PROBLEMS OF MAINTAINING PUBLIC HEALTH, IMPROVING MEDICAL CULTURE, AND IMPROVING THE SOCIO-ECOLOGICAL SITUATION IN UZBEKISTAN

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ABSTRACT

Objectives: The primary focus of this article is to investigate various aspects related to healthcare in Uzbek families. It aims to contribute to the improvement of medical culture and the socio-ecological situation in the region. The specific objectives include assessing and addressing problems within the healthcare system, identifying factors that influence the health and standard of living of the population, and promoting the adoption of a healthy lifestyle.

Methods: To achieve the stated objectives, the article employs a comprehensive methodology. It involves the examination of the new worldview formation, identification of social factors crucial in preventing negative situations, and an analysis of the practical activities undertaken to understand the social situation resulting from these consequences. Additionally, the research delves into proposals for changing attitudes towards the environment and fostering a healthier lifestyle.

Results: The findings of this study focus on understanding the factors contributing to environmental actions in Uzbekistan, particularly in the context of protecting the health of mothers and children. The research addresses issues related to an unhealthy environmental situation and environmental protection, aiming to reveal specific aspects that influence and shape these concerns.

Conclusion: In conclusion, this article synthesizes the research by emphasizing the critical importance of addressing environmental issues in Uzbekistan to protect the health of vulnerable populations, such as mothers and children. The findings underscore the need for concerted efforts to tackle problems associated with the socio-ecological situation. The conclusion also highlights specific aspects of the identified issues and suggests potential directions for future interventions or policies to enhance healthcare and environmental protection in Uzbek families. Overall, the article serves as a valuable contribution to the understanding of the complex interplay between healthcare, social factors, and environmental conditions in Uzbekistan.

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Keywords: Uzbek families, health care, medical culture, environmental situation, healthy lifestyle, unhealthy environmental environment, motherhood and childhood, family problems, dysfunctional family, social factors, environmental problems, environmental protection.

PROBLEMAS DE SAÚDE PÚBLICA, MELHORIA DA CULTURA MÉDICA E MELHORIA DA SITUAÇÃO SOCIOECOLÓGICA NO UZBEQUISTÃO

RESUMO

Objetivos: O foco principal deste artigo é investigar vários aspectos relacionados à saúde nas famílias uzbeques. Visa contribuir para a melhoria da cultura médica e da situação socioecológica na região. Os objetivos específicos incluem a avaliação e a resolução de problemas no sistema de saúde, a identificação de fatores que influenciam a saúde e o nível de vida da população e a promoção da adoção de um estilo de vida saudável.

Métodos: Para alcançar os objetivos declarados, o artigo emprega uma metodologia abrangente. Envolve o exame da nova formação da visão de mundo, a identificação de fatores sociais cruciais para prevenir situações negativas, e uma análise das atividades práticas empreendidas para compreender a situação social resultante dessas consequências. Além disso, a pesquisa aprofunda propostas para mudar atitudes em relação ao meio ambiente e promover um estilo de vida mais saudável.

Resultados: Os resultados deste estudo se concentraram na compreensão dos fatores que contribuem para as ações ambientais no Uzbequistão, particularmente no contexto da proteção da saúde de mães e crianças. A pesquisa aborda questões relacionadas a uma situação ambiental insalubre e à proteção ambiental, com o objetivo de revelar aspectos específicos que influenciam e moldam essas preocupações.

Conclusão: Em conclusão, este artigo sintetiza a pesquisa enfatizando a importância crítica de abordar questões ambientais no Uzbequistão para proteger a saúde de populações vulneráveis, como mães e crianças. As conclusões sublinham a necessidade de esforços concertados para resolver os problemas associados à situação socioecológica. A conclusão também destaca aspectos específicos das questões identificadas e sugere orientações potenciais para futuras intervenções ou políticas para melhorar os cuidados de saúde e a proteção ambiental nas famílias uzbeques. Em geral, o artigo serve como uma contribuição valiosa para a compreensão da complexa interação entre saúde, fatores sociais e condições ambientais no Uzbequistão.

Palavras-chave: famílias uzbeques, cuidados de saúde, cultura médica, situação ambiental, estilo de vida saudável, ambiente ambiental não saudável, maternidade e infância, problemas familiares, família disfuncional, fatores sociais, problemas ambientais, proteção ambiental.

1 INTRODUCTION

At the present stage of social, economic, political, cultural development in the world and in the context of worsening global environmental problems, it is necessary to change society’s attitude towards the environment, improve health and medical culture in families, to improve the improvement of the socio-ecological situation and its problems,
including the formation of an ecological worldview among the population and health. It is important to improve the storage system and apply a mechanism for determining factors affecting the health and standard of living of the population. Population in all areas.

If you look at history, you can understand that nature is a source of energy and substances necessary for human life at all stages of the development of human society. If a person wants to live with respect for nature, effectively use its benefits, enjoy its beauty, it is necessary to accept its capricious conditions, try to respectfully and within certain limits change the environment to meet its needs.

