

HISTORY OF SOME PROBLEMS IN TREATMENT WORKS OF SANATORIUMS AND SPAS OF UZBEKISTAN

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Abstract:

This article describes the processes related to the activity of sanatorium-resort institutions in Uzbekistan, the history of treatment problems in them. In particular, existing deficiencies in treatment in sanatoriums, as well as the situation of sending patients to sanatoriums and their consequences were analyzed.

Keywords: Pedov, Shakhimardon, sanatorium, spa, sclerosis, hypertension, aero, Lunacharskaya, Chinabad, N. A. Semashko

Introduction.

After Uzbekistan gained its independence, great attention was paid to the historical foundations of Uzbek statehood in order to implement reforms based on national democratic and humanitarian principles in the economic, political and social spheres of statehood. In addition, in the era of the rapid integration of the nations of the world, the realization of the historical and cultural identity, the preservation of national values, the study of the history of statehood, and the research of past socio-economic and political processes on the basis of scientificity, objectivity, and sociality are gaining urgent importance.

Also, in the Action Strategy adopted in 2017-2021 on the five priority areas of the development of the Republic of Uzbekistan [1], the definition of tasks, such as strengthening the health sector, first of all, the ease and quality of medical and socio-medical services to the population, as well as the definition of the tasks, will lead to a new stage of the ongoing work. demanding to be raised.

Today, when modern medicine is rapidly developing and deep reforms are being implemented, the medical knowledge and traditional folk medicine widely used by our people in the past are of great scientific and practical importance. After all, the mentality and health of the people are closely related to the nature and medicinal properties of the area where they live. With this in mind, the study and analysis of the existing problems in the historical processes of treatment of sanatoriums in Uzbekistan acquires scientific and practical importance.

Materials and methods.

Since the 1920s, new methods of treatment were introduced in sanatoriums and spas in Uzbekistan. During this period, scientists studied the issues of sunlight treatment. During the treatment of patients, regular nutrition, physiotherapy, and physical training methods were used. In one day, elderly patients were given 4 meals of high-kilocalorie food. Sunbathing was used as part of physiotherapy procedures, and this method started from 3-5 minutes under the careful supervision of a doctor and lasted up to 30 minutes. In addition, showers and baths are also available here. Excursions are also organized for patients. For adults, drugs are also sometimes prescribed, often in the form of injections [2].

Sulfur-hydrogen sources in the Pedov spa are used to treat cardiovascular diseases, sclerosis of cerebral vessels, hypertension, chronic flixitis, thrombophlebitis, various neurological diseases, diabetes, liver and gall bladder, bone-joint, muscle, chronic osteitis, bursitis, arthritis, radiculitis, flixitis, neuritis. , chronic colds and skin diseases of women were treated [3].

In Shahimardan, which is considered one of the first spas in Uzbekistan, mountain air and sun treatment are of great importance. This resort has been scientifically studied, where it is possible to treat tuberculosis, rickets, gastrointestinal diseases [4]. However, in the late 1930s, some forms of pulmonary tuberculosis could not be treated in the Shahimardan resort. In particular, developing forms of pulmonary tuberculosis and cases of severe body fatigue, as well as pulmonary tuberculosis, epilepsy and other neurological diseases, as well as severe blood loss diseases, could not be treated in this resort. In addition, treatment in this resort is prohibited for cardiovascular, kidney and urinary tract, liver and gall bladder, skin, musculoskeletal and malaria diseases [4].

Before 1941, the treatment with qimiz began to be studied in the spas of Uzbekistan, but in the years after the war, the use of this method was not revived. In particular, despite the fact that there are good pastures in the Shahimardan resort, the treatment with qimiz was not started. Treatment with this method has given very good results in desert sanatoriums. Not only the local, but also the representatives of the European population liked qim and drank it unsystematically and uncontrollably in spas. In particular, grapes are widely used in the treatment of many diseases.

Uzbekistan was one of the places where the best varieties of grapes were grown, but in those years no attention was paid to treatment with grapes in sanatoriums of Uzbekistan [5].

In the 1950s, in the Vodil sanatorium in Fergana, strengthening preparations were given, such as magnesium, iron, ascorbic and nicotinic acids, fish oil, hematogen, "A", "V", "S", "D" semi-vitamins and vitamins, as well as physiotherapy methods were used. . During the summer, aero (air breathing) procedures were widely used.

