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FROM THE HISTORY OF THE DEVELOPMENT OF MEDICAL WORK IN THE SANATORIUMS OF UZBEKISTAN

Abstract: This state describes the development of treatment in sanatoriums and resorts in Uzbekistan and the existing problems in this process. In particular, the patients were treated in the sanatoriums "Botanika", "Shoksimardon", "Chimyon", "Vodil", "Uzbekistan" (now "Shaksand"), "Nagornaya" and some others.

Key words: physiotherapy, kumis therapy, aero, climatotherapy, antibacterial therapy, azokiret, paraffin, electrotherapy, aerosol.

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Introduction

Looking at the history of sanatoriums and resorts in Uzbekistan, special attention was paid to the treatment of people from the very first years of the creation of these sanatoriums in order to restore human health.

Since the 1920s, new methods of treatment have been introduced in the sanatoriums of Uzbekistan. In particular, in 1927 in the Research Institute of Physiotherapy and Balneology named after A. Semashko has a department of radiation therapy and traumatology, a prosthesis installation shop and an orthopedic plant.

1923 - 1924, Institute of Outpatient Medical Care 1693 people and 30291 procedures. From year to year, the number of patients receiving medical care in this outpatient clinic has increased. In particular, for 7 months of 1932, 11,799 people were treated in this polyclinic and 42,238 procedures were performed on them. There was also an inhalation room at this dispensary. The outpatient water purification hospital was rebuilt due to obsolescence and reopened in October 1932, with a bathtub and two showers [1].

Until 1931, Research Institute of Physiotherapy and Resort to them N. A. Semashko is the largest X-ray center in Central Asia. However, as a result of the transformation of this department into a separate

institute, the institute lost its X-ray apparatus. Thus, the institute purchased three X-ray machines for medical purposes, and during this period 444 workers and 996 employees, of whom 542 were local residents, provided medical assistance to the department [2]. The results showed that In May and September 1933 in the department of "Balneology" Research Institute of Physiotherapy and Resort to them Semashko received treatment for 391 people.

The scientific activity of this institute was closely related to practical activity. For example, in 1919 there were 1932 patients on outpatient and inpatient treatment, then they can gradually increase the number of payments. [3]. In particular, in 1919, 8,521 patients were treated on an outpatient basis, and in 1925 their number reached 40,230. In inpatient conditions in 1919, 6,500 patients were treated, and in 1925 there were 16,065. If we look at these figures as of 1933, we will see that 55,000 patients received treatment on an outpatient basis and 14,000 in an inpatient setting [3].

You can also see not only an increase in the number of patients treated in this hospital, but also the opening of various departments and laboratories in the 30-bed hospital in 1923. In 1932, there was a solar hospital in the Botanical Garden, and a sunbathing

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area at the Krasnovostochny plant. During this period, scientists studied the issues of solar therapy.

1931 - 1933, 763 patients were treated in this hospital, of which 467 are adults and 296 children. Of 467 adult patients, 161 had anemia, 134 had neurological disorders, 56 had malnutrition fatigue, 79 had pulmonary tuberculosis, 16 had chronic pleurisy, 6 had chronic bronchitis, 1 had pulmonary emphysema, and 1 had - lung abscess.

In the process of treating patients, methods of regular nutrition, physiotherapy, and physical education are used. Older patients were given 4 high-calorie foods per day. Physiotherapy procedures were performed using sunbathing, this method began with close medical supervision for 3-5 minutes and lasted 30 minutes. There are also showers and baths. Excursions for patients are also organized. Expeditions were organized to the Twelve Springs, the Bor pass, Chimgan, the Gulkam waterfall and Burchmulla.

Adults are also sometimes prescribed medications, often in the form of injections. In Chimgan, on average, each adult patient was treated for 24 days, and in some cases for 1.5–2 months. In 1931, this sanatorium used the laboratory of a civilian resort, and in 1932 it was brought here as laboratory equipment [4].

