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VA TIBBIYOT INTEGRATSIYASINING  
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### **Linguotherapy as the method of treatment**

**Raximov Mubin Muradovich<sup>1</sup>**

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**o.5685840 Abstract.** This article is dedicated to the treatment of psychological disease by linguotherapy. By the way it was distinguished the role of words in order to influence to the psychology of patients. We also learned the linguodidactical aspect of poems by Avicenna. So with the help of new foreign language it is possible to form new, healthy reflexes, providing not only the mastering of a foreign language, but also improves the physiological indicators of the functioning of the body.

**Key words:** *linguotherapy, linguodidactical, hypnosis, psychology, spirit, treatment, neurological system*

**Introduction.** Scientists research many methods of treatment during the periods. In many cases, scientists of all over the world try to overcome the beginning stages of disease. Therefore, why there are many patients with high blood pressure, heart disease and psychiatric illnesses nowadays? These is a huge unsolved problem that should be invented by specialists of that sphere. Development of the technology, science and engineering makes a lot of fuss for the health whenever destroying neurological system of humanity.

The history of formation of humans' society helped to overcome many difficulties in any sphere, mostly it provided the stability of neuroses system. Fear of natural disasters called them serious psychiatric unevenness. Language is the main source that helped to fight the fears according to prayers (linguistic religious rites).

As the first president of Uzbekistan Islam Karimov mentioned, spiritual healthy generation is the main power of society and it controlled the physical health. In another case, keeping of spiritual health is primary question of society. Treating any ill persons according to the influence on his psychology by the means of linguistic skills is more effective, which has been learned by scientists.

**Method and materials:** Linguotherapy is broadly distinguished as any treatment with the use of language and usually implies intellectual/spiritual development through the intense usage of mother tongue or foreign languages<sup>1</sup>. From early ages, linguistic approach to the treatment of humans' spirit was the weapon of shamans, voodooes, withdoctors and physician. In Central Asia the period of renaissance.

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<sup>1</sup> teacher of Bukhara state university foreign languages faculty

Mainly every word has a special irritants which researched by the Russian scientist A. P. Chekhov. "The word for a person is the same real conditioned irritants, like all the others that he has in common with animals, but at the same time it is as comprehensive as no others." I. P.

Pavlov [Б.И. П. Павлов. Изд. Академии наук

СССР, т. III, стр. 10.] His student M. Bikov gave the widest explanation of this idea. He mentioned ability of conditioned reflexive connection of cerebral cortex with the internal organs and systems. Therefore, we conclude that all the verbal reflections helps to arise or to stop the foci of nerve excitation of all organs.

In a narrower sense, used in most cases at this site, linguotherapy is a practice of improving psychological and, consequently, physical conditions of a person through studying a foreign language.

Totally, linguotherapy can be used as a valuable element in a comprehensive psychotherapeutic program aimed at handling such things as psycho-traumatic situations and/or depression. On the other hand, linguotherapy can be used separately to help find new interests in life and obtain positive experience [7. <http://www.linguoterapia.com>]. The Russian scientist Anatoliy Solnsev mentioned the following about linguotherapy. Linguotherapy in his understanding is the study of words, both sounds and hieroglyphs. It is worth getting carried away with solving this linguistic puzzle - and all the sores will fade into the background. There will be no time left for them

Avicenna mentioned three main aspects that helps to treat the illness.

They are word, herb and edge. [Abu Ali ibn Sina. T., -1990;38] According to this thought of Avicenna word is the primary resource of treatment. It motivates us to overcome all the difficulties, which comes from the result of illness. That's why Avicenna wrote "Urjuza-fit-tib" (Poetry of medicine) in which he tried to give definition to the diseases and the way of their treatment [Abu Ali ibn Sina. Urjuza \_fit-tib. T., -1998;67].

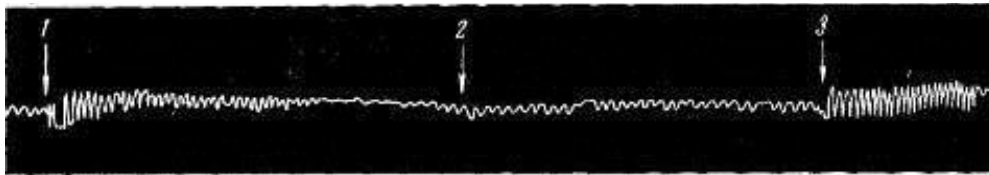
Avicenna understood that influencing to the mind of humanity by logically concentrated poems.

Linguotherapy broadly researched in Islam and other religions. According to Islam the ayahs (sayings) of Holy Koran have a strong power which can not only treat diseases of the body but also the spirit<sup>[Koran]</sup>. It means linguotherapy has old roots and therefore humanity needs immixture to the communication issuers. Tabibs (physicians) tried to make influence to the spirit of patients with words or holy ayahs from Koran; moreover, they ask treatment to addresser from Allah making blessings.

Whenever we talk about linguotherapy, it is important to mention about hypnosis. In 1980 it was important to treat patients in a distance by hypnosis. Hypnosis for pain management "is likely to decrease acute and chronic pain in most individuals<sup>[5]</sup>" but for some other problems, for example smoking and so on.

Hypnosis is usually done with the help of the therapist using verbal repetition and mental images. Hypnosis may help with the pain due to burns, cancer, childbirth, irritable bowel syndrome, fibromyalgia, dental procedures and headaches. Every word has its own signal that makes influence to neurologic system. It appears during the hypnosis process. It must be pointed out that any word as an irritant is indifferent to a person until a conditioned reflex connection between this word has arisen in the cortex of his brain. This experiment by I. Pavlov shows that the word "painful injection" expressed more senses rather than injection made during the hypnosis.

Here we showed an experiment of 1926 by I. Pavlov. The investigator, who is in a hypnotic state, is injected with a pin. In response to the sensation of pain, a respiratory reaction occurs.



Pic 2. Change in breathing with just one pronunciation of the words: "A pin prick, it hurts a lot!" (1), "There is no pain with the injection!" and the subsequent prick with a pin (2) and, finally, with vigorous pronouncing of the words "The prick is very painful!" accompanied by the prick safety pin (3)

Emotive sense are closely connected with the hormones of organism so that it makes creation of powerful immune.

**Investigation.** The main purposes of treating by linguotherapy helps to have cure without operations, pain, troubles etc. From early ages, humanity tries to control spiritual health rather than physical health. The effect of linguotherapy is powerful in treatment of psychiatric diseases. In many dishes of medieval Central Asia, it was written many advices to keep healthy lifestyle that shows the importance word influence to the psychology. In many cases the linguotherapy is an innovative teaching method in universities. The method tested and used by scientists in the classroom is linguotherapy - a new unconventional method of modern lesson, which gives positive results in formation and development of language and professional competencies of students. A narrower definition is as follows: linguistic therapy is improvement of psychological, and as a possible consequence, physical the state of a person when he/she learns his/her native or foreign language. The impact is not mechanical, but semantic or humanitarian on the motor function of the brain of university students should be optimized positive result. The essence of linguotherapy is that on the raised debatable question should be obtained the greatest number of options for positive answers and instill the most positive option in the thinking of students and thus simultaneously teach and to bring up them independent, critical and creative types of

thinking [Материалы Международной научно-практической конференции (Узбекистан, г. Андижан, 25 мая 2021 г.)]. So linguotherapy is both a closely psychological and linguistic

2021 ;

aspect which deals with emotional senses influenced on the neurological system. It makes to develop the hormones. Hormones helps to revise immune system of organs. According to the philosophical point of view the word which pronounced by mankind has a powerful reaction to the perception of once mind.

