

# *The History Of The Formation Of Multifunctional Water And Recreational Facilities On The Example Of Some Historical Epochs*

Ibragimov Najib Khasanovich<sup>1</sup>, Uralov Axtam Sindarovich<sup>2</sup>

<sup>1</sup>Doctoral student of Samarkand State Institute of architecture and construction, Samarkand, Uzbekistan.

<sup>2</sup>Doctor of architectural sciences, professor  
Samarkand State Institute of architecture and construction



**Abstract – In article describes the features of historical development in building of water-entertainment and health-improving and hygienic structures for many centuries, starting from antiquity and up to the present day.**

**Keywords – Water And Entertainment Complexes, Baths, Aquariums, Mud Baths, Thermal Baths, Thermal Springs.**

## **I. INTRODUCTION AND RELEVANCE OF THE STUDY**

Every nation, as you know, has its own customs and traditions. Among them, there are also those that have developed historically and have been tested for many centuries and continue to be used to this day.

One of these traditions is the organization of multifunctional water and entertainment health centers. I use the services of such complexes (baths of various types, swimming pools, hydrotherapy, water-mud baths, and water-entertainment complexes, etc.) all over the world, however, the history of their formation, the development of architecture, and the functions performed by them are different among the peoples of different countries. Accordingly, multifunctional health centers have their own regional names and architectural and typological features that are distinctive from each other, which can be explained by specific conditions, such as the way of life, the organization of everyday life, the climate, the availability of building materials and the health and entertainment traditions that have historically developed among different peoples.

Throughout the history of human development, the functions of recreation have taken various forms. Each epoch, characterized by certain social relations, gave these forms a special character. Let's focus on quite vivid examples of solving the problem of recreation, which is reflected in the buildings and structures of the era of ancient Greece, Rome, and Asia. [1]

A huge amount of research has been devoted to the ancient period of the history of architecture, philosophy, and art, but the issues of recreation and leisure that interest us from the standpoint of the modern formulation of the problem were not sufficiently covered by those architectural monuments that served the purposes of recreation.

From the point of view of forecasting, it is interesting to analyze the spatial environment in which the processes of recreation took place 2000-2500 years ago and to trace the relationship between the phenomena of the highest prosperity of society and the optimal organization of recreation in this period. History is studied as an anti-forecast of the future [1].

**The following types of buildings and structures** are considered as the object of research in the work:

- Baths of the Romans, III-IV centuries AD, baths of Caracalla and baths of Diocletian, open and closed swimming pools, complexes of mass active recreation and sports;
- bath and wellness complexes, swimming pool complexes for recreation and entertainment.

## **II. RESEARCH METHODOLOGY**

It is determined by the purpose and objectives of the research, includes the study of domestic and foreign literary sources, design and regulatory and instructional materials, field surveys of water and entertainment facilities in the ancient world since antiquity and up to the present day, as well as the use of the method of comparative analysis.

## **III. ANALYSIS OF THE SUBJECT OF THE STUDY**

Let's consider the regularity of the historical formation of multifunctional health complexes on the example of some historical epochs.

Our task is to take a look at the history and philosophy, types of buildings and structures in a comprehensive way, from the standpoint of organizing recreation in a broad, modern understanding of this phenomenon; to see rational ideas that arose in ancient times, in order to develop them further in the formation of modern concepts of recreation and corresponding complexes, to trace how visionary their creators were when creating architectural works.

The "Golden Age" of Greece is a time of spiritual and physical perfection of free people. In Greek philosophy, man was considered indirect unity with nature, and the laws of nature were interpreted by analogy with human life.

In order to get acquainted with the way of life of a free person in the view of the philosophers of the ancient world, it is necessary to recall Plato's views expressed by him about the "ideal state" in the "State" and later in the "Laws".

Plato's ideas show what place the science of building the future occupied in ancient times and what importance was attached to the correlation of utopia with reality. All this remains relevant even with modern forecasting. The thoughts expressed by Plato about the life processes that bring pleasure to a person can be identified with the content that is embedded in the modern concept of leisure.

In the philosophy of Socrates, happiness (Eudaemonism), the components of which were physical and spiritual health, studies in the arts and sciences, was the goal of life. The vital thesis of the freeman of the ancient world in the period of his heyday is the comprehensive development of the individual, the basis of which was the beauty and aesthetic perfection of man, the spatial environment, and architecture.

Recreation during this period can be classified into three categories: physical culture; intellectual culture and emotional culture. Rarely did any category act separately, for the most part, each function was an integral element of a single holiday or action.

Great importance was attached by society to physical culture and sports. The young man was engaged in gymnastics in order to strengthen strength and develop the dexterity to protect the city, for the sake of glory at the stadium, the state demanded that citizens be powerful and agile. The ideal of "*kalokagatia*" (*kalos* – the beautiful, *Kai agatos* – the valiant), combining physical and moral virtues, was expressed in the sculptural image of a perfect man, like God.

Temples, stadiums, theaters were among the most significant structures created in ancient Greece. The architecture was subordinated to expediency, the type of ancient Greek stadium served as the basis for ancient Roman stadiums and circuses, sports complexes were created in Delphi, Olympia, Epidaurus.

In the classical period, there was a pictorial understanding of the ensemble, inherent in Greek compositions. During the construction of ensembles, they strove for the harmony of the man-made and natural environment, a characteristic feature of Greek architecture is taking into account the relief, preserving the beauty of the landscape.

Country estates are being created, where a person strives to merge with the eternal world of nature, free from an anxious life. There are parks in the city, which are the prototype of parks for entertainment and recreation of the urban population, with baths, fountains, grottoes, hotels (the park in Daphne had a circumference of 15 km).

In ancient Greece, the essence of recreation was inextricably linked with the concept of a harmoniously developed personality, which reflected many aspects of human life: education, sports, art classes, in a word, all aspects of culture.

Thus, the unity of theory and practice in the form of philosophical views and actions framed in the frame of the architecture of buildings and structures created a single spatial environment for human habitation. The aesthetic category of beauty was necessary for a person as an integral part of all his purposeful activity.

The spatial environment for recreation was a single whole consisting of highly artistic ensembles synthesizing all the elements of fine art and architecture and organically connected with nature. The awareness of the phenomenon of beauty as the most important factor of the beneficial impact of the human environment allowed us to turn it into the most important basis of recreation.

The history and civilization of ancient Rome compared to the history of Greece was a much more complex phenomenon. Rich Rome asserted its power with the grandeur and luxury of holidays, spectacles, and buildings. The colossal and complicated forms, