for social development, and is a great creative force.

As the author of the work noted, speech is not only one of the important factors of maintaining and strengthening human health, but it is also an important tool for realizing our national identity and improving the health of the whole society. After all, valuing the word means valuing humanity, goodness, beauty and truth.

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