Currently, special attention is being paid to the preservation of a stable socio-ecological situation, the purity of the natural environment, the important subjective factor of the rational use of natural resources for human health, and the improvement of environmental consciousness and culture among the population. “The most important issue is that we should seriously focus on improving the ecological culture of the population. ...this can be achieved by cultivating love for mother nature in the hearts of the young generation, and a sense of belonging to it” [1.570]. For this reason, in addition to improving the state of health care, medical culture, improving the socio-ecological situation in the country, and improving the state of education and propaganda in the field of ecology, developing and improving the scientific and theoretical foundations of the trends in the restoration and development of the traditions of ecological culture, problems, including improving the health care system, identifying the factors affecting the occurrence of an unhealthy ecological environment and the health and living standards of the population, as well as forming a new outlook on the formation of a healthy lifestyle, identifying social factors in the prevention of negative situations, and the social situation arising from its consequences Analyzing the results of practical activities related to learning and developing proposals, analyzing current issues such as changing attitudes towards the environment is an objective necessity today.

Careful attitude towards the environment and rational use of natural resources in our country go back to ancient times. Our ancestors who lived in the territory of Uzbekistan loved and respected nature since ancient times. They are used to feeling that they are a part of their living environment and to respect it. In particular, “Avesta”, the holy book of Zoroastrian religion, can be called the first source in this regard. According to him, man is obliged to preserve mother nature and its divine blessings. In general, it should be noted that historically, the roots of our spiritual and ecological values are
nourished by “Avesta” [2.253]. The basic meaning of “Avesta” is determined: “Good thoughts, good words, good deeds!” idea directly forms the basis of our national spiritual and ecological values. The information presented in “Avesta” may have formed the important aspects of our ancestors’ worldview, social thinking, ecological awareness and culture, which are characteristic of our mentality.

If the population wants to treat nature with respect, effectively use its blessings and enjoy its beauty, one should not forget that they should accept its capricious conditions, respect the environment to meet their needs and not cross certain limits. Therefore, in the next 5 years, 32 million hectares of forest area decreased as a result of the human factor [3.388]. In the Stockholm and Rio de Janeiro declarations on environmental protection and the resolution of the UN General Assembly on the “World Map of Nature”, the Climate Action Tracker organization, the countries of the G20 and KS26 groups are concerned with high levels of climate warming, reducing emissions in industrialized areas, and ensuring environmental security. is considered an important task. Elucidating the relationship between nature and society on the basis of historical evidence is of particular importance in finding a positive solution to the nature of environmental problems in our time. In fact, environmental problems remain one of the issues that are waiting for their solution in the countries of the world, the world community, many scientific centers are dealing with the issue of the negative impact of science and technology on the environment and the prevention of the destruction of the ecological system. Analyzing increasingly complex environmental problems on a global scale, including the negative impact of industrial production on the environment, prevention of ecological disaster and environmental protection, has become the main task of many international centers and research institutes. In particular, the history of the ecological situation in the republics of Central Asia during the Soviet period is still waiting for its own research. It is known that the Soviet state's use of an extensive method of industrial production development caused a number of social conflicts and environmental problems in the Uzbek SSR. Environmental problems in the republic: the destruction of the Aral Sea, the deterioration of soil quality due to the numerous spraying of chemical substances on agriculture, and the study of the negative impact on the health of the population have become an urgent issue. However, the scientific and objective study of socio-economic problems caused by the prolonged state of economic stagnation in the industry of the Uzbekistan SSR, insufficient assessment of scientific and technical progress, climate
changes, insufficient emphasis on the national interests of the republic and the human factor in the development of industry is considered urgent.

From the first years of independence in Uzbekistan, serious attention was paid to the elimination of environmental problems, in particular, the Arol tragedy caused by the indiscriminate use of water in agriculture, the spraying of tons of chemicals on cotton fields, the safety of industrial enterprises, the protection of the environment, and the prevention of socio-ecological damages, and a number of works have been started in this regard. In particular, the government of Uzbekistan signed cooperation agreements on protection of mothers’ and children’s health, solving environmental and other socio-economic problems, preventing the destruction of ecosystems at the meetings of Central Asian countries. In his speech at the 75th session of the UN Assembly in 2020, the President of the Republic of Uzbekistan touched on global climate change and emphasized that “Unfortunately, such changes pose a great threat to the development of Central Asia”[4]. In this regard, the nationwide project “green space” and environmental monitoring were an important step in protecting nature, improving public health, and improving medical culture among people.

Many measures have been taken to protect the environment and prevent environmental tragedies in the modernizing Uzbekistan. Because in Uzbekistan, attention is being paid to the problem of environmental safety and environmental protection, improvement of medical culture and improvement of socio-ecological situation at the level of state policy. In particular, the government of Uzbekistan protected the health of the Central Asian countries in 1993 in Kyzylorda, in January 1994 in Nukus, in March 1994 in Tashkhoz, in March 1997 in Almaat, in April 2010, in September 2013 in Bishkek, in October 2014, in June 2015, signed cooperation agreements on strengthening children's health, ensuring environmental safety, solving social and economic problems, and preventing the destruction of ecosystems. Therefore, in modern Uzbekistan, the introduction of modern technologies that are environmentally friendly, save energy and water, and ensure food safety, as well as a number of tasks aimed at preventing desertification, climate change, and freshwater depletion, are supported by the international community.