In Shokhimardon, one of the first resorts in Uzbekistan, mountain air and sun procedures played an important role. This resort has been scientifically studied, where it was possible to treat tuberculosis, rickets, gastrointestinal diseases [5]. However, in the late 1930s, some forms of pulmonary tuberculosis could not be cured at the Shakhimardon resort. In particular, developing forms of pulmonary tuberculosis and cases of severe body fatigue were not allowed. Also at this resort it was impossible to treat pulmonary tuberculosis, epilepsy and other neurological diseases, as well as severe blood loss diseases. In addition, treatment at the resort is prohibited for diseases of the cardiovascular system, kidneys and urinary tract, liver and gallbladder, skin, musculoskeletal system and malaria. The cost of a trip to Shakhimardon is about 730 rubles [6].

Until 1941, kumis therapy was studied at Uzbek resorts, but in the post-war years, the use of this method did not revive. In particular, despite the fact that the Shohimardon resort has good pastures, the treatment with kumis has not been established. Treatment with this method has given very good results in the sanatoriums of the desert. Not only local residents, but also Europeans loved kumis and drank it disorganized and uncontrollably at the resorts. It is known that grapes are widely used in the treatment of many diseases. Uzbekistan was one of the places where the best grape varieties were grown, but in those years, Uzbek sanatoriums did not pay much attention to grape treatment [7].

In desert areas on the slopes of the mountains, treatment is widespread. Because when we drink kumis, the body releases a lot of moisture. There were enough horses in the Samarkand, Tashkent and Fergana regions, but the fact that the herds were nomadic in search of food was a serious obstacle to the treatment of kumis.

In the 1950s, the Vodil sanatorium in Fergana received general strengthening drugs such as arsenic, iron, ascorbic and nicotinic acids, fish oil, hematogen, semi-vitamins A, B, C, D, vitamins and t. D. as well as physiotherapy. In the summer, aero (air breathing) is widely used.

This sanatorium did not have a laboratory or X-ray machines [8]. Although the sanatorium had laboratory physiotherapy equipment, it was not used [9]. As a result of such factors, places in most children's sanatoriums of the republic are vacant.

In 1955, the collective farm "Uzbekistan" (now "Shahand") in the Turakurgan district of the Namangan region was allocated a green area of 9 hectares on the banks of the Syrdarya river, rich in fruit and ornamental trees. The construction and equipment of the sanatorium, as well as the full provision of patients and personnel were the responsibility of the collective farm. The peculiarity of the sanatorium is that here patients could be treated from several months to one and a half years until complete recovery.

In addition, the average salary of people treated in a sanatorium during the period of treatment has been fully preserved. The sanatorium had a diagnostic laboratory, an X-ray machine, pneumothorax, and a physiotherapy room. The sanatorium used climatotherapy, antibacterial therapy, diet therapy, taking into account the age and state of health of the patients who worked in the garden and garden of the sanatorium. This, in turn, affected the psyche of the patients. On the basis of this methodology, sanatoriums with 25 beds were created in the collective farms "Stalingrad" in the Turakurgan region of the Namangan region, "Lenin's Way" in the Chartak region, and "Leninsky" in the Uychinsky region [10].

A special 15-bed hospital and a bathhouse have been created at the Polvontash field in the Andijan region. The treatment was carried out in the Chartak, Chimgan and Kyzyltepa sanatoriums. In addition to mineral water, they are treated with physiotherapy, massage, paraffin, azokiret, medicometers [11]. In addition, over the years, treatment with mineral water has been introduced in medical institutions and institutes of cities.

According to N. E. Xrisankov 156 spas and medical institutions in 1951, only 55 of which are used to treat drinking mineral water. The USSR Ministry of Food Industry, medicinal mineral waters, according to the catalog, only 37 resorts and places of medicinal mineral water bottles in the consumer can make. It seems that all healing mineral waters are used as

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drinking water. According to some of their chemical properties, only spa water or a natural place on an artificial earth surface. For example, the consumption of mineral water near the only source could, in the process of bottling and transportation to remote places of their property, lost [12].

In 1950 Research Institute of physiotherapy and resort N. A. Semashko introduced treatment with hydroaeroionization. Interest in this method grew not only in the USSR, but also in foreign countries. In particular, the institute is of great interest to the People's Republic of China and India. In addition, government delegations such as Sweden, Poland and the United States visited the institute and noted that they will use the hydro-ionization method in their countries [13].

In 1975, there was a physiotherapy hospital at the Sverdlov collective farm in the Tashkent region, 20 km from the capital. Here, for treatment, they are treated with medium mineral, chloride-sulphate, sodium, water-therapeutic mud, paraffin, electric light. The hospital has a 130-bed inpatient department and a 30-bed pediatric department for patients with diseases of the cardiovascular system and gastrointestinal tract.

