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Presentation Title: About medicine of Central Asia (Nursafardiyya deep medicine)

Abstract:

According to legends the third son of prophet Adam, Shish received from God great revelations and wrote them on 50 sheets, seventeen of which describe modes of curing and prophylactics of illnesses. It was a complete description of Gods' medicine the spiritual medicine. God created man and paid great attention to the development of his health. Therefore we find in the Holy Qoran, 6660 verses (oyats), of which 100 deal with recovery.

We must note that this knowledge is divided into three groups:

- The first one has appeared in the social system of man's life. It has changed, and has been engraved in the conscious mind.
- The second knowledge is hereditary (blood) which has been passed from one generation to the next one; i.e. from father to son, as a family inheritance.
- The third one is the spiritual Gods' knowledge - which is given to humans as a revelation or as a gift.

If all these categories of knowledge are joined to medicine we can get a social knowledge. It is the knowledge of modern (traditional) medicine, inherited knowledge and the knowledge of the popular (nontraditional) medicine. The spiritual knowledge is Sufi's knowledge. The word sufi, its rules are very suitable for Central Asia and for the territory of Usbekistan which is considered to be the place (center) of sufi saints. Therefore it is necessary to remember all the famous Sufis like Hoja Ahmad Yassaviy, Bahauddin Naqshband, Najmuddin al-Kubra and others. For this reason I shall not elaborate on more details about the idea of sufism. It proves there exists a Divine medicine, a saintly medicine.

The medicine of Central Asia took a distance from other systems that existed at that time and made its centrepont to strengthen and develop the inner immune system given by God. This means to strengthen the inner power (energy) of the organism, which gives impulse (energy) for the normal functioning of the inner organs.

It is important to understand that an illness which appears to the surface has inner reasons and there are secret inner forces of the organism to manifest the symptoms of the illness. An example is the skin disease eczema which according to modern medicine is the result of an infringe of the pancreas and dysbacteria with its further development of pathological microflora. This disease cannot be treated with physical methods only. Only, medicine of Central Asia has studied all the questions of treatment on the physical, physiological, energetical and spiritual levels. This means that all the reasons and the methods of treatment of all diseases have been studied. If this is so then appears the question as to how the medicine of Central Asia is used in practice?

Nursafardiyya deep medicine has great experience. The present center was established and officially registered in 1992 and has its branches in Tashkent, Buchara, Moscow, Obninks, Chirchick and Jizzak.

Presently the Center works with five main directions of the medicine of Central Asia:

- Curing with medicinal herbs, gathered at the heights between 3700 – 5300 meters, in ecologically pure environment and enriched with minerals and ultra-violet rays. In the main Center 280, different medicinal remedies are prepared which are also used in practice.
- Sufi energetic massage
- Special treating methods for improving the connection between the central nervous system and the inner organs.
- Sufi gymnastics and sufi breathing methods
- Treatment with prayers and mantras (these methods are also used in the branches)

The results of the treatment are very effective and the medicine of Central Asia is particularly successfully treating chronic and oncological diseases.

Nursafardiyya deep medicine collaborates with medical departments of some contemporary medicine. For example The Institut of medical radiology in Obninsk (Russia), The Orthopedic Institute and department of pathologic anatomy TASHMI-2 in Usbekistan.

At present the collaborators of the Center are publishing a book on medicine of Central Asia which will be usefull for strengthening human health for our people and the whole mankind. There are reasons and facts to push the development of science. Without understanding it, it is impossible to disprove it and to engage in creative activity towards grasping the essence (truth).