



HEALTH CENTERS ARE ON THE WAY TO RESTORE THE HEALTH OF THE POPULATION

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Annotatsiya: Bugun “Yangi O‘zbekiston”, “O‘zbekiston taraqqiyotining yangi bosqichi” degan nomlar orqali xalqaro maydonda munosabatlarimiz silsilasida g‘oyat muhim ahamiyat kasb etib kelmoqda. Yangi O‘zbekistonni jamiyatimiz hayotidagi siyosiy-ijtimoiy, iqtisodiy munosabatlarni butunlay o‘zgartirgan, yangi demokratik qiyofaga ega davlat sifatida ko‘rish uchun ham barcha soha tarmoqlari qatori sog‘liqni saqlash tizmini ham rivojlantirish zamon talabi. Bu sohani yanada rivojlantirish uchun barcha imkoniyatlar yaratilmoqda. Ushbu maqolada yurtimizning barcha hududlarida aholi salomatligini mustaxkamlash maqsadida yaratilgan sog‘lomlashtirish maskanlari hamda ularning faoliyati haqida so‘z boradi.

Kalit so‘zlar: Sog‘lomlashtirish maskani, tabiiy shifo, temir yo‘llar, shifobaxsh, shifo suv, buloq suvi, «Omonxona» sanatoriyasi, davolash maskani.

Аннотация: Сегодня названия «Новый Узбекистан» и «Новый этап развития Узбекистана» становятся очень важными в цепочке наших отношений на международной арене. Чтобы увидеть новый Узбекистан как государство с новым демократическим имиджем, которое полностью изменило политические, социальные и экономические отношения в жизни нашего общества, наступной необходимостью



является развитие системы здравоохранения, а также всех другие отрасли. Создаются все возможности для дальнейшего развития этой сферы.

В данной статье рассказывается о санаториях и их деятельности, созданных в целях укрепления здоровья населения во всех регионах нашей страны.

Ключевые слова: санаторий, природное оздоровление, железные дороги, оздоровление, лечебная вода, родниковая вода, санаторий «Омонхона», лечебный центр.

Abstract: Today, the names "New Uzbekistan" and "New Stage of Uzbekistan's Development" are becoming very important in the chain of our relations in the international arena. In order to see the new Uzbekistan as a state with a new democratic image, which has completely changed the political, social and economic relations in the life of our society, it is the need of the hour to develop the healthcare system as well as all other sectors. All opportunities are being created for further development of this field.

This article describes sanatoriums and their activities, created to improve the health of the population in all regions of our country.

Key words: sanatorium, natural healing, railways, healing, healing water, spring water, "Omonkhona" sanatorium, treatment center.

INTRODUCTION

The large-scale work carried out in our country regarding the health of the population, especially the education and upbringing of a healthy generation, is worthy of praise. Based on the decision of the President of the Republic of Uzbekistan No. PQ-215 of April 25, 2022 [1], rural medical centers and medical institutions are being established in the remote villages and districts of our country, and the existing ones are being renovated and equipped with modern medical equipment. , the fact that the training of specialist doctors is being approached at the level of modern requirements is the result of the high



attention of our caring government to the health of the people, and the wide-scale reforms that are being carried out. In this regard, a lot of work is being done on the railways of Uzbekistan, and deficiencies are being eliminated.

Uzbekistan Railways has its own health care system and has more than a century of history and rich experience in providing medical services to the employees of steel main lines covering different parts of the country, medically ensuring the safety of trains. is a traditional network.

DISCUSSION AND RESULTS

"Uzbekiston Temiryollari" JSC's sanatoriums play an incomparable role in restoring people's health.

"Nazarbek", "Chimyon", "Amonkhona" sanatoriums, "Sihatgoh" sanatorium-prophylactic, and "Khojakent" recreation centers are operating in the system in order to improve the health of railway workers and their family members. [2].

In particular, the sanatorium "Omonkhona" is located 16 kilometers from the center of Boysun district, Omonkhona village in Surkhandarya region. It is surrounded by a dark juniper forest, and nearby there is the Amonkhana cave [3]. The height of the cave is 3.5 meters, and the total area is 60 square meters. The temperature inside the cave is different than the temperature outside [4].

Sanatorium "Omonkhona" bal neological healing place is known and famous for its beautiful building, comfortable conditions and beautiful scenery, natural healing waters. Patients suffering from gastrointestinal, diabetes, cardiovascular, liver, bile, and spine diseases are being treated in the facility, which has been renovated at the level of world standards by the initiative of the joint-stock company "Uzbekistan Railways".

The sanatorium "Amonkhona" is famous for its healing water coming from the mountain springs. In addition to the presence of sulfur, magnesium, and nitrogen ions, this spring water also contains silicon acid, iron, aluminum, and many other microelements. Due



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to the several times the amount of sulfur and magnesium ions, it is highly antipyretic, diuretic, and blood pressure reducing. has lowering properties.

In 2018, spring water was started to be packaged by the factory. This work was carried out by JSC "Uzbekistan Railways" [6].

Due to the healing properties of the spring water of the "Omonkhona" sanatorium, people from different regions of Uzbekistan come to this area for treatment. For this reason, the sanatorium "Omonkhona" was established in this area, and according to the decision of the Cabinet of Ministers of the Republic of Uzbekistan in October 2014, it was handed over to JSC "Uzbekistan Railways".

"Sihatgoh" sanatorium-prophylactic has 50 beds, where more than 700 employees are treated for a year. Treatment and rest periods are 10-15 days. Holidays are organized based on the use of passes. Heart, nervous, gastrointestinal, respiratory, locomotor, and urological diseases are treated in this health center [7].

In the sanatorium, treatments with mineral water from the spring are carried out. Physiotherapy, massage, diagnosis, ultrasound, electrotherapy, massage, sauna, inhalation, paraffin, water treatments (circular shower, "sharko", rain, underwater shower-massage, bath), dentistry, salt room, physical there is a training room, drug treatment, a treatment room, and qualified doctors and nurses provide services to vacationers.

At the same time, in addition to the modern "Omonkhona" treatment center belonging to the Uzbekistan Railways joint-stock company, there is also one more modern hotel, 9 family guest houses, and a medicinal water packaging enterprise operating in this area [8].

CONCLUSION

In conclusion, a lot of attention is being paid to improving the health care system in New Uzbekistan. The president implemented a number of programs to create a healthy mother and child, a healthy generation and a healthy environment. In turn, very responsible tasks were assigned to the representatives of the health sector. The door of wide opportunities for doctors has been opened in our country. Paying attention to the health of



the population and improving the medical culture of people is one of the most urgent and important issues carried out by our President.

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