Laboratory and X-ray equipment were not available in this sanatorium [6]. Despite the presence of laboratory physiotherapy equipment in the sanatorium, they were not used [7]. As a result of such factors, places in most children's sanatoriums of the republic are vacant. For example, sanatoriums No. 3, Ko'kan and Gova in Andijan, and sanatoriums in Fergana often remain empty. According to the chief doctors of the sanatoriums that did not fulfill the plan, the selection commissions sent children to these sanatoriums who had not been examined. In addition, some children were not admitted to the sanatorium due to delays in laboratory tests and other medical examinations. Also, most of the children in most sanatoriums left before the end of the treatment period.

Results.

In the sanatorium-resorts of Uzbekistan, patients are treated by taking general and local baths with mineral water, washing their stomach and intestines, receiving various gynecological, shower and other procedures. N. E. According to Khrisankov's information, in 1951, only 55 out of 156 balneological spas and healing places used mineral water for drinking treatment. According to the catalog of medicinal mineral waters of the Ministry of Food Industry of the USSR, mineral waters of only 37 spas and healing places could be bottled and consumed. It can be seen that not all healing mineral waters were used as drinking water. Some of them, due to their chemical properties, could be drunk only in the spas at the natural outlet of the water or at the place where it was artificially released on the ground. For example, mineral water could only be consumed near the source, it lost its properties during bottling and transportation to distant places [8].

In the 1950s, N. A. Hydroaeroionization treatment was started at Semashko Research Institute of Physiotherapy and Spa. Interest in this method increased not only in the USSR, but also in foreign countries. In particular, the People's Republic of China and India show great interest in the institute. In addition, state delegations from Sweden, Poland, and the USA also visited the institute and noted that they use the hydroaeroionization method in their countries [9].

It should be noted that the number of patients treated in summer and September was much higher than in October-December. This shows, first of all, that with the cooling of the air, the intake of water procedures is reduced. The equipment of the laboratory in the sanatorium was not enough. In particular, there were no centrifuges, cover bottles for the microscope, probes for diagnosing the stomach, and there was no X-ray room [10].

Until 1953, patients here were not treated with drugs, if such treatment was needed, they had to buy drugs at their own expense from the city pharmacy. In 1953, it was planned to allocate 52,000 rubles for medicines, but in practice, medicines were bought for 5,241 rubles. Therefore, in 1954, only 10,000 rubles, not 52,000 rubles, were allocated for the purchase of medicine [11].

Discussions.

People who are going to be treated in sanatoriums and spas are sent to one or another place for treatment, taking into account their health, which disease they are suffering from, and their age. For example, when choosing the place and season of treatment, along with the main diseases, additional diseases are taken into account, depending on the climatic characteristics of the resort, the patient's illness and condition, and the season of the year. In treatment, it has been found that better results are achieved if the patient is treated in the usual climatic conditions. Because adaptation to other climatic conditions (acclimatization) was not required. It is observed that this is extremely necessary, especially when taking into account the limited time in the resort.

In particular, these factors were taken into account when elderly patients, as well as patients with tuberculosis, people who became weak after a serious illness were sent for treatment. However, when the medical reports of the Department of Resorts were examined, it was noted that there were serious deficiencies in sending to resorts, sanatoriums and rest homes. In particular, there have been cases of sending patients with diseases that do not correspond to the direction of this or that treatment facility or are completely against it.

In addition, there were cases where patients who could not travel long distances were sent to resorts far from their homes. Also, there were cases where the condition of the sent patients worsened, regardless of the main or additional diseases. In addition, there were cases where patients with mental illnesses who posed a danger to other patients were also sent for treatment. The results of the reports show that in 1963, the number of patients who could not be treated here decreased and made up 0.6% of the total number of patients treated in all sanatoriums of the republic. has been.

In 1961, the number of patients suffering from this disease in sanatoriums of Uzbekistan was 101, in 1962 - 141, and in 1963 - 115. In some sanatoriums, the number of such patients was less, and in some, more. In particular, such patients made up 0.4% in "Chinabad" sanatorium and "8 Mart" sanatorium, and 1.2% in "Aqtosh" sanatorium.

In 1963, patients who could not be treated in sanatoriums were sent to "Lunacharskaya" cardioneurological sanatorium (29 people), multi-profile "Chortoq" health resort (26 people), and "Aktosh" sanatorium for respiratory diseases (22 people). One of the main reasons for the sending of patients who were not suitable for treatment in one or another sanatorium-resorts due to their illness, was insufficient examination before sending them to the sanatorium.

