

Peculiarities Of Ancient Baths In Namangan Region

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Abstract – The article examines the processes of maintaining ancient baths located in the Namangan region, and determines their features. A brief history of the baths, one of the ancient architectural monuments, the construction process, architectural solutions, and some medicinal properties are highlighted. In practice, many years of scientific research were carried out, based on repeated visits and examinations of these monuments, as well as on scientific sources of scientists in this field.

Keywords – Namangan, Bathhouse, Domes, Hospital, Steam Room, Dressing Room, Cold Room, Warm Room, Massage Room, Wash Room.

I. INTRODUCTION

In the past, the creative masters in the construction of the bath took into account the fact that people can relax, gather strength and restore their health, as well as become a place of healing.

The baths built in Central Asia were also used in the past by famous scholars, tourists, and ambassadors, who were healed in the baths. Those who rested and got rid of various ailments. Merchants, tourists, and caravan dwellers from other lands were cleaned through the caravan routes, and baths were placed around the crowded areas, such as markets, caravanserais, and guzars, for people to relax and rest. Of course, this ensures that men and women have separate bathing days or separate baths for them [1].

According to Professor AS Uralov, Doctor of Architecture, a well-known specialist in the architecture and typology of bathrooms, today the national oriental baths are newly built, that is, they retain their healing properties more than Russian baths. To determine this, the scientist, who studied the typology of bathrooms built on the basis of related projects during the ancient and former Soviet regime, interviewed him and the people who used these baths and analyzed their opinions. According to the results of the scientist's research, the service, health and hygienic requirements in the "baths" built in the 70-80s of the XX century on the basis of old similar projects are obsolete. In such baths, mainly baths and showers are provided, and in some baths, private obzan (bath) shower cabins are designed. The only room with healing properties in these baths was the steam room. In this case, its healing was very low because the steam was sent from the main boiler that heated the water. Medical hygienists believe that the use of such low-temperature steam baths is not suitable for use because it does not have a positive effect on the human body. According to the project, steam in standard baths is supplied to the rooms from "electric fireplaces" or "furnace fireplaces" installed separately. However, not all such baths are equipped with furnaces or are in poor condition. That's why families with a bathtub or shower at home do not fall into Russian baths. In order to attract the population to public baths, entrepreneurs are adding a variety of additional services to the standard baths (Finnish baths, saunas, swimming pools, steam rooms, shower chambers, cosmetics and teahouses). Because such changes require large sums of money, the re-equipment of bathrooms is not in demand everywhere [1].

"The rooms of historical baths in Andijan, Fergana, Kokand, Kosonsoy, Chust, Mamay and other regions are heated by hot air or underground smoke through a pipe under the floor. At the same time, the floor under the feet, the seats, the stone platforms were also heated, so the water falling on them evaporated, creating the necessary humidity in the warm rooms. Each room of the bathrooms is heated according to its function. That's why bathrooms move from cold rooms to warm rooms. Our great ancestor, the physician Abu Ali Ibn Sina, who studied the healing properties of baths, wrote, "The first room cools and moistens, the second

room heats and moistens, and the third room heats and dries." These air differences have allowed people to choose their bathrooms based on their customers. People who took a bath were bathed in a temperature that gradually passed from a moderate room through a warm room in the middle to a warm room and then to a secluded room. Kaikovus, the author of *The Nightmare*, also made the same point. The continuity and similarity of the functional structure of the baths of the Middle East and Central Asia after the X-XI centuries still exists. This is proof that the above instructions of Ibn Sina and Kaikovus were followed." [2]

The composition of the historically formed fully permanent rooms of baths in Namangan region is as follows: 1 dressing room; 2 lungi rooms; 3 bathrooms and rest rooms; 4 central hall (large dome); 5 staff rooms (massage room); 6 warm rooms; 7 cold rooms; 8 water rooms; 9 fire rooms. In addition to the main rooms, the bathrooms in Namangan region have a cleaning room and a toilet.

Scientist A. Uralov gives the typology of baths as follows: "The temperature of the first washroom is relatively moderately warm, people can wash or massage. In these rooms, people adapt their bodies to the heat without suddenly switching to heat. The central bathroom differs from other rooms by its large dome, dimensions and architectural appearance, height, spaciousness and brightness. This room has a square shape with the corners of the room cut out. The adjoining rooms have wide arches. The large dome was warm at room temperature and an important healer, performing the functions of initial sweating, preparing the body for massage, massaging, and washing. To do this, in the middle of the hall are placed four or eight octagonal wide sofas and bench seats along the walls. According to research, the dimensions of the large domes ranged from 3.8 to 7.2 meters in width and 4.3 to 5.6 meters depending on the surface of the hall. One of the rooms adjacent to the dome also served as a mosque. The altars of the mosques are built facing the qibla. This is because when the Muslims had time to pray in the bathroom, they would put their second loins tied around their waists as a place of prayer and pray. Subsequent washrooms consisted of two hot and cold rooms, in some cases three cold, warm and hot or one cold and two hot rooms where the temperature exceeded each other. The main bathrooms consist of two: warm and cool rooms. After the main bathing rooms there are rooms with hot and cold boilers installed side by side. In ancient times, cold and hot water was obtained from such pools by means of special windows." [2]

II. THE MAIN PART

Namangan region also has a number of historic baths, which also have a unique architecture and typology. One such bath is the Gungalak underground bath, which has an ancient history and is located underground in the heart of Kosonsoy, on the banks of the Sulim River, in front of the Mosque. Not many people know that this bathroom exists. This bathroom has been in public service for centuries. When studying the history of this bath, it was found that the bricks used belong to the IX-X centuries, the Karakhanid period. The bathroom walls are 1.2 meters thick, and the height of the domes is 2.5-3.1-4 meters, depending on the function of the bathrooms. The historical solution of the bathroom has its own solution (Fig. 1).

