

DEVELOPMENT OF HEALTH RESORTS IN TURKESTAN IN THE LATE 19TH AND EARLY 20TH CENTURIES

Khakberdieva Gulnora Kodirjonovna

Master's student, University of Business and Science

Annotation: This article analyzes the stages of formation and development of the earliest health resorts in the territory of Turkestan. It highlights the emergence of the resort system in the 17th-19th centuries as a result of studying the effects of mineral sources, therapeutic waters, and лечеб muds on human health. The activities, scientific research, and practical significance of natural лечеб sites such as Aksikent, Pedov, and Tuzkon are discussed. In addition, the necessity of establishing лечеб facilities during World War I and related scientific investigations are examined.

Keywords: health resorts, mineral waters, mud therapy, Aksikent Lake, Pedov, Tuzkon, emanation, Turkestan, history of medicine.

XIX–XX ASR BOSHLARIDA TURKISTONDA SHIFO MASKANLARI TARAQQIYOTI

Haqberdiyeva Gulnora Qodirjonovna

University of Business and Science magistranti

Annotatsiya. Mazkur maqolada Turkiston hududida dastlabki shifo maskanlarining shakllanishi va rivojlanish bosqichlari tahlil qilinadi. XVII–XIX asrlarda mineral manbalar, shifobaxsh suvlar va balchiqli loylarning inson salomatligiga ta'siri o'rganilishi natijasida kurort tizimining yuzaga kelishi yoritiladi. Shuningdek, Axsikent, Pedov va Tuzkon kabi tabiiy davolash maskanlarining faoliyati, ularning ilmiy o'rganilishi hamda amaliy ahamiyati ochib beriladi. Birinchi jahon

urushi davrida davolash maskanlarini tashkil etish zarurati va bu boradagi ilmiy izlanishlar ham tadqiq etiladi.

***Kalit soʻzlar:** shifo maskanlari, kurort, mineral suvlar, balchiqli davolash, Axsikent koʻli, Pedov, Tuzkon, emanatsiya, Turkiston, tibbiyot tarixi.*

РАЗВИТИЕ ЛЕЧЕБНЫХ КУРОРТОВ В ТУРКЕСТАНЕ В КОНЦЕ XIX – НАЧАЛЕ XX ВЕКА

Хакбердиева Гулнора Кодиржоновна

Магистрант Университета бизнеса и науки

***Аннотация:** В данной статье анализируются этапы становления и развития первых лечебных курортов на территории Туркестана. Освещается формирование курортной системы в XVII–XIX веках на основе изучения влияния минеральных источников, целебных вод и грязей на здоровье человека. Рассматривается деятельность таких природных лечебных объектов, как Аксикент, Педов и Тузкон, их научное исследование и практическое значение. Также исследуется необходимость создания лечебных учреждений в период Первой мировой войны и научные изыскания в этом направлении.*

***Ключевые слова:** лечебные курорты, минеральные воды, грязелечение, озеро Аксикент, Педов, Тузкон, эманация, Туркестан, история медицины.*

Introduction. The use of natural factors in restoring human health has been known since ancient times, and from the 17th century onward, scientific research in this field began to intensify. In particular, the role of mineral waters, therapeutic mud, and natural climatic conditions in treatment was thoroughly studied by scholars around the world. By the

18th century, these practices were implemented in Europe, leading to the formation of a resort system. These processes also spread to the territory of Turkestan, creating the foundation for the emergence of the first health resorts in the region.

A review of the history of the formation of early health resorts shows that since the 17th century, global scholars have studied the benefits of mineral sources, лечеб waters, and mud in restoring human health. As a result, by the 18th century, European physicians began to widely use therapeutic mineral factors in medical practice [1; p. 14]

In the 1870s, physicians paid particular attention to the study of mineral waters used in treatment and left valuable information about their sources. For example, the well-known Russian physician Kushelevsky provided data on the famous Hazrat Ayub spring in Jalal-Abad, the sulfur-alkaline springs in the Pedov area, and the saline lakes in Aksikent.

In addition, articles such as Shimansky's "Chimyon Sanitary Station" and P. P. Sakirich's work on the "Khazrat Ayub" mineral spring were published in the newspaper *Turkestanskije Vedomosti*. Russian physician Bunin first visited these areas in 1878, and after learning about the healing effects of bathing in these springs, he also traveled there [2; p. 19].

