

**THE SIGNIFICANCE OF THE SANATORIUM “TERMIZ MARVARIDI”
LOCATED IN THE TERMIZ DISTRICT OF SURKHONDARYO REGION
IN RESTORING THE HEALTH OF THE POPULATION AND
RECREATION**

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Annotation. This article highlights the importance of the sanatorium "Termiz Marvaridi" located in the Termez district of Surkhandarya region in restoring the health of the population and recreation, as well as its prospects for development in terms of medicine and tourism.

Key words. sanatorium, medical tourism, psammothrapy, mineral thermal waters, iodobromine waters, balneotherapy, ozonotherapy.

Аннотация. В данной статье освещается значение санатория «Термез Марвариди», расположенного в Термезском районе Сурхандарьинской области, в восстановлении здоровья населения и рекреации, а также его перспективы развития в плане медицины и туризма.

Ключевые слова. санаторий, лечебный туризм, псаммотерапия, минеральные термальные воды, йодобромные воды, бальнеотерапия, озонотерапия.

Introduction. Surkhandarya region is a region with a unique climate located in the southern part of our republic. This country, known and famous for its nature and diverse climate, has an abundance of natural recreational resources. Many health resorts and resorts have been established on the basis of these resources. In the mountainous part of our region, in the conditions of clean mountain air, health resorts such as Omonkhona, Khojaipok, and Sangardak have been built. In addition to providing medical services to the population, these health resorts have been

serving them for their spiritual relaxation. In addition to the mountainous regions of our region, many resorts have been established in the plains. These institutions have modern medical conditions and are currently developing rapidly. Several sanatoriums with modern conditions are operating in the continental climate of the Termez district. The most famous of them is the resort with all modern medical equipment and conditions. This article provides detailed information about the sanatorium.

Main part. Termez Marvaridi Sanatorium. Republican Specialized Therapy and Medical Rehabilitation Scientific and Practical Medical Center. Located near the “Uchqizil Reservoir” in the “Uchqizil” neighborhood of Termez district, Surkhandarya region. (picture- 1)



Figure 1. Entrance to the Termez Marvaridi Sanatorium.

The Termez branch was established in 1991. The renaming of this health rehabilitation center took place in 1996 and was called the Termez branch of the Scientific Research Institute of Health Rehabilitation and Natural Treatment.

The Termez branch of the Republican Specialized Therapy and Medical Rehabilitation Scientific and Practical Medical Center, which has been operating

since August 20, 1990, was transformed into the “Termez Marvaridi Sanatorium” under the jurisdiction of the Sanatorium and Resorts Department under the Council of the State Committee for the Rehabilitation of the Republic of Uzbekistan on May 1, 2015..

The main areas of activity of the Termez Pearl Sanatorium are: rehabilitation of patients with neurological, cardiological, musculoskeletal, urological, gynecological, and endocrinological diseases. The sanatorium can simultaneously treat and relax 222 patients. The first building of the sanatorium is designed for 70 people and consists of 4 floors, the second building also consists of 4 floors and can serve 90 people. The third building of the sanatorium is designed for 62 people and consists of 3 floors. All three buildings are provided with clean drinking water, and all rooms are fully equipped with bathroom facilities. All rooms have a refrigerator, air conditioning, TV, wardrobes. The kitchen can serve 222 people at the same time. All three buildings are equipped with a heating system and are fully equipped with electricity and gas supply.



Figure 2. Geolocation of Termez Marvaridi sanatorium

All fire extinguishers are in working order, and 5 fire extinguishing corners have been established in the courtyard.

The sanatorium also includes a boiler room, laundry room, bathroom, transformer room, sandbox, 3 artificial waterfalls (landscape), a golden match well, 1 double cottage, 5 separate cottages, 1 office building, 6 more summer shelters, and 2 separate transformers. There is a parking lot for 80 cars for the sanatorium. The sanatorium is fully illuminated and surrounded by protective fences. The total area of the Termez Pearl Sanatorium is 7.57 hectares, of which 1.4 square meters are for walkways and a small square, 2.3 hectares for an intensive garden, and 1.2 hectares for a lawned tree plantation.

