

# On the Healing of May in the “External” Umar Khayyam

**Shodiev Jahongir**

Lecturer, Department of Social Sciences, Bukhara Engineering Institute, Uzbekistan.

E-mail address: [shodiyevjahongir.30.1985@mail.ru](mailto:shodiyevjahongir.30.1985@mail.ru)

**Abstract:** *The article analyzes the features of May mentioned in Umar Khayyam's "Navruznam". In the world there is a story about the origin of May itself from grapes and the history of the appearance of grapes. We analyzed drinking oil, liquid oil, turbid oil, talcum muddy oil, basil oil, sour, ripened in the sun, raisins, liquid turmeric, long-term storage wine, top wine, mixed and filtered oil, palm oil, beneficial and harmful conditions for humans .*

**Keywords:** May trait, Navruz holiday, kindness, love, friendship, pride, morality.

## INTRODUCTION

Rubai Umar Khayyam tickles the heart, sharpens the mind and requires observation. Moral criteria, such as kindness, love, human dignity - value, friendship, pride - are the main topics of the poet's work.

## MATERIALS AND METHODS

Omar Khayyam Pearls of art have enjoyed the world for centuries and adorned our souls. The great man made a great contribution to the history of world culture not only with his art, but also with his scientific works in astronomy, mathematics - algebra, history, ethnography.

Navruznama is one such work. You will be surprised that this wonderful holiday of Navruz, which is a symbol of the scientific potential and talent of the thinker, not only tells about the history of its origin, but also about our national traditions, spirituality, deep knowledge of the traditions of our ancestors. It is known from medicine that in the process of transition from season to season, a person is depleted mentally and physically, after spring fatigue, the human body feels tired. Although Khayyam is not a doctor, he understands the situation well and gives some medical advice in his work. About the properties of barley "Barley is also useful for medicine ... They say that when you eat it, blood is never broken and there is no need to take blood from veins"<sup>1</sup>.

Judges Jolinus, Socrates, Hippocrates, Abu Ali ibn Sina and Muhammad Zakaria said that there is nothing more beneficial to the human body than the Maidan, especially talc and suzuk musalla made from grapes. It alleviates grief, pleases the heart, nourishes, helps digest dark food, paints lips, whitens the skin, sharpens the mind, makes greedy generous, courageous cowards and reduces illnesses. A person who drinks alcohol is usually healthy because the fever is caused by mucous and harmful mucus, and this is rare in people who drink a lot of alcohol. Prevents the accumulation of bad lumps in the stomach during diarrhea. Some call him a critic of perception, some call him a criterion of knowledge, some call him a mirror of ability. Elders say it removes grief from grief, and some say that it brings grief. One who drinks five glasses of mayonnaise shows his good and evil, that is, his spirituality. He makes a stranger a friend and strengthens friendship, at the same time he gathers friends in a circle. May is a very sweet thing, all the things that are crunchy in the world, whether fatty, sweet or sour, cannot be eaten after it is full, if it is digested, it is unnatural and nauseous, and the more you drink, the more you want to drink . Man is not satisfied with this, and this does not contradict human nature, because he is the king of drinks. There are many blessings in paradise, but May is the best blessing of paradise, otherwise Isis would not receive it, even if he had two worldly blessings. As he mentions in his wise book: "Their master gave them clean wine," and in other places he said: "He is good for people, but his sin is more than his good." He has many benefits to people, but more than benefits from his sin. A wise person should drink so that his nature is greater than his sin, so that he does not suffer, he cherishes his psyche in such a way that from the very beginning to the end he does not show rudeness or evil in his words or actions, only good and joy. He can drink only when he reaches this level (status). The benefits of mayonnaise are many. Now we will discuss in detail the benefits and harms of mayonnaise, as well as the elimination of this harm, based on the words of Jolinus ibn Zakariya Razi, Hajj Abu Ali ibn Sina and other great doctors.

## RESULTS

The benefits of drinking wine: it helps to digest food and increases the internal temperature, that is, the natural temperature. It charges the body with energy and cleanses it with urine, sweat and steam. Its disadvantage: it is not suitable for children with very strong passions. To eliminate his harm: if people with strong passions want to drink it, you need to add water and gulab so that it is harmless. It's all.

---

<sup>1</sup> Umar Khayyam Nishapuri - The Great Thinker of the East: Proceedings of the International Scientific Conference. Tashkent - Tehran. Al - God, Movarounnahr, Nasib Abdullaev. Nowruz is a waste of time. 2004. No. 154.