Shorkol Lake in Aksikent is located in the village of Qamishqorgon in Namangan uyezd. The water body was covered with a salt layer 1–2 vershoks thick, which reached up to 5 vershoks in autumn. The area of the lake exceeded 310 hectares. Archival sources contain detailed information about Aksikent Lake. In particular, among the local population, the lake was well known as a лечеб site for various diseases.

On the lake shore, beyond the salt layer, wooden houses were built for patients, and the bathing process was well organized. The lake was divided into two sections, with separate bathing facilities arranged for men and women.

Between 1912 and 1914, one physician was employed at this site to provide medical services. To ensure the comfort of patients, a kitchen was organized where meals were offered at fixed prices. In addition, attendants were available to assist patients during bathing procedures [3; p. 4].

In November 1915, a local resident applied to the authorities for permission to lease the lake; however, the request was denied. The reason was that plans were already underway to establish a resort in this area.

During this period, specialists also began to pay attention to other lakes that could potentially generate economic benefits through the treatment of patients. At the same time, opportunities for processing salt and other mineral resources were explored. In particular, mining engineer G. P. Leonov provided a detailed description of Tuzkon Lake, located in the Koktuba volost of Jizzakh uyezd, and recommended the use of its mud for therapeutic purposes. It was noted that many patients from Samarkand and other regions recovered with the help of the лечеб mud from this lake [4; p. 36].

The first European-type resort in Central Asia specializing in disease treatment was established in 1881 in the Pedov area of Kokand uyezd on the initiative of I. Bunin, who had worked as a physician in the cities of New Margilan and Andijan. The mineral water sources in this area had a temperature of about 20–20.5°C and were first scientifically

studied in 1880 by the chemist N. B. Teykh in a chemical laboratory in Tashkent.

The number of visitors to the resort was quite large, and the treatments carried out there produced effective results. Although I. Bunin received some financial support from the state during its establishment, he covered the main expenses from his own funds. The resort operated for three years and ceased its activities in 1883 after Bunin's death.

At the Pedov site, based on sulfurous and alkaline springs, three wooden frame buildings were constructed, consisting of 8 baths and 28 small rooms. In addition, approximately 12,000 trees were planted around the resort, and the area was landscaped.

After Bunin's death, in 1885, the Jalal-Abad-Ayub military sanitary station was established in this area [5; p. 112].

With the outbreak of World War I, citizens of the Russian Empire were deprived of the opportunity to receive medical treatment in Germany and Austria-Hungary. Therefore, the need to establish special "treatment centers" in various regions of the empire was placed on the governmental agenda.

In 1914, a scientific expedition consisting of two researchers was sent to Aksikent Lake in the Fergana region in order to determine the presence of radium in the air, water, and mud. According to one of the participants, A. P. Smirnov, a natural source of emanation was identified in the lake.

In his view, this phenomenon resembled rare artificial emanators and served as an important means for improving metabolism and treating rheumatism. Since the creation of such devices was extremely expensive, their use was mainly accessible only to wealthy individuals.

Conclusion. The formation of health resorts in the territory of Turkestan developed on the basis of the rational use of natural resources. The therapeutic properties of mineral waters, mud, and climatic conditions were scientifically studied and implemented in practice. Resorts established in the late 19th and early 20th centuries later served as a foundation for the development of medical and sanatorium systems in the region.

References

1. Аҳмедова Р. М. Ўзбекистонда санаторий ва курорт муассасаларининг фаолияти (1925–1991 йй.). Тарих фанлари бўйича фалсафа доктори (PhD) диссертацияси. – Тошкент, 2020. – Б. 14.
2. Нильсен Е. А. Проблемы курортного строительства в Узбекистане // За социалистическое здравоохранение Узбекистана. – 1934. – №3–4. – С. 19.
3. Труды Узбекского государственного научно-исследовательского института физиотерапии и курортологии им. Семашко Курорт Шахимардан / Сборник IX. – Тошкент, 1947. – С. 4.
4. Джалилов Х.А. Санаторно-курортное обслуживание и организация отдыха трудящихся в Узбекистане / Актуальные вопросы курортологии и физиотерапии в Узбекистане. Том 27. – Ташкент, 1978. – С. 36.
5. Кетко М. И. Курорты, санатории и дома отдыха Узбекистана. – Ташкент, Узмедгиз, 1959. – С. 112.