



Regional Location of Population Health Restoration Centers in Termiz District

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ABSTRACT: In this article, the importance of public health centers in restoring people's health and recreation, their role in medical tourism, the development of medical tourism based on natural recreational facilities in our country, sanatoriums located in Termiz district and areas adjacent to Termiz city, and their development prospects are analyzed done.

KEYWORDS: Medical tourism, recreation, domestic tourism. , sanatorium, spa, prophylactic, psammotherapy, balneotherapy.

INTRODUCTION. Humans are created on earth to be always busy with labor activities and form their life cycles by satisfying their material needs. In this way, they are engaged in mental and physical activities. Naturally, during both activities, people face the problem of restoring their working abilities. This problem is more common among doctors, coaches, teachers, people who are busy with heavy physical work, and people who are prone to stress during their activities. The problem faced by people employed in both types of work is to restore their health, that is, to strengthen their ability to work. , spas, sanatoriums, prophylactics, natural beauty spots serve as the main sources of treatment. Let us describe them below:

MAIN PART. Spas - (German: kurort - healing place) - useful for the human body, which greatly help to improve its health, have healing components (mineral spring, healing mud, cool climatic conditions), are suitable for treatment and relaxation. are places with certain conditions. Sanatoriums are established only in places with such conditions. Resorts can be divided into several types depending on the natural conditions and the type of natural resources. For example: Climatic spas, Mountain-climatic spas, Balneological (healing with healing mud) spas. Characteristics of natural climatic factors in climatic

spas: geographical location of the spa, relief structure and nature, if it is related to ultraviolet rays in mountain spas abundance, low air temperature, air purity serve as the main treatment factor. During the treatment of balneological spas, medicinal mud, bath, shower, bathing in a pool (hydrocarbonate, sodium sulfate and other water sources), inhalation and several other therapeutic factors are used.

Sanatoriums- (pronounced - I heal, , I restore) is an institution that serves for people to have rest and spiritual relaxation together with treatment in preventive places. It is done through salt healing waters, healing mud, salt caves, etc. The order of treatment and rest is strictly observed. Sanatorium-prophylactic sanatoriums are also established for workers living in cities and towns built on the basis of industrial enterprises, and the institution operates under the care of the enterprise. The sanatoriums in Uzbekistan have a natural climate and sun factors such as light, mineral and thermal waters, and healing mud are used. Many healing centers have been established in the region of Cheerleader, southern Uzbekistan, in the unique climatic regions of the Surkhondaryo region. (Table 1) Omonkhana sanatorium- is located in Boysun district of Surkhondaryo region at an altitude of 1217 meters above sea level. Liver and gall bladder diseases, hepatitis of groups A, B, C, and diabetes are treated here. This sanatorium is a balneological and climatic resort. The feature is a mineral spring. The main healing feature of the water is the prevention and treatment of diseases such as liver cirrhosis and hepatitis. The capacity of the sanatorium is 200 people at a time.

Khojaipok sanatorium -is located in Oltinsoy district of Surkhondaryo region. More than 20 physiotherapeutic devices, as well as ultrasound, EKG and laboratory equipment are installed in the institution with a capacity of 200 seats. Cardiology, neurology, gynecology, dentistry, urology and other diseases are treated here.

During his visit to Surkhondaryo region on October 17-18, 2019, President Shavkat Mirmonovich Mirziyoyev visited the world-famous "Sangardak" waterfall located in the Sariosia region. gave orders to build a modern sanatorium with all amenities. In a short period of time, a 200-bed sanatorium called "Sangardak" was built in the heart of the Sky Mountains. This institution consists of seven floors. It has a reception and management department on the first floor, bedrooms with all modern amenities from the second floor to the sixth floor, and luxury rooms on the seventh floor. The sanatorium has 27 types of modern medical equipment for diagnosis and treatment. Based on the mountain climate and the healing properties of nature, the institution specializes in the treatment of upper respiratory tract, allergy, asthma, cardiovascular and locomotor system patients. they use the healing salt cave, physical training, mud and paraffin treatment services. More than 150 workers have been created in the sanatorium, of which 10 are senior doctors, 26 are nurses, and 20 are junior medical workers. they provide services to recipients and patients. The construction of the sanatorium is not only for treatment and recreation, but also opens wide doors for medical tourism as a large tourism facility. In addition to residents of Uzbekistan, foreign guests and vacationers also visit this sanatorium and form a large tourism zone. This will serve the development and improvement of the medical system in our country even more. A number of treatment and recreation centers have been established in the southern serkuyosh lands of our oasis, based on natural climatic resources. Among them:



