

THE FIGHT AGAINST TUBERCULOSIS IN POST-WORLD WAR II UZBEKISTAN: SANITARY AND MEDICAL APPROACHES

Kholiqov G'olib¹

¹ Associate Professor at the University of Information Technology and Management

Roziqova Hulkar¹

¹ 1st-year Master's Student at the University of Information
Technology and Management

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During the period between the 1950s and 1980s, Uzbekistan became a hotspot for the spread of several social diseases. Among these, tuberculosis stood out as one of the most pressing public health challenges. The post-World War II period witnessed a particularly sharp increase in TB cases, with Kitab district in Kashkadarya region and Urgut district in Samarkand region emerging as the primary centers of infection.

INTRODUCTION. Tuberculosis is one of the oldest infectious diseases known to humanity. As early as the 5th century BCE, the renowned Greek physician Hippocrates described it as a highly contagious and socially significant illness. Despite centuries of medical progress, tuberculosis continues to pose a threat to public health even in the 21st century. According to global health statistics, between 8 and 10 million people are infected with tuberculosis each year, and approximately 3 million die from the disease annually [1][2].

The Director-General of the World Health Organization, M.G. Kandau, emphasized: "Tuberculosis presents a major public health risk in both developed and developing nations" [3]. In the former Soviet Union, including Uzbekistan, TB was among the most prevalent diseases. In response, the government implemented a series of preventive and treatment measures. This included the expansion of the network of tuberculosis dispensaries, the establishment of new treatment facilities, and the training and deployment of specialist physicians (phthisiatricians). However, despite these efforts, the number of TB patients continued to increase throughout the postwar years.

In the years after the war, the hard work of the people, poor living conditions, low quality of food, poor implementation of medical services, deficiencies in sanitary education created conditions for the widespread spread of tuberculosis. A large part of the population of Uzbekistan lives in rural areas, and the conditions created in their homes did not meet the requirements. In some families, tens of people lived in narrow houses. The rooms did not meet sanitary standards.

One of the main conditions for protecting human health is to improve the quality of food and increase its calorie content. Research shows that a healthy person should consume 82 kg of meat, 25 kg of fish, 150 kg of fruits and vegetables and other products in a year. In 1980, on average, each person in the former Union had 58 kg of meat, 17.6 kg of fish, 97 kg of milk and vegetable products [4].

Famine continued in Uzbekistan in the first years after the war. Live witnesses said that due to the lack of barley, millet, wheat, and sorghum flour in some households, they added kunjara flour to it, made it into a dough, cooked it and ate it, and as a result, they went out in the spring and ate green grass.

As a result of the increase of cotton monopoly in Uzbekistan, the possibility of animal husbandry development was limited, fruit and vegetable cultivation was reduced, gardens and vineyards were destroyed, and the republic was at the last place among the allied republics in terms of consumption of basic food types. According to research, citizens living in Uzbekistan consumed twice as much meat and meat products, milk and milk products, as well as eggs compared to citizens of republics within the Union. In rural areas of Uzbekistan, each person had 10 kg of meat per year [5]. Most households ate one or two hot meals during the week, and the rest of the time, their main meal consisted of bread. The fact that the villagers were constantly engaged in hard work and did not eat strong food had a serious effect on their health.

In the difficult years after the war, due to the poverty of social and household life in the cities and districts of the republic, tuberculosis spread widely and became an epidemic, but the work of establishing treatment facilities was neglected. For example, at the end of 1945, there were only 4 treatment centers for the treatment of tuberculosis in the Tashkent region [10]. There were tuberculosis treatment centers only in the districts of Andijan region, such as Kurgantepa, Stalin, Lenin, Pakhtaabad [15].

Later, some attention was paid to expanding the network of tuberculosis treatment institutions in Uzbekistan, and their number was increased from 78 in 1950 to 184 in 1957[7]. In 1950, anti-tuberculosis dispensaries operated only in large cities of the regions of Uzbekistan, and tuberculosis centers operated in districts[16].

Since tuberculosis is an infectious disease, it can be prevented by increasing sanitary education among the public. However, the lack of sanitary education among the villagers had a negative impact on the spread of diseases. E., who served for many years as the chief physician in the anti-tuberculosis dispensary of the Kashkadarya region, said this. N.

