

**UZBEK REALIA***Umedova Oykhon Sultonovna**Teacher of Languages Department at Zarmed University**Bukhara, Uzbekistan,**oyxon.umedova89@mail.ru*

**Abstract :** Uzbekistan, a country with a rich history and vibrant culture, is home to an array of unique realia—concepts, objects, and phenomena deeply rooted in its traditions and way of life. This article explores Uzbek realia, encompassing its language, cuisine, attire, and customs, to provide insight into the cultural essence of the Uzbek people. By examining these elements, we aim to highlight their significance in preserving national identity and fostering cross-cultural understanding.

**Key words:** Uzbekistan, realia, culture, traditions, customs, language, cuisine, attire, national identity

**Introduction.** Uzbekistan, located at the crossroads of the ancient Silk Road, is renowned for its historical significance and cultural diversity. The term "realia" refers to culturally specific elements that are deeply embedded in the daily lives and traditions of a people. In the Uzbek context, realia include unique artifacts, social practices, and linguistic expressions that define the identity of the nation. Understanding these realia not only offers a glimpse into the rich heritage of Uzbekistan but also facilitates meaningful intercultural dialogue.

The study of Uzbek realia is essential for appreciating the country's distinctiveness in a globalized world. From its traditional dishes like plov to the intricate patterns of its textiles, Uzbek realia encapsulates the spirit and creativity of its people. This article delves into various aspects of Uzbek realia to uncover their cultural and historical relevance.

**Main Part. Language and Linguistic Realia**

The Uzbek language, part of the Turkic language family, is a cornerstone of the nation's cultural identity. Linguistic realia in Uzbek include idiomatic expressions, proverbs, and terms that reflect the country's unique worldview. For instance, the proverb "Do'st boshdan tanilar" (A friend is known in hardship) underscores the importance of loyalty and support in Uzbek culture. Additionally, terms like "mahalla" (neighborhood community) and "chaykhana" (tea house) convey concepts central to social interaction and communal life.

**Cuisine: A Taste of Uzbek Realia**

Uzbek cuisine is a rich tapestry of flavors, influenced by the region's history and geography. Plov, the national dish, is a quintessential example of culinary realia, symbolizing hospitality and celebration. Other notable dishes include *manti* (steamed dumplings), *shashlik* (grilled meat skewers), and *samsa* (savory pastries). These dishes are not just food but also cultural symbols, often prepared and shared during significant social events and family gatherings.

The tradition of tea drinking, integral to Uzbek hospitality, is another example of realia. Serving green tea in a *piyola* (small bowl) reflects respect and warmth toward guests. These customs highlight the Uzbek emphasis on community and generosity.

### Attire and Textile Art

Traditional Uzbek attire is an expressive form of realia, showcasing the craftsmanship and aesthetic sensibilities of the nation. The *chapan* (quilted coat) and *doppi* (embroidered skullcap) are emblematic garments, often adorned with vibrant patterns and symbolic motifs. The art of *ikat* weaving, used to create intricate silk and cotton fabrics, is a testament to the region's rich textile heritage.

These garments are not merely functional; they convey social status, regional identity, and cultural pride. For instance, wedding attire often features elaborate designs and vibrant colors, reflecting the joyous occasion and the importance of family ties.

### Customs and Traditions

Uzbek traditions are deeply rooted in communal values and family cohesion. The concept of *mahalla*, a self-governing neighborhood community, is a unique social institution that fosters mutual support and cooperation. Celebrations such as Navruz (Persian New Year) and weddings are marked by collective participation and showcase the nation's cultural vitality.

Another significant aspect of Uzbek realia is the practice of honoring elders. Respect for age and experience is ingrained in everyday interactions, from using formal language to offering the best seat in a gathering. These customs reflect the centrality of respect and interconnectedness in Uzbek society.

### Architectural and Artistic Heritage

Uzbekistan's architectural marvels, such as the Registan in Samarkand and the Kalon Minaret in Bukhara, are physical manifestations of the country's cultural and historical realia. These structures, characterized by intricate tilework and grandeur, are a source of national pride and attract visitors from around the globe. The artistic heritage extends to miniature painting, ceramics, and wood carving, each showcasing the artistic ingenuity of the Uzbek people.

**Conclusion.** Uzbek realia offer a window into the soul of a nation with a storied past and a vibrant present. By exploring its language, cuisine, attire, customs, and artistic achievements, we gain a deeper appreciation for the cultural fabric of Uzbekistan. These elements not only preserve the country's heritage but also serve as a bridge for cross-cultural understanding in an increasingly interconnected world. As globalization progresses, the study and celebration of Uzbek realia remain vital in safeguarding the unique identity of this Central Asian gem.

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