The advantages of liquid mayonnaise: it does not require a large amount of food and can be drunk by people with strong passions. He gradually loses bile with urine. Its disadvantage: it relaxes the stomach of people with black bile and causes joint pain. Loss of his corruption: drink in a white choir, eat snacks and dried kebabs. Then it is harmless and useful.

The advantages of liquid blurry may: if it is good, then it is acceptable for granola and is suitable for people with moderate passion. Its harm: harmful to people with strong passions. Loss of harm: after drinking water and ghoulba add pomegranate juice. Then it will be harmless.

The benefits of talcum powder, cloudy oil: it loses peace and indifference, and also eliminates pain in the stomach. This is useful when your stomach hurts (its harm: it is harmful to people with strong passions, when they have a headache and a cold in the liver). Loss of his harm: drink it with water you need to eat acidic food and eat acidic fruits as a snack. Then it hurts.

Benefits of basil: it strengthens the heart and facilitates relaxation in the stomach, is useful for malaria, which occurs with diseases. Disadvantage: eyes and head hurt, quickly intoxicated. Loss of harm: roses and violets, as well as sour fruit snacks, help.

The benefits of freshly muesli: it increases blood flow in the body and swells in the arteries, its fumes are intoxicated. Its drawback: moisture does not benefit many people - their stomachs often relax, and their bodies are full of fluids. Loss of damage: eat raw, add, dried fried, dried fruit are good for snacks.

The advantage of long, preserved muesli: this is good for people who have a cold and rest on their stomach. It is useful in the treatment of the stomach and liver: its harm: it is harmful to people who are tough, thin and thin. Loss of harm: it should be added to water, drink a small sip of barley. Cold food and fresh fruit are bad.

Advantages of topa musallas: acceptable for the stomach and abdomen, relieves abdominal cramps, relieves headaches and eye pain. Its disadvantage: this wine has a quick effect on the head. Loss of harm: drink as much as the body wants.

Musalls are mixed and filtered: tasty, healthy for relaxation and headaches, pleasant for people with strong passions. Its harm: it produces gas in the stomach, causes joint pain and cools the stomach and liver. To eliminate its harm: it is necessary to prepare an appetizer of boiled soup, fried meat, medicinal snacks and dried fruits.

Nordan musallas: Suitable for people whose stomach and liver are hot. Its disadvantage: it loses the desire to approach and liquefies fat. Loss of his harm: he is harmless by consuming pure white boiled soup, halva and sweets.

Dried wine: the most delicate and easily digested wine. Shortcoming: quickly breaks down blood. To eliminate its harm: soup with vinegar and barberry, pomegranate soup, appetizer of pomegranate and pomegranate, vinegar - drink honey juice, so it is harmless.

Wine from raisins: if released, it looks like mixed granola. Suitable for easy maya and strong passions. Disadvantages: if it is cloudy, it looks like black granola, is poorly digested, stimulates black bile, relaxes the stomach, swells in the stomach and pollutes the blood vessels of the liver. Loss of damage: vinegar - honey juice, sprinkled water, cucumber seeds.

Wine from dates. If it is fresh, it makes you fat and increases blood flow. Its harm: it is thick and poorly digested, pollutes the blood vessels of the liver and irritates black bile. Loss of his harm: drink pomegranate granola and vinegar honey juice, as well as drugs that remove black bile.

Now let's find out where the grapes came from and how they got the wine.

The history of the musalla.

According to history, Herat had a powerful king with incomparable treasures and riches and innumerable sepoy. All Khorasan was under his authority. He was a descendant of Jamshid and was called Shamiron. He built the Shamiran fortress in Herat, which has survived to this day. He had a very brave, brave and strong son named Almond. There was no sniper to match him at that time. Once Shamiron was sitting by the window, all the tori stood in front of him, and his son Bodom was next to his father. Suddenly a hummingbird appeared, screamed, fell to the throne and sat down on the ground. King Shamiran looked at him and saw that a snake was crawling around Humo's neck, he was trying to bite Humo. King Shamiran said: "O people, my lions! Who can shoot a snake and save it? he said. And he said, king, this is the work of your servant. He shot so hard that he hit the snake with his head on the ground without damaging Humo. When Humo was saved, he flew around a bit and flew away. On the same day of the following year, King Shamiron sat again at the window with the Torah. This hummock appeared again, and when it flew over their heads, the snake landed on the ground where it was killed. He threw something from his nose to the ground, screamed several times and flew away. When the king saw this, he shouted to people: "This is the one we saved from the serpent." This year he brought us a gift of honor, look, he hits the ground with his beak. Go and take what you find. Two or three people went and found two or three seeds lying on the ground. They took the seeds and placed them on the throne of King Shamiron. The king looked and saw hard seeds. He called scholars and sages and told them that these seeds were given to us by Humo, what sign do we see in this and what should we do with them? All of them said that they should plant with one mouth, guard and watch what happens by the end of the year. Then the king gave the seeds to the gardener and said: "Plant them on one side and wrap them so that the four-legged ones do not step on them. Protect them from birds and show us from time to time that they will grow." The gardener did the same. It was the month of Nowruz. After some time, seedlings grew from these seeds. The gardener told the king this story. The king came to a young man with Torah and scholars. They all said: "We never saw such plants and leaves." Then