Decree of the President of the Republic of Uzbekistan dated October 3, 2018 on “Additional measures to improve the state management system in the field of ecology and environmental protection” No. No. PQ-4077 on measures to accelerate the re-equipment
process, No. PD-4477 dated October 4, 2019 “On approval of the strategy of the transition to a “green” economy of the Republic of Uzbekistan in the period 2019-2030” and No. 30 December 2021 “Environment - Decisions PD-76 on measures to organize the activities of state bodies in the field of environmental protection and environmental control, Law No. 95 of the Cabinet of Ministers of the Republic of Uzbekistan dated February 18, 2020 on “Approving the general technical regulation on environmental safety” and other as a result of implementation of the tasks defined in regulatory and legal documents and large-scale medical reforms, the average life expectancy of the population increased. Maternal and child mortality decreased by three times. Measures were taken to strengthen the primary link of medicine, especially in villages and neighborhoods, to raise the quality of medical services to a new level. In particular, instead of the staff unit of the general practitioner at the primary level, “medical brigades” consisting of a family doctor and 5 secondary medical workers as his assistants were established. However, despite the achievements made in the system and the efforts made by the medical staff, there are still problems of improving the ecological situation, which harms the population’s health and gene pool. In order to raise a healthy generation, first of all, “Increasing the medical culture of the population, widely promoting the principles of a healthy lifestyle among people, and scientific research is an urgent task not only in the field of medicine, but also in front of our entire society”[5.30].

Paying serious attention to the legal aspect of this problem, which is deepening today, in particular, in order to expand access to better quality and qualified medical services to the population in the health system, the most important document, the guaranteed amount of free medical care, which is the most important document, should be determined by law, based on a scientific point of view it is necessary to give With these goals in mind, conducting research on a large scale today remains an urgent issue.

2 THEORETICAL FRAMEWORK

In the scientific article on this topic, methods such as data systematization, complex generalization of problems, analysis and periodization, principles of historicity, objectivity, as well as comparative and complex analysis, periodization, etc. are widely used.

By the new era, as a result of the changes in the world community, the human factor gained priority in the process of changing the social worldview, and the issue of
increasing medical culture and improving the socio-ecological situation in Uzbekistan, which is being modernized, has fundamentally changed. In international documents adopted by the UN, the tasks of protecting human health, improving the socio-ecological situation, increasing the medical literacy of the population, and protecting health were defined, and this caused the need to conduct special studies in order to develop modern mechanisms of social protection.

In particular, President Sh. Mirziyoyev in his speech at the 31st anniversary of Uzbekistan’s independence stated that “we will expand access to better quality and qualified medical services in the health care system”[6], as well as in his Address to the Parliament of the Oliy Majlis and the Uzbek people, in 2023 an additional 140 family doctor’s points and polyclinics, compact medical centers will be established in 520 remote and remote neighborhoods. ... a major three-year program for the protection of maternal and child health will be implemented. All maternity complexes will be fully renovated and equipped, the number of beds will be increased by 35%[7], and the important task is to implement a new approach to the solution of the problem through extensive practical work in medical centers, scientific conclusions based on roundtable discussions and social questionnaires. A lot of research is being conducted by scientists, non-governmental non-profit organizations, and mass media in directions that focus on the perspectives of social policy.

In this regard, the following scientific results were achieved in studies devoted to the improvement of medical culture and the improvement of the socio-ecological situation in Uzbekistan, as well as to the study of its history: the negative impact of the environmental situation in Uzbekistan on the health of women and children, pollution of water, soil and atmosphere from the waste of industrial enterprises, Samarkand of Uzbekistan during the years of Soviet rule, In Tashkent, Fergana and Navoi regions, the impact of industrial wastes on the environment and public health, chemicals used in agriculture to increase productivity, and their harmful effects have been studied by various research centers. Also, the impact of industrial enterprises on the atmosphere, in particular, environmental problems in the regions of the Fergana Valley, damage to water bodies; occurrence of shortage of fresh water, increase of various diseases among the population; Issues such as factors that threaten the health of the population and their elimination, the negative impact of the changes in the climate of the archipelago on the health of the people of the Republic of Karakalpakstan and the Khorezm region are being
studied in the centers as scientific and research works. In the years of independence, socio-economic problems in Uzbekistan began to be objectively and critically evaluated. In this regard, historical scientists have conducted many works[8,300], scientific research works[9,142].

3 METHODOLOGY

In the last years of the Soviet era, the policy of openness and the diversity of opinions in society made it possible to assess the negative consequences of the Soviet national economy. By this time, scientific articles were published in periodicals[10.43] and magazines[11.26], scientific research works were carried out. In particular, the studies reported that in 1989, the aggravation of the ecological situation, the sharp increase of various diseases among the population[12], water poisoning among children, and environmental pollution caused an increase in the mood of protest among the residents of the city of Angren[13.43]. For example, in the last article, the residents of the Gulbog village in Angren sent an appeal to the city management, demanding the cessation of the activities of chemical, plastic, and housing construction companies. Information is given that it has increased and negatively affected the health of the population.

