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Sanatoriums and architecture**Abstract.**

After the independence of Uzbekistan, a significant increase in the development process in the socio-economic sphere is noticeable. Depending on the increase in the cultural level and material well-being of the population of the republic, its activity, purchasing power, demand for sports, entertainment and other public service institutions will also increase. In recent years, the arrival of foreign tourists to our republic has increased significantly. Foreign businessmen attend scientific conferences, symposia, and creative meetings held in our country. visits of diplomats became significantly more active. All this creates an objective condition for the rapid development of buildings, hotels, and shopping centers aimed at serving public interests. The government of Uzbekistan has included the acceleration of the development of scientific and technical development and the construction of residential, public and industrial buildings, the strengthening of the material and technical base of new building materials and construction among the priority directions.

Keywords. Buildings, structures, constructive, spatial, practical, technical, economy.

INTRODUCTION.

After the independence of Uzbekistan, a significant increase in the development process in the socio-economic sphere is noticeable. Depending on the increase in the cultural level and material well-being of the population of the republic, its activity, purchasing power, demand for sports, entertainment and other public service institutions will also increase. In recent years, the arrival of foreign tourists to our republic has increased significantly. Visits of foreign businessmen and diplomats to scientific conferences, symposiums, and creative meetings held in our country have significantly increased. All this creates and objective conditions

for the rapid development of buildings, hotels, and shopping centers aimed at serving public interests. The government of Uzbekistan has included the acceleration of the development of scientific and technical development and the construction of residential, public and industrial buildings, the strengthening of the material and technical base of new building materials and construction among the priority directions.

LITERATURE REVIEW.

One of the prominent factors for the study of the memory of the mountain regions of the Republic of Uzbekistan is V.L. Vyatkin, V.V. Barthold, M.E. Masson, Ya.G. Gulomov, G.A. Pugachenkova, L.I.

Rempel, O.A. Sukharova, A.A. Samenov, A.S. Uralov M.I. Akhmedov D.A. The scientific works of Nazilov and others are related.

There are hundreds of works of foreign scholars in this regard. Generalization of the architecture of existing sanatoriums in Uzbekistan and the experience of their construction and study of the historical development of R.R. Abdurasulov, V.A. Voronika, V.D. Dimitriev, P.Zokhidov, I.I. Notkin, V.A. Nilsin, S.N. Poluponov, N.I. Sodikov. R.T. Toshtemirov D.A. Scientific works of Nozilov and others are devoted.

Among the works on the architecture of sanatoriums in Uzbekistan and the problems of their development and restoration, D.A. Nazilov, A.A. Shukurov, N.I. Sadikov, A.S. Uralov. R.T. Toshtemirov, D.A. Nozilov, Rakhimov K.J. and others' scientific works are noteworthy.

Nowadays, scientists of UzNITI urban planning, Republican Art Institute named after Khamza, TAQI and SamDAQI faculties are engaged in the development of modern recreation centers and their restoration, preservation and use for modern purposes.

Purpose and tasks of the work. Designing and development of recreation and health facilities is considered in the integrated system of architectural urban planning, identifying the advanced technologies of sanatoriums and recreation complexes in our country and abroad and developing project proposals for

creating recreation and health facilities based on the modern architecture and urban planning system in the conditions of the mountainous regions of Uzbekistan.

- To study and analyze the experience of sanatoriums of our Republic and foreign countries;

- Analysis of architectural-planning compositional and artistic solutions of recreation and wellness complexes in mountain areas;

- To study the experience of construction of recreation, accommodation and sanatoriums;

- Designing and developing modern requirements for recreation and wellness complexes in mountain areas, as well as providing a project proposal.

METHODOLOGY.

Requirements for the quality of design and construction of newly built objects are increasing. The main criteria for the design of public buildings are a high level of comfort that ensures an increase in labor productivity, savings that contribute to a decrease in capital and operating costs, and a high level of their architectural-artistic characteristics.