The pearl of termiz sanatorium



Sangardakh sanatorium



Omonkhana Balneology center



Khojaipok sanatorium

Restoration of population health in surkhandarya region residences

The pearl of Termiz - located in Termiz district of Surkhandarya region. It is an area located 10 km from the city of Termiz and approximately 360 meters above sea level. The area of the sanatorium is 7.5 hectares. To date, there are two three-story buildings with 160 beds, 6 modern cottages for family holidays. A dining hall with 120 seats, 100 o A 3D cinema is operating. Main types of treatment: Cardiovascular system, neurology, gynecology, urology, musculoskeletal system, specializing in physiotherapy. The main therapeutic factors are concentrated hydrogen sulfide, iodine-bromine waters and natural sand. There are 2 water wells of the sanatorium. Mineral water with sulfur ore at a depth of 234 meters and 432 meters Psammotherapy- (lot - psammot - sand, therapia - treatment) treatment with sand heated or with natural heat in the sunlight. In this treatment, the treatment is mainly carried out through natural sand, heated sand covers the whole body of the patient spreading along the heart area and the stomach is covered with 2-3cm of heated sand. This method is mainly used for women's gynecological, men's urological, musculoskeletal, joint pains. The treatment and rest procedure is strictly followed in the institution. Treatment methods.

1. Physiotherapy (LFK, mineral water bath, massage, electrophoresis, iodine-bromine water therapy, psammotherapy)
2. UZI.EKG
3. Laser therapy, paraffin therapy
4. Acupuncture treatment
5. Inhalation

6. Diet therapy Paid services: shower, sauna, bar, travel Free services open water pool (swimming pool), parking lot, beach, fitness room, cinema room It is forbidden to accommodate children under 4 years old.

Zhairankhona- is a balneological sanatorium (resort). It is located in the Surkhandaryo region, 27 km from the city of Termiz. It is located near the banks of the Surkhandarya River, approximately 377 meters above sea level. It is considered to be a place with a continental climate. Mineral and thermal waters have been found in the area of Santoria from a depth of 30-35 meters. In addition, there are several water wells containing hydrogen sulphide, chlorine and sodium salts, which are directly used in the treatment process. (for hot baths, mineral water baths). The sanatorium was founded on 05.05.1955. The institution mainly specializes in physiotherapy, mainly internal organ diseases (liver, kidney, stomach diseases), cardiovascular diseases.

1– table

Restoration of population health in surkhandarya region residences

Name of the sanatorium	Location	Speciality	Natural geographical location
1.Sangardakh sanatorium	Surxondaryo region, sariasiya district	Upper respiratori, astma, allergy Heart-bloodreception, musculoskeletal system diseases.	Mountainous area
2.Omonkhana Balneology center.	Surkhandarya region. boysun district	Skin diseases, cardiological gynecological	Mountainous area
3.Khojaipok sanatorium	Oltinsoy district, Jobu neighborhood, Navruz street,126-home	Skin diseases, Support-movement system,nervous system.	Took the mountain
4.The pearl of termiz sanatorium	Termiz district	Cardiological, allergy, Heart-blood and vascular system	plain
5.Zhairankhana	Termiz district 27km from of termiz city.	Heart-blood and vascular system, astma, skin diseases	plain
6.Khursandoy	Termiz district.Yangi hayot street.	Pyysioterapy, new modern LFK, internal diseases.	plain

Table compiled by the author based on information

CONCLUSION. Sanatorium resorts established on the basis of the unique nature and climatic resources of Surkhandarya region create a basis for improving the health of the population and developing domestic tourism as well as tourism in our region. Although most of the treatment and recreation centers established in the territory of our oasis are established within the requirements of the times, we can see some weaknesses in the activities of some of the institutions in parentheses. As a solution to this, it would be beneficial to introduce technologies that can meet the requirements of the time, to comply with sanitary and epidemiological rules, and to further expand the types of activities. expansion, ensuring that activities

are integrated in the spirit of competitiveness will serve as the main factor ensuring its development prospects in the future.

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