

Modern Methods of Developing the Concept of Designing Wellness Centers

¹Kamalova Dilnoza Zaynidinovna and ²Azimova Dilrabo Akbarovna

¹PhD (arch), Associate Professor of "Theory and History of Architecture"

²Master in the specialty "Landscape architecture", Samarkand State Institute of Architecture and Civil Engineering

+998937272963, dilichka_k@mail.ru

"It is impossible to do the body, not doctor's souls"

Socrates

Abstract: *The intensity of the human life over the past few centuries has increased many times, from a person requires completely different decision-making and actions. In the modern world, stress becomes the usual person. A person always strives for nature, here he feels a tide of strength and vigor. Sanatoriums and holiday homes are traditionally built in beautiful corners of the Earth. The surrounding landscape can have a positive impact on psycho-emotional state. Contemplation of nature stimulates vitality and soothes the nervous system. Vegetable biocenoses, especially forests, have a strong recreation effect.*

Keywords: soil, flora, stress, landscape therapy, treatment, improving environmental quality

I. INTRODUCTION

Landscape is a complex ecological and aesthetic system of harmonious relationships of fauna, flora, soil, planetary climatic factors. The therapeutic landscape is one of the important elements of resortology, aesthetotherapy, preventing psychosomatic diseases. In modern conditions, a person is under constant pressing technological impact leading to social tension, does not have time to adapt to their amplifying pressure. This inevitably leads to a decrease in stress resistance, the accumulation of psycho-emotional stress, which, in turn, leads to aggression, depression, psychosomatic violations. It is impossible to overestimate the positive influence of the natural environment as a whole on a psycho-emotional state of a person, since it was in the situation of natural nature that a comprehensive impact on health through all senses is carried out. Therapeutic landscape, according to doctors, is an excellent method of psychotherapy. It includes such favorable effects as:

1. Effect;
2. Prevention of mental illness;
3. The development of the human body due to the impact of geographical and cultural landscape.

The leading goal of landscape therapy is: return to the norm of the changed functional and psychological state of man. Due to landscape therapy, victory over negative emotions and experiences. This method creates a great background for complete psychotherapy and eliminates mental discomfort. Funds and methods of landscape therapy have been widely used in various rehabilitation programs.

II. METHODS

The perception of the surrounding world is realized through emotions and feelings. The desired feelings are joy, satisfaction, peace of mind, happiness - usually arise when contacting nature, works of art, architecture of urban ensembles. The feeling of creative raising can be supported by the contemplation of a beautiful, calm landscape or, on the contrary, the natural state of nature, storms. In landscape therapy, the vision of nature objects is a passive process. The aesthetic contemplation of the magnificence of nature only then brings fruits when creative perception of natural effects occurs. In addition, a person should periodically move to the moments of passive observation, while experiencing fertile rest. Specialists distinguish between geographical, cultural landscape, landscape architecture. The person acts, above all, such components of the landscape, as color, shape and its line.

It is impossible not to say that landscape therapy is one of the constituent therapeutic effects of terrenkurov. Terrekur is one of the methods of sanatorium-resort treatment, combining therapeutic physical education, landscape and climatotherapy: walking along specially designed routes, dosed by distance, corner of the area and walk in the pace. The first terrencourt (it. Terrain is a terrain, plot, territory; and it. Kur - treatment) was developed by the German doctor M.Y.Y. Ertel (OERTEL) in 1885. Modern ternscoursare arranged in all rules of science: strictly dosed distances, angle of inclination, height above sea level, and the beauty of surrounding landscapes [2]. Landscape therapy also includes color therapy and aromatherapy. Natural landscapes are distinguished by different combination of colors that have a great influence on the human body. Color therapy is successfully used

in the treatment of stressful states, rehabilitation of people with psychological problems and other diseases. They are widely used in wellness centers, sanatoriums, sports facilities, psychological unloading offices in enterprises, etc.

Aromatherapy techniques are known since ancient times: herbal inhalations, baths, burning incense indoors for rest and sleep. In ancient times, the incense was used in facilitating childbirth (cloves), supported body health (lemon, backgammon, pine, juniper) and spirit (Ladan, Mirra); Fragrances retained beauty and youth (rose, neroli), etc. The smell of flowers, plants and trees has a positive effect on the nervous, respiratory, digestive system and awakens vitality. There are approximately 3,000 species of plants on Earth, from which therapeutic essential oils can be distinguished. Natural essential oils are substances that produce plants for their own protection, they have great biological activity and cannot be chemically playback.