As a result of the implementation of the industrialization policy in Uzbekistan in the recent past, works were created that reflected the emergence of environmental stress, pollution of soil, water and air, the deterioration of public health, and the increase in child mortality. For example, as a result of paying special attention to cotton growing in Uzbekistan, issues such as the construction of industrial enterprises producing chemical fertilizers, defoliants and other chemical products, their close proximity to each other, inappropriate constructions in densely populated areas have been revealed. In the Central Asian countries, the extensive expansion of the chemical industry by the Soviet regime, the strengthening of the cotton monopoly, the indiscriminate use of water, and the example of the Aral Sea, which caused socio-ecological disasters, are still relevant. In this regard, environmental protection centers of many countries have comprehensively analyzed the fact that excessive use of natural resources in production has caused environmental pollution and socio-ecological problems. In particular, the main attention was paid to issues such as the environmental problems related to the destruction of the Aral Sea, its impact on drinking water, soil and atmosphere, the chemicalization of agriculture and the negative impact of soil quality on the health of the population. Like
many countries in the world, environmental problems are becoming a serious concern in Uzbekistan. In most regions, the soil is eroding, fertile land is shrinking, desertification, lack of water, drought, the provision of drinking water to the population is becoming a serious problem.

By the years of independence, socio-economic and ecological problems in Uzbekistan began to be objectively and critically evaluated. In this regard, historians published monographs, research works and pamphlets [14.296]. In addition, many educational institutions and scientific centers of the world are carrying out research in the following priority areas, dedicated to the protection of nature from the influence of industrial enterprises in the regions of Central Asia in order to preserve ecological purity: modernization of waste treatment facilities of industrial enterprises; protection of natural resources; introduction of technologies to reduce the amount of harmful waste; introduction of international ISO14601:2004 standards in the environmental protection system; fight against the destruction of natural ecosystems (EkoNPO); creation of global information services for environmental monitoring (YuNEP); Articles were also published in foreign literature by the Institute for Reducing the Impact of Toxic Chemicals on Humans and the Environment (IRPTC), Study and Analysis of Past Global Changes (PAGES) [15.1540-1546]. However, in these works, research work was not carried out as a separate object on the situation of the environmental situation in Uzbekistan at a level that leads to serious consequences, improvement of the socio-ecological situation and improvement of the medical culture of the population.

The information presented above confirms that there is a need to research this topic.

4 RESULTS AND DISCUSSION

The problems of increasing medical culture and improving the socio-ecological situation in Uzbekistan, studying the factors of the emergence of environmental actions in protecting maternal and childhood health, environmental protection and revealing their specific aspects, conducting surveys and developing measures based on analytical results, raising girls in families Changing the worldview of mothers on the issue of hygienic education is of great importance in solving the problems.
The negative attitude of the Soviet government to the socio-economic and ecological situation, chemicalization of agriculture, lack of technical supply control specialists in Republican industrial enterprises for cotton cultivation, obsolescence of waste treatment sources in enterprises, wastefulness in the use of natural resources, increased ecological risk, changes in regional climate, farming it should be noted that the opportunities decreased, the livestock died, the flora and fauna were destroyed, and many of their species were included in the “Red Book”. Uncontrolled and faulty operation of industrial enterprises causes chemical dust in the atmosphere to increase 10 times over the specified amount (Angren, Almalyk, Navoi), effluents in water bodies cover the water surface with curtains such as cocoons worms, seripin, streptococci bombycus (Samarkand, Surkhandarya, Tashkent, Bukhara), Navoi, industrial waste changed the composition of the soil, reduced productivity, increased soil erosion (Karakalpakstan, Khorezm, Kashkadarya). In addition, as a result of the neglect of human health in the activities of industrial enterprises, the sanitary and hygienic conditions of the whole republic worsened, stomach, acute intestinal, lung, allergic diseases and calcium deficiency increased sharply among the population, as a result of which infectious diseases such as typhus, diarrhoea, etc. increased. caused a sharp increase in the number of diseases, and the protest movements of the population, demanding the suspension of industrial enterprises or capital repairs, intensified.

In many industrial enterprises, as a result of neglecting the sanitary requirements, the social activity of workers stops, among them, diseases such as falling nails, erosion of the palate, the appearance of curtains in the lungs increase, as a result, the number of workers resorting to alcoholism in order to protect themselves increases, and the quality of manufactured products decreases. witnessed with the help of.

As a result of years of lack of specialists in mines such as uranium, tungsten and molybdenum, located in the Zarafshan oasis regions, their level of danger to the environment has increased, the occurrence of serious diseases among the inhabitants of the areas where harmful rays are spread can be found in archival documents.

The lack of technical supply control specialists in the industrial enterprises of the republic, the obsolescence of the sources of waste treatment in the enterprises, the wasteful use of natural resources, increase the environmental risk, change the regional climate, reduce the possibilities of farming, the death of livestock, the destruction of flora
and fauna, and many of their species are “Red”, which caused it to be included in the book.