**Conclusion.** In one word linguotherapy is the method which helps in treatment both sick people and their spirit. It also helps to overcome difficulties in educational system, however, this sphere is not researched both linguists and medical scientists so clearly. Our task in future will be the followings: - to analyze the linguistic phenomena of word psychological influence; - to connect in one system all the words of linguotherapy colored; - to make experiments of linguotherapy to the psychological depressed patients. We come to conclusion that good communication and learning foreign language affects the psychological system making emotional senses in our mind. Mind is the essential organ that controls all the other organs.

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<i>Navro`zova M.G`.</i>	<i>Tibbiy birliklar tadqiqi</i>	<b>172</b>
<b>3-sho`ba. Tibbiyot ta`limida lingvokulturologiya va psixolingvistikaning ahamiyati hamda dolzarbligi</b>		
<i>Ahmadova U.Sh. Bozorova G.Z. Mirjonov N.N.</i>	<i>Tibbiyot sohasida perifrastalar</i>	<b>174</b>
<i>Абдуллина А.Б.</i>	<i>Мўқазали Мақатаев аңгімелеріндегі психологизм Psychologism in the stories of mukagali Makatayev</i>	<b>179</b>
<i>Adizova Nigora Adizova Nodira</i>	<i>Alisher Navoiyning tibbiy qarashlari</i>	<b>182</b>
<i>Gafurova N.T. Hikmatov N.I.</i>	<i>Значение языка в развитии высшего образования</i>	<b>185</b>
<i>G`aybullayeva N.I.</i>	<i>Tibbiy lingvistik birliklar platformasining amaliy ahamiyati</i>	<b>190</b>
<i>Hayitov Sh.A.</i>	<i>Alisher Navoiy tib ilmi va tabiblar haqida</i>	<b>195</b>
<i>Haydarova N.A.</i>	<i>The importance of metaphors usage in medical discourse</i>	<b>200</b>
<i>Jumayeva M.</i>	<i>O`zbek xalq maqollarida tibbiy birliklarning qo`llanilishi</i>	<b>204</b>
<i>Kobilova F.T.</i>	<i>The problems of research on methods of foreign filology teaching with innovative approach</i>	<b>207</b>
<i>Raximov M. M.</i>	<i>Linguotherapy as the method of treatment</i>	<b>211</b>
<i>Xalikova M.X. Teshayeva M.Sh.</i>	<i>Shoshiyning tibbiyot ilmiga bag`ishlangan "qonuni bositiy" asarida mavjud ayrim tibbiy atamalarning lingvistik tahlili</i>	<b>214</b>
<i>Niyozova M.F.</i>	<i>Davriy nashrlarda tibbiyotga oid tasviriy vositalarning qo`llanilishi</i>	<b>218</b>
<b>4-sho`ba. Tibbiy birliklarning lingvopoetik tadqiqi</b>		
<i>Yusupova D.Y.</i>	<i>Tilshunoslikda evfemizm hodisasi talqini (H.Xudoyberdiyeva she`rlari asosida)</i>	<b>222</b>
<i>Қалиев Е.М.</i>	<i>«Ант» драмалық дастанының тарихи және фольклорлық негізі Historical and folklore basis of the dramatic saga "The Oath"</i>	<b>228</b>
<i>Yuldasheva M.M.</i>	<i>Tibbiy pedagogik yo`nalish talabalarida milliy an`analar asosida bag`rikenglikni rivojlantirish</i>	<b>232</b>
<b>5-sho`ba. Amaliy filologiyani rivojlantirish - davr talabi</b>		
<i>Ashurbayeva R.Q.</i>	<i>Yosh avlodda tibbiy madaniyatni rivojlantirishda ona tili fanining ahamiyati</i>	<b>237</b>
<i>Istamova S. I.</i>	<i>Taqlid so`zlarning tibbiyotda qo`llanilishi</i>	<b>241</b>
<i>Qobilova A.B.</i>	<i>O`zbek va ingliz tili tibbiy perifrastalarining kognitiv-morfologik xususiyatlari</i>	<b>245</b>
<i>Toshtemirova S.</i>	<i>Tibbiyot lingvistikasi: vujudga kelishi, dolzarbligi, maqsad va vazifalari</i>	<b>248</b>