

**TRADITIONAL BABY FOOD AND MODERN  
(IN THE EXAMPLE OF THE KARSHI OASIS)****Xolida Ochilova,**

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**Abstract:** In this article article, based on historical ethnographic data in the Karshi oasis, the factors of infant feeding are covered.

**Keywords:** Karshi, oasis, uzbek, mother, child, pitaniya, traditions, mother's milk, midwife, folk medicine.

**Аннотация:** В этом статье освещается на основе историко-этнографических материалов обычай грудного ребенка.

**Ключевые слова:** Карши, оазис, узбеки, мать, ребенок, питания, традиции, материнское молоко, акушерка, народная медицина.

It is known that the healthy and vigorous growth of a baby depends on taking care of it and feeding it on time. The rest of the baby depended on the mother's milk, which was considered a peaceful and incomparable food for the child. It is widely believed that a child who sleeps a lot will be more loved by the mother and will have more milk. But in some cases, when the milk of mothers decreases, it is considered that the milk has run out, the milk has cooled, and the reasons are as follows: if the woman's love for the child escapes prematurely, if the expected son or daughter is born; if he leaves the house from time to time and flies; if he is afraid, he does not eat; if there is no opportunity to eat disappointing foods; If he has a sore throat or a sore throat, his milk will leak, of course.

Measures to increase milk were caused by the reasons for its decrease, which had a religious-magical and rational nature. At first, with the action of the midwife, the rituals of bonding the mother's love to the child were performed. In the oasis, when the babies vomited because of nausea, the mother's milk cooled down, so the cook heated the kettle on the fire and dripped milk from the woman's breast to it. The breast milk is warmed by pressing the breast to the breast by heating it in the oven. In some places, it is believed that the milk will increase by rubbing the breast three

times in the mouth of the baby in the family and vaccinating, and in most places by receiving blessings from the mullah<sup>1</sup>.

The most important goal-oriented measures are feeding the mother nutritious food, improving her mood, and paying attention to the daily routine. Modern medicine also uses such practices as the main measures to increase milk production.

In the Karshi city of the oasis and its surroundings, special kana oil has been prepared for additional feeding of the baby, cleaning the inside, and replenishing the marrow when the mother's milk is insufficient. Egulik was prepared by mixing novvot, yellow oil, and dill, and the baby was fed several times a day. From livestock, goat's milk is considered the most useful for women's milk, and often the child is also fed with it. In some cases, cow's and sheep's milk is also given.

It was customary for children to breastfeed other women when the mother's milk was scarce during infancy, which some women did temporarily by agreement, and some until the child was weaned. The latter was done by women in more self-sufficient families to not burden themselves with a young nursing baby. Such women who breastfeed a child are called "nurses" in the oasis. She agreed to give him a meal every day, occasionally or after the end of the breastfeeding period, "milk fee".

A kinship relationship with the nanny's family began, and the children were considered siblings who nursed on the same breast, emikdosh kokaldosh (breast-sucked).

Breastfeeding continued until the term, depending on the mother's condition and milk. From the age of 7-8 months, he was given cow's and sheep's milk, bread and milk made from bread and milk. After weaning, gradually transition to adult foods. A conditioned reflex was formed in the mother and the child during the daily return of breastfeeding, which was manifested by the baby's crying and milk dripping from the woman's breast. So, women naturally knew the routine of everyday life. But it was not always possible to strictly follow it, of course.

As the age of breastfeeding differs for boys and girls, there is a widespread perception of breastfeeding for a boy until age two and for a girl until age two and a half. The reason for this is that the son gets his right from the mother's milk, and the son from the father's property, more precisely, when the father has the property, the son gets more than the daughter, and according to Sharia, sons are the main claimants to the father's inheritance. When the family has one child after another, the older one is weaned sooner.

Different methods were used by mothers and grandmothers to wean the baby. At first, paying more attention to food, trying to breastfeed clearly, and gradually stopping breastfeeding. When

separation becomes difficult, methods such as turning the mother's shirt upside down, applying pepper, pot - moth, and nos to the bottom of the child's desire to separate the child are used. There was a belief among the people that it was possible to separate a child with magical measures.

In the village of Maymanaq, Kasbi district, after turning the cooked egg three times over the stove or tandoor, and then giving it to the child, the goal is to connect the love to the food prepared using the oven and tandoor. After rubbing it three times on the breast, it is intended to cool the child from the mother's breast and attach her affection to the egg<sup>2</sup>. In some places, there was also a custom of throwing the child's shirt from the roof as a cooling agent from the mother's breast.

Our Prophet (pbuh) said that during the 40 days chill period, the pomegranate fruit will be cleansed from Satan and evil intentions. Especially about the benefits of watermelon for the health of pregnant women: "Any pregnant woman who eats watermelon will give birth to a child with a beautiful appearance and a beautiful character"<sup>3</sup>.

The enzymes contained in it ensure the normal functioning of the intestines. Especially in winter, watermelon is considered equivalent to horse meat, because this period is when mothers are full of strength<sup>4</sup>.

When products made from wheat flour are consumed, the substances absorbed in the body are oxidized, which is beneficial for people who live an active lifestyle and do heavy physical work. For example, atala is considered to be "the soup of a woman who has given birth" and for women whose eyes light up, they add zirk or mummy to make the woman's back stiffen<sup>5</sup>.

Such a custom was also used by the Tajiks of the oasis city of Koson, and in a branch of bells, beech leaves were added to the porridge and boiled. People belonging to Kunhirot clan living in Maymanok village, Kasbi district cook it as a white porridge for the woman who gave birth because it is made with milk and butter. That's why there is a proverb among the population: "When one woman gives birth, seven old women are fed"<sup>6</sup>.

First of all, the baby is given to the woman to breastfeed. They make porridge with linseed oil, tail oil, butter, eggs, beans, and even meat. At the same time, during the chilla, the woman eats crusty bread. Khairma is cooked "singa" (reddish and well cooked). The advantage of this bread is that it is very ripe, and it does not hurt the mother and the child. The mother is not allowed to make pilaf until the baby is 20 days old or even 40 days old, because the rice may be left alive (uncooked). That is, they interpret that a woman who has just given birth is considered "haram" and makes halal food<sup>7</sup>.

In the oasis during the chilla period, every woman who gives birth is destroyed with eggs, novvot, atala and khairma.

A healthy diet requires many foods such as fruits, fruit juices, fresh vegetables, and raw vegetable salads to help cleanse the stomach<sup>8</sup>.

Nutrients consumed in the process of eating undergo complex physical and chemical changes in the digestive system, and then are absorbed into the internal environment of the body - blood and lymph<sup>7</sup>. It has been proven that emollient foods and juices from spinach, carrots, and beets are needed to produce the necessary gastric juices. In addition, to get the energy needed for strong mental work, it is necessary to eat lean meat cooked with all the necessary juices preserved<sup>9</sup>.

Those who want to jump, run, and dance should eat dried fruits, raisins, fig peels, dried plums, peach pulp, and nuts. Also, if you eat fish and meat, you should drink alkaline drinks such as tomatoes, spinach, carrots and juices.

Naturally, children are very fond of sweets, even before going to sleep some babies eat sweets or bread. Damage to tooth enamel is also observed due to hot and cold water, eating mixed foods, biting hard objects (grains, nuts, etc.)<sup>10</sup>.

So, in Uzbekistan, including the Karshi oasis, many of the practices of feeding a baby have been transformed or are increasingly being forgotten, but in this process, if the ancient traditions of our ancestors are followed and effectively used, the mother and the child will be healthy, of course.

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