In the cities of Samarkand, Surkhandarya, Tashkent, Bukhara, and Navoi, the effluents in the water basins cover the water surface with dirty curtains, in cities such as Angren, Almalyk, and Navoi, the uncontrolled and faulty operation of industrial enterprises causes the chemical dust in the atmosphere to exceed the prescribed amount by 10 times, in the Khorezm region of the Republic of Karakalpakstan, natural It shows that the ecological situation in the republic is getting worse as a result of the violation of the environmental balance due to the improper use of resources and the aggravation of the Aral disaster, the industrial waste has changed the composition of the soil, caused a decrease in productivity, and increased soil erosion.

In the early years of independence, due to the shallowing of the river in Kyyi Amydapyo, there was a lack of water for irrigating agricultural crops, and the failure of the irrigation system was increasing. This has had a negative impact on the cultivation of agricultural crops, and the increase in the rate of diseases and deaths caused by various environmental factors in the population of the region, including diseases of the digestive organs, accumulation of stones and stones in the kidneys, musculoskeletal diseases, and various environmental factors. Gave impetus to the development of projects with foreign partners such as Hepmania, Kuwait, UNESCO, World Bank, Arab Economic Development Fund.

As a result of the global disaster, the people of the Republic of Karakalpakstan and the Khopazm region faced an ecological disaster in the Lower Amudaryo basin. The shortage of water resources, including drinking water, and the decrease in the quality of water, the destruction of the environment, the sharp decrease in biodiversity, and atmospheric pollution are the negative consequences of the destruction of the Aral Sea.

In the last years of the Soviet era, the lack of control in industrial enterprises in the republic led to the worsening of the sanitary and hygienic situation, a sharp increase in stomach, acute intestinal, lung, allergic diseases and calcium deficiency among the population, including water pollution in the city of Navoi, an increase in infectious diseases such as typhus and brucellosis, in Surkhandarya region children It caused the birth of disabled people, the sudden increase in lung and stomach diseases in Angren,
and there were protests by the population demanding the suspension of the activities of industrial enterprises or capital repairs.

The negative situation in this regard was especially noticeable in oil and gas industrial enterprises. It is also known that the lack of sanitary requirements has led to the cessation of social activity of workers, among them the increase of diseases such as falling nails, cleft palate, the appearance of curtains in the lungs, as a result of which workers resort to alcoholism for the purpose of self-protection, and the quality of manufactured products decreases.

The severe consequences of the administrative-command system of the Soviet policy could be seen in economic crises, unemployment of the population and social and environmental problems. The severe consequences of the regime, the absence of funds in the material and technical bases of industrial enterprises, and their improper distribution, affected the production of the enterprise and its general activity. Problems in work processes in industrial enterprises, in turn, led to derailment of the tasks defined in the structure of the enterprise. The problems of life in the country have aggravated the problem of environmental safety due to the strained operation of untimely repairs and technically faulty industrial enterprises.

The deterioration of the ecological situation in the new industrial cities located in the Tashkent region was caused by the fact that the chemical industry enterprises were working in an outdated state without technical support. Changes in the health of the population did not pay attention to the center. On the contrary, the development of the chemical industry was strongly encouraged. For example, natural resources and water resources of the city of Chirchik were not used wisely. Not being satisfied with the use of artificial water bodies, the construction of the Chirchik HPP has led to the destruction of the natural environment. Improvement of the living conditions of the population, technical repair of industrial enterprises was covered with a small amount. Damage to natural resources, water, atmospheric air and soil from chemical waste manifested itself in the complete destruction of the environment.

The situation in agriculture was even worse. Cotton single administration reached its peak. As a result, the expansion of industries serving cotton production was noticed in the country’s Fergana Valley, and many industrial enterprises were launched. As a result of the serious development of many industrial enterprises in the Fergana Valley, including cotton gins, oil refining, metallurgy and machine-building, construction product supply
sectors, the spread of rickets, fluorosis diseases, soil salinity, water quality deterioration and similar unpleasant problems have arisen among the population. Construction of heavy industries, including Fergana nitrogen, furan compounds, oil refining, cotton ginning factories, and Kokan superphosphate, cotton ginning, oil storage, chemical industries, in a place where the environmental soil was exposed without thought, without scientific justification, caused water, atmosphere and population to face socio-ecological problems.

Fergana valley hydrolysis chemical, cotton cleaning, construction goods manufacturing enterprises have had a negative impact on the ecological situation, the health of people, the birth of disabled babies among the population, changes during childbirth in pregnant women, the increase in anemia, soil and water contamination with chemicals.

In Samarkand, as in other regions of the republic, the construction of industrial enterprises in densely populated areas led to a violation of the ecological balance. In the last period of the Soviet era, the furniture factory of the Samarkand region lacked dust collection devices, and there were also enterprises that did not install air purification devices at all, which naturally led to environmental, air and water pollution. The spread of chemical waste during the activities of industrial enterprises for the production of chemical and organic fertilizers, which are especially important in agriculture, has led to the increase of social and ecological problems.

