

History Of Sanatoriums And Resorts Formation In Uzbekistan (In The Example Of 1870-1917)

Rashida Akhmedova, senior teacher of
Kokand state pedagogical institute, Uzbekistan

Annotation

This article describes the processes associated with the study and use of therapeutic water available in the Turkestan region in 1970-1917. In particular, the issues of natural treatment of the local population, ie the use of water, mud, sand and salt.

Keywords: Central Asia, Turkestan, Ibn Sina, sanatorium, resort, doctors, medical care, balneo-climatic, balneo-climatic, balneo-climatic, Pedov, Tuzkon, Axikent salty lake, Arason-Bulak, Jalalabad-Ayub, Flower.

The nature of Uzbekistan is rich, beautiful and unique, with a unique climate. The existence of plains, mountain slopes, and high mountains with rich flora and fauna influenced the formation of sanatoriums and resorts on this land.

The word "resort", when translated from German, means "place of healing", which has natural healing factors, mineral resources, healing mud, optimal climate, as well as balneotechnical, hydraulic facilities and sanatoriums for the treatment and rest of patients. Most resorts have more than one; balneo-mud, balneo-climatic, balneo-climatic-mud healing factors.

The history of spa resorts in Uzbekistan goes back to ancient times. Since ancient times, people have used sun, air, and water for healing. These are still the main therapeutic spa facilities. These issues are reflected in the works of the great scholar Abu Ali Ibn Sina, in particular, in the work of the Laws of Medicine, and especially in this work, focusing on the use of solar medicine, but also analyzing the

effects of climate on patients [1]. Avicenna argues that the therapeutic effect of medication depends on the climate, to some extent, on the seasons.

Our people, like many other nations, have used salt water and healing water for healing. At the same time, these remedies have also been used for mineral water treatment, adapted for sun treatment. Originally known as Karnap and Khoja-Ipak mineral water sources in Bukhara have been known since ancient times. These sources were also used during the time of Abu Ali Ibn Sina, a medical scientist. During the khanates, these treatments became traditional, with senior officials attending Karnap for “water treatment”.

Residents of Kokand learned about the existence of Pedov clay-alkali spring, 12 km away from Rishtan [1]. According to V.I.Kushelevsky, the source of the Ayyub fountain in Ayyubtagi (Mount Iowa), located between the Kugart Mountains, was known about 5-6 thousand years ago.

According to the study, the first period in the history of resorts in Uzbekistan was called the "nature use period", during which the treatment was conducted in an unorganized manner. The healing water in the settlements was treated by the mud on their own.

By the end of the 19th century cured clay was widely used. The beautiful and rich nature of the Ferghana Valley has attracted the attention of researchers from Tsar Russia. Russian scientists have studied the features of the place and as a result the place has been considered useful for treatment and recommendations for hospital construction. As a result, sanitary and hygienic stations were opened. The sanitary-hygienic stations first served the royal army officers, officials and officials of the Turkestan region. At the same time, sanitary and hygienic stations were used by local nobles and merchants.

Since the 1970s, Russian doctors have begun to pay special attention to the study of mineral water used in treatment. Doctor Kushelevskii told about the famous

Hazrat Ayub waters in Jalal-Abad, the sulfur-alkali springs in Pedov and the Axikent salty lakes. In the pages of *Turkestanskaya Vedomosti*, one of the newspapers of that time published the article of doctor Shimansky about Chimyon sanitary station and Sakirich's article about Hazrat Ayub mineral spring. The doctor Bunin first visited the area in 1878, and visited the area after the healing effects of bathing were known to the patients.

During this period, Russian specialists began to focus on the treatment of patients and other lakes that could generate income. They also take into account the processing of salt and other minerals. For example, mountain engineer G. Leonov describes the salt-clay lake "Tuzkon" in detail and recommends using this lake in the Koktuba volcano of Jizzakh district. It was noted that this lake mud was used by many patients from Samarkand and elsewhere.

The lakes are also an additional source of income for the mining administration of the country, which are rented annually for around 622 rubles for use. Locals rented 1 bath for 1.5 hours to 3 hours and sometimes 2 baths. They used the underwater baths: dug the dirt up to the hard sandy surface and filled it with salt solution. The patient lay on it and buried him with mud in his throat. The head is mounted [2].

There are also other reports about Tuzkon Lake [3]. For example, Tuzkon Lake is described in detail by the doctor Aframovich. He compared the chemical composition of the mud of Tuzkon Lake to similar treatment facilities in the Russian Empire. As a result of this comparison, the doctor concluded that Tuzkon Lake mud is close to the Saks and Khojibek resorts in Crimea. The therapeutic effect of the concentrated salt bath of Lake Tuzkon has also been high in some diseases. The lake is one of the strongest and most productive lakes, followed by Lake Karkara (24% sodium chloride) and Ustyantsevskiy (27%), and salt salt in Tuzkon Lake is 16% [4]. The author of the article spent three days there, explaining why people would come here despite the health benefits of the lake, and cited the lack of water, shelter,

homestead, cultivated land as the main cause of the lake. In addition, the lake is far from populated areas, which makes it difficult for visitors. For example, the city of Jizzakh is 60 km away and the village Shirkurgan is 15-16 km away, while the wells with drinking water are 12-13 km away. Nevertheless, both local and Russian people came to the lake.

In the pages of *Turkestanskaya Vedomosti*, it is suggested that entrepreneurs should open shops, bakeries and butchers, as well as rent rentals to increase the population of Tuzkon Lake. The fact that no such entrepreneur has been found so far is criticized for not using the lake's healing properties. The author of the article has submitted his criticism to the mining administration of the country, accusing the mining administration of not making any further progress [5]. By 1908 the newspaper "Tashkentsky Courier" reported the opening of a resort on Lake Tuzkon.

