

## IBN SINO INSONNING JISMONIY VA RUHIY KAMOLOTI HAQIDA G'OYALARI

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### ANNOTATSIYA

Mazkur maqola qomusiy olim, mutafakkir, tib olamining sultoni Abu Ali ibn Sinoning inson, uning jismoniy va ruhiy kamoloti hamda kamolotga erishish omillari borasidagi g'oyalariga bag'ishlangan. Maqolani yozishda Ibn Sinoning falsafiy g'oyalaridan ham foydalanilgan. Xulosa qismida yakuniy g'oyalar ham keltirilgan

**Kalit so'zlar:** Inson, jismoniy sog'lom inson, ruhiy salomatlik va ruhiy-ma'naviy kamolot.

## AVICENNA'S IDEAS ABOUT THE PHYSICAL AND SPIRITUAL PERFECTION OF MAN

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### ABSTRACT

This article is devoted to Avicenna's ideas about the physical and spiritual perfection of man and his path to reaching the top. Avicenna's philosophical ideas were also used in writing the article. Final ideas are also given in the conclusion

**Keywords:** human, physically healthy man, mental health and spiritual maturity.