

## **Sanatorium, Health and Recreation Facilities and Their Volume, Spatial, Planning Solutions**

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**Abstract.** *Sanatoriums, sanatoriums and recreation facilities are facilities designed for health restoration, strengthening, relaxation and prevention of various diseases. They provide healing and recreational services using natural resources. Such institutions play an important role in improving the health of the population and improving their quality of life. Volumetric, spatial and planning solutions of health and recreation facilities are developed in accordance with their functional goals, location area and user needs. These facilities must not only provide treatment and recreation, but also embrace comfort, aesthetic beauty, and environmental sustainability.*

**Keywords:** *Sanatorium, Sanatoriums, recreation areas, wellness, Volumetric solutions, Normative requirements, Spatial solutions, Planning solutions, Modern trends.*

### **Introduction.**

Sanatoriums:

Sanatoriums are medical institutions focused mainly on the treatment and prevention of diseases. They usually provide the following services:

1. Treatment services:

Treatment using mineral waters, mud therapy, physiotherapy and other natural resources. Procedures such as hydrotherapy, massage, therapeutic gymnastics.

2. Medical supervision:

Taking treatment courses under the supervision of specialists.

Creating diagnostic and individual treatment programs.

3. Special sanatoriums:

Sanatoriums specializing in cardiology, neurology, orthopedics and other fields.

Example: sanatoriums located in natural places such as Chimyon, Zomin, Shahimardon are widely known in Uzbekistan [2].

Health centers

Wellness centers are designed to support a healthy lifestyle, reduce stress and restore the body.

1. Wellness and spa services:

Different types of massages, thermal baths, sauna and solarium.

2. Prevention programs:

Specific nutrition and physical activity programs to promote health.

3. Psychological support:

Programs aimed at reducing stress and improving mood.

Example: In Uzbekistan, wellness centers operate in a modern form mainly in the cities of Tashkent and Samarkand.

#### Leisure facilities

Resorts are designed for family or individual recreation, often including treatment elements:

##### 1. Use of natural resources:

It was established in places near the mountain, sea or lake.

##### 2. Entertainment services:

Sports grounds, swimming pools, excursions, cultural events.

##### 3. Private villas and cottages:

Resorts often offer a wide selection of accommodations.

Example: Parkent, Bostanliq or Fergana valley resorts are popular for many families and tourists [3].

#### Institutional infrastructure

Sanatoriums, sanatoriums and recreation facilities usually include the following basic infrastructures:

##### 1. Medical institutions: Diagnostic and treatment rooms.

##### 2. Recreation areas: Sports facilities, swimming pools, outdoor recreation areas.

##### 3. Accommodation: Hotels, hostels, family cottages.

##### 4. Canteens and restaurants: Places that offer special menus for healthy eating.

##### 5. Entertainment places: Theater, cinema, playgrounds, etc.

Important aspects, use of natural resources: Sanatoriums are often based on natural resources such as mineral water, mud, mountain air.

Environmental compatibility: It is important that recreation and wellness centers operate in an environmentally sustainable manner.

Seasonality: Some establishments operate seasonally, while others are open year-round.

#### 1. Volumetric solutions

Volumetric solutions determine the general shape, appearance and scale of the institution:

Regulatory requirements: The size of the buildings depends on the type of health center (sanatorium, prevention center, spa, recreation center) and the number of users. For example, sanatoriums are designed based on the minimum size requirements of beds, treatment rooms, kitchens and general service areas.

Balanced volume: The facade and volume of the building should be in harmony with the environment. In mountainous or coastal areas, special attention is paid to harmony with nature [4].

Multi-functionality: Treatment, sports, recreation and household services are integrated in one place in a comprehensive package.

#### 2. Spatial solutions

Spatial organization ensures convenient placement of internal and external areas of the institution:

Internal location: Treatment area: Specially equipped rooms for physiotherapy, hydrotherapy, massage and other medical services.

Accommodation Area: Comfortable dormitory rooms, suites or cottages.

Social spaces: Restaurants, conference halls, spaces for cultural events.

Sports and recreation: Fitness centers, swimming pools, sauna and other facilities.

Outdoor area: Landscaping: Parks, walkways, outdoor recreation areas.

Use of climate and nature: In mountainous areas, open spaces, shade trees and water bodies will be an important part of the spatial solution.

### 3. Planning solutions

Planning solutions provide a functional logical arrangement of buildings and areas:

Separation of functional zones:

Quiet Zone: Places for rest and sleep.

Activity Zone: Areas designated for treatment and sports.

Entertainment Zones: Places for cultural and social events.

Transport and logistic facilities:

Separate entrances for guests and staff.

Parking lots and sidewalks.

Use of natural resources:

Location close to mountains, mineral resources, river or forest areas.

Implementation of solar energy and other green technologies to save energy.

### 4. Modern trends

Today, the following modern principles are observed in the volumetric, spatial and planning solutions of health and recreation facilities:

Green architecture: Use of ecological materials, provision of natural ventilation and lighting.

Modular construction: Solutions that allow you to expand the size according to the need.

Smart technologies: Automated control systems that improve energy efficiency.

Inclusive Design: Providing facilities for people of all ages and disabilities [5].

Summary. Sanatoriums, sanatoriums and recreation facilities play an important role not only in improving the health of the population, but also in the development of tourism. Spatial, spatial and planning solutions of health and recreation facilities not only create comfort for the population, but also contribute to the economic and cultural development of the region.

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