Gorelina explains the following: "What is most lacking in our work is sanitary education. The low cultural level of the population makes treatment and prevention difficult. Patients come to us long after they are ill. However, doctors cannot help them after the time has passed" [11].

Most of the sick people were from rural areas. In 1954, 5161 people were registered with tuberculosis in Andijan region, 68.5% of them were rural residents[12]. Tuberculosis left a tragic mark on the memory of Kitab of Kashkadarya region and Urgut district of Samarkand region. In some villages, there were cases of tuberculosis among the population. District leaders' appeals for help from higher organizations remained unanswered. For example, on May 13, 1948, the secretary of the Kitab District Party Committee T. M. Husainov and the chairman of the district council of people's deputies A. T. Haitovlar, Secretary of the Kashkadarya Region Committee of the KP of Uzbekistan B. Nosirov and the chairman of the regional executive committee S. They sent a letter to Badalboev with the following content: "Workers of a number of collective farms in Kitab district have been suffering from tuberculosis for several years. This disease is socially dangerous, on the one hand, for the healthy population, and on the other hand, for the lives of those infected with tuberculosis... Many people die because of the lack of opportunities to treat tuberculosis in the district. In order to treat those infected with tuberculosis and prevent the spread of the disease, we request: to immediately transfer mass inspection of collective farmers to the Ministry of Health of the Republic of Uzbekistan through the Council of Ministers of the SSR...; We ask you to help us open a temporary 50-seat dispensary in an adapted building and provide it with all the necessary equipment and specialists. However, the demands of Kitab district residents have been ignored by higher organizations for many years. In the first 10 months of 1951, 208 people died of tuberculosis in Palandara village council alone[13]. Only by December 1951, a 25-bed tuberculosis hospital was established in Palandara village of the district. Taking into account the difficult situation in the district, several decisions of the Council of Ministers of the Uzbek SSR were made on the fight against tuberculosis in Kitab and Miroqi districts. On November 11, 1953 "On urgent measures to combat tuberculosis in Kitab, Miroqi districts of Kashkadarya region and Urgut district of Samarkand region", July 19, 1956 "On additional measures to combat tuberculosis in Kitab and Miroqi districts of Kashkadarya region", 1959 Among them are the decisions of November 4 "On measures to strengthen the fight against tuberculosis among the residents of Kitab district"[13].

On August 29, 1961, the Council of Ministers of the Uzbek SSR adopted a decision "On unsatisfactory implementation of the decision of the Council of Ministers of the Uzbek SSR dated November 4, 1960, No. 26, "On strengthening the fight against tuberculosis among the residents of Kitab District" [14].

On April 30, 1965, the decision of the Council of Ministers of the Uzbek SSR "On further measures to strengthen the fight against tuberculosis in the Republic" was announced [8]. Some work was done in the regions to ensure the implementation of the decision. For

example, in Fergana region, there were 2405 treatment places for the treatment of tuberculosis during this period. In 1965, the boarding school building in the "Leningrad" collective farm of Altiariq district was allocated to a sanatorium for the treatment of tuberculosis.

Certain works were also carried out by the staff of the Research Institute of Tuberculosis of Uzbekistan. For example, the employees of this institute organized an expedition to Jizzakh and Syrdarya regions, and studied the details of tuberculosis in the population. During 1974, 47 doctors-physicians were trained at the base of the institute. A number of scientific conferences on the fight against tuberculosis were held in the republic. In March 1974, a republican scientific-practical conference was held, and on May 21-22 of the same year, an All-Union symposium was held in the city of Namangan. For example, 428 people participated in the symposium held in Namangan[9].

In 1989-1990, there were 245 institutions for the fight against tuberculosis and its treatment in Uzbekistan, of which 101 were dispensaries, 67 were departments of the central district hospital, 24 offices, 11 hospitals, 32 sanatoriums [6].

Thus, Uzbekistan became the main focus of a number of social diseases during the Soviet era. It was found that the rate of diseases such as tuberculosis, skin-genital, and mental-nerve increased year by year. Tuberculosis, one of the most dangerous social diseases, has affected all the peoples of the world in different historical periods, and every year millions of people die from tuberculosis.

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