

## REGIONAL ASPECTS OF MEDICAL TOURISM DEVELOPMENT IN UZBEKISTAN

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**Abstract:** *This article talks about medical tourism, which is a part of tourism that is developing in Uzbekistan, and the territorial aspects of its development, as well as medical centers that receive tourists.*

**Key words:** *placental insufficiency, Dermatology, venereology, cosmetology, mycology, cardiology, Acupuncture, Hijoma*

## O'ZBEKISTONDA TABOBAT TURIZMINI RIVOJLANTIRISHNIG HUDUDIY JIHLTLARI

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**Annotatsiya:** *Usbu maqolada O'zbekistonda rivojlanib kelayotgan turizmning bir bo'lagi bo'lgan tabobat turizmi va uning rivojlanishida hududiy jhatlari hamda turistlarni qabul qiladigan tibbiyot markazlari hususida so'z yuritiladi.*

**Kalit so'z:** *plasenta etishmovchiligi, Dermatologiya, venerologiya, kosmetologiya, mikologiya, kardiologiya, Akupunktura, Hijoma.*

Over the past years, the main medical centers that receive Chetelian tourists have been formed. They are becoming popular among tourists. Their modern equipment, qualified staff and cheap treatment attract visitors. Examples of such medical centers include the following.

- Republican specialized center of obstetrics and gynecology scientific and practical medicine.

Here, complex treatment is carried out using fetal surgery for normal miscarriage, placental insufficiency, infertility, various pathologies of the fetus and placenta, high-tech organ-sparing surgical treatment when large tumors are detected in the genitals, and other organ-sparing surgeries. operations and reconstructive-plastic

operations are carried out. At the same time, work is conducted in three different languages (RUS, UZB, ENG).

- Republican specialized dermatology, venereology and cosmetology scientific-practical medical center.

Dermatology, venereology, cosmetology, mycology, plastic surgery, hair transplantation, podology and other specialized dermatovenerological and cosmetology services are the main areas of activity.

- Republican specialized pediatric scientific and practical medical center.

The center operates in the main areas of pediatrics, such as pulmonology, cardiology and rheumatology, gastroenterology, hepatology, neurology, nephrology, otorhinolaryngology, allergology, surgery, early childhood diseases, neonatology.

- Republican specialized scientific-practical medical center of endocrinology.

The main areas of activity of the center are: diabetes, thyroid diseases, children's endocrine diseases, neuroendocrinology, endocrine surgery, nuclear medicine, early diagnosis of reproductive endocrinological pathology, basic and modern methods of treatment of endocrinological diseases. In addition, these institutions conduct work in many foreign languages. In addition to these, many more modern medical centers attract many tourists every year.

With the decree of the President of the Republic of Uzbekistan on the further improvement of the health care system, many modern technologies and services have been introduced over the past years.

One of the things done during the years of independence was the introduction of folk medicine treatment. Uzbek folk medicine developed on the basis of the teachings of Ibn Sina and is still widely used today despite its antiquity. Among the most popular treatments in high demand are: acupuncture (needle pricking), leeching, hijama, mud therapy, hydrotherapy (water treatments), climate therapy and various spa treatments.

Acupuncture is one of the areas of traditional oriental medicine. From a technical point of view, its essence is the impact of certain points on the human body with a special tool for pricking or deep heating. Acupuncture is recognized as an official medicine in Uzbekistan, and you can get similar procedures in almost all medical institutions of the country. Hijama is a type of treatment of various diseases by bloodletting. In our country, it is relatively popular and one of the oldest methods of treatment. In Uzbekistan, you can receive these treatments in sanatoriums and hospitals, as well as in small private medical centers. Leeching is one of the ancient methods of treatment to improve blood circulation. If you do not have contraindications to this type of therapy - hemophilia, thrombocytopenia, anemia, cachexia, malignant tumors, skin diseases, allergic reactions to gerudin, you can confidently contact the clinic you are interested in and start the course of treatment. Such procedures are carried out in almost all cities and villages of Uzbekistan. Medical sanatoriums are

especially important in this regard. Sanatoriums are organized based on the unique medical resources of the region is a melting place. They are mainly organized on mountain slopes and in front of mineral springs. Examples of these are the following.

On October 17-18, 2019, during his visit to Surkhondarya region, the President of the Republic of Azerbaijan issued relevant instructions on the construction of a modern sanatorium with all amenities in the area near the world-famous "Sangardak" waterfall in Sariosiyo district. For vacationers, they can use physiotherapy and water treatment departments, a healing salt cave, a laboratory, physical training, mud and paraffin treatment, hydroaeroionization rooms, an indoor swimming pool, and a Turkish bath. A library, a cultural palace, tennis rooms, a kitchen where delicious and nutritious dishes are prepared, and a children's playground have also been built.

"Khumson" sanatorium is called a small Switzerland in the Tashkent region. "Among the modern medical treatments, the most popular at the sanatorium are gravity medicine departments (limb and muscle stretching procedures), climatotherapy, hydrotherapy (water treatments), may include physiotherapy, vacuum therapy, cosmetic therapy, massage and spa treatments. Vacuum therapy uses the advanced developments of German scientists in the prevention and treatment of athletes. The system allows to reduce blood pressure in the body, improve blood circulation in the limbs, reduce pain and strengthen the patient's joints.

"Zomin" sanatorium is also very important among tourists, especially in domestic tourism. Very clean air, mountain views, coniferous plants - all this creates the best conditions for a healthy lifestyle for adults and children. The sanatorium has modern medical equipment, as well as diagnostic, EKG, ultrasound and dental departments. .

All three sanatoriums mentioned above were established in the place of certain natural resources. The sanatorium of Sangardak is located in front of a mineral spring and the sanatoriums of Humson and Zomin were established on the slopes of the mountain. Based on this, the development of tourism and related areas directly depends on the natural factors of the land.

In conclusion, medical tourism continues to develop in Uzbekistan, and along with the main services, additional services are being organized in these areas. Location of medical facilities depends on natural and economic as well as social factors. This is proven by the above examples. It should not be forgotten that Uzbekistan has not yet been able to attract as many customers as medically developed countries (such as India, Pakistan). This is due to problems and shortcomings in advertising and marketing.

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ТАКОМИЛЛАШТИРИШ БЎЙИЧА КОМПЛЕКС ЧОРА-ТАДБИРЛАР  
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