



STUDY OF THE REGIONS OF RECREATIONAL FACILITIES AS AN OBJECT OF PLANNING

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"Without curing the spirit, can't heal the body "
Socrates

Abstract

The correct choice of the combination of smell and color of plants, water noise, light sources used in landscape architecture is an important practice of health centers to return a person to a changed functional and psychological state. Some people are more sensitive to landscape therapy than to manipulation therapy. The use of natural resources is an absolutely harmless treatment that does not require power.

Keywords: recreational facilities, natural resources, landscape architecture, therapeutic landscape, technical and sanitary-technical, medical zone

Introduction

For the past few centuries, human speed increased continuously, the condition of the movement, which is required of man, becomes stress. Stress (stress-voltage from English) is a state of tension that occurs under the influence of an emergency stimulus. According to medical research, 45% of all diseases hinder the restoration of human health due to stress. As a result, everyone always seeks strength to enjoy life, enjoyment and living life. The positive landscape of landscapes plays a major role in human being to the human being. Forest biosenoses, especially forest, has a powerful effect on human health. Discussion is not only protecting the surroundings, but also creates a comfortable microclimate in sanitary - hygiene and increases the statement of the architectural ensembles under construction. Not only the natural environment





affects people, but an architectural artistic view also affects human feelings and behavior. Therefore, recreational facilities play an important role in improving the health of the people of our country.

The main purpose of the dissertation is to study the ecological basis of the landscape of the recreational facilities, as well as the problem of increasing the recreational potential of the landscape environment in Uzbekistan.

On the basis of this purpose, several tasks are solved:

1. Study of the regions of recreational facilities as an object of design.
2. Study of the history and efficiencies of the typological foundation of the East and Western Countries;
3. Division of plants used in the landscape architecture in the conditions of health centers.
4. Solving problems available in the landscape architecture at the designer.
5. Development of methods of modernization of the architectural appearance and functionalization of the complex of existing buildings, taking into account the need to increase the role of landscape components.

Treatment facilities are the main treatment, their implementation of the hospitals of the hospitals (mineral waters, resorts) adults, children and adolescents, as well as the necessary conditions for leisure families, as well as children to rest [1].

Based on this idea, the organization of health complexes is to organize scientific and practical activity, to organize and conduct patients, treat patients using natural medicine, treatment of patients, treatment of patients, Organization of holidays is to protect patients by sanitary and ecologically the cultural and ecological way to the patients.

To achieve these goals, it is necessary to design a facility of the health complexes first. When designing the object of health facilities, there is noise, the air is located long from chemical and biological contaminants. These include: industrial enterprises, main roads, stadiums, airports, sewers, sewerage sites, throwing plants and moving plants [2].

According to the maintenance of documents, the distance and sanitary area between these places is 50 - 1000 m, depending on the loss of the distance. The personal parking sacks should not be about 40 m to 40 m. The ground should be selected in such a choice in the rehabilitation area 45 db, night - 35 db concentration, the concentration of the most common air pollutants, ammonia dioxide, ammonia, convenient dioxide, the amount of smoke in the air should not exceed nitrogen.





In addition, treatment facilities are prohibited in contaminated soils contaminated with old dangers, cattle cemeteries, cemeteries, chemicals and radionuclides [3].

When the facilities of recreational facilities are designed - construction has a low, dry ground, dry ground, a place where the sun contains a good place, natural landscaped, and a source of a source of white grounds and a source of whites. It is recommended that the area facilitates the natural flow of atmospheric water, which faces the southern surface, and sunlight falls into fall. Groundwater levels should not be about 1.5 m to the soil surface.

Access to the selected health zone should be convenient, technical and sanitary - technical regulation should be ensured to resolve the issues of wise and sanitation.

In designing the territory of the parking facility - the following task should be taken into account. These are: Improving sanitary and hygiene conditions - protection from wind, heat, dust, noise, gases, improving air content; Creating a convenient opportunity for patients with the therapeutic effect and the help of landscape environment; Sunny and adhanous baths, landscaping and landscaping and landscaping areas for physiotherapy; Enrichment of architectural appearance of buildings and the whole health zone with decorative plants and vertical drugs [4].

The health facility is expected to beautify and land-on the area for convenient conditions and health of patient's treatment and hospital staff.

The area occupies by the area occupied by medical institutions should be carried out by 70% of the area. In almost all parts of green ones, the shadow must be provided with cool. Green areas should create a system of open and covered green areas [5].

