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The Role of Towns and Baths in Community Life And

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Abstract: This article examines the characteristics of the formation and development of the bathhouse art. The brief history, construction process, architectural solutions, and some healing properties of the baths, which are one of the monuments of ancient architecture, are also covered. The conducted long-term scientific research was prepared by visiting and examining these monuments several times and relying on the scientific sources of scientists in the field.

Keywords: Bath, dome, treatment place, steam room, dressing room, cold room, hot room, massage room, washing room, healing-hygienic, architecture, style, Central Asia.

INTRODUCTION

In the past, when building a bathhouse, creative masters took into account the fact that people would relax, gather strength and restore health, and it would be a place of healing. Studying 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 intellectually and emotionally, and serves as an inexhaustible source of knowledge.

One of the prestigious traditions of the people of Central Asia is the art of building a bath. Baths have many functions, in the past they served as a place of relaxation, strength and health restoration, cleanliness and healing. People came to the bath to heal, relax and get rid of various ailments. That is why the baths have been praised many times in the past by famous scholars, tourists, ambassadors and the general public. City baths were built near bazaars, caravanserais, mosques, madrasahs, city gates, near guzars. It is considered Shari'ah that merchants and caravans who have traveled a long distance from foreign countries should wash in the bathhouse before entering the city. The baths were always full of people, and men and women bathed in them on their appointed days. Sometimes women had separate bathrooms.

Baths played a big role in the architecture of the distant past, in the cultural life of the people. They have come to the attention of thinkers, doctors, architects, historians, and tourists many times in history, and have a special place in their signature. The famous Greek philosopher Plato wrote that "it is the duty of states to build baths." In fact, ancient Greece had many public baths as well as private ones. Here, state laws were introduced to ensure that the population had to go to the bathroom regularly, and special people were appointed to check the strict implementation of these laws.

The ancient Greeks dedicated the baths to Hercules. Since ancient times in Greece, among Olympic athletes, steaming in the bath was widely used as a health factor. Hippocrates advised many patients to take a bath and replaced the medicine with a steam bath every second time.

During the Roman Empire, the kings built large baths-thermae in order to increase their fame. In fact the term built by Emperor Karkalla (in the 2nd Century AD) occupied 12 hectares of land and could

Baths, bathing and swimming pools took the central place in the thermal baths, but there were special courtyards for sports games and spectacles, stadiums, libraries, kitchens and barber shops. Also, the baths were considered a large public institution intended for the cultural and aesthetic recreation of the population. Common public baths in Eastern countries differed from Roman baths and had a more compact appearance. For example, they do not have swimming pools, ten of the gymnasiums where physical training are held are occupied by small rooms adapted for massage. Sweating while sitting or lying on marble benches, massaging the body, bathing in hot and cold water, relaxing with tea - these are considered to be the main healing treatments of the people of the East.

The word "hammam" comes from Arabic, meaning to heat, to burn. Ibn Sina wrote, "The natural function of a bath is to bathe a person with its own water." The Russian word "banya" is also derived from the Latin word "balneum", which means to remove pain, chase away sorrow.

The famous Hungarian traveler and scientist Arminius-German Vamberi, who studied the life and traditions of the peoples of the East with his own eyes, wrote that "bathing often in the hot climate of the Eastern countries cures a person of diseases." Uzbek Soviet scientist, poet, public figure Abdulla Avloni, talking about body education, said "... if the body is not cleansed and washed, it cannot take in the necessary air, and the dust inside cannot pass through the dirt, because the body is like a sieve." In particular, standing in the bath on cold days brings pleasure to the human body. Because the bath warms the body and improves blood circulation.

Bathing in the bathroom, according to the representatives of the modern medical science, is both cleanliness and health for a person, as well as a general hygienic process. The bath protects a person from various diseases, including colds, prevents diseases such as atherosclerosis, rheumatism, neuralgia, back pain, upper respiratory tract, chronic bronchitis, asthma, obesity, diabetes, metabolic disorders. It relieves severe fatigue, muscle pain, and strengthens the body.

In his Tib Laws, Ibn Sina wrote about the virtues of the bath, its benefits are to improve sleep, cleanse the body, prevent fatigue, and recommended the use of the bath in the treatment of various diseases.

Also, the doctor taught that the air in the bath should be heavy, the water should not be hot or too cold, but should be drinkable, procedures such as bathing and stroking should go smoothly, and it is necessary not to enter the bath suddenly. Ibn Sina distinguished water in baths according to its healing properties. For example, he taught that soda water should not be hot or very cold, but should be drinkable, procedures such as bathing and stroking should go smoothly, and it is necessary not to enter the bathroom suddenly. Ibn Sina distinguished water in baths according to its healing properties. For example, soda water, sulfur water, sea water, lime water, namakobb water, bitter stone water, tutia water, chlorinated water, namatak water, bay water, etc. Some baths have special containers or reservoirs for storing such water drops, solutions and mixtures. The Chinese physician Lishi-zheng (XII century) also attached special importance to the healing effect of water. He suggested taking steam baths, especially sulfur, iodine and carbonated water baths, which are common in our time. In the XI th century "Kabusnoma" there is also a special chapter on going to the bath, where it is written that "the bath is a pleasant and gentle thing for the soul", and valuable advice is given about the use of the bath and the procedure for bathing. It is known from the literature and archeological excavations that have reached us, that the bathhouse uniting several rooms built in the same order appeared for the first time in the Eastern countries. For example, an ancient "bath" building was found during the excavations in the Indian city of Mohinjo-Daro (in the territory of present-day Pakistan), which appeared at the beginning of 3000 BC. It is characteristic that in such a building there were also massage, relaxation treatment rooms, as well as pools. The heating networks of the building are located in the basement. There was also an outdoor pool next to the bath house. Its overall dimensions were 13x7.3 meters, and its depth was 2.5 meters.

By the Middle Ages (VII-XVII centuries), a number of large feudal states such as Byzantium, the Arab Caliphate, the Ottoman Turks, and the Temur Empire emerged in the territories of the Near and

Middle East, Transcaucasia, and Central Asia. Due to the improvement of socio-economic conditions in these countries, the construction of baths and other medical facilities, among other facilities, has started. However, the cities of the Near and Middle East, Transcaucasia, and Central Asia, which were still developing economically, were not well supplied with fresh water. There was no opportunity to recreate large baths similar to ancient Roman baths in these countries. Therefore, at the beginning of the Middle Ages, public baths with special washing technology, convenient construction methods and architecture began to be built in the Near and Middle East, as well as in India, Central Asia, and Transcaucasia. During the medieval period, which spanned almost a thousand years, these baths received various local changes and were developed in accordance with the socio-economic requirements of the places of appearance, architectural traditions of the peoples, natural climatic conditions and construction possibilities. Byzantines built healing baths in Asia Minor since ancient times. Currently, such baths, which the Turks call "ilidja" or "kaplidja", are especially useful in the treatment of skin diseases. The famous Tiflis baths were also built in front of the hot springs, and at the beginning of the XIII th century there were 65 such baths (garmabe). Since they were built on natural water sources, bathing was usually free. The bathrooms are very luxurious, with multiple plunge pools and bathtubs with a continuous supply of running water. But since it is not possible to build such baths everywhere, they are not widespread in cities.

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