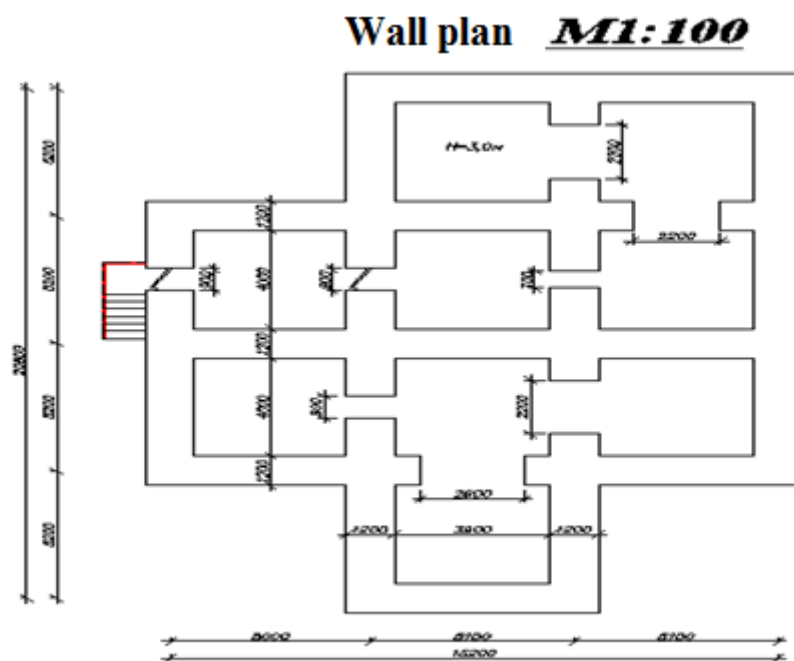


Figure 1. History of Gungalak underground bathroom

This unique building is not only a place of cleanliness and purification, but also differs from other baths in its healing properties. Its healing properties are due to the fact that it is built in a unique architectural style. The steam room, greenhouse, washrooms and hot water boilers of this bathroom are also located underground.

On the surface, only the four domes of the structure and the smoke exits are visible (Fig. 2). When you look at its sections, especially the heating paths, you will witness how deeply our ancestors had a deep architectural knowledge, how they found solutions to complex engineering and architectural problems with a certain simplicity.



Figure 2. View of the Gungalak underground bathroom.

At the same time, we are amazed that such a complex structure is in service without any repairs.

The fireplace is located in the southern part of the bathroom, under the building, and the burning fire exits through the 41 main underground pipes (tunnels) 15-20 meters away from the main pipe. Because the bathroom is underground, it has no doors or windows other than a single entrance door. Well, the question of where the light comes from is naturally of interest to many. The light falls from a circular window (window) located in the middle of the domes protruding from the ground and is distributed evenly in all four directions. Naturally, the windows are covered with glass. One also wonders what the secret of the fact that for centuries the domes of the bathroom have withstood external influences, rain, snow and steam from inside, and hot humid air. Unfortunately, this issue has not yet been fully explored by experts. Exact written information about when and by whom the underground bathroom was built is not yet available. But based on some scattered reports and some legends that have survived among the people, it can be assumed that this building was built at the same time as the mosque. The bathroom is built in an ancient architectural style and is designed for low fuel consumption and heating. Hazon and hay were used as the main fuel for sweeping the streets. It is said that once thoroughly heated, this bath retains its heat for a week [3].

Latif's bathroom is located on Zirabulak Street in Namangan. The land area is 0.13 hectares. Currently owned by a private entrepreneur. This monument is one of the surviving architectural monuments in Namangan.



Figure 3. An overview of the Latif bathroom.

The complex was built in the second half of the XVI century. The monument building is still used for its intended purpose, ie as a bathroom (Figure 3). There is no definite information about the people who built and built the bathroom. But the building was built as a part of Saidqulibek madrasah, that is, as a complex at one time. In order to ensure the regular operation of the bathroom, fresh water was brought from Namangan, and later from Yangiariq through a special ditch. The wastewater is poured into special ponds built near the bathhouse, and special attention is paid to keeping the environment clean. The heating system is designed to circulate the smoke from the fire in the fireplace through a special hood under the bathroom.

III. CONCLUSION.

Bathrooms built during the former Soviet regime are much different in terms of health and the composition of the rooms than the old baths. The main essence of the old bathrooms is that they consist of rooms where the temperature rises above each other. Several such baths still operate in Namangan region. Exploring these bathrooms is one of today's most pressing tasks.

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