In accordance with the norms of landscaping and landscaping and landscaping, it is necessary to know the treatment center and their development system. Special attention is paid to the type of trees and shrubs, plants should have a direct impact on the physiological processes that contribute to the treatment of patients. Types of trees, shrubs, flowers will increase the therapeutic capacity of the techniques of the types of types of planting technology, treatment of planting technology, treating habitat, landscape landscape compositions.

Hud authors A.M. Vietitnev, Ya.A. "The Organization of Sanatorium Activities" based on the drawings indicated in the textbook", the health complex is divided into a number of forms (Figure 1).



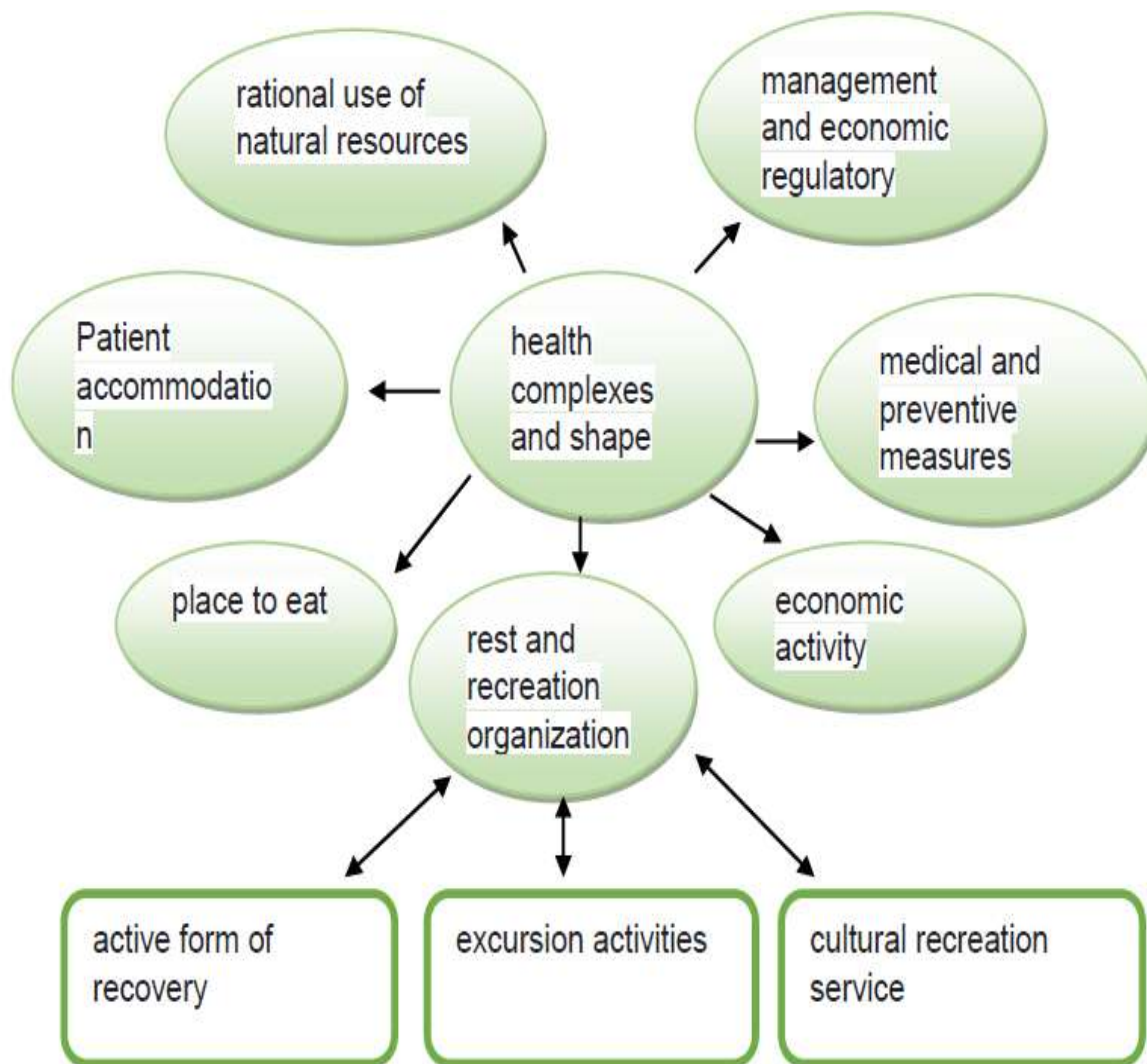


Figure 1: Form of cluster health complexes

Health facilities are divided into zones using the territories (2ndlymas). These are:

- Dehears area 8%
- 8% of the treatment area
- The sports area is 12%
- Rest area 10%
- A peaceful zone 60%
- Household zone 2% [6].

