

CHARACTERISTICS OF FORMATION AND DEVELOPMENT OF THE ART OF BATHROOMING

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Annotation. *This article examines the grouping of rooms in Central Asian bathrooms according to size and design, constructive solutions and functions, the basic methods and general rules in the form of public baths. The peculiarities of the formation and development of the art of bathing are studied. A brief history of the baths, one of the ancient architectural monuments, the construction process, architectural solutions, some healing properties are also covered. Long-term scientific research has been carried out on the basis of repeated visits and examinations of these monuments, as well as scientific sources of scientists in the field.*

Keywords: *Bathroom, dome, treatment area, steam room, dressing room, cold room, hot room, massage room, washroom, healing-hygienic, architecture.*

Introduction. In the past, creative masters in the construction of baths took into account the fact that people can rest, gather strength and restore their health, as well as a place of healing. The study of our historical heritage, which is the foundation of the ideology of national independence, is one of the main conditions for raising the morale of society. Cultural heritage raises the level of people, enriches their lives mentally and emotionally, serves as an inexhaustible source of knowledge.

Bathroom - a building specially built for washing. In the main room is washed under the influence of hot water and hot air (in Turkish, Finnish, Roman baths), hot water and steam (in Russian, Tatar, baths). The bath, which is extremely necessary for human health, has been known since ancient times.

In Eastern countries, unique architectural baths originated in antiquity. Written sources, archeological data show that in the 10th-12th centuries in Central Asia (Bukhara, Taraz-present-day Jambul, Nis ova and other cities) baths were dug deep to retain heat, almost underground, half-filled. The Misgaron and Sarrafon baths, built in the 16th century, have been preserved in Bukhara. These bathrooms, whose architecture is very similar to each other, descend from the huge (wooden column) hall, where you can relax and have a cup of tea, and enter the main rooms of the bathroom. In the middle are the washrooms around a large hall (for massage) covered with a dome, which are also covered with domes; There is hot and boiling water in the brick and stone ponds, which are heated by boiling air under the rooms. Moves from room to room (rooms become more and more heated inwards). Glorious baths built in the 15th and 17th centuries have been preserved in Turkey. Most of them are built symmetrically in two parts for women and men. The Boyazid Bath (1501), the Chinnili (1545) and Haseki (1556) baths, designed by architect Hoja Sinon, are among the most important public buildings. [1,10].

In the architecture of the distant past, baths played a major role in the cultural life of the people. They have repeatedly attracted the attention of thinkers, doctors, architects, historians, tourists in history, and have a special place in their history. The famous Greek philosopher Plato wrote that "the construction of baths is the duty of states." In fact, in ancient Greece, in addition to

private baths, there were also many public baths. There are even state laws in place to ensure that the public has regular access to the bathroom, and special people have been appointed to oversee the unconditional observance of these laws.

Although the baths, bathing and swimming pools occupied a central place in the baths, there were special courtyards, stadiums, libraries, kitchens and barbershops for sports games and entertainment. The term is also considered to be a large public institution designed for cultural and aesthetic recreation of the population.

Public baths, common in Eastern countries, differed from Roman terms in that they had a more compact appearance. For example, they do not have swimming pools, and ten of the gymnasiums where sports are held are occupied by small massage rooms. Sweating while sitting or lying on marble sofas, massaging the body, bathing in hot and cold water, drinking tea - these are the main health treatments of the Eastern baths.

The word bath comes from Arabic and means to heat, to light a fire. Ibn Sina wrote, "The natural function of a bath is to moisten a person with his own water." The Russian word "banya" is also derived from the Latin word "bal'neum", which means to relieve pain, to chase away grief. [2].

Bathing in the bathroom, according to modern medical science, is both a cleansing and healing process for a person, as well as a general hygienic process. The bath protects a person from various diseases, including colds, atherosclerosis, rheumatism, neuralgia, back pain, upper respiratory tract, chronic bronchitis, asthma, obesity, diabetes, metabolic disorders. It leaves severe fatigue, muscle aches, hardens the body.

Ibn Sina, in his Laws of Medicine, spoke about the virtues of the bath, saying, "Its benefits are in improving sleep, cleansing the body, and preventing fatigue," and recommended the use of the bath in the treatment of various ailments.

Ibn Sina distinguished the water in the baths according to its healing properties. For example, soda taught that water should not be hot and very cold, but that it should be drunk, that treatments such as bathing and stroking should go smoothly, and that one should not enter the bathroom at once. He also stressed the need to use soda water, sulfur water, sea water, lime water, wet water, bitter stone water, tutio water, chlorinated water, namatak water, bay leaf melted water and so on. In order to store such water tinctures, solutions and mixtures, some baths have special water storage containers. The Chinese physician Lishi-zhen (XII century) also paid special attention to the healing effect of water. He proposed the adoption of steam baths, especially the water baths of sulfur, iodine, and carbon, which were common in our time.

The 11th-century Nightmare also has a special section on going to the bathroom, which says, "The bathroom is a pleasant and gentle thing to do," and provides valuable advice on how to use the bath and how to bathe. From the literature and archeological excavations that have come down to us, it is known that the bathroom building, which combined several rooms built in one order, first appeared in Eastern countries. For example, during excavations in the Indian city of Mohinjo-Daro (now Pakistan), which dates back to the early 3000 BC, an antique "bathhouse" was found. It is noteworthy that in such a building, in addition to bathrooms, there were massage, relaxation treatment rooms, as well as swimming pools. The building's heating network is located in the basement. There was also an outdoor pool next to the bathroom. Its overall dimensions were 13x7.3 meters and its depth was 2.5 meters [11-14,17] .

