

## The Views of Scientists on The Formation of A Healthy Lifestyle

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### Abstract

The article reveals and analyzes the statements of great scientists about the bad habits of a person, which bring big problems and affect the deterioration of human health.

**Keywords:** healthy lifestyle, health, internal and external environment, human clothing, cleanliness.

### Introduction

Health is the greatest wealth in a person's life. Health is the ability of a person to constantly adapt to constantly changing environmental conditions. Its main feature is cleanliness and neatness. The clothes, thoughts and heart of every person must be clean and pure. After all, our people say: "There will be health, there will be peace." Man adapts to constantly changing conditions throughout his life. But there are some bad habits that are an additional burden on the human body and reduce the chances of adaptation. Drunkenness, slaughter, overeating, strong arousal, severe emotional experiences, environmental pollution cause incalculable harm to people. These diseases destroy the human body, reduce mental and creative activity, prepare the ground for the development of various diseases.

What is a healthy lifestyle? - this is a process of active work, a strong physical and mental state, the formation of a person who is able to overcome extremely dangerous and harmful factors and strive for maturity.

The main directions of a healthy lifestyle are:

- proper and rational nutrition;
- active lifestyle and physical education;
- organization of daily routine and work on the basis of biological laws;
- sex education, healthy family;
- providing peace of mind;
- rejection of bad habits;
- observance of personal and public hygiene;
- warning against accidents and injuries;
- have knowledge and skills about a healthy lifestyle [1].

When we talk about healthy thinking, we imagine a spiritual, cultural and educational healthy force that determines the way of life, connects the past with the future through the present and eliminates all evil from its path. Healthy thinking creates high spirituality, healthy thinking does not take root in a spiritually poor person.

Just as a rational lifestyle cannot be defined without healthy thinking, a healthy lifestyle is also the main source of healthy thinking. Human thinking is an analytical and practical process, consisting of more complex stages, i.e. stages, according to their inner content and



manifestation. That is, we want to say that the power of thinking has a relative influence on the development of thinking, depending on what goals it sets in the process of developing serious work and their implementation, to what extent these goals correspond to its internal needs, and reflect vital interests. In particular, the thinking of a person who has set big goals and stubbornly strives to achieve them can become deeper and deeper, being cleansed of all shortcomings and vices. Therefore, great goals give a strong direction to a person's aspirations, use his internal, internal capabilities and abilities, all this is the content of a healthy thought process.

One of the opposites of the above, which is a healthy way of life, is alcoholism, which is constantly condemned. In ancient India, a religious person accused of drunkenness was forced to drink a boiling liquid in a red-hot iron pot. In China, the death penalty is applied to those who abuse alcohol. In the time of Muhammad (peace and blessings be upon him), such people were punished with 40 lashes. Our thinkers have also expressed their opinion about drunkenness.

Kamal Khojandi said: "The first glass should be drunk for health, the second for mood, the third for intoxication, and the fourth for madness."

Ibn Sina: May is the enemy of the drunk and the friend of the sober.

He says, "A little honey is a little poison."

Lev Tolstoy noted that "out of ten crimes that stain humanity, nine are committed because of drunkenness." In *The Nightmare*, "The harvest of wine drinking consists of two things: either sickness or madness." They say that a drunkard or a drunkard will become, or a drunkard" [3]. According to Abul Faraj: "Wine awakens four qualities in the person who drinks it. First of all, the blood rushes to the face of a person, he paces like a peacock, his movements are gentle and majestic. After that, the monkey shows itself and jokes and plays with everyone. Then he will become like a lion, self-confident, indifferent to anyone, proud and quarrelsome. But in the end he turns into a pig and considers it a virtue to wallow in the mud like him. These thoughts are treasures that never lose their value, and every alcoholic is sure to find himself in such situations.

"Because of drunkenness, children are born weak and grow up sick" (Hippocrates). Alcohol has a bad effect on offspring. Children of alcoholics are born physically and mentally handicapped. They harm the future of our society. It is sad that they will not be held accountable for their crimes.

The researchers followed the fate of 819 children from 215 families where one of the spouses was addicted to alcohol. According to their data, 16 children died, 37 were premature, 38 were underdeveloped, 145 were born mentally ill, 55 were ill with tuberculosis, and 121 died prematurely [5]. Therefore, a person who is addicted to alcohol is a great danger not only for himself and his offspring, but also for the whole society. A person in such a situation cannot control himself, and as a result, he can commit a crime. This disease leads to the destruction of thousands of families, there are shortcomings in the upbringing of children, children in a dysfunctional family are left unattended.

Particular attention was paid to the topic of health in the works of our compatriot Ahmed Donish. The Thinker says that for the prosperity of the country, five conditions must be met, and one of them is that there should be enough doctors in every city.



The thinker narrates that the very poor sanitary condition of cities and villages is the cause of various infectious diseases, an increase in the number of deaths among the population. "If," he says, "the doctor is not wise, people will get sick and die" [6].

In his treatise *On the Order of Civilization and Mutual Assistance*, he expressed his thoughts about a just ruler, emphasizing that such a person should pay attention to manners in eating and dressing. Ahmad Donish writes about a person's life: "If a person observes the rules of nutrition and hygiene, he can certainly live one hundred and twenty years or more" [7].

In the work of the thinker, the main place is occupied by questions of contentment, not to succumb to whims, not to be a slave to lust. He cites such opinions as "be satisfied with yourself", "those who know the value of physical health should not eat too much", "those who begin to accumulate worlds will drown in a quagmire", "work and rest should be equal", [8]. That is, in his opinion, all wealth should serve humanity, each person should work for himself and his family, raise his children healthy and strong.

Ahmad Donish also pays special attention to the family issue. According to the thinker Ahmed Donish, "Love leading to depravity is undoubtedly a blow to culture." In his opinion, in the process of building a family, a very important factor for a guy and a girl is knowing each other's behavior.

Speaking about the culture of marriage, he emphasizes that a young man who a girl likes should be respectable, authoritative, and everyone should like his good deeds. Their love will win only if both parties building a family are respectable people. In addition, Ahmed Donish says that those who create a family should know about each other's family and ancestry, that is, they should worry about the health of the next generation.

In our renewing society, much attention is paid to the upbringing of healthy people, the formation of the spirituality of a free citizen, and raising spiritual and educational work to a high level. The wide spread of the healthy generation movement in our country and the radical reform of the education system based on the national training program are also important steps towards the realization of this noble goal [8, p.191].

In a word, to give up harmful diseases, lead a life along the right path, form a healthy lifestyle, relying on our own strength and will, is our top priority.

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