Public buildings and their complexes are artificially created environments designed to carry out one or more interrelated processes of human life. The main factor of public buildings and structures is to achieve the basis of its spatial planning to serve the society during the life activity of a person. So there are factors to

consider. These are: social, urban planning, natural.

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Public buildings are designed for the temporary visit of a large number of visitors (theater, hotel, department store, stadium, etc.). Therefore, communication, the reception and rescue of visitors are particular importance for public buildings. In this regard, great attention is paid to horizontal and vertical connectors of public buildings (lobbies, corridors, ramps, elevators, escalators, etc.). Also, one of the characteristic features of public buildings is the presence of rooms (halls) intended for a large number of people [Akhmadov M.S 2005 -45].

Usually, public buildings are located in residential areas. It occupies a central position in a city or village and serves as the main object in the creation of architectural ensembles [Nazilov D.A.2001. -30].

The buildings of the tourist resort are built for the purpose of short-term

living of people and providing services based on cultural and household needs. Such structures must be equipped with all kinds of necessary communal facilities (water, sewerage, heating devices, etc.) and be provided with a service complex based on modern QMQ.

Tourist resorts build in cities, working-class settlements and rural areas.

The construction of special tourist resorts is widespread, including tourist resorts, hotels, tourist resorts for athletes, etc.

Classification of tourist resorts

Depending on comfort, capacity and technical equipment, as well as the volume of services offered, tourist resorts in Uzbekistan and the international arena are divided into 5 types of construction.

Rooms can accommodate from one to four people. Rooms with five or more beds are included in the general housing category (dormitory).

Plumbing equipment of the rooms can be different: full (washbasin, toilet, bathtub, bidet) or reduced (washbasin, bathtub or shower). There is also a more reduced system: a sink, a toilet or a single sink.

The number, type, living space and plumbing equipment of the tourist resort buildings, motels and campsites are accepted according to the construction level table [Nazilov D.A 2001. -40]

Tourist resorts are divided into the following types according to their purpose and nature of use: general

type, camping, tourist, sportsmen, transients, motels for motorists, etc. All these have their own characteristics, and it is necessary to take them into account in the project.

Tourist resorts of general type should meet the needs of all citizens, including delegations, guests, business travelers, sports tourists, and others. Therefore, tourist resorts can have different categories and different room systems [5].

Tourist resorts build in natural, beautiful corners of nature, near the sea, rivers, mountains, lakes or forests.

In our republic, including provinces, cities and districts, significant works have been carried out in the social life of our republic. Auxiliary farms were established for the residents of the village, and favorable conditions were created for the construction of land plots and housing for their management. State programs have been developed and implemented on the issues of protecting human health, improving the medical culture of the population, raising the material base and quality of the educational system, which is one of the most important issues for us.

Since ancient times, sanatoriums have been regarded as places where people can rest and relax in order to restore their health. Today, the demand for sanatoriums in modern cities is increasing year by year. The system of sanatoriums has a special place.

The standard area of the rest room is 9 m² for one person, and 12 m² for two people. But according to ShNK 208.02-07, these areas can be changed according to the level of comfort of the tourist resort and rooms. It is taken into account that the sanitary units in the rest rooms have a front entrance (drum) [QMQ 3.01.08-99. -55]

Equipment in the sanitary unit depends on the level of comfort of the room and tourist resorts. The sanitary unit and the area in front of it is usually 5-6 m². A wardrobe will be built on the wall of the front hall. The floor height of tourist resorts is considered the same as residential buildings according to the climatic conditions of the district. The width of the main corridors should not be less than 1.8 m. The front gateway device in each room completely separates the auxiliary part of the room from its living part, acting as a sound barrier between the room and the corridor.

In order to ensure the moderation of the internal microclimate, it is necessary to pay close attention to the conditions of natural lighting and ventilation of the rest rooms. The best directions for rest rooms are south and southeast. In this direction, the sunlight penetrates into the room to a lesser extent in the summer, and to a large part of the room in the winter.