According to historical and archeological data, the architecture of the Central Asian baths of the past was rich and varied. The bath built by Mirzo Ulugbek in Samarkand was especially famous. Neither Movarounnahr nor Khorasan had baths equal to it. This bathroom has attracted attention

with its ornate decorations and patterns. The Bukhara baths were also distinguished by the colorful mirrors in the domes and the intricately designed domes. Shakhrisabz and Tashkent baths also had their own architecture. Rooms in Central Asian bathrooms are divided into three groups depending on the size and design, design solutions and functions:

1. Bathrooms. They form the main part of the building made of baked brick and are usually covered with domes and arches.
2. Dressing rooms made of solid wall and covered with wooden poles .
3. Auxiliary rooms located at the back of the building. The composition of each room and the interrelationships between them varied according to different socio -economic and local conditions. After all, there are rooms that have not changed from the past and the way they are connected, which is not surprising due to the historical healing traditions of the peoples of Central Asia and the need to alleviate the adverse conditions of dry hot climates. Dressing room, lungi room, large dome (or warm wash room), massage room, hot room and cold rooms are examples of this.

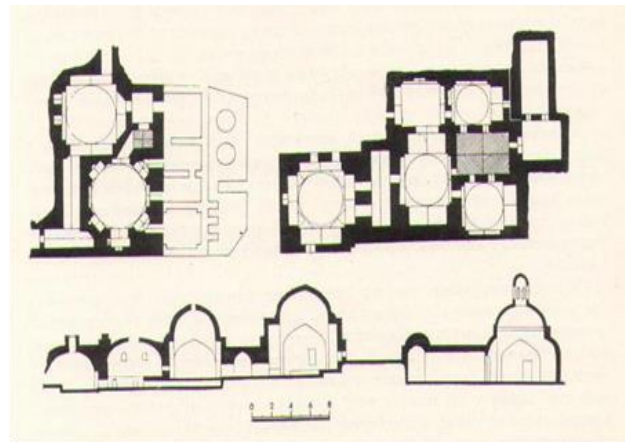
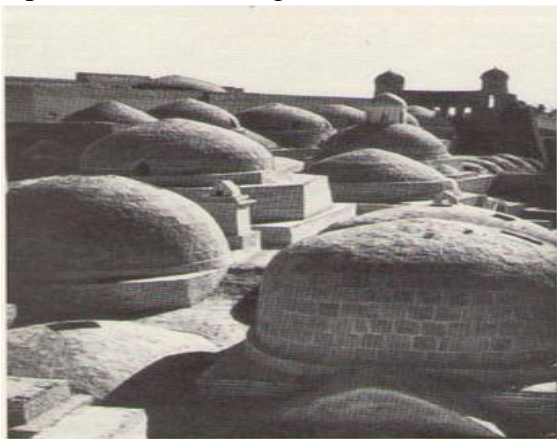
The main order in the layout and functional connection of the rooms is the gradual increase of the room temperature. The advantage of such baths is that each washer can choose a room with a temperature that suits his body and does not adversely affect its condition.

The main methods and general rules in the form of public baths in Central Asia are:

1. The spatial scale of the building is closed, the compact view of the bathrooms densely packed in the plan.
2. Use domed and arched roofs for washrooms and flat roofs for dressing rooms.
3. of underfloor heating system : in it the generality of underfloor heating of rooms and water.
4. Protect the walls of rooms in wet and hot mode from the effects of the external environment: to do this, connect them with rooms in dry or wet mode in the plan .
5. Stability of health - improving treatment -hygienic rooms and their conditional connection: adjustment room, warm washroom and massage platforms, transition from it to hot and cold rooms .
6. Orientation of rooms according to their humidity and temperature regime: placement of wet and damp rooms to the south or south-west, and dry rooms to the north or north-east .
7. Buildings _ use of local building materials in construction.

The above-mentioned folk customs are widely used and improved in modern public baths. Bathrooms are being developed not only in folk architecture, but also by design institutes and organizations. In recent years , a number of individual and new types of projects for rural and district centers, cities have been developed and implemented in the country. They have steam rooms, health showers, swimming pools, individual bathing rooms , rest , tea and food rooms. There are also cosmetic rooms.

Today, Uzbek architects are working hard to design new buildings and renovate existing ones. The fact is that some public baths built in the 50s and 60s did not even have bath-shower numbers. In addition, Russian-style bathrooms in cities and districts are now obsolete, both in terms of maintenance and service. In recent years, the well-being and culture of our people have increased, our people have entered a new way of life. New traditions in the field of construction of bathroom buildings, directions have been realized, experiences have been accumulated. A number of magnificent bathhouses have been built in the villages of our country. But now the baths in the bath towns and villages of our republic are not enough.



Khiva. General view, history and cut of Anushkhan baths .

Conclusion. The task before our architects is to continue these new ideas and directions in the construction of the bathroom. If the experience of the people accumulated over many years is followed, it would be expedient to use the healing traditions of our people wisely . In the Eastern world of medicine , baths are one of the most important medical and hygienic treatments for patients.

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