



## IMPACT OF SOCIO-CULTURAL PARADIGMS OF SOCIETY ON BIOETHICS

Isaxova Shaxlo Muxtarovna

GulDu Teacher

shaxloisaxova55@gmail.com

### Annotation

This article deals with the content of the paradigm of bioethical education, the paradigm of complexity, the paradigm of a healthy lifestyle, the paradigm of medical culture that exist in society in the development of bioethics.

**Keywords:** Science, paradigm, human life, bioethics, education, healthy lifestyle

### Аннотация

Ушбу мақола биоэтика ривожда жамиятда мавжуд бўлган биоэтика таълими парадигмаси, мураккаблик парадигмаси, соғлом турмуш тарзи парадигмаси, тиббий маданият парадигмаси мазмуни ҳақида.

**Калит сўзлар:** Фан, парадигма, инсон ҳаёти, биоэтика, таълим, соғлом турмуш тарзи

### Аннотация

В данной статье речь идет о содержании парадигмы биоэтического образования, парадигмы сложности, парадигмы здорового образа жизни, парадигмы медицинской культуры, существующих в обществе в развитии биоэтики.

**Ключевые слова:** Наука, парадигма, жизнь человека, биоэтика, образование, здоровый образ жизни

### Introduction

In the age of advanced science and technology, a person who realizes the true purpose of living in phenomena that contain duality in their essence, such as connection and nonexistence, creation and tyranny, goodness and evil, form and content, will never lose his noble path. Any of our knowledge is sometimes inherited knowledge, and in some cases it serves us as a new knowledge created on the basis of old knowledge. The society in which we live and such a view of



science from previous eras has not lost its essence until this time, that this science as ethics is being manifested in various forms of ecological ethics and biological ethics as time goes by. Philology has been a wide-ranging science since ancient times, and many of its scientific discoveries have been classified as its own inventions. In the next period, as a result of the development of the society, some science became a separate science and was separated from philosophy. In this region, medicine and philosophy developed and formed in close connection during the development of Christianity. Physicians expressed their opinions about the relationship between medicine and philosophy. Hippocrates: "Just as medicine cannot exist without the general laws of philosophy, so philosophy is strengthened by medical worldviews" [1]. It is appropriate to explain these thoughts of Hippocrates through the doctrine of "customer". Even in ancient times, while interpreting the essence of "client", they noted that it is a verb. At the same time, it is possible to win over each other or create a balance. The balance between the two is a constant struggle, and as a result, change occurs. Researches and observations in the field of science, such as this, increase the number of socio-cultural practices, so that it is possible to increase the fact that the language is composed of opposites. For example, in Afghanistan, there are countless contradictions, and there is always a struggle, life goes on, grows old, and grows stronger. When the struggle stops, life also stops, that is, death occurs.

### **Analyzes and Results**

The main development and progress of society in some sense depends on the spiritual and physical development of people. It also depends on medical knowledge and medical culture, which is the basis for the physical existence of people. It is important for people to understand their moral responsibility and obligation to preserve all life in existence. At the same time, bioethics advances its moral principles in the medical and social protection of all living things. The dialectics of society and nature complement each other and pass each other. The reason is that the health and life of people in society depends on the purity of nature, the existence and stability of natural bodies, as well as the worldview and knowledge of people, as well as their responsibility. Today, bioethics leads the way in finding and solving some problems in society and in nature. It is necessary to develop knowledge and medical culture on a healthy way of life for the social protection of the population on a large scale and to preserve its life, to



raise the standard of living. Based on these thoughts, we presented the following as socio-cultural paradigms of society:

- Paradigm of bioethics education.
- Complexity Paradigm.
- Healthy lifestyle paradigm.
- Paradigm of medical culture.

Bioethics education paradigm is to form the knowledge of bioethics in the students of higher education, to study the medical and philosophical aspects of bioethics. Also, in the analysis of bioethical issues, the unity of natural and social knowledge is of great importance in the formation of thinking. N.A. Umirzakova states: "The science of bioethics is considered a mechanism of humanization of medical education, which teaches future doctors studying in medical education to preserve life, respect human dignity, and value the health and life of the patient"[2]. Based on this idea, it can be said that bioethics education allows not only young people and all segments of the population to learn, understand and practice universal values in preserving life, saving human life, prolonging life, and appreciating it.

Complexity paradigm - in the development of bioethical thinking of people in society, it ensures that the sciences of biology, medicine, and philosophy are connected with each other within the framework of the idea of preserving all living things. Tishchenko P. D: "Bioethics is a field of interdisciplinary knowledge, which covers a wide range of philosophical and ethical problems that have arisen as a result of the rapid development of medical and biological sciences and their introduction into the field of healthcare and high technologies" [3]. In our opinion, the biological, medical, socio-philosophical myammolap that has arisen in the field of protection of the plant can be called the myammolap of complexity. Because if the solution of the problems focused on bioethics is not found within the scope of medicine or biology, it looks for the solution in social sciences. This situation accelerates the integration of disciplines.

