

The Concept of Health and Disease

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Annotation. In this article, special attention is paid to the notion of the concept and the definitions given to it, its formation in the world and Uzbek linguistics. National features of the content of the concept of health are interpreted linguistically. In addition, the scientific article contains some comments on the relationship of words, notions and concepts, as well as on their general and special features. In the article, the word “disease” is considered the dominant word among its synonymous words, and these words include “unhealthy”, “infirmity”, “disease” (doctors recommend using this word), “disease”, “pain”, “weakness” were analyzed by examples. It turned out that there are no replacement synonyms for the word “health”. They differ significantly in meaning. The words health and disease are included in the semantic field called “feeling”, which may also include their synonyms, the above-mentioned and semantically close units, as well as the medical term “premorbid state”. As a result of the study of the concept of “health”, this concept includes the absence of diseases, a healthy lifestyle, spiritual and moral lifestyle, physical health, complete satisfaction with lifestyle and maturity. The article notes that it covers such conceptual units as endurance, physiological and biological healthy lifestyle.

Keywords: Concept, conceptology, concept sphere, concept, word, analysis, health, semantics, disease, cognitive feature, euphemism.

Introduction. In such areas of world linguistics as linguo-pragmatics, linguacultural studies, cognitive linguistics, psycholinguistics, neurolinguistics, ethnolinguistics, and discursive analysis, the individual factor forms the center of the research object. The emergence of these fields is related to the efforts to study the human being in more depth in science and to illuminate the linguistic activity in harmony with the individual factor.

This requires consideration of a number of issues related to the concept. In recent years, we have witnessed the frequent repetition of the term "concept" in linguistics and the fact that many scientists are conducting scientific research on studying some linguistic units as a concept. This concept is especially widely used in new directions of philological education. In general, the term concept can be used not only in linguistics, literary studies, but also in other fields, but this term is considered one of the main categories of cognitive linguistics.

After all, in philology, a concept - a thing (in the broad sense) is the content side of a sign, which is consolidated in the social experience of mankind, has historical roots in their life, is socially and subjectively related to the mental, spiritual or material sphere of human existence is a related concept.¹ The concept is related to the feeling, understanding, and pictorial representation of an object - an event.

The creation of certain ideas about the world is a result of the interaction of three levels of mental perception - emotional perception, the formation of ideas (the simplest generalization and information), and the processes of speech creation. The totality of this information forms the essence of the system of concepts.²

Literature Analysis and Methods

About this concept, which includes both cultural-spiritual, axiological, and spiritual-philosophical features, the scientist D. Khudayberganova also says that it is a multifaceted structure, the concept has psychological, cognitive-semantic and linguistic-cultural characteristics, and these aspects recognize in his studies that it is simultaneously manifested in the speech stage.³

¹ <https://ru.wikipedia.org/wiki/>

² Maslova V.A. Cognitive linguistics. – Samarkand, 2011. – P. 8. Uzbek edition.

³ Xudayberganova D.S. Anthropocentric interpretation of artistic texts in the Uzbek language: thesis of the PhD research. – Tashkent, 2015. – P.19. Uzbek Edition.

Research aimed at studying the main concepts that form the basis of the national conceptual field brings scientists to a new level of systematization of the cultural values reflected in the concepts and the creation of a cultural conceptualization.⁴ In fact, the study of socio-culturally required conceptual essences, which fills the list of anthropologically important concepts, remains a priority. The concept of health, which is considered the basic, anthropologically important concept of any culture, is included in the list of mental essence concepts of the national conceptual field. Exactly, "through it, a person can see the world".⁵ From the point of view of philosophy, health reflects the absolute harmony of the body and its parts, the body and the environment, the body and the soul, and the disease represents the state of violation of this harmony. There are four main concepts of health and disease developed in world medicine: 1) health – the absence of disease; disease is an organic form of life that has arisen in the human body and at the same time is alien to it; 2) health is the norm, and disease is a deviation from the norm; 3) health is the proper functioning of all organs and their systems, and disease is a disturbance in such functioning; 4) according to the 1946 Regulation of the World Health Organization, health is "not merely the absence of disease or infirmity, but a state of complete physical, mental and social well-being".⁶

Health means a person's ability to fully perform social functions and actively participate in public life, and disease means a condition that limits the freedom of human activity. In the understanding of health and disease in anthropology, the following options can be distinguished:

Health: 1) a blessing given by God; 2) a reward for good deeds; 3) a normal state of the human body; 4) a state that relaxes the soul.