III. RESULTS

In the XIX century, aromatherapy in production and in medicine began to osculate chemical production, and in medical practice - formaldehyde techniques. However, the composition of the essential oils is complicated, the chemical reproduction of all components of one fragrance is almost impossible. Synthetic flavors not only do not possess healing properties, but also have a negative effect on the body [3]. The formation of a medical landscape medium is based on a factor estimate of each of the components of the landscape (relief, water objects and soil-vegetation cover), considered in terms of using it by a specific method of recreation. The components of the landscape themselves pronounced direct therapeutic effects do not possess, however, they create a favorable background for the effective impact of other natural resources. In addition, the presence of certain components of the landscape is a condition for the implementation of therapeutic and wellness technologies. For example, terrenkurov needs relief with certain characteristics, water objects create conditions for the occupation of various water recreational activities.

IV. DISCUSSION

It is believed that for the medical and recreation recreation, the crossed terrain with minor excess is most favorable. Medical and health facilities are usually placed on the plains, in the foothills and lowlands to a height of 1000 m. In assessing therapeutic territories, it is also necessary to take into account not only the absolute height of the terrain, but also the degree of relief crosses, which is characterized by the depth and frequency of changes in the form of the surface and the steep slopes. For health purposes, the most favorable large-grayscale or a girlfriend; Relatively favorable weakly-grate and wavy terrain. The smooth surface is aesthetically afflicted and unfavorable for recreational activities. Water is one of the important components of the natural landscape and occupies a significant place in the formation of the therapeutic landscaped medium. The water devices affect the microclimate of the territory, reducing the air temperature and increasing its humidity. The aesthetic value of water and its physical properties - fluidity, the ability to form a horizontal surface, sound, reflect the items, change the color and shape, the rapid movement of water (waterfalls, waves of the seas and oceans) or calm waters completely without movement (ponds and lakes) - all This is capable of causing certain emotions, which then have a beneficial psychological influence. Equally important is the use of architectural landscaps and, above all, landscaping for neutralization or reduction of hazardous concentrations of gases, aerosols from industrial enterprises, noise and vibrations, unpleasant odors whose source is many modern technological processes. For example, in chemical enterprises, as well as in the territories, they are adjacent, it is necessary to such improvement, which provides acceptable working conditions, such a system of plantations, which will contribute to the best aeration of the territory and prevent the penetration of harmful industrial and transport emissions into the residential building. On the other hand, in the process of improving an object with particularly high requirements for air purity, the task of its purification, moisturizing, ventilation, isolation with plantings, water bodies from the streets, creating special coatings, resistant lawns, etc. is set.

V. CONCLUSION

Of great importance is the creation of landscaped sanitary protection zones. At the same time, the following them are established (CH 245-71) (the width of the landscaping between the enterprise and the residential territory): enterprises I of the harmfulness class - 1000 m, II - 500 m, III - 300 m, IV - 100 m and V class - 50 M. Typically, sanitary and protective zones consist of a system of appropriately formed strips of plantings perpendicular to the direction of dominant winds. The most effective tight and high strips of 20 ... 25 m wide (consisting of 7 ... 8 rows of trees and shrubs) and spaced apart from each other for a distance of about 10 ... 15 m of the middle height of the trees [4]. One of the most The essential aspects of microclum comfort in places of recreation is the degree of insolation of the territory. The studies carried out by hygienists and climatologists allow you to calculate qualitative and quantitative indicators of the insolation of the planned object, to determine the areas of the territory requiring protection against solar radiation, develop optimal landscaping techniques.

VI. REFERENCES

1. "Sanitary and hygiene and psychogenic meaning of gardening for human health" Vardanyan KK 2016. - p.188

2. Kamalova D. Z., Azimova D. Typological bases and features of healthcenters. "World Science" No. 04 (37.) International Scientific and Practical Journal. Sratov (April) 2020.-p. 2.
3. «What are the design principles of Healing Gardens », AzadehShahrad, 1-Introduction 2012. – pp.1-12.
4. Mitrione S. Therapeutic responses to natural environment: using gardens to improve health care //Minn Med. – 2008. - 91(3). - pp. 31-34.