



SCIENTIFIC EXPEDITIONS AND RESEARCH WORKS IN THE FIELD OF SANATORIUM AND RESORTS IN UZBEKISTAN

Ahmedova Rashida Muqimovna

Senior Lecturer of the Department of History Teaching Methods
Kokand State Pedagogical Institute named after Muqimi

ABSTRACT

This article describes the process of studying the existing medicinal waters in Uzbekistan, their use for therapeutic purposes, as well as the establishment of sanatoriums. In particular, the research work carried out by Russian and local doctors and the activities of the N.A. Semashko Institute of Physiotherapy were analyzed.

KEYWORDS: sanatorium, resorts, Semashko, Chartak, porcupines, Polvontosh, Chimyon, Evseev, V.M.Faybushevich, Yo.K.Mo'minov, S.A.Qosimov, A.K.Shukurov, R.P.Po'latov.

DISCUSSION

The activity of sanatoriums and resorts plays an important role in the restoration of human health, and the main stages of the formation of this sector in Uzbekistan include the period of the former Soviet Union.

In 1925-1990, scientific research was carried out in health resorts and sanatoriums in Uzbekistan. We can divide these studies into two directions in turn. The first is scientific expeditions to the field, the second is scientific research in the field. The purpose of the first type of research was to identify new sources of mineral resources in the territory of Uzbekistan and on this basis to open resorts or sanatoriums in those areas. The second type of scientific research consisted of studying the problems that arose in the field and expressing their scientific views on them.

In 1917-1931, doctors, physicists, chemists, geologists, radiologists published 48 scientific papers on resorts[1]. In addition to studying the healing places expedition doctor resorts physicists, chemicals, mineralog, geologists involved. Since the 1930s, sanatoriums and resorts in Uzbekistan have not only provided medical treatment and recreation to the population, but also organized scientific expeditions to the regions to develop this area. In particular, in 1932, the Uzbek Hydrometeorological Institute organized an expedition to study the health resorts in the country. The members of the expedition left Tashkent

on June 21 to study the Pedov mineral source in Fergana district [2].

From 1932 to 1950 in Uzbekistan, the staff of the Research Institute of Balneology and Physiotherapy named after NA Semashko studied 45 mineral water sources, 18 muddy lakes, 38 climatic sites. As a result, treatment facilities for 430 inpatient beds (Tashkent mineral water, Chartak, Jayron-Khona, Polvontash, Chimgan, South Olamushuk, Vanovskaya) were established[3].

1934 - 1936 years, named after Semashko physiotherapy and resorts Research Institute and the Central Asian countries by researchers at the University of Og'aliq Nomozgoh of the valley, steeplechase, Yong'oqzor, three red, Khoja Ipak, naked and Zarkent spas and sanatoriums. Its results were published in the collections of the Research Institute of Physiotherapy and Balneology named after N.A Semashko[4].

In 1934-1939 in the resort of Shohimardon doctors (Belyakova, Zakharyan, Kashirtsev, Akapyan, etc.), climatologists and geophysicists (prof. Chernyavsky, associate professors Lutherstein and Eisershtat), hydrologist (Beder), botanist (prof. Sovetkin,) prof. He conducted research under the direction of N.I. Ragoza. "Works of state scientific-research institute Physiotherapy and Balneology named after N.A Semashko resort Shakhimardan" is the result of this research. In addition, research has shown that "changes in blood pressure under the influence of solar baths in Shohimardon", "Changes in the blood of patients with pulmonary tuberculosis



in the conditions of Shokhimardon mountain climate resort", "Shokhimardon resort as a mountain-climate station for patients with tuberculosis" and " Four PhD dissertations entitled "Pulmonary tuberculosis" were defended at the resort "Shohimardon"[5].

N.A. Semashko resorts and physiotherapy research institute named by the Department of resorts 1934 - 1940 years, more than 60 therapeutic areas, including 30 mountain climate, there are 18 sources of mineral water of 17 balneal and curative mud pools identified. Most of the studied mountain-climatic areas until the 1950s functioned as resorts, sanatoriums, rest homes, children's sanatoriums. For example, the institutions in Bosh Chorbog, Qizillangar, Shohimardon, Ak-Tash, Vodil, Gova are among them.

The second period of research in the field of balneology in the Republic began after the Second World War, and during this period N.A. Employees of the Semashko Institute of Balneology and Physiotherapy studied the water in deep wells. From 1941 to the early 1950s, more than 100 mineral water sources were studied in Uzbekistan. Of these, 45 mineral springs brought to the surface and 15 natural mineral springs were found to have healing properties.

In the years following World War II, spa activities began to develop separately. Scientists such as R.I.Evseev, V.M.Faybushevich, Y.K.Muminov, G.M.Freydovich, A.P.Drynkin, L.G.Moldavanova have developed sulfur, radon, which have different chemical composition and properties. Saline, siliceous, alkaline, mineral waters, medicinal mud, favorable climatic conditions were studied.

The Soviet Union accepted care structures based on the rich comprehensive study of the use of solar radiation. R.I.Evseev, V.M.Faybushevich, G.M.Freydovich, R.A.Katsenovich, E.A.Chernyavskiy, Yo.K.Muminov, Z.A.Dalimov, A.P.Drynkin, M. The effect of local medicinal products on various diseases in modern physiotherapy by scientists such as I.Ketko, A.S.Sadikov, S.A.Kasimov, A.K.Shukurov, R.P.Pulatov, U.M.Shogulamov, T.V.Tolmacheva and developed using various methods such as electrophoresis, microwave, ultrasound. In January 1972, the first republican scientific-practical conference on improving the work of sanatoriums was held in Tashkent[6].

