

from saturated and required in Arab and even European countries. It is difficult to become stagnant as medical specialties are difficult to become stagnant because we always need treatments, medications, follow-ups and reviews.

THE HISTORY OF MEDICINE

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Medicine is considered to be one of the most important and developing branches of science nowadays. But without knowing the history of this science it is impossible to study the present achievements of it. Arabic medicine has its special place in the development of medicine, being the “mother” of it. There are a variety of diseases described in Arabic books, one of the first and most famous of which is called “Law in Medicine” written by the father of medicine known as Avicenna (Ibn Sina) whose heritage and influence into medicine can’t be overestimated.

Medicine is a science and practice in the diagnosis, treatment and prevention of diseases. The word “medicine” is derived from the Latin word “**medicus**” which means a variety of health care operations and practices. Medicine has evolved since its inception many times as modern medicine contains many branches and research: medical genetics and medical technology for the purpose of diagnosing and treating the disease as the doctor usually uses medications, surgeries and psychological treatments in his work.

Clinical practices differ from one country to another due to regional differences in culture and technology, as scientific medicine is a modern medicine in the Western world while many developing countries in African and Asian continents continued to rely on traditional medicine while using limited evidence in their practice.

In the early ignorant days medicine was limited to some experiences and spells that people inherited but after the conquests of Islam the Arabs drew their great attention towards medicine and Islamic medicine arose and then witnessed a great development in the Golden age of Islamic civilization. The language of medical science was Arabic at that time and it made Islamic medicine one of the important kinds of science of that era when a very large number of scientists who specialized in medicine and were creative in that field emerged. They left us a huge legacy of medical books where they recounted their discoveries and treatments for many diseases and with their articles they wanted to put in your hands.

One of the best and most famous Muslim medical scientists was Ibn Sina (Abu Ali al-Hussein bin Abdullah bin al-Hassan bin Ali bin Sina). He was a scientist, philosopher and physician from Bukhara, famous for medicine and philosophy development. Ibn Sina was born in the village of Afshana near Bukhara (in present-day Uzbekistan) from a father from Balkh city (now in Afghanistan) and a rural mother. He was born in 370 AH (980 CE) and died in 427 AH (1037 CE) in Hamadan (in present-day Iran). He was known as the President Sheikh and westerners called him the Prince of Doctors and the father of modern medicine in the Middle ages. He authored 200 books on various topics, many of which are focused on philosophy and medicine.

Avicenna (Ibn Sina) is considered to be one of the first scientists in the world to write about medicine. He followed the approach or style of Hippocrate and Galen. His most famous work is the book called “**Law in Medicine**” which was the main reference in medical science for seven countries in arrow. The book ‘Law in Medicine’ remained the major in teaching medical art in the universities of Europe until the mid-seventeenth century. Ibn Sina is also considered the first one to describe the causes of jaundice, describe the symptoms of bladder stones and pay attention to the effect of psychotherapy on recovery.

Nowadays it is almost impossible to imagine modern life without modern equipped hospitals and qualified doctors who help people cope with a variety of modern diseases. That is why medicine can be called one of the most important branch of science without which people would not survive.

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Аннотация. Пища претерпела серьезные изменения в ходе эволюции человека. У первых гоминидов была диета, богатая углеводами. Необходимый набор белков и жиров компенсировался употреблением в пищу насекомых, рептилий и некоторых мелких млекопитающих. Развитие сельского хозяйства и животноводства, промышленная революция изменили рацион питания без параллельных изменений в генетической