When determining the orientation of the rest rooms, it is necessary to focus on the attractive side of the landscape.

A different aspect of the solution of living rooms in recreation, tourism and health rehabilitation facilities is the planning of special daytime recreation zones based on functional requirements.

Planning of living rooms of tourist resorts, as a rule, is carried out in corridors with rooms on one or two sides. The length of the corridor and the body is determined based on the dimensions of the construction area allocated for the tourist resort and fire safety requirements, using the number of installed stairs as follows:

residential floor plan with a rectangular corridor, with rooms on both sides;

- a rectangular one-corridor residential floor plan with rooms on one side, this method is used when there is a need for the rooms of the tourist resort to have specific purposes;

- the plan of the residential floor is a closed rectangle, square, or rooms are located on both sides. The most appropriate orientation of the bedrooms is achieved by turning them horizontally to the positive side in relation to the corridor.

General type spa, tourist (tourist) and other types of tourists are included in the group of dining rooms in rest areas.

The total number of seats in restaurants and cafes is calculated on the basis of 100% of the capacity of tourist resorts, and is designed on the basis of 1.8 m of hall area for 1 person.

Self-service catering is provided in resorts and tourist bases.

Dining halls are designed in such a way that they feed 50% of the tourists living in the resorts in one room, and the standard area of the hall for 1.

The practical significance of the research is that the developed scientific recommendations and conclusions lead to the preservation of nature and ecology of sanatoriums and recreation centers and to the improvement of the quality of their architectural environment.

In the introductory part of the dissertation, the relevance of the research topic, the purpose and tasks of the work, the status of the problem, the scientific innovation of the research, the research subject, the object, the method of execution and its practical significance are revealed.

Sanatoriums in the mountain areas of the Republic of Uzbekistan, their general characteristics, the process of organization, their place in the development of society, study of the facilities of sanatoriums and recreation centers of our country at the end of the 19th and the beginning of the 20th century. Based on them, scientific conclusions are given.

Studying facilities of sanatoriums built in our republic and foreign countries. Architectural planning analysis of sanatoriums and rest areas. Theoretical foundations and functional solutions of memory-planning solutions of recreation and wellness complexes, scientific conclusions based on them

Based on the requirements for functional planning and memory artistic and compositional solutions of sanatoriums and recreation complexes, project proposals have been made for the Mingchiror, Kaynar recreation and health center.

In the conclusion part, the scientific proposal developed on the basis of the results of the dissertation, as well as projects and considerations are given. The topic of the dissertation was documented in 2 scientific articles and published in SamDAQI (2015-2016) scientific conferences of young scientists and students.

Discussion

The end of the 2nd millennium BC and the beginning of the 1st millennium BC are notable for the large-scale migration of tribes and peoples in Central Asia, the beginning of the early Iron Age. During this period, the main historical and cultural regions of Central Asia were formed: Bactria, Margyona, Sogd, Khorezm. During this period, the first cities, the centers of agricultural oases, and the first states are formed in this region. From this period, the urban culture in Central Asia develops continuously and rapidly. Between Syrdarya and Amudarya, in the oases of Zarafshan and Kashkadarya, the ancient Sogdian people and settled farming culture were formed. From the beginning of the first century BC, two main oases, Karshi and Shahrissabz oases, were formed in Kashkadarya.

Greek historians who came to our country with Alexander the Great at the end of the 4th century AD remember Nautaka and Nikshapa, two historical and cultural regions in the Kashkadarya valley. The remains of this city are located 5 kilometers northwest of the present city of Karshi, 1.5 kilometers south of the Erkurgan fortress [Akhmedov M.K. 1995 -25].

In the early Middle Ages, noblemen and artisans, weavers and builders moved here from the old capital. In the VII-VIII centuries, their workshops protected the main fortress from the east and south, extended to the river bank and gradually occupied the bend on the left bank of Kashkadarya. During this period, the fortress walls seriously lose their defensive value. The inner structure of the city will change. Undoubtedly, the palace remained a part of the structure that housed the ruler's throne and treasury, a prison and a military garrison.

