



**THE ESSENCE OF EASTERN PHILOSOPHY AND ITS ROLE IN THE
DEVELOPMENT OF SOCIETY**

Associate Professor (PhD) of the Department of Social and
Humanitarian Sciences, Termez Branch of Tashkent State Medical University:

Mamatqulova Nilufar Xusanovna

nilufarmamatqulova53@gmail.com

+998904183006

Students of the Faculty of Pediatrics, Termez Branch of
Tashkent State Medical University, Pharmacy Department:

Tursunqulova Durdona

Nomozova Dilnavoz

Rizaqulova Mahliyo

Eshmatova Sarvinoz

Abstract: This article broadly covers the essence of Eastern philosophy, its historical roots, and its influence on the development of society. Eastern thought interprets harmony between man and nature, moral perfection, spiritual purification, and a just social order as the main values. The ideas of morality, enlightenment, patience, respect, and social responsibility are analyzed using the example of the heritage of ancient Chinese, Indian, and Central Asian philosophical schools. In particular, the teachings of Confucius and Laozi address the issues of social order and harmony with nature, and the views of Central Asian thinkers Abu Nasr Al-Farabi, Abu Rayhan Al-Biruni, Ibn Sina, and Alisher Navoi address the issues of a perfect person, science, enlightenment, and just governance. The article scientifically analyzes the main idea of Eastern philosophy - the development of society, first of all, its connection with the spiritual development of man. The relevance of these philosophical views in today's globalization environment, their role in preventing spiritual crises and restoring moral values is also substantiated.

Keywords: Eastern philosophy, spirituality, morality, perfection, justice, science and enlightenment, social development.

Relevance of the topic: In today's globalization, a sharp increase in the flow of information and technological progress, the issue of spiritual values, moral criteria and human relations in societies is becoming more and more relevant. As material progress accelerates, the inner world of man, moral responsibility and spiritual needs are often relegated to the second place. As a result, problems such as social conflicts, spiritual crises, indifference, individualism and worthlessness arise. In such conditions, there is a growing need for philosophical views that interpret the development of society not only in terms of economic or technical indicators, but also in relation to the spiritual maturity of man. Eastern philosophy embodies a rich spiritual and philosophical heritage that can meet such a need. It interprets harmony between man, society and



nature, moral purity, justice, patience, respect and enlightenment as the main principles. Since ancient times, Eastern thinkers have linked the development of society with a person's self-education, striving for perfection and reliance on science and enlightenment. Therefore, the study of Eastern philosophy and the application of its ideas to the life of modern society are extremely relevant today from a scientific and practical point of view.

Purpose of the topic: The purpose of this article is to analyze the essence of Eastern philosophy, its main ideas and principles, and to reveal the place of these views in the development of society. It is also intended to shed light on the views of ancient and medieval Eastern thinkers on man, morality, spirituality, science, enlightenment, and a just society on a scientific basis. The article shows the importance of Eastern philosophy for modern society, its theoretical foundations in preventing spiritual crises, strengthening moral values, and educating a harmonious generation. Through this, the aim is to substantiate the role and practical significance of the Eastern philosophical heritage in today's development process. Main part: Eastern philosophy is formed as a holistic system of thought aimed at understanding the harmony between man, society, and existence. In it, the issue of knowing existence is interpreted in close connection with a person's self-education, moral purification, and achievement of spiritual perfection. Therefore, philosophy in Eastern thought is manifested not only in theoretical observation, but also as a practical life guide, moral guidance, and a spiritual criterion regulating society. In ancient Chinese thought, the teachings of Confucius occupy a special place. He emphasized that the stability of society is based, first of all, on moral discipline, respect for parents, respect for elders, and social responsibility. According to Confucius, if each person sincerely fulfills his duty, justice and harmony will prevail in society. At the same time, the ideas of Taoism, put forward by Laozi, promote living in harmony with nature, achieving spiritual balance through simplicity, inner peace, and renunciation of excessive desires. These views indicate that maintaining a balance between man and nature is an important condition for the development of society. In Central Asian philosophical thought, the issue of human perfection and building a just society occupies a central place. Abu Nasr Al-Farabi, in his teachings about the "Virtuous City", justifies the need for society to be governed by knowledgeable, moral, and enlightened people. In his opinion, a just society can be built only on the basis of knowledge and moral purity. Abu Rayhan Beruni, on the other hand, developed a method of knowledge based on scientific thinking, experience and observation, and showed that knowledge and enlightenment are the main factors in the development of society. Among the Eastern thinkers, Ibn Sina emphasized the intellectual and moral perfection of man interprets it as a whole process. According to him, a person understands existence through his mind, and finds his place in society through his morality. The harmony of reason and morality forms a perfect person. The works of Alisher Navoi also widely cover the idea of a perfect person, justice, generosity, humanity and spiritual purity. In Navoi's view, the prosperity of society depends on the spiritual maturity of people.

In Eastern philosophy, knowledge and enlightenment are recognized as a special value. Knowledge saves a person from ignorance, enriches his thinking and creates the basis for conscious activity in society. Therefore, Eastern thinkers considered education to be an important factor in the development of society. Moral education, spiritual purification and the process of acquiring knowledge are considered inextricably linked to each other. Another important aspect is that Eastern philosophy measures the development of society not only by material well-being, but also by spiritual perfection. Human patience, honesty, justice, respect and responsibility are interpreted as the main factors ensuring the stability of society. Therefore,



Eastern thought continues to serve as an important theoretical source in the restoration of humanity, spirituality and morality today.

Conclusion: Eastern philosophy, as a rich spiritual and philosophical heritage formed over the centuries, is a holistic doctrine that serves to ensure harmony between man, society and existence. The ideas of moral purity, justice, patience, respect, striving for knowledge and enlightenment, and raising a perfect person put forward in it are interpreted as a solid foundation for the development of society. Eastern thinkers are distinguished by the fact that they associate the prosperity of society, first of all, with the inner world, spiritual perfection and moral maturity of a person. The heritage of thinkers such as Confucius, Laozi, Abu Nasr Al-Farabi, Abu Rayhan Al-Biruni, Ibn Sina and Alisher Navoi deeply illuminates the ideas of humanism, enlightenment and justice. Their views have not lost their significance today and serve as an important theoretical basis for solving spiritual problems in modern society. In conclusion, the essence of Eastern philosophy is aimed at leading a person to perfection, establishing justice and harmony in society, and strengthening spiritual values. Deep study and practical application of this philosophical heritage is of great importance in ensuring the development of society, raising a harmonious generation, and strengthening spiritual stability.

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