The treatment area is generalized by the health complex. It includes water and mud treatment, therapeutic pools, massages, imagnaterapy and paraffinterapy.

Sports Zone - Another area of movement of movement, basketball, valeyball, tennis, etc.).

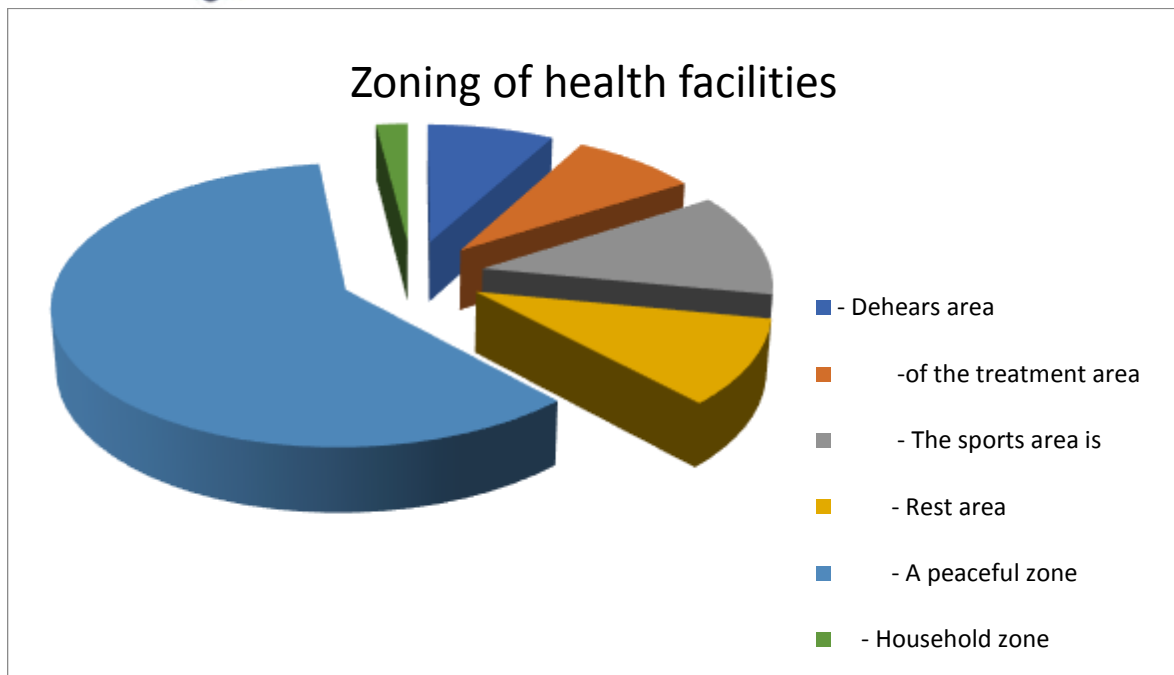


Figure 2: Health facilities Diagram to zones

The economic zone is located in a lower level of 30-40 m from the territory of buildings of the treat building. In the zone zone, the central boiler, dysenful laundry room, housing being, saved warehouse and garage are located. Green Bardurffaed business zone, which is 50 cm and 40 cm high, separates from other zones.

Two wide and cutting trees. From the inside of the green band should be planted in side - hard-till shrubs, usually unable to reckoned, while they improve the landscape of the internal environment. The internal pedestrian in the territory of the territory of the health plant is heavy with shadowed trees. The farm area must be divided from all sections using green plants [7].

First of all, ecology is a topical and sharp problems of the XXI century. Intensive urban growth, the development and strengthening of the area deprives people of the opportunity to communicate with the natural world. Air and water pollution, noise growth, the rapid pace of life negatively affects human health. The Landscape architecture has made great progress at the XX century The landscape architecture is one of the types of rehabilitation to restore the balance of nature and the human world.

Landscape therapy in the landscape architecture of recreational facilities is expected. Because the return of a person changed, as well as the correct selection centers of the landscape architecture, are scented, and the noise of light sources, the correct selection of light sources is an important practice. Some people are high sensitive to landscape therapy than in the monypulia therapy. The use of natural resources is an absolute harmless treatment that does not require power.