Along with the development of industrial enterprises in the country, the territorial distribution of industrial enterprises in the Samarkand region has been expanding. So, in 1961-1962, a number of new enterprises were launched in the republic. However, in most of them, the construction of a complex of treatment facilities was not completed. Industrial enterprises first of all have a negative impact on drinking water, and since special areas for waste water of enterprises were not allocated, waste water was discharged into nearby ditches and streams. In 1967, the Prosecutor’s Office of the Uzbek SSR sent a letter to the Council of Ministers of the Uzbek SSR. It was also emphasized that the rules of nature protection are being violated. According to the letter, all the rivers and canals in the republic, especially in the water basins located in big cities such as Tashkent, Angren, Almalyk, Samarkand, Andijan, Chirchik, Yangiyol, were discharged without treatment [16.53]. For example, despite the fact that the Samarkand superphosphate plant has been operating in an incomplete state for 15 years, additional workshops have produced products in half-renovated buildings.
In the republic, industrial enterprises of Samarkand, Bukhara and Kokand were fined due to environmental damage, but these were also ignored by the control bodies. Environmentally damaging machinery has not been repaired for years, measures have only been solved by changing managers and paying them financial fines. The superphosphate fertilizer manufacturing plant located in the industrialized cities of the republic also polluted the atmosphere with various fluorine compounds. The increase in fluorine compounds in the air poses a great threat to human health and has caused an increase in lung and anemia diseases among the population of the region. Nitrogen chemical industrial enterprise discharged waste water uncontrolled into nearby canals and streams. Dumping of waste water into ditches and streams has changed the composition of water and, as a result, it has become unusable, and chemical waste has led to the loss of life and productive properties of water. Despite the repair of many industrial enterprises, instead of their technical repair, new industrial enterprises were built in order to increase the economic development of the region. Although the technical condition of industrial enterprises was sometimes checked and problems were critically discussed at meetings and meetings, measures were not taken to solve them, and the allocation of funds for adequate replenishment of their material supply was neglected.

In many industrial enterprises in the republic, waste treatment facilities were not working satisfactorily. Residents, tired of the negative effects of these enterprises on the environment, did not stop sending complaints to the center. The sent appeals were considered at the meetings of the higher authorities. They said that the environmental problems of Tashkent, Almalyk, Navoi, Fergana cities are increasing, industrial enterprises cannot meet technical and sanitary-hygiene requirements, accidents have occurred in enterprises, and the enterprise should be stopped completely. However, the decisions of the meeting and the approved projects were not supported, and due to the neglect of the responsible local leaders, they remained unresolved. Unhealthy ecological environment in all regions of the republic, difficult physical working conditions, lack of quality food on time, and anemia have affected the health of mothers and children. For industrial enterprises specially planned by the center, the equipment used in the nature protection system was delayed in reaching the country, or only 5% of the allocated funds reached the enterprises, which first of all caused negative factors in the health of the workers of the enterprise, the change of the ecosystem in the environment and the origin of various diseases in the health of the population caused.
80-90 percent of the children were born with various diseases. Due to contamination of drinking water, infectious diseases among children increased. More than 30 percent of schoolchildren suffered from chronic diseases, and the same number of children had defects in height and nervous system.

One of the most important ways to increase the standard of living of the population in Uzbekistan, which is on the way to independence, is the improvement of the social sphere, including the health care system. In particular, the territory of the Republic of Karakalpakstan, in particular, on the coast of Aral, as a result of the global disaster in terms of origin and extent, the population of Khopazm region also faced a severe ecological disaster. The shortage of drinking water and the decrease in its quality, the loss of water resources, the rapid reduction of biodiversity, and atmospheric pollution were the negative consequences of the destruction of the Aral Sea.

Mystaql Uzbek government has made a positive contribution to solving the political, social, economic, and spiritual problems of the island. In this case, the President of Uzbekistan raised the issue of increasing the power of the Central Asian countries. In October 1991, the heads of the Asian State Water Management Committee met in Tashkent and discussed the issue of water treatment and its use. As a result of the efforts of the specialist scientist, on February 18, 1992, the five countries’ water industry representatives gathered in Almaty city and formed a council. In August last year, a public scientific conference on the island issue was held in Nukus city.

Due to the tragedy of the island, the issue of social protection of the people of the Lower Amudarya region, who are in a state of social and ecological chaos, has turned from a task at the level of state policy. On September 2, 1992, the Resolution No. 405 of the Cabinet of Ministers of the Republic of Uzbekistan “On measures to deal with the consequences of natural disasters and solve social and ecological problems” [16.3] was adopted. In the following year, many studies were carried out on the issue. In August 1992, the scientific conference “Island and Island Coastal Problems” was held in Nukus, and in the summer of 1992, the National Symposium dedicated to Island and Island Coastal Problems was held in Tokyo, the capital of Japan. More than 130 optical scientists and specialists from different countries gathered together and discussed the problematic issues. In the early period of independence in Khorezm region, the provision of drugs to the population was 70%, while in the second half of 1991 it was 44%. By the end of the year, the multiplier could decrease even more. As a result of the
conducted medical examination, it was found that 75% of the population of the region is suffering from various diseases. Also, the material and technical base of the medical facility is in an old condition, the hospital lacks the most basic medical equipment and drugs. Even by 1992, the health care situation remained dire. As a result of the breakdown of economic relations, the provision of drugs was finally difficult, and at the same time, there was a serious deficiency in the distribution of drugs [17.162].