Paradigm of healthy lifestyle - relying on the theoretical sources of folk medicine within the framework of a healthy lifestyle in society, teaching the young generation to apply it to people in their practical activities, is important in eliminating the unhealthy environment in people's lifestyle. It serves as an example for the improvement of the situation in all areas that are aimed at strengthening people's health. In the years of independence, it has been



consistently implementing state policy in the field of social protection of the population and raising the standard of living. A healthy lifestyle is the prevention of any disease and the guarantee of good health. Also, the development of various aspects of a person is a factor of success. In the development and development strategy of our state, the goals for the development of the health care sector and the solution of existing problems have been implemented. In order to increase the culture of a healthy lifestyle among people and youth, and to shape their worldview, propaganda and propaganda work is being carried out on a large scale in social networks and mass media. As a result of this, "5000 steps for health"[4], "Steps to a healthy life"[5] walking marathon, "Towards a tobacco-free future!"[6] seminar training for media representatives were held in different regions of the capital, our republic. This work is an important factor in the formation of knowledge about a healthy lifestyle in people's minds. Today's era requires everyone to have high medical knowledge. Also, every person should pay serious attention to his health care, exercise self-control, and increase his medical knowledge to prevent various diseases. After all, medical knowledge and skills are the basis for increasing the medical culture of people. It is necessary to correctly explain what is good and what is harmful to the health of the growing generation. This leads to the spread of the issue of healthy lifestyle in the society. The main legal source of Tibetan science, the four-volume Jud-shi, states: "If people want to live peacefully and live long lives, they should be aware of and able to use medical science, and avoid lifestyles, eating and drinking that disturb the functioning of the body. they should restrain themselves. When starting a family, they should refrain from marriage between blood relatives, sick, disabled, and those whose clients are not compatible with each other»[7]. A healthy way of life is based on the knowledge of the diet that is useful for the body, as well as the herbs that bring out the beauty. Thus, people have ensured their physical health by having even a little bit of medical knowledge.

The society we live in and its economic growth and political development depend on the outlook of the mature generation growing up here. Knowledge of traditional folk medicine of the East, strong typmysh culture, and medical culture are of great importance in ensuring the continuity of the generations. Because there is youth, beauty, and health in dying and aging, the opposite is stagnation, old age, ugliness, and unhealthiness. Among these conflicting dialectic laws, only the preservation and stability of noble concepts depend on



the supreme being of the Creator, man, and his successors, the young generation. A healthy way of life is followed by people, it allows the person and the whole living to live longer. This situation accelerates the realization of the goals of bioethics within the paradigm of a healthy lifestyle. Ideas about the foundations of a healthy lifestyle are more common in ancient Greek philosophy. Hippocrates in his treatise "On a healthy lifestyle" looks at this phenomenon from a medical point of view, which is mainly related to the physical health of a person, at the same time external environmental factors - climate, soil, water, people's way of life, laws of the country, etc. explains it due to the effect of its characteristics [8]. In fact, if lifestyle and climate are the primary factors in increasing the culture of a healthy lifestyle among people, the laws developed and put into practice in this regard are considered a secondary factor. Even in ancient Greece, it is known from history that the conformity of body status to the requirements of physical education was strictly discussed within the framework of state laws. For the Greeks, the pursuit of physical perfection was considered one of the main directions of personal development. The idea that the more beautiful a person's body is, the more it improves.

Ancient Chinese thinkers believed that "when talking about a healthy lifestyle, the malfunction that occurs in the human body is caused by mental imbalance. In this sense, they put forward the idea of five painful moods, such as anger, sadness, sadness, anxiety, and anxiety»[9]. From these opinions, it can be concluded that the question of balance between the spiritual and social meaning of the incon, its social and spiritual status, has a special meaning in Eastern philosophy.

Traditional folk medicine has its place in ensuring that people live a healthy life and that generations are well-rounded. One of the types of ethnic culture that arose as a result of the development of empirical knowledge is folk medicine. The role of these factors in the regional characteristics of folk medicine traditions cannot be denied. Also, folk medicine was formed in a mixed state with regional religious views. For example, Indian and Tibetan medicine is based on Buddhism, and Chinese medicine is based on Daoism and Confucianism [10]. If we look at the medical traditions of the Uzbek people in Central Asia, beliefs such as cleanliness, cleanliness, dealing with patients, and proper nutrition were formed on the basis of Zoroastrianism and other local religions. Also, in "Avesta" it is said that man should protect water, air, earth and soil [11]. Islam, which came later, strengthened these views with its rules.





## Conclusions

In conclusion, respect for human health, life, life, and death as a value begins only when people develop knowledge and views within the framework of the above-mentioned paradigms. In humans, this development is achieved through the acquisition of bioethical education, knowledge of healthy lifestyle and medical culture.

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