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## Medicine And Tourism Potential Of Zaamin District

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### ABSTRACT

This article is mainly an article aimed at developing the potential of medical institutions and tourism in zomin district. The article mainly mentioned zomin Sanatorium and resort Resorts.

### KEYWORDS

Zomin district, hot and dry, spectacular, the shadows overflow and flow

### INTRODUCTION

The northern, central and eastern part of the zomin district consists of Lowlands, South-West Plains and mountains. The surface of the Earth rises from North to South. The climate is sharply continental, summer is hot, dry, winter is slightly cold. The average temperature of Y January is 1,5°, July 32°. Annual precipitation 350-360 mm. The vegetation period is 240 days. The part is made of sandstone, sand, Merkel, the top is covered with sandstone. There are shades that wither and dry in the summer. In the spring, the shadows overflow and flow. The soil of the northern and central airs is composed of Boz, hungry Boz, typical Boz

soils, formed on the lyoss, the southern part of which the airs are composed of gypsum hungry Boz soils. In the plains there is a Boz, brown soil. It is used for irrigation from the Zominsoy River, Achchisoy, Peshag'arsoy, Ovolsoy, Turkmen, Jaloir, Khokjamushkentsoy in the area of the district. In the lands where the crop is not planted, quinoa, Wormwood, Clover, plums, whitewash and other plants grow. In the southern part of the mountain range (in the mountain range of Turkistan) there are thick archipelago, natural forests. 3. the Zomin Mountain-Forest State Reserve, Zomin people's Park is located. From wild animals

live a bear, a wolf, a lynx, a Fox, a deer, a area, an eagle from birds, a lochin, a pheasant, a cuckoo, a duck. There are many types of fish in water bodies.

In agriculture, grain farming and livestock take the main place. In the district there is a company, a farmer, a collective farm, 2 Forestry. On 197 thousand hectares of land are farming. Cereals, melons, vegetables, fodder crops, potatoes are grown. There are hayfields, bows, vineyards and seedlings. Cattle are fed, sheep-goats (including cattle sheep), horses, poultry. There are more than 40 private, 14 small enterprises, more than 40 commercial shops. There are about 75 schools of general education and about 30 thousand students receive education. There is a Lyceum, a gymnasium. There are 11 clubs, 34 libraries, 3 with 385 seats, 8 village treatment outpatient clinics, 6 village doctor's offices, 5 do-rixona, 94 household service offices, Local Development Museum. From the territory of the district passed the ancient Great Silk Road. Such historical places as Ustrushona, Zomin, Peshagar, the remains of dilapidated castles, ancient cemeteries were preserved. From 1933 year the newspaper "East morning" comes out (now 1000 in number). The Tashkent-Samarkand railway passed through the district. Bus and taxi flights are arranged in such directions as Zomin — Tashkent, Zomin—Jizzakh, Zomin — Gulistan.

Zaamin is located in the ancient lands of Sughd, Bactria, Fergana and Chach, as well as in the mountainous valley of the Syrdarya and Zarafshan rivers, and is part of one of the oldest agricultural provinces of Central Asia - Ustrushna. According to archeological sources, Zaamin has a history of two thousand years, dating back to the distant past - the II-I centuries BC. As it matured, its boundaries widened from time to time, sometimes shrinking under the influence of various historical events. However, one of the largest rivers, Ustrushona - formed on the basis of Zaamin, has always been the center

due to the density of the population of Zaamin. Zaamin was considered one of the most prestigious rustaks of Ustrushna in the Middle Ages. Today Zaamin is one of the most developed regions of Uzbekistan. Taking into account the fact that the region has a population of more than 160 thousand people, the city has a high level of infrastructure, enterprises and factories. Another important aspect of Zaamin is that it is also popularly known as the "Switzerland" of Uzbekistan. This is not in vain. Anyone who steps here will enjoy the healing mountain air and will not lose sight of the beauty of nature.

There is also a "Zaamin sanatorium" in the foothills of the Zaamin Mountains, at an altitude of 2,000 meters above sea level. The main therapeutic factor of the sanatorium is the mountain climate and air. Beautiful mountain scenery, fresh air, abundance of sunlight, high ultraviolet radiation create favorable conditions for climatic prophylactic and therapeutic treatments. This facility mainly treats (functional) diseases of the respiratory and nervous systems. The dormitory of the sanatorium consists of comfortable, single and double wards. The building has a club, library, bar, playrooms with attractions for children, sports grounds. On November 9 this year, the Government of Uzbekistan approved the resolution "On measures for integrated socio-economic development of Zaamin district of Jizzakh region in 2020-2022." According to him, it is planned to establish a tourist and recreational zone "Zomin" on the plateau "Suffa" in the mountainous region of Zaamin. It is planned to establish modern hotel complexes, golf courses, winter sports complexes, roads, cultural and recreational, trade, entertainment and other facilities of tourist significance, as well as modern engineering infrastructure on the territory of the planned tourist and recreational zone.

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