At the end of the XIX century in Tashkent region experts also recorded the presence of mineral springs. In particular, on July 28, 1896, the newspaper "Turkestanskije Vedomosti" reports that Krause opened the source of mineral springs 20-25 km from Tashkent, not far from each other. One of the springs found is remarkable for the amount of carbon dioxide it contains, and notes that its water is very pleasant and reminiscent of the Essentuki waters. The author hoped that the results of the study would allow patients to be treated for a short period of time [7]. The spring water was analyzed at the Tashkent Chemical Laboratory [8] by N.Taikh [9], and in 1897 the pages of the *Turkestan Vedomosti* contained information about the hot and cold salts of the Turkestan region.

In all the provinces of Turkestan, mineral-rich, saline and curative mud springs are located, often located in remote mountainous areas [10]. N.Teikh investigated springs such as Arason-Bulak, Jalalabad-Ayub, Ab-Shif, Gulcha, and presented the results of their physical and chemical studies [11].

The first European type medical treatment resort was founded in 1881 in Pedov (Kokand district) by Iun Bunin, who worked as a doctor in Central Asia “New Magilon” and in Andijan. To create this resort, I. Bunin receives a small subsidy from the state, but uses the main funds at his own expense. In Pedov, he will build a sulfuric, alkali spring with 8 baths and a 3-frame wooden house with 28 smaller rooms. About 12,000 different trees are planted in the hospital. The resort operates until the death of I. Bunin in 1883 [12]. In 1885 Jalalabad-Ayub military station was built here.

It is worth noting the role of Doctor Uspensky in this process, he founded the Kara-Tube sanitary-hygienic station in 1892 and headed it for many years. In his opinion, this station is the second after the Kislovodsk station for the effectiveness of climatic treatment and is higher than other stations of the Russian Empire [13]. The station is designed to treat low-level military personnel and officials and has cured various ailments, such as malaria, anemia, zinc, gums, lungs, and chronic lung diseases. For example, in 1895, 60% of patients with malaria came to the station for treatment [14]. Two doctors worked at the station and they had their own pharmacies.

After the outbreak of World War I, the government raised the issue of creating "medical centers" in the Russian Empire because citizens of the Russian Empire could not be treated in Germany and Austria. In 1914, an expedition of two scientists to Lake Aksikent in the Ferghana region was sent to find out the presence of radioactive in air, water, and mud. According to AP Smirnov, one of the participants of the expedition, there is a natural emanator found on Lake Aksikent, and a rare artificial emanator is the main remedy for the metabolism and rheumatism. It was too expensive to install, and it was only possible for the rich to cure such oaks. Members of the expedition have discovered that the grounds for this reason are important spas for many reasons, in addition to the rich salty and salty waters of the area, the proximity of the drinking water to the treatment is favorable [15]. In 1915 a letter was

sent to the Department by the Department of State Property, which considered the establishment of treatment facilities in the Russian Empire as a state-level task. For this reason, the Department of State Property requests to provide information on existing resorts, kumys, treatment facilities, climatic stations and courtyards, as well as locations where such medical facilities could be established, and the list of Turkestan health sources was revised. For example, all the districts of Syrdarya region are given separate information. According to the Shymkent forest ranger, there were no healing springs, but koumiss was common, and malaria and lung diseases were successfully treated with koumiss. In the Chilik-Babasagankul village, a mud lake and Aransan spring spring, Mingbulak volcano, Amudarya river lake, Sokololluva and Eranji buwa mud lake, which is effective in the treatment of cucumbers in the vicinity of the Aral Sea of Kazalinsk district [16]. In 1915 a mud treatment facility was opened here for the employees of the Ministry of Communications at the Tashkent Railway Department.

Ak-Teresken bitter salty lake is located near the Tashkent Railway station Yangikurgan and is famous for its treatment of bodily and skin diseases. The healing properties of the lake have also been confirmed by medical personnel, for example, by the Tashkent Railway doctors, which help in the treatment of the lake and even provide information on how to completely cure the disease. This lake is 130 hectares, which was withdrawn from nomadic population in 1916 and leased to a man named Ronko [17]. It should be noted that military and administrative personnel were treated at the resorts. For example, the Turkestan Vedomosti newspaper reported that in the third quarter of 1914, 189 railway workers were treated by the railway staff at the kumys treatment hospital (Ber-Chagur) [18].

The beginning of the First World War in 1914, the establishment of Soviet power in 1917, and the political struggle led to the destruction and destruction of resorts, which will continue until 1923. Formation and development of resorts in

Uzbekistan during the Soviet era was also given special attention. One of the main directions of Soviet researchers was the search and study of their natural resources, their use in health care, and the creation of resorts.

In conclusion, the emergence of sanatoriums and resorts in Uzbekistan has three stages:

The first period was called the "nature use period", during which the treatment was conducted in an unorganized manner. The healing water in the settlements was treated by the mud on their own. But while the people of the region have used these areas for treatments based on oriental medicine, the government has not given enough attention to the restoration of these mud and lakes.

In the second phase, these health facilities were studied by different types of specialists, but the state-owned health centers were mainly treated by military and administrative officials. That is, during the Tsarist Russia sanatoriums and resorts were used to restore the health of royal army officers, officials and officials of the Turkestan region, as well as to generate income. During this period the first European types of health resorts began to appear.

The third phase is the Soviet era, when the process of finding and exploring natural resources and using them in health care began to be organized. At this stage sanatoriums and resorts were organized systematically and began to serve all categories of population.

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