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DEVELOPMENT OF SANATORIUM AND SPA SYSTEM IN UZBEKISTAN

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ANNOTATION

In this article, the history of the development of sanatorium and spa activities in Uzbekistan during the 1930-1940s, scientific research work carried out in this field by the members of the expeditions of the Institute of Physiotherapy and Spa Treatment named after N.A. Semashko. Newly established sanatoriums and health resorts in Uzbekistan, their general condition and activities were analyzed through archival materials.

Keywords: Yalta, N.A. Semashko, Ogalik, Namazgoh, Garimchashma, Arashan bulak, Uch Kyzil, N. Teikhning, Pedov, Obi Shifo, Obi Chak, Samsarak, Tuyamo'in, Achchikkol.

INTRODUCTION

1. Relevance:

During the years of independence, research was started on all areas of the history of our country. Particular attention was paid to the study and research of sources related to the history of medicine, which has had a special place in the history of humanity since ancient times. Efforts to restore people's health in society indicate that attention should first be paid to studying the history of these processes.

2. Methods:

In the article, the work carried out by the former Soviet government in the territory of Uzbekistan to restore the health of the population, the activities of sanatoriums and spas in this process and the research of new healing sources, as well as the activities of the Institute of Physiotherapy and Spa Treatment named after N.A. Semashko in Uzbekistan, providing medical services to the population sales figures are presented on the basis of generally accepted methods, such as historical comparisons, systematization and analytical conclusions.

3. Research Results:

From the end of the 19th century, medical treatment centers were scientifically studied, and from the 30s of the 20th century, health resorts and sanatoriums were gradually established.

A sanatorium was established in Yalta in 1929 by the People's Commissariat of Health of the Uzbek SSR. This sanatorium was designed for the treatment of lung diseases and was located in 5 pavilions in the palace of the emir of Bukhara. The sanatorium was equipped with an X-ray machine and a clinical laboratory, and also had a well-equipped operating room for lung surgery [4. 54].

According to the results of the analysis, in order to allow the residents of Uzbekistan to use sanatoriums and spas, the decision of the Presidium of the Council of Trade Unions from January 31, 1926 noted that in order to attract representatives of the local nationality to the rest houses and sanatoriums, it was noted that they should be adapted to the lifestyle of the

local population. Also, the Decision on ensuring the involvement of women with their children in rest homes and sanatoriums was adopted [4.7].

In accordance with the decision, in February 1926, the Fergana branch of the Institute of Physical Therapy was established [5. 66]. In 1927, the institute was transferred to the full state budget, and as a result, the number of inpatient beds was increased to 44. In 1928-1929, their number increased to 60, and in addition to the first resort in Uzbekistan, treatment with healing mud was also introduced.

In the early 1930s, attention began to be drawn to the issue of opening spa resorts in Central Asia. In particular, the treatment properties of mud in spas were studied [7. 23].

In the 1930s, health and social insurance institutions sought places to establish sanatoriums, pioneer camps, and rest homes. In particular, Karatepa and Urgut located in Ogaliq, Zarafshan mountain ranges near Samarkand, and Namozgoh in Khoja Ahror district were given special attention for the development of treatment and prevention facilities. This place is located 1.5 km from the city of Samarkand, where the republican tuberculosis sanatorium was located [5. 82].

The Soviet authorities began to explore many springs, water sources and lakes in Uzbekistan in order to establish sanatoriums and spas. The organized expedition began to explore such places as Garim chashma (hot spring), Arashan spring and Uch Kyzil. As a result of studies, N. According to Teix's analysis, the Garim spring contained elements of calcium, sodium, magnesium and silicon. However, taking into account the difficulty of reaching it during this period, it was emphasized that there is no need to establish a resort here [8. 36].

People from the Ferghana Valley, Shymkent and Kurama regions came to the Arashan spring in the summer and were treated with water for several days there. Gas bubbles were constantly released from this spring [8. 40]. According to the results of the analysis, it was found that this spring has a positive effect in the treatment of some diseases, for example, rheumatism [1. 35].