Illness - 1) the result of human moral depravity; 2) punishment for mistakes; 3) testing; 4) a means of cleansing and getting rid of sins; 5) alarm signal.

The above-mentioned interpretations of the phenomena of health and illness by philosophers, physicians and doctors serve as the necessary evidence and basis for linguistic research of their understanding and expression in speech.

At the end of the 21st century, the fundamental economic, political and social changes taking place in the world in the first half of the 22nd century will undoubtedly cause a change in the conceptual world of the linguistic person. First of all, the concept of health, which is not related to political or economic concepts, is undergoing meaningful modification. It can be said that today the reconstruction and replenishment of the conceptual field of the native language is observed in the mind of the native speaker: health is perceived in an exemplary manner under the influence of the latest socio-cultural norms. This determines the need to linguistically interpret the national characteristics of the content of the health concept.

Results And Discussion. Here it can be said that the concept of *health* in Uzbek culture has its own cognitive characteristics. The main principle of Indian "Ayurveda" is based on the influence of the human mind on the body. Getting rid of the disease depends on a person's ability to communicate with his mind and bring it into balance.⁷ It is written in "Avesta" that "Medicine is the art of keeping the body in a healthy state". The famous work of our great compatriot Abu Ali Ibn Sina "Laws of Medicine" was written based on the ideas of maintaining and strengthening health.

In fact, it can be noted that the analyzed concept of health has left "we" and has become the value of "I". In the context of globalization and the pandemic that began in 2019, people are more concerned about their health than ever before. Because Islam also teaches the ways of health care. In this regard, a number of important things have been established in our religion, such as the provision of relief and permissions for the purpose of health care for physical discipline, observance of cleanliness, refraining from things that harm health and pollute the environment, and prevent the body from exhausting itself.⁸

⁴Anthology of concepts: in 8 ch. / under the reduction of V.I.Krasik, I. A. Sternin. – Volgograd : Paradigma, 2005. Russian Edition; Yu.Stepanov, S.Konstanty: Dictionary of Russian culture / Yu.S.Stepanov. – 3rd Edition. – Moscow : Akademicheskii Proekt, 2004. – 982 p. Russian Edition.

⁵ Lurye S.V. Psychological anthropology: history, current state, prospects / S.V.Lurye – 2nd edition. – Moscow : Akademicheskii Proekt, Alma Mater, 2005. – P. 587. Russian Edition.

⁶ Charter (Constitution) of the World Health Organization (dated July 22, 1946) // www.pravo.kulichki.com

⁷ <https://yuz.uz/news/salomatlik-ilmi>

⁸ <https://muslimaat.uz/maqola/1238>

The analysis of the texts shows that the nature of individual and collective ideas about a healthy person has changed: a modern person knows that he is responsible for his health: ***Do not hesitate and do not be lazy - it is a matter of your health; It seems that a person should determine what is harmful to him and what is useful for his health.***

In the conditions of the developing economy, the meaning of the concept of *care* related to health, which appears along with it in speech, has also expanded. The importance of a careful attitude to health and its protection remains relevant: *attention to one's own health; is not indifferent to health; dealing with health; health support; improving health, taking care of health, care, etc.*