In addition, in the sanatorium "Nagornaya", located 50 km from Samarkand, there is a physiotherapy department with 125 beds. It was used to treat hot water with a low content of chlorine and sodium sulfate. There were also rooms for physiotherapy and a complex of physiotherapy exercises. In this hospital, patients with gastrointestinal diseases and arthritis were treated, 25 beds were reserved for children.

Kyzyltepa physiotherapy hospital for 100 beds in Oltyarik district of Fergana region was treated with low-mineral, sulfate-hydrocarbonate, sodium hot water, electric lighting and paraffin.^[15] Patients with diseases of the digestive system, cardiovascular, nervous system and musculoskeletal system are treated here.

Also, in the Chimgan Physiotherapy Hospital of the Yangikurgan District of the Fergana Region, patients were treated with warm sodium chloride warm water containing moderately mineralized high-sulfur hydrogen. It is also treated with electricity and paraffin, as well as diseases of the cardiovascular system, musculoskeletal system, nervous system, skin and gynecology.

The Jairankhan Physiotherapy Hospital, located 22 km from Termez, Surkhandarya region, has a capacity of 150 beds, where patients are treated with highly concentrated hydrogen sulfide, sodium chloride, hot water, electricity and paraffin from the pipelines of the Uchkizil oil field. Patients with diseases of the main musculoskeletal system, nervous system, cardiovascular, skin and gynecological diseases were treated here.

At the Aktash resort in 1963, most patients were diagnosed with closed forms of tuberculosis, as well as neurosthenia, anemia, and overwork. There was also a clinical laboratory. In Aktobe, the treatment season lasted 5 months from May 15 to September 15, the course of treatment was one month [14].

In the mid-1970s, there were also serious shortcomings in the provision of spa and physiotherapy medical care to the population. For example, in Bukhara, Kashkadarya, Surkhandarya and Khorezm regions, there was a shortage of local doctors. In addition, insufficient attention is paid to new methods of treatment in balneophysiotherapy institutions, including the creation of aerosols and the use of medicinal hydroaeroionotherapy.

In addition, Recommendations for the creation of new medical establishments on the basis of scientific research institute of mineral water sources Physiotherapy and Resort named after N. A. Semashko not fulfilled. For example, in 1975, physiotherapy hospitals were not created in Kokand in the Yangiyul district of the Tashkent region and in the state farm "May 1" of the USSR. In addition, mineral water is little used in children's sanatoriums [15].

On September 24, 1974, the Resolution of the Council of Ministers of the USSR "On the state and further improvement of physiotherapeutic assistance to the population of the republic" was issued [16]. From 1974 to 1975, the number of beds for such care in the country increased to 200 thanks to the establishment of hospitals in Gallaaral (50 beds) and Mubarek (50 beds) and the expansion of the Tashkent Mineral Water Hospital (100 beds).

The number of therapeutic mud treatments in the country in 1975 was 21, of which 17 belonged to the USSR Ministry of Health, and 4 to trade unions. The volume of physiotherapy assistance to the population of the republic is growing from year to year. In particular, in 1975, 1,874,466 patients received such assistance [17] (17 million 424 thousand 443 procedures), in 1974 1 million. Such services provided 588 807 people (15 million 303 thousand 611 procedures) [18].

In 1976, a sanatorium with 50 beds was opened at the Pravda collective farm in the Syrdarya region. It uses healing mud, mineral water, electrical treatments, therapeutic gymnastics and massage [19].

In 1978, N. A. In the clinic, the Research Institute of physiotherapy and resort named after Semashko had 300 beds and 5 polyclinics, including departments of arthrology, cardiology, neurology, gastroenterology and gynecology, as well as 2 polyclinics for adults and children. The clinic has a diagnostic laboratory, an X-ray department, physiotherapy and massage rooms, a dental office and a pharmacy [20]. During this period, for the treatment of patients, hydroaeroionization from mineral water, therapeutic mud and electrotherapy, massage,

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physiotherapy exercises and, if necessary, treatment with drugs were introduced.