The authors of the 10th century report that the fortifications were destroyed and even destroyed. The large areas between the artisans' quarters and the fortifications were occupied by markets specialized in the sale of individual goods. In his work, the historian Sam'ani describes the street of jewelers leading to the market square, the caravanserai of Khan az-Baziddin, the caravanserai of cloth trade, and the Jubak bazaar where fruits are sold [Uralov A.S. 2008. -50].

CONCLUSION.

The treatment zone is organized in sanatorium complexes, sanatorium hotels, and multifunctional complexes incorporating these institutions. Usually, a water-mud treatment spa polyclinic, healing pools are included in the system of such a zone. It is taken into account that treatment facilities and beds are conveniently connected to each other.

There will be space for healing water and mud treatment rooms, and an auxiliary yard will be included here, where conditions will be created for the regeneration of healing mud and storage of mineral water. Cultural and entertainment facilities are located away from the zone of dormitory buildings, in the most visited park (garden) parts of the complex. As a rule, these include halls, summer cinemas, and dance floors [Uralov A.S.-45].

Each living room has a loggia or a balcony, which should provide the residents of the sanatorium with a long stay in the embrace of nature and fresh air.

The orientation of the dormitories of sanatoriums must strictly comply with the regulatory requirements. South and southeast orientation are positive. In the west and south-west orientation, if it heats up more than normal in summer, it cannot retain heat in winter. In general, the range of positive orientation depends on the geographical latitude of the place.

The composition of the group of treatment and diagnostic rooms of my

sanatorium depends on the capacity and field (profile, specialty) of the sanatorium.

Construction standards and rules were developed for sanatoriums intended for the treatment of relatively common gastrointestinal diseases, blood circulation, movement and nervous system (on special orders, patients with spinal cord damage, tuberculosis, psychoneurological diseases, as well as children and adolescents projects of sanatoriums for treatment will be developed).

In sanatoriums where treatment with healing mud is carried out, it is advisable to place this department on the same floor from the point of view of technological requirements and characteristics. With reliable protection (isolation) of X-ray rooms, it is necessary to eliminate the possibility of the radiation being caught by the covers and walls and affecting the patient.

In the process of completing the Master's dissertation project, as a result of studying the state of world-class spas in Sochi, sanatorium recreation complexes in Dubai, and health and recreation complexes in Uzbekistan, spas and sanatoriums, analyzing their advantages and disadvantages and their economic efficiency, Mingchinor health resort of Kitab district, Kashkadarya region, with a population of 30,000 people, and according to the functional and operational, economic, architectural normative, environmental protection

requirements, the recreation center is designed based on the rules and norms in force in Uzbekistan [Akhmadov M.S. 2005. -40].

Complex processes in sanatoriums and recreation centers include:

-Infrastructure impact, people movement and engagement opportunities

- The surface of the future object is separate from the functional requirements for different purposes

- Taking into account the zoned planning ensures that the exploitation process goes smoothly with the identification of elements.

1. The planned Mingchinor health and recreation centers of Kitab district of Kashkadarya region have the following advantages compared to other sanatoriums in Kashkadarya region:

a) the building is located on the outskirts of the city and occupies a large area;

b) the building is located on the border of the Kitab district in a convenient area for residents;

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c) I will create comfortable conditions for people relaxing and healing due to the fact that the rooms of the planned building are spacious and comfortable, there is a fitness club and an indoor swimming pool in the center.

2. The project of the building of the health and recreation center was determined in conjunction with the sanitary-technical requirements and the moderate city climate, the earthquake-resistant volume-planning and structural solutions of the building of the health center, and their dimensions and configuration.

The farm area and servants' quarters are usually located outside the resort and recreation areas, in neutral, special areas separated from the recreation and resort areas. The territory of the complex where buildings and structures are located should be in the form of a landscaped park. The area should be organized in such a way that the view from the park will allow you to relax among the green areas.

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