As a result of research on the concept of "health", this concept includes not being sick, healthy lifestyle, spiritual and moral lifestyle, physical health, full satisfaction with lifestyle and maturity, it can be concluded that it covers conceptual units such as endurance, physiological and biological healthy life. So, when a word is taken into conceptual analysis, at first, its manifestation in language is considered as a concept, but after a deeper cognitive interpretation, more of its meaning will be revealed. The concept does not just look at the meaning of the word, but analyzes all its concepts expressed in existence, aspects related to human perception, and contradictory meanings in a cognitive interpretation. For example, the concept of "health" contradicts itself, and the concept of "disease" stands side by side with the essence of content. An example of this is the verb-word groups that express the physiological state related to the color names that express the disease concept in speech communication. Conditional verbs with logical expressions such as reddened, break, bleed, bleed, turn pale, blacken, bruise, becoming yellow refer to a person, his face, eyes, ears, lips, nose, it means the condition of the same sign characteristic of its organs such as eyebrows, head, hair, beard, and neck. They are important because they indicate the state of physiological change in a person as a result of illness, pain, fear, severe suffering, old age, illness. This change is based on the "positive and negative attitude" of human organs to internal and external influences. Both of these phenomena related to human health and lifestyle appear as a unity of thought. The starting point of both of these depends on the figurative influence on the physical and mental state of a person.

In addition, within the framework of the research, the lexicographic interpretations of the nouns of health and disease and the words included in their word formation nests were analyzed, the etymology of the studied lexemes and their synonyms were studied.

As a result of the analysis of explanatory dictionaries, the following lexicographic semantic invariants (LSI) were determined for the word health: 1) "normal functioning of all body parts"; 2) "absence of disease"; 3) "state of well-being" or vice versa, the following LSIs can be divided into the word disease: 1) "disruption of the proper functioning of the body", 2) "in the direction of lack of something, deviation from the norm in the direction of excess".

Dictionary definitions of the noun health include lexemes with a high degree of precision: state, order, activity, action, process, activity, balance, norm, organism, disease (as its absence). Words such as impairment, change, deviation, injury, disability are meta-language units of disease names.

Conclusion. The word "disease" is the dominant word among its synonymous words, which include ill-health, infirmity, disease (doctors are recommended to use this word), illness, units such as pain, weakness are included. There are no interchangeable synonyms for the word health: they differ significantly in meaning (feeling, condition) or have bright stylistic coloring (health, well being). The words health and disease are included in the semantic field called "feeling of self", which can also include their synonyms listed above and semantically close units, as well as the medical term "pre-disease condition". The purpose of word derivational analysis is to identify the semantics of health and disease words. According to the dictionary of A. N. Tikhonov, the word health is included in the word formation nest of the word healthy. Analysis of this nest showed that the most stable families of all monosyllabic words should include themes such as "positive evaluation" and "conformity to the norm" (healthy criticism, healthy relationship). As for the term "organism", the following meanings are redistributed in the metaphorical sense of the quality: the term "man" in the syntagms such as healthy life, healthy economy is not only preserved, but also repeated. After all, household life is a social parameter of an individual's life, and the economy is characteristic of the production relations of the whole society. According to A. N. Tikhonov's⁹ dictionary, the noun "disease" is included in the word

⁹ A.N.Tikhonov. Derivative dictionary of the Russian language: in 2 chapters. M., 1985. Russian Edition.

formation nest of the word “pain”. The most stable theme that unites all the words in this nest is “abnormal” (pain – “a feeling that exceeds the norm”; sick (person) – “especially valuable, not like others”; disease – “disruption of the normal functioning of the body”; painful (figuratively speaking) – “excess”). The weakest component of meaning remains the “organism” sema, as all the words of the hive can be used to express both physical and mental suffering.

Therefore, it is understood from the above that the concept of health has a multidimensional description, and the content of the cognitive features of this concept is manifested in different ways. The concept of health is a multidimensional phenomenon that reflects ideas about the dual (physical and mental) state of the organism in everyday consciousness, which is the self of the subject, who is an external observer, as well as a carrier of his internal state. evaluated in terms of self-perception. The non-agentive nature of the concept, which has a level character, indicates that it contains cognitive properties related to the group of external factors affecting health.

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