Physiotherapy hospital "Toshsovet" in Tashkent was built in 1978 with 240 beds. Here, the treatment of the cardiovascular, nervous system, digestive organs, arthritis and gynecological diseases was carried out. Since 1972, a 40-bed department has been created at this hospital for the treatment of invalids of the Great Patriotic War. Here they used Tashkent mineral water, therapeutic mud, paraffin, phototherapy, hydroaeroionization, massage and physiotherapy exercises [21].

During this period, the Nagornaya physiotherapy hospital in the Samarkand region was designed for 125 beds, it had a children's department for 25 beds. This hospital used hot mineral water as well as physical therapy and physiotherapy [22].

In 1978, Farish of the Jizzakh region "United" worked in a physiotherapy clinic. Climate, electric light and healing clay used in the treatment of patients. This place of healing mud is brought to the city of 25 km Baliqliko'ldan, where some members of the movement, treatment of patients with diseases of the nervous system and lungs. In addition, in 1978 G'allaorol Physiotherapy Clinic building in Jizzakh region. It has been operating in the hospital since May 1975 and has 50 beds. Treatment of cold mineral water, paraffin and electric light. These are medical institutions and members of the base patients treated with the peripheral nervous system [23].

In July 1977, a 100-bed physiotherapy hospital was opened in Gagarin, Jizzakh region. In addition, in November 1975, a 50-bed physiotherapy hospital was opened in the village of Mubarek of the Kashkadarya region, in 1976 a 100-bed physiotherapy hospital in the Kamashinsky region, and in December 1977 a 150-bed physiotherapy hospital in the Yangiyersky district of the Syrdarya region. In addition, there are physiotherapy clinics in Tashkent and Samarkand, and the population's access to physiotherapy is growing from year to year.

In 1978, on the territory of the collective farm "Uzbekistan" of the Moscow (now Shakhrikhan) district of the Andijan region, there was a sanatorium with 100 beds. In 1978, a physiotherapy department with 50 beds was opened in the regional hospital No. 1 of the Bukhara region. Also, physiotherapy rooms have been opened in the Shafirkan, Vobkent, Karakul and Navoi regional dental clinics, the children's department of the Alat central hospital [24].

In the Yangikurgan district of the Namangan region, the number of seats has been increased to 50,

a new building has been built, as well as a canteen for 200 seats, a medical building, a bathroom and a utility building. Also during this period, a physiotherapy department was created in the regional children's hospital in Kashkadarya, and a new building was built for a physiotherapy office in a hospital in Mubarek. In the physiotherapy hospital "Dzhayronkhana" of the Surkhandarya region, a bathroom and a dormitory for 60 beds have been built.

Sanatoriums and treatment-and-prophylactic institutions have also begun work in Uzbekistan. The results of the analysis show that in 1983 more than 41,740 patients were treated in sanatoriums, which is 4.6% more than in 1982 [25].

All types of physiotherapy exercises are used in the sanatoriums. 30 hydrophatic complex [26] oxygen-iodine-bromine underwater massage, showers for various therapeutic showers, baths and other bathrooms. It also offers physiotherapy using a variety of devices in 30 lamp therapy rooms. For thermotherapy, clay, paraffin and ozokerite were used. There were physiotherapy rooms, 7 therapeutic pools, 2 saunas, rooms with sun and air baths, as well as 22 dental and gynecological rooms. In the sanatorium-preventive type of diet was organized, which helped other methods of treatment to give good results.

According to Dr. N. Abdullaev, 1982 - 1990 "Sanatorium" Rapkon Tojikiston brought the Asht region, salt, sulphide deposits of mud using a link to the stage of the disease and rheumatoid arthritis, chronic intestinal digestive, nervous, rheumatic, female diseases. With the help of physiotherapy equipment, healing water was delivered from the old Chimgan base to the sanatorium [27].

Also, according to nurse I. Boboeva, the Kyzyltepa sanatorium is well equipped with medical equipment, including equipment for hydro-aeration and underwater massage[28]. According to the study, sanatorium treatment in Uzbekistan develops from year to year, new methods of treatment are being introduced.

In short, during the period under study, resorts and sanatoriums were among the main resorts. Because almost every institution offered its visitors its own treatment services. In particular, the methods of treatment in sanatoriums and sanatoriums are being developed from year to year. Therefore, visitors believed that these sanatoriums play an important role in restoring their health. This is evidenced by the growth in the number of visitors from year to year.

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