they returned. That is, over time, the branches of the seedling multiplied, the leaves grew, and at the base of the vine hung heads of grapes, similar to buckets. The gardener went up to the king and said that no vines had grown on any of the trees in the garden.

## RESULTS

The king entered a second time to see this tree with scientists. He saw that the seedlings had turned to rust and that the heads of vines hung in it. He was amazed and said that he needed to wait until the fruits of other trees ripen, and then he will be able to find out what the fruit of this tree will look like. No one dared to try the grapes when he grew and ripened. Then came autumn apples, pears, peaches, pomegranates and other fruits. The king came to the garden again. He saw a vine made like a bride. The grapes ripened, turned from blue to black, shone like agate, and the grains fell. All scientists were unanimous that these fruits are the fruits of a tree and that spilling a perfect tree, grape seed, means that they have healthy juice that should be taken, put in sand and stored. No one dared to take fruits and eat them. They were afraid that this fruit was a deadly poison. They brought hummus to the garden, crushed grapes and filled it with juice. The king said to the gardener: "Tell me what you see." Then they returned. When the grapes began to boil in a pot, the gardener went to the king and said: "This juice boils without water, like boiling water in a pot. Something comes out of this. The king said: "Tell me when he is calm." Once the gardener saw that she was clean and tidy, shone like a dumb and calmed down. He immediately informed the king. The king and the scholars agreed, marveling at his purity and purity of color, saying: "This is the purpose and usefulness of this tree. But we don't know if it is poisonous or healing. "Then they brought the killer out of the dungeon and advised him to drink in a glass and see what happens. He drank a little and sighed. They asked: "Will you drink again?" He said: "Yes." They gave him another cup. He began to sing with joy, did various things, and the king's glory ceased to exist for him. He said: "He said, give me another cup. The next day he was asked, what he drank last night and how he felt. "I didn't know what I was drinking, but it was great.

## DISCULSION

If I could find three more cups today! I barely drank the first glass because it had a bitter taste, but as soon as it fell into my stomach, my nature made me want it again. When I drank the second glass, I was so struck by joy and happiness that shame disappeared from my eyes and the world became a toy. King, I have no difference in the rings, then no matter what you do, people are born to die. He was given the third cup. He drank, felt dizzy, fell asleep and did not wake up until the next day. When he woke up, I thought that he was brought to the king, and I forgot the grief of the world. After drinking the third cup, I slept soundly.

## CONCLUSIONS

The king forgave his sin. All scientists unanimously came to the conclusion that there is nothing better and preferable than mayonnaise, because neither food nor fruit possess such qualities and qualities as in wine. Thus, King Shamiron learned to drink May. He made the holiday a habit, and since then he sang with ore while drinking. The same garden where the grapes were sown is still preserved and is called Hiravza. It is at the entrance to the city. It is said that grape seedlings are distributed all over the world from Herat, and no other city or country has as many grapes as Herat.

People counted more than a hundred grape varieties. May has many advantages<sup>2</sup>.

## ACKNOWLEDGEMENTS

So, in the book of Navruznam Umar Khayyam describes the useful and harmful properties of the May drink. Descriptions of "May" as a medicine in this play have not lost their relevance even today. According to Khayyam, if May is taken in small quantities, it can become a cure for many ailments. But if May is consumed in large quantities, it can lead to alcoholism. Apparently, May as a drink also has two conflicting properties.

## REFERENCES

1. Umar Khayyam Nishopuri - The Perverted Thinker of the East: Proceedings of the International Scientific Conference. Tashkent - Texron. Al Bad, Movarounnar, Nasib Abdullaev. Navruznom is a wonderful job. 2004 154 - pledge.
2. Samples from rubies. This price brochure was published on the basis of the Order of Light of the Nur Ethilgan Publishing Association 1990, p. 46-53.
3. Philosophy and vocabulary of music. "Publishing House of the National Society of Field Sufis of Uzbekistan" Tashkent - 2004, p. 165 - 166.

---

<sup>2</sup> Examples from rubayats. This booklet was commissioned by the Nur Creative Production Association in 1990, pages 46-53.