In the mid-1930s, the residents of the surrounding villages and the administration of the Revolution State Farm complained to the employees of the institute, who came to research these lands, about the high prevalence of malaria. The places where Arashanbulok was located were relatively free from various infections due to the low number of people. Employees of the Scientific Research Institute of Physiotherapy and Spatology named after N. A. Semashko expressed the opinion that Arashanbulok can be turned into a health resort, taking into account the favorable climate and the availability of quality drinking water, epidemiologically good, and the proximity of food bases. 1. 36-37]. The results of the research showed that in 1931, research on the resorts of Central Asia was started, and as a result, information was collected on 107 health resorts in the country [8. 4].

In 1933, a number of expeditions to study the natural resources of the Republic of Uzbekistan were organized by the staff of the Institute with the help of the Methodological Research Bureau of the Republican Insurance Fund. The main goal was to establish health resorts in the republic. As a result of the expeditions organized in Uzbekistan in these years, it was found that balneological and climatic resorts of the republic are very convenient for organizing. The expedition explored the Karakan in Karakol, Shor mineral in Kattakorgan and Pedov sulfur sources in Rishton [9. 23].

The identification and research of spa areas of the Republic of Uzbekistan, which was started in 1933 by the Scientific Research Institute of Physiotherapy and Spa Treatment named after N. A. Semashko, was continued in the following years. In 1935, mineral resources such as Arashan, Pedov, Obi Shifo, Obi Chak, Samsarak, Shor, Tuyamo'in, Achchikkol, Dashkol were explored [3. 26]. The sources mentioned above are mainly located in the northern regions of Uzbekistan, and the employees of the institute were more interested in mineral sources and cloudy lakes.

Interest in such balneotherapy facilities was not without reason. Because until the mid-1930s, 4 sanatoriums operated in the republic, that is, "Shahimardon", "Namozgoh", "Yalta" and "Chimyon" sanatoriums. They have 500 seats and can help 5,000 people a year. In 1936, the People's Commissariat of Health of the Republic of Uzbekistan planned to organize expeditions to study the climate of the Surkhandarya region from an epidemiological, geological, hydrogeological, zoological, botanical and geophysical point of view. There were no balneological resorts in Uzbekistan in those years [8. 27].

The analysis of statistical data showed that in 1937 there were 2,675 resorts in Uzbekistan, of which 750 were balneological resorts, 250 were places in sanatoriums near the city, and 457 were places for children. In addition, 9,400 additional places were created during the summer [9. 69].

In 1931-1932, the Soviet state began to organize a spa treatment institute in Uzbekistan in order to regulate spa activities. A. Semashko was transformed into a state research institute of physiotherapy and spa therapy [3. 37]. In 1930, the Institute of Physiotherapy and Oncology named after N. A. Semashko was established. In accordance with the decision of the government of the institute No. 337 of 1932, the spa department began to operate here. By 1933, this research institution was the State Institute of Physiotherapy and Spa Treatment named after N. A. Semashko.

In 1934, the main building of the "Shahimardon" spa was put into operation and received about 100 patients. In the next 4 years, its other buildings were completed, and in 1938, a water pipeline was laid and a hydroelectric station was built. People's Commissar of Health Ya. K. With the help of Mominov, 200 hectares of land will be allocated to the resort for an auxiliary farm. The analysis showed that in 1934–1935, N. A. Semashko Institute of Physiotherapy and Spa Research, Professor N. I. Ragoza is sent. This scientist started studying Shahimardon in 1934 and completed it in June-August 1935.

Also, this expedition studied the hydrogeological environment of the resort in order to supply it with drinking water. Hydrogeologist B. A. Bedr performed this task with a small group. This group studied a number of springs, and as a result of their cleaning, the level of water supply to the camp improved. This group carried out the design of the water supply system of the "Shahimardan" resort, and the monitoring of the climate of Shahimardan. In general, a metrological station has been operating near the resort since the late 1920s, and its data was studied by the expedition [12. 74].

In October 1935, a metrological station was placed on its territory to monitor the resort's climate. In 1935, associate professor I. G. Lutherstein together with the students of University of the Central Asian State University studied Shahimardan from the point of view of geophysics [12. 75].

In April 1934, according to the order of the Insurance Bureau of the Trade Union of the Uzbek SSR, scientific and research work was carried out in the village of Gova, Chust District, Namangan Region, and the issue of its use for medical prevention was studied. These facts are based on the data of local residents and metrological stations located nearby. This village was located in the middle stream of Govasoy, 1035 meters above sea level. On the right bank of the river there was a recreation center of the Industrial Union of Uzbekistan SSR. 2 hectares of garden and 12 hectares of land are allocated to this resort [9. 9-10]. From an epidemiological point of view, Gova gorge is very favorable, no infectious diseases have been observed among vacationers here for 2 years. However, the climate of this land was not fully studied in those years, because there was no metrological station in Gova and the nearby city of Chust [2. 109].