As a result of the impact of environmental degradation on the health of the population in the island region of the Republic of Karakalpakstan, various diseases, including anemia, cancer, stomach and duodenal ulcers, were observed among women. In 1992, the results of a health survey of the residents of Bogot and Gurlan districts showed that diseases of the blood system organs and blood disorders have increased relatively among the population, anemia in women's lungs was found in 93 out of every thousand people in Bogot district, and 75 people in Gurlan district. showed According to the region, there were 121 people per 1000 people. Before independence, the amount of toxic chemicals used in agriculture, especially methylmercortophos, nitrofen, iron curium, karbophos, chlorophos, simazine and other chemicals used in the fight against agricultural pests, in the air, soil and water has increased excessively. As a result of the negative impact on human health, the population of the Khorezm oasis was considered to be one of the infectious diseases, including yellow fever.

In the Khorezm region, especially, by articles are used several times more than in other regions, according to the documentary materials. At the same time, among the residents of the oasis, there is a high incidence of diabetes mellitus, hypothyroidism, respiratory problems in children, and anemia in mothers and children. Taking this into account, local and foreign scientists are paying great attention to the work of molecular genetic testing to solve problems in the Khorezm oasis, and to develop a treatment method for diseases. In particular, the regional health department and the 1st clinical hospital, in cooperation with the staff of the department of botany and typology of the Urganch State University, conducted a questionnaire survey in order to determine the incurable diseases among the population. As a result of the survey in 1995, it was determined that 73.2 percent of the population suffered from various diseases [18.100].

In the Republic of Uzbekistan, on the basis of the “State Plan for the Reform of the Health Care System”, the health care system of the Khorezm region was reformed. As a result of the transition from extensive to intensive production, the number of
inefficient hospitals has been reduced, and the area covered by the hospital has been brought to the level of sanitary facilities [19.32].

The worsening of the ecological situation in the Khorezm region has had a negative impact on the health of the population. The change in the economy in terms of industrial development has seriously affected the situation in the large city where the textile industry is located in the region. The pollution of the atmosphere with dust and small fibers at a distance of 400-500,1000 m from the cotton ginning plant affected public health and natural ecological environment [20.95].

In 1994-1996, the project "Aral Sea - Uzbekistan: clean water, sanitation and health" was implemented in the Aral Sea basin, and the total amount of work was 117 million US dollars. 75 million of the funds from the World Bank, about 20 mln. dollapi Kuwait Arab Economic Development Fund, 9.4 mln. Kreditancalt fur wiederaudu bank (Hepmania) and 12.75 million dollars. dollapi was approved by the hykymat of Uzbekistan. Within the scope of the project, construction of water pipelines in Karakalpakstan and economic development of villages in Khorezm region were carried out [21.24].

In the first years of independence, attention was paid to improving the health of the population, but the low level of typhoid due to the ecologically unhealthy environment and the poor quality of drinking water did not give the opportunity to drastically reduce the number of diseases of the population. Taking into account the ecological situation in the region and the unsatisfactory condition of providing the population with clean drinking water, the level of providing clean drinking water has decreased year by year, although the supply of water taps has been accelerated. This figure was 75.8 percent in 1995 and 86.7 percent in 2000. [22.14].

In 1999, some rural medical ambulatory clinics in Urganch, Yangibozor, Koshkopir districts of the region did not even have a qualified doctor. The provision of medical equipment was also in poor condition. The fact that 35 percent of the population, including 40 percent of the rural population, is not provided with clean drinking water is a sign that the work in the field is unsatisfactory [23.11].

During the past year, it has been reported to the world that the ecological problem has become a global problem. In cooperation with the type organization, a draft plan was drawn up and a draft plan was developed. The environmental issue that threatens human health has risen to the level of state policy in Uzbekistan. One of the
The most important aspects of Japan’s efforts to heal and protect the island’s aquatic environment is the principle of protection against global climate change, and the work was carried out by local and local experts-scientists in the Khorezm region as part of the UNESCO project. Since 2001, Urganch State University in cooperation with the Bonn University of Hepmania has conducted research on the national scientific project "Economic and ecological restructuring of the use of water resources in Khorezm region". The project was dedicated to the prevention of ecological situation and environmental pollution in the region, improving the health and economic situation of the population, and demographic processes.

Decree No. 242 of July 5, 2002 of the Cabinet of Ministers of the Republic of Uzbekistan “Increasing medical culture in the family, strengthening the health of women, raising a healthy generation and realizing the general direction of this development” and Decree No. 128 of July 22, 2002 of the regional governor based on i

A lot of work has been done in the field of providing medical services to the population. In 2003, there were 36 hospitals for 6715 patients in the region, 199 polyclinics, 38 hospitals established in 2003, 105 rural district clinics, 41 rural district clinics, 105 medical clinics, 192 clinics, 13 sanitary epidemiology centers, and medical services for the population. was a lot [24.10].

