

HEALTH CARE IN FERGANA VALLEY

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Abstract: *This article reveals the effects of the population's social living conditions, living environment and income on their health. How the population of the Uzbek SSR lived in the period of absolute dependence, the direct impact of the income and expenses of the population on the health of the population was studied comparatively and analytically. One of the most important directions of protecting people's health is to organize a healthy lifestyle and good recreation of the population. Also, the issues of sanatoriums and spas, consumer culture of the population are covered.*

Key words: *sanatoriums, spas, flu, bronchial asthma, pneumonia, smallpox, epidemic.*

There is a wise saying in our people that "poverty is a disease". Protection of public health and provision of free high-quality medical care and medicine to the population is enshrined in the Constitution of the USSR. However, despite the fact that medical work is free in Uzbekistan, the former union could not perform quality work in ensuring the health of the population throughout its life.

In the territory of Uzbekistan, there are mineral waters of different chemical composition, mineral waters. In total, more than 200 mineral blocks of water have been tested (61 of them have been found to be healing), more than 100 mineral waters, more than 30 salt-mud lakes have been tested. (1983).[1]

Activities of sanatoriums and spas are also important in maintaining the health of the population. During this period, more than 60 mineral water sources and beautiful places were explored in the territory of Uzbekistan, sanatoriums and rest houses were established in these places. These include Vodil and Shahimardon (Fergana region), Bostanliq (Tashkent region), Zamin (Samarkand region), Boysun-Mingchukur (Surkhandarya region) and others.[2]

In 1958, the "Pakhtalikol" sanatorium was established in Uzbekistan, which treated the first tuberculosis diseases in the Soviet Union during labor. Later, such sanatoriums were established in many regions of the republic with the active participation of collective farms.[3]

In 1967, there were 66 sanatoriums (39 of them for children) and 15 rest houses in Uzbekistan; of these, 20 specialized sanatoriums look after the

Ministry of Health. In addition, 39 sanatoriums for sick children were opened in the most beautiful places of the republic. Six balneological hospitals were established, two of them (Chimyon and Qiziltepa) are located in Fergana region, and one is located near Tashkent ("Tashminovodi" balneological hospital). "Nagornaya" hospital was built in Samarkand region. Similar hospitals were also launched in Surkhandarya (Jayronkhona) and Andijan (Southern Olamushuk) regions. Chortoq spa was one of the most famous balneological spas. In this spa, supporting and movement organs, diseases of peripheral nervous system, skin diseases, diseases of female genital organs, as well as diseases of digestive organs are treated.[4]

In addition, there were sanatoriums in the cities of Kislovodsk, Sochi and Yalta under the care of the Ministry of Health of the Uzbek SSR.[5] Many workers and servants are sent here every year to rest and restore their health.

In Uzbekistan, special climatic resorts such as "Shahimardon", "Koli Qubbon", "Blue Lake" - in Fergana region and "Chimyon" (in Tashkent region) have been established for the treatment of tuberculosis. Every summer, all the resorts of Uzbekistan pioneer camps, playgrounds, etc. are organized in the regions. In 1966, sanatorium-type camps were opened for the first time.

In determining human health, the climatic features of places play an important role. Montesquieu, a French scientist who lived in the 18th century, in his book "Spirit of Laws" put forward the opinion that "the rule of climate is superior to all forces". The famous encyclopedist M.V. Lomonosov also noted that climate and some of its factors play a significant role in human health. At the end of the 19th century and at the beginning of the 20th century, scientists such as Russian climatologists A. Voeykov, A. Sokolov, and A. Kaminsky conducted research in the field of medical meteorology. The concept of climate includes air temperature, humidity, atmospheric pressure, winds, constant state of the weather.

In researching the geography of health, it is necessary to study the climatic characteristics of the place. In areas with high humidity, diseases related to the heart, blood vessels and respiratory organs are more common. In countries where constant wind and severe cold prevail, low blood pressure and breathing difficulties are observed, and these conditions are certain caused diseases.

Some common diseases among people - flu, rheumatism, bronchial asthma, Botkin's disease and hypertensive diseases, especially depend on climate and weather conditions. was very big.

For example, in Angren and Almalyk industrial centers located in Tashkent region, there are many diseases related to blood. In large cities with

high density of population and type of transport, diseases related to heart, vascular system, nervous and mental disorders are more common. It occurs.

Another of the economic and social factors determining human health is the diet of the population. In the process of eating, the human body needs protein, fat, vitamins and other nutrients. Diseases related to the endocrine system are on the rise. The main reason for this is not eating properly on time, the occurrence of a poor diet.

Since the 50s of the 20th century, the interest in the issue of medical geographical zoning in the former Union has increased. Dedicated to medical geographic zoning. Among them, in Russia, Y. Ignatev, A. Keller, B. Prokhorov, V. Podolyan have made great contributions to medical geographic zoning.

Uzbekistan was divided into the following 6 medical geographic regions and 25 small medical geographic regions within them:

1. Tashkent medical geographic region
2. Fergana medical geographical region
3. Mirzachol Medical Geographical Region
4. Zarafshan medical geographic region
5. Lower Amudarya Medical Geographical Region
6. Southern medical geographical region

Fergana medical geographic region is located in the easternmost part of our republic, surrounded by high mountains. Administratively, it includes Andijan, Namangan and Fergana regions. Area-18.4 thousand sq.km², (that is, 4.1% of the territory of the republic). The climate of the valley is unique: summer is hot, dry and long, and winter is relatively mild, stable compared to other regions of the country. For example, in the western part of the valley, compared to other regions of our republic, there are more cases of pneumonia and acute respiratory diseases among children. One of the main reasons for this is the geographical position of the region and the activity of the winds.

Almost all streams and rivers in Fergana valley flow from high mountains. The rivers that bring the most water are Norin and Karadarya. It should be mentioned separately that many diseases are related to the chemical composition of the water used for consumption by the population. In this country, the lack of iodine in the river water flowing directly from the mountains is the reason for the increase in endemic goiter in the region. This situation is especially noticeable in the Fergana region, in particular, around Kokan. was an indicator.

Due to the lack of fresh water in some parts of the Fergana Valley, including Yozyavon, Dang'ara and other districts, water is brought from other

regions. However, these regions are distinguished by the severity of infectious diseases among children in the region.

Despite the fact that the Fergana Valley has several large cities, the rural population is the majority compared to the urban population, that is, the level of urbanization was not high. However, some cities Andijan, Namangan, Fergana are one of the political and economic centers of our republic, as well as major industrial and transport centers. Therefore, these cities stand out in Uzbekistan in terms of dangerous tumors, skin-genital diseases and death rates of the population.

In 1991, the number of deaths related to malignant tumors was 53.0 per 100,000 inhabitants in our republic, while this figure was 63.7 in the Syrdarya region. In the farm structure of the Syrdarya region, the death rates related to dangerous tumors, blood and blood-forming organs related to the activity of thermal power plants were somewhat higher.

If we analyze the main causes of death in Uzbekistan in the last year of the former Union, the deaths occurred from various diseases.

In conclusion, it should be said that the social lifestyle of the population, the place they live in, and the products they consume have an impact on their health. As can be seen above, these factors had a great role in the occurrence of various diseases and epidemics among the population. Therefore, instead of always fighting with the consequences of diseases, it is the most important task to study the causes of its origin and develop effective solutions against it.

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