In 1934-1940, sanatorium-resort places in Uzbekistan were studied and their list was compiled. One of them is the Arkit natural border zone, located 111 km from Namangan city, at an altitude of 1200 meters above sea level in the Chotkal mountain ranges. The road leading to Arkit passed through the territory of the village of Khojiota, and it is worth noting that the Yellow Chelak lake is distinguished by its water and the beauty of the surrounding nature. Also, the natural climatic conditions of Arkit are the same in all months of the year, equal to Kislovodsk [1. 38].

In addition, this list includes Boysun mountain district, which is located in the Hisar mountain ranges, where special attention is paid to the village of Darband. This village is located at a distance of 5-6 km from the city of Boisun and at an altitude of 1005 meters above sea level, and its air is clean and dry. The time of sunrise also played an important role here. It is known that the residents of Surkhandarya region, especially Termiz and Sherabad, suffered from very hot weather, so they came to Boysun and rested during the hot summer days [12. 2].

Namdanak, Novdak, Novuch and Akata regions are also included in the sanatorium-resort zones, and these places are considered the valley of the Kyzilsoy river. The Kyzilsoy River is a zone where the snow and ice of the Chotkal mountain ranges melt. This valley covers an area of 12 km from the village of Novichi to Namdanoq and is protected from cold winds due to the fact that it is surrounded by high mountains. The flora of the valley is very rich, and also has shown its influence on the climatic conditions due to the large number of fruit orchards, vineyards and other ornamental trees growing in the villages here. Cloudy weather is almost rare in these places, so it is included in the list as a favorable zone for the establishment of sanatorium-prophylactic institutions in this area.

In 1933-1936, Lake Khoja Sayod was studied three times by employees of the Research Institute of Physiotherapy and Sanatorium Treatment named after. N. A. Semashko. The goal was to use this lake to treat the sick. Of particular importance is the expedition organized in 1935 to study this zone. Professor Yu. Novikov, associate professors I. Golubkova and R. Evseev were active.

The Havotog oil field is located in the Zharkurgan district of the Surkhandarya region. A mine has been operating in this place since 1935, and a workers' town of 10-12 houses was established.

In 1936, an expedition was organized in the Khoja silk zone near the city of Termiz by the staff of the scientific-research institute of physiotherapy and spa treatment named after N. A. Semashko. According to the results of this expedition, Khoja Silk waters also have healing properties, were scientifically researched by experts of that time and found to be rich in sulfur

and hydrogen [12. 56]. The results of the analysis showed that in 1934-1940, 60 healing places, including 30 mountain climates, 18 mineral water balneological and 17 salt-mud lakes, were studied by the Scientific Research Institute of Physiotherapy and Spa named after N. A. Semashko. The beginning of the Second World War had a negative impact on the development of sanatoriums and spas. Because during the war years, the construction of roads for sanatoriums and spas to operate all year round, and the construction of water towers for water supply, pipelines, large hydroelectric power stations for lighting and heating buildings, and for use in food preparation, as well as the construction of treatment buildings and swimming pools were stopped. caused him to stay. With the beginning of the Second World War, the two main buildings of the inpatient unit of the Institute of Physiotherapy in Fergana were converted into an evacuation hospital. In 1942-1943, the clinic of the 4th Moscow Medical Institute was established on the basis of this scientific institution. During the war, wounded soldiers and officers were treated at this institute [1. 72].

In conclusion, during the 1930s, the activities of sanatoriums and spas in Uzbekistan were developing. In this process, the services of the Institute of Physiotherapy and Spa Treatment named after N.A. Semashko were greatly appreciated. Healing factors were studied in different regions of Uzbekistan and new healing centers were established. In connection with the end of the Great Patriotic War and the transition of all sectors of the country to the path of peaceful construction, in 1946, by decree of the Council of Ministers of the USSR, the Institute of Physiotherapy and Sanatorium Treatment named after. N. A. Semashko. The restoration of the institute opened the way for the continuation of sanatorium and resort activities in the country.

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