In 1971-1975, 1 doctoral and 23 candidate dissertations were defended at the institute. Published 4 collections, 3 medical recommendations on balneology and physiotherapy, reflecting the scientific activity of the Institute, as well as 13 medical recommendations, prepared 263 works and delivered 150 lectures by the staff of the Institute[7]. In 1976-1980, researchers in the field of

medicine in Uzbekistan published more than 100 scientific papers [8].

During the years 1984-1988 by the staff of the Institute Adonai (Nagornaya), hydrogen sulfide (Ch important or n) and iodine-bromine (Ch o rtak) mineral water sources on the basis of the initial deformation of osteartroz and studied physical therapy for patients with intervertebral osteokondroz complex issues. Inflammatory and damaged joint diseases (rheumatoid arthritis, arthritis and arthrosis) after trauma rehabilitation of the patient with the physiological factors that series and in combination, using ultrasound, fonoforez krizanol, CMT electrophoresis using a 5% solution of the treatment method developed. In 1984, an important event took place in the life of the institute - the only pediatric physiotherapy and balneology clinic in the country began to provide services for 120 beds, and in 1988 for 200 beds. The construction of an entire children's complex, which includes all types of treatment with physiotherapy and spa factors, has been completed. As a result, Institut scientific achievements Qobul (1987) and Beijing (1988) and international exhibitions.

It should also be noted that scientific expeditions have scientifically studied waters or other types of mineral resources that the locals consider to be medically beneficial. As a result of these studies, substances that are considered to be rich in some minerals have not been found to be beneficial to human health. In 1982, 1986, 1987 and 1988 the Uzbek Research Institute of Physiotherapy and Balneology named after NA Semashko inspected the site of Khoja Ubbon in Romiton district of Bukhara region. Water from the spring and the soil of the adjacent area have been studied several times in the laboratory of the Ministry of Health of the USSR S physiotherapy and balneology and the Republican Institute of Soil Science and Grochemistry. According to research, the water of Hodja Ubbon spring turned out to be ordinary water itself. Also, no changes were found in the mineral composition of the soil[9].

In short, the study of the resort resources of the republic is closely linked with the activities of the Research Institute of Balneology and Physiotherapy named after N.A Semashko.

1. Beginning in the 1920s, the construction of health resorts and sanatoriums began in the territory of Uzbekistan. Several scientific expeditions were organized to identify these places, and on the basis of the results of these expeditions, local health facilities were established.

1. In studying the work of resorts and sanatoriums, scientists have also been engaged in scientific research. These studies were mainly aimed at solving problems in the field and developing this direction. Also, a number of



expeditions were organized in the regions to identify new mineral resources.

2. According to the results of scientific research, not only the construction of sanatoriums near mountainous and healing springs, but also the construction of such sanatoriums in urban areas has begun. During the 1930s and 1960s, the construction of resorts and sanatoriums intensified.

3. According to the results of the study, resorts and sanatoriums are divided into several types. This distribution came mainly from the main direction of that resort or sanatorium. For example, certain health facilities were adapted to serve patients with tuberculosis. The purpose of these sanatoriums was to help shorten the recovery time of patients with this disease. There were also special health resorts and sanatoriums in the area to protect the health of children.

9. *The secret of the saint // Soviet Uzbekistan. 1989, 11 January.*

LITERATURES

1. *Evseev R.I. The history and prospects of the development of resort business in the Uzbek SSR // Proceedings of the State Scientific Institute of Physiotherapy and Balneology named after ON THE. Semashko. - Tashkent, Collection 3, 1935. - 41 p.*
2. *Wolman Z.Ya. Uzgimein's expedition to examine new resort places of the Uzbek SSR - in the summer of 1932 // A collection of works dedicated to the 25-year-old scientific, medical and social activities of Professor Evgeni Aleksandrovich Nielsen. 1933. -31-32 p.*
3. *National Archive of Scientific works, Technical and Medical Documents, Fund 14, List 1, Case 525, Page 33*
4. *Evseev R.I. Beder B.A. Resort resources of Uzbekistan // Proceedings of the State Scientific Institute of Physiotherapy and Balneology them. N.A.Semashko // Collection IV. - Tashkent, 1935. -- 36 p.*
5. *Proceedings of the Uzbek State Research Institute of Physiotherapy and Balneology named after Semashko // Resort Shakhimardan. Collection IX. - Toshkent, 1947, - 15 p*
6. *Ketko M.I. Toshpulatova N.Yu. Sanatoriums-prafilaktorii in the health improvement of working people of Uzbekistan // Actual issues of balneology and physiotherapy in Uzbekistan. Volume 23. - Tashkent, 1974. - 23 p.*
7. *R.P. Pulatov. Total scientific research work of the Uzbek State Scientific Research Institute of Balneology and Physiotherapy named after N.A.Semashko for 1971-1975 // Actual issues of balneology and physiotherapy in Uzbekistan. Volume 25. - Tashkent, 1976, - 12-13 s*
8. *Yuldashev K.Yu. Majidov N.M. Success in medical science in Uzbekistan for 60 years // Medical Journal of Uzbekistan. 1977. No. 4. - 40 p.*