Natural factors:

-There is sulfur-bearing mineral water, the water temperature is 30-40 degrees, the sulfide content is 666-930 mg / l, the depth of the water well is 234 meters.

-Iodobromine-bearing mineral water temperature is 37-38 degrees, the iodine content is 23.7 mg / l, the bromine content is 53.5 mg / l, the depth of the water well is 390-432 meters.

-Under natural conditions, sand heated by sunlight (in summer)

-Sunlight.

Treatment departments:

Physiotherapy department

General examinations conducted in the sanatorium: ultrasound, ECG, general blood test, general urine test, biochemical blood test.

The number of seats in the kitchen is 160. Dietary meals are prepared in the kitchen.

The institution has 1-bed and 2-bed rooms with all amenities (refrigerator, air conditioning, TV)

The total area of "Termez Marvaridi" Sanatorium LLC is 7.5 hectares, and ornamental trees and various flowers are planted on the sanatorium territory.

The sanatorium territory has completely changed its appearance in the early years of its establishment, and the entire sanatorium territory, starting from the entrance, has acquired a modern appearance.

In addition, in order to create greater convenience for vacationers at the sanatorium during 2019-2020, 1 ISUZU bus was brought in in December 2019 and work was started to take vacationers to ancient sites in the Surkhandarya region every Friday. 2 mountain landscape waterfalls were completed in the sanatorium area in February and March 2020. By June 2020, "Ozone therapy" and Citronic air conditioners were brought and installed in the Physiotherapy Department of the institution. In June of the same year, sports equipment and 2 treadmills were brought to the Physical Fitness Room.

In February-April 2023, a greenhouse with a total area of 6 square meters was built and put into operation on the territory of the sanatorium. In 2022, landscaping and renovation work was carried out on the territory of the sanatorium. The adult swimming pool on the territory of the sanatorium underwent a major overhaul worth 327,054,000 soums. In addition, a modern intensive apple orchard was organized on a vacant 0.15 hectare area within the institution. In the sanatorium, fertile soil was brought in to replace the parts of the existing 2.5 hectare intensive orchard damaged by anomalous cold and the dried-up fruit seedlings on the sand-covered part of the surface of the earth, and a new orchard was established, and funds in the amount of 425,640,000 soums were allocated for 319 fruit seedlings.

At the expense of the sanatorium funds, incentive payments were provided to all employees, that is, 105 employees, as well as material assistance to 14 employees. In 2022, landscaping and renovation work was carried out on the territory of the sanatorium. Every year, more than 3,500-4,000 vacationers from our country and beginning of 2023, all the toilets (faucet, shower taps) in the sanatorium's rest rooms were completely replaced with new ones abroad come to the sanatorium to restore their health.

At the. In April-May of this year, the facades of all the walls surrounding the institution were renovated, and the walls of the physiotherapy department were also completely renovated. The Termez Pearl sanatorium is also visited by foreign vacationers. Their number depends on the season. Mainly from Central Asia, that is, from the countries bordering the Republic of Uzbekistan: Kazakhstan, Afghanistan, Tajikistan, Kyrgyzstan, and even from Germany and Russia. Termez Marvaridi sanatorium, due to its unique climate and landscape, is a place that is popular not only with the population of our country, but also with foreign citizens. Work is being carried out to increase the number of visitors from other countries, in addition to Central Asian countries, and to further increase the tourist potential of the region. In addition to improving the medical literacy of the institution's employees, work has been launched to teach modern foreign languages. In this regard, large-scale promotional work is being carried out to create greater convenience for foreign vacationers coming from foreign countries. The institution is located near the Uchkizil reservoir, which is a wonderful sight for those undergoing treatment in the sanatorium.

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