This often led to gross errors in diagnosis. For example, in 1963, out of 141 patients who could not be treated in sanatorium-resorts, 33 were re-examined, they were diagnosed with pulmonary tuberculosis, and 7 were diagnosed with a malignant tumor in the area of the 12th digit of the abdomen [12].

In 1963, among the patients who could not be treated in the sanatorium, 15 had an active form of pulmonary tuberculosis, 10 had a malignant tumor, 5 had seizures, 3 had cirrhosis of the liver, and 4 had mental illnesses. One of them even tried to kill himself in "Chinobad" sanatorium[13]. For example, I., born in 1908, was transferred from the Termiz city polyclinic to the "Uzbekistan" sanatorium in Kislovodsk. I. A patient named Barkovsky is sent with a diagnosis of cardiovascular arteriosclerosis without specifying the degree of hypertension. This patient receives narzan baths in the sanatorium. As a result of 20 days of physical exertion, the patient suffered a myocardial infarction and was transferred to a spa hospital for treatment. Doctors conclude that this disease occurred because he was not thoroughly examined and systematically monitored before being sent to the resort. There are many such examples [14].

The largest number of referrals of patients who cannot be treated in sanatoriums to spas and sanatoriums occurred in large cities of the republic, where there is a possibility of qualified examination of patients. For example, in 1962 there were 141 such patients, 37 of them were sent from Tashkent city, 21 from Tashkent region, 18 from Andijan, 14 from Surkhandarya, 11 from Samarkand region and Karakalpakstan ASSR [15].

Patients treated in sanatoriums of Uzbekistan accounted for 40% of those in the USSR. In addition, Uzbek patients were treated in Pyatigorsk, "Kislovodsk", "Sochi-Matsesta" and resorts on the southern coast of Crimea, which are major resorts. In 1961, 463 people from Tashkent went to "Sochi" spas for treatment, 15 of them (3.5%) did not receive treatment there [16]. In 1960, 419 people were sent from Tashkent, 25 of them, i.e. 6%, were not treated here.

Naturally, going to spas for treatment required a lot of energy, health and money from the patients. In addition, they caused concern to the sanatoriums where they went for treatment, because it was necessary to send an observer to treat such patients or send them back to their places of residence. In addition, there were frequent cases of patients being sent to sanatoriums where their illness did not match. This created the problem of sending them to the sanatorium according to the profile. Because places in sanatoriums are full or the distance between one sanatorium and another is long.

For example, in 1963, 14 patients with atherosclerosis, 6 patients with spondylosis, and 3 patients with neurosis were sent to the "Chinabad" sanatorium for the treatment of gastrointestinal diseases. In the same year, 10 patients with polyarthritis, 14 patients with gastritis, and 15 patients with radiculitis were sent to "Uzbekistan" sanatorium in Kislovodsk.

In addition, out of 362 patients being treated at the "Chortoq" sanatorium, 4 were sent with neurosis, 14 with encephalitis, and 13 with gastrointestinal ulcer diseases. In 1963, 875 patients, i.e. 4.7% of the total number of patients treated in sanatoriums of Uzbekistan, were sent to sanatoriums without proper treatment. These patients were sent to sanatoriums where they could be treated, but the patients did not match their profile. As a result, they could not get the necessary treatment complexes in the treatment centers[17].

In general, due to the seriousness of this issue, special attention was paid to it at the highest level of management bodies. For example, on March 7, 1960, the order of the Ministry of Health of the UZSSR "On improving the medical selection and sending of patients to sanatorium-resort treatment" was adopted, but this order was not implemented in practice. The regional and city departments of health did not thoroughly study the information of the sanatoriums and did not take measures in this regard. As a result, the number of patients being sent to spas and sanatoriums, which are not suitable for treatment, has been increasing year by year.

We can see the analytical results of the comparative data on the sending of patients who were not treated properly in sanatoriums of Uzbekistan through the following table.

	The name of sanatoriums	The total number of patients whose diseases do not require treatment in sanatoriums		
		1960	1961	1962
	"Lunacharskoe"	2	14	41
	"Chinabad"	9	7	12
	"Uzbekistan" in Kislovodsk	3	14	19
	"Whitestone"	1	26	19
	"March 8"	5	2	1
	"Chortoq"	-	38	46
	"Sitorai Mohi Khosa"	-	-	3
	Total:	8	101	141

Information on the referral of patients who cannot be treated according to the regions of the republic.

