



About the Places Where Ecotourism can be Developed in the Territory of Alat District of Bukhara Region of the Republic of Uzbekistan.

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ABSTRACT

This article states that it would be expedient to establish health-improving sanatoriums for human health on the shores of Dengizkul and Shurkul, and in the future to establish seasonal and non-seasonal ecotourism zones for the rational use and preservation of natural resources.

Keywords:

Seawater, saltwater, ecotourism, salt sand, collector, ecology, sanatorium, Zarafshan river, delta

The territory of Alat district is located in the lower part of the Zarafshan river, in the plain of the Karakol delta. Tension in relief is low. In the Dengizkol region, the heights between the Dengizkol basin (160 m) and the Dengizkol plateau differ (Jillikoy - 302 m, Somontepa - 280 m). About 10% of the area is developed oasis, the rest is sandy, gypsum, clay, saline deserts, there are about 100 residual lakes. The largest of them are Dengizkol,

Somonkol, Korangikol, Shorkul, Khojamsayod, Karaganda and 6. The lower reaches of the Karakol River and the former Mo-Khandarya River are mainly flat. The soils are meadow-gray, sandy-gray, and bald-gray, with a large area of sand in the south. Groundwater is much closer. 132 wells are in use in the district. There are large hydraulic in-shooters and pumping stations.



DENGIZKOL - a lake in the Alat district of Bukhara region. In the Middle Ages it was called "Borgini farox", which means "Big lake". 10-a. In written sources, Dengizkul is called "Karakul", "Buhayrayi Somjan" ("Lake Somjan"). 10-a. In the map of Central Asia drawn by the Arab geographer Ibn Hawqal, Muhammad Narshahi (10a.) Wrote about this lake that it was "twenty farsakhs wide (140-160 km), and the excess water of the Bukhara River was collected in this lake, where there were many aquatic animals, and the whole of

Khorasan did not catch as many birds and fish as here"[1].

The lake is located in the southern part of the region, on the edge (in the lower reaches of the Zarafshan River) in a tectonic basin, 181.5 m above sea level. Discharge water from several collector-ditches and groundwater formed as a result of irrigation of arable lands are discharged into the sea. The main tributary of the Zarafshan River, Toyqir, also reaches the lake during floods.



Water does not flow from the sea, the consumption is mainly due to evaporation and partial absorption. 60-y. s and 70s. The area and depth of the lake changed frequently in the early 1800s: the area of the lake during periods of high water inflow. 80-100 km², depth. 1.0-1.5 m, and at the end of the summer - 40-60 km² and 25-30 cm, respectively. In the 70s and 80s, as a result of the development of new lands and the increase in the amount of wastewater in the southern part of Bukhara region, Dengizkul grew from year to year. In the late 80's (1987) the length was 43.3 km, the widest point was 9 km, the deepest point was 22 m, and the water surface was shallow. 267

km², water volume - 2.7 km³. These values fluctuate throughout the year in response to water level fluctuations: in the fall, as evaporation decreases, the water balance stabilizes, and then the water level rises again. Dengizkol is saturated with collector water. Ezda evaporation is much stronger. Waves are observed in Dengizkol under the influence of wind. The water is very salty, the bottom of the lake is covered with table salt up to 0.5 m thick in some places. Sea water is healing. In the summer, people from many parts of the country go to get rid of various skin diseases and other ailments [2].



Boiling sand and salt in Alat district: secrets to get rid of pain in the heat: Have you heard about the healing salt lake located in Alat district? It is located near the border with Turkmenistan. If you walk another 2 km, you will reach the border of Lebap province. (Users of the electronic map can enter 39 ° 14'40.84 " - north latitude, 69 ° 42'16.00 " - east longitude).

Here are the remains of an ancient lake turned into salt. Only in the summer - in the chill of the month of cancer, for 40 days the place is full of healers. We got here on the 20th of July and our car's thermometer showed that

the air temperature was 57 degrees. The sun's rays hit the sand, warming the area like an oven, and the garmsel was blowing [3].

It should be noted that in the remaining months of the year the sand cools and does not give the desired effect. Therefore, this place is only seasonal - from June 20 to August 1, it is crowded.

Patients can also be treated by lying down on one of the many grasses here. Some stay overnight in hotels in Alat or receive treatment from Bukhara.

Healed people came here from almost all regions of the country. This can be easily seen from the license plates of parked cars.

Patients seeking healing are first immersed in desert sand heated to 60-65 degrees for 10-15 minutes. It should be noted that it is very difficult to cope with this, leave a naked burial in the hot sand, and standing on it in shoes also requires tremendous endurance. After that, they lie on the salt for 20-30 minutes and bury it.



One of the locals said that he came here every year for 3 days and was buried in sand and salt, and for a year he did not know what back pain and leg pain were until the next cancer. is being treated with.

According to the Alat district administration, there are investors who want to invest heavily in the facility and build a huge health resort. There is no doubt that in the future this place will be a promising area for medical tourism, which is popular in our country and abroad [4].

There are several other examples of the same ecotourism sites. I think it would be expedient to establish seasonal and non-seasonal ecotourism zones in the future in order to use and preserve these natural resources wisely.

References

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The hot sand softens your body, and the sweat begins to flow like a torrent. It is not possible to drink water, they give warm tea made from herbs. Salt, on the other hand, absorbs the pain that comes out of the body through sweat.

We are told that the course of treatment lasts 3-5 days. Of course, the doctor makes a diagnosis before entering the sand or salt. Because such an extreme treatment is not suitable for everyone.

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