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TRADITIONAL FOOD, PLANT AND ANIMAL PRODUCTS IN BASHKIR FOLK MEDICINE

This article is devoted to the study of the use of foodstuffs, herbal and animal products within the context of traditional Bashkir medicine. These remedies have been widely used both in medical practice and as preventive measures. Often the use of these remedies was accompanied by a complex system of verbal magical rituals and ceremonies. The rational experience of folk healing based on the use of these treatments constituted the foundation upon which official medicine was subsequently formed. The development of science and the interaction of cultures of different peoples gradually expanded the range of traditional healing methods used in Bashkir everyday life. However, to date, the people have preserved ancient methods of treating certain diseases, their own healing techniques, which allows us to speak about the demand for this field of knowledge in our days. This is due to both the availability of the tools used and their time-proven effectiveness.

Keywords: *traditional medicine, Bashkirs, rational treatment, magic, spells, food*

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