	Provinces	The total number of patients whose diseases do not require treatment in sanatoriums		
		1960	1961	1962
.	Tashkent city	22	27	37
.	Tashkent region	19	19	21
.	Samarkand region	11	7	11
.	Andijan region	9	10	18
.	Fergana region	8	9	7
.	Bukhara region	2	9	2
.	Surkhandarya region	1	8	14
.	Khorezm region	2	3	6
.	QASSR	4	2	11
0	Other republics	4	7	14
	Total:	82	101	141

Analyzing the period of treatment of patients in sanatoriums, it can be seen that most sanatoriums do not follow the period at all. For example, children being treated for pulmonary tuberculosis in "Chimyon" sanatorium were treated for an average of 25 days instead of the required 2 months. In Sanatorium No. 1 in Tashkent, children with active form of tuberculosis were treated for 45-60 days instead of 120 days. A similar situation can be seen in the activities of sanatoriums "Gova" in Namangan, tuberculosis in Samarkand, "8 Mart" in Tashkent region, as well as "Krasnyy Mayki" [17].

In 1962, at the "Sitorai Mohi Khosa" sanatorium, patients were prescribed diet days 1-2 times a week, and the abundance of dairy products and fruits in Uzbekistan had a positive effect on the treatment of patients suffering from this disease. Every day, patients were given 1-1.5 kilos of grapes and green tea with vitamin "R". Patients who come here are prescribed bed treatment regime for 2-3 days to adapt to the climate. At this time, they were subjected to various tests, and the main time of the patients was spent in the open air. After 10-15 days of treatment, changes in the condition of patients began to occur. During one treatment season in 1963, 265 subjects improved, 244 showed slight improvement, 13 showed no change, and 1 deteriorated [18].

In the mid-1970s, there were also serious deficiencies in the provision of sanatorium and physiotherapy medical care to the population. For example, in Bukhara, Kashkadarya, Surkhandarya and Khorezm regions there was a shortage of doctors in the field. Also, in balneophysiotherapy institutions, new treatment methods, including the use of aerosols and medicinal hydroaeroionotherapy, have not been paid enough attention.

In addition, N. A. The recommendations on the establishment of new treatment facilities on the base of mineral water sources of the Scientific Research Institute of Physiotherapy and Spa Treatment named after Semashko have not been put into practice. For example, in 1975, physiotherapy hospitals were not established in the city of Ko'kan, the Yangiyol district of the Tashkent region, and the "1 May state farm" of the USSR. In addition, in children's sanatoriums, the treatment method using mineral water was rarely used [19].

In the 1970s, this scientific-research institute developed new, effective methods of treatment of patients with non-specific polyarthritis of the cardiovascular and nervous systems, infectious kidney and urinary tract diseases using new physiotherapeutic tools and local spa factors.

In 1971-1975, a lot of work was carried out by this institute to find climate and mud sources, as well as mineral water wells, study their composition and put them into practice for the purpose of scientific research of physiotherapy and spa treatment based on the needs and requirements of the republic. In addition, the employees of the institute developed scientific bases for studying the effect of physical factors on the body in normal and pathological conditions, developing rational methods of using physiotherapeutic and spa factors in the treatment of various diseases, and organizing physiotherapeutic and physiological preventive care in sanatoriums and spas.

Conclusion.

In the early days, sanatoriums and spas were treated with mineral water, sap (rapa), mud, mud and sun. In these regions, the climatic conditions were also taken into account, a special procedure for the use of mineral substances was developed and put into practice. Since the 1930s, various treatment equipments have been brought to the health centers and they have been widely used.

In particular, since these years, X-ray rooms will be established in sanatoriums and spas. Also, in the course of treatment, regular nutrition, physiotherapy and physical education methods were used. Since the 1940s, the sanatoriums established in the desert regions began to organize treatment with qimiz. Since the 1950s, the number of visitors to sanatoriums and spas has been increasing. Especially in the summer months, additional beds were created in the health centers, and the number of patients increased. The biggest problem in this matter was related to injustices in the process of allocating patients to sanatoriums. Most sanatoriums were designed to treat patients with a specific disease, and they were supposed to receive visitors of this category. However, in many cases, these sanatoriums received patients who were healthy or suffering from other diseases, and therefore lacked places for patients in their direction. This situation intensified especially in 1960-1980. During the 1980s and 1990s, new scientific-research works were carried out for the development of sanatoriums and spa facilities, which led to the improvement of the activities of these types of facilities.

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