Improving the health of the population, increasing the quality of medical services and providing financial resources for the modernization of the medical system became one of the main tasks of the 2013 local budget plan. In 2016, 167.1 million soums were financed from the local budget for health care. Within these funds, 2.3 million soums were allocated to provide patients with bran medicine [25.19].

The number of products has increased significantly according to the policy “On further improvement of the provision of drugs and medical supplies to the population” adopted on October 31, 2016. The joint efforts of the government of the Republic of Uzbekistan with the international community to restore the ecological balance of the island are worthy of attention, and the attention of the world community to the improvement of the ecological environment of the island is increasing, about 265 million dollars have been allocated, including financial aid, technical assistance and grants [26.30].

In 2019, 69 or 57 percent of the 121 issues identified in the health sector were resolved in the region. During the study, 35 of the 48 patients who received medication
were treated with medical equipment, 2 patients were provided with wheelchairs, 4 patients were provided with crutches, and 6 patients were provided with medical treatment at regional and national level medical centers [27.5].

Development of the social sector in the republic, including health care, social security, provision of fresh air, clean drinking water, gas, and other issues related to making the life of the white people easy. That’s why, like other regions, in Khorezm region, the main attention was paid to improving the work of providing medical services to mothers, children, and the elderly, in order to improve the quality of human life. In particular, 10 departments of the Khorezm branch of the Republican “Ambulance” map were opened on the basis of the emergency medical system of the Urganch Central Hospital and the regional sanitary aviation department. Recently, in order to protect the health of the population, many health care facilities, hospitals, polyclinics, hospitals and medical facilities were closed in the region. The construction of a hospital complex in Khanka, a polyclinic and hospital for infectious diseases in the town of Navruz in Urganch, a hospital for infectious diseases in Yangibazar, and the building of the SES building in Pitnak and providing it with the most modern medical equipment were among the most important practical works in the health care system [27.32].

In the collection entitled “Analysis and promotion of research and innovation in the Republic of Uzbekistan”, the use of clean drinking water remains the biggest problem in Uzbekistan, 51.2% of the population uses safe water, and the scientific analysis of the supply of drinking water and improvement of living conditions in the Aral region. “As a result of the efforts made to improve the health status of the region’s population, from 2021, 7 types of vitamins and anti-inflammatory drugs were provided to children and pregnant women. In this, 11 million people will be arrested in 2021, and 17 million people in 2022” [28.211]. In the province, in 2021, 2 thousand 555 medical workers were established, and 5 “family doctors” units were put to work. A scientific-practical map of capdiology and capdiosis was established on the base of the Khorezm branch of the republic capdiology map.

Due to the unsatisfactory state of the drinking water supply in the republic and other environmental factors, the increase in the level of diseases and death, the health of the population is severely affected, the public cooperation in the protection of the environment has become one of the main directions of the republic’s foreign policy.
5 CONCLUSION

To summarize, work is underway in the republic to improve the socio-ecological situation and its problems, including improving the healthcare system, first of all, attracting more foreign investment in industrial enterprises, and regularly conducting a system of environmental education. In all areas, in territories considered environmentally hazardous, it is necessary to take measures to prevent natural disasters, assess natural resources and verify resources of republican significance as nature reserves. Also, along with the adoption of environmentally friendly decisions and regulations based on innovative technologies that are environmentally friendly and save natural resources, the issue of implementation and control of a unified environmental monitoring system is one of the most pressing tasks. The measures taken to provide medical services to the population and the deterioration of the environmental situation in the area contributed to the development of the healthcare system, stabilization of the environmental situation, and the consistent implementation of reforms. Due to the fact that the residents of the Aral Sea region faced a severe environmental disaster, a large amount of funds were allocated from the budget to the healthcare system for their protection. The state developed strict measures to provide the population with clean drinking water and natural gas, which were constantly implemented, and living conditions became easier.

Increasing medical culture in families, improving the socio-ecological situation and its problems, including improving the health care system, identifying the factors affecting the occurrence of an unhealthy environmental environment and the population's health and standard of living, as well as healthy forming a new outlook on the formation of a lifestyle, identifying social-ecological factors in the prevention of negative situations, analyzing the results of practical activities related to the study of the social situation arising from its consequences, changing the attitude towards the environment, normative-

There are important tasks to prepare proposals for the improvement of legal documents and to complete the work on the implementation of the tasks set for the development of the concept of strengthening the reproductive health of the population in the Republic of Uzbekistan in 2021-2025. It is necessary to develop the environmental education system in order to raise environmental consciousness and medical culture in the society, to train qualified personnel who understand well the problems of social and ecological health, and some technical support problems in industrial enterprises consisting of highly qualified specialist personnel. The problem of attracting modern technology and...
investments to Uzbekistan, which was solved at the time, would have been solved. Today, all of these are of great importance in maintaining the health of the population, improving medical culture, improving the socio-ecological situation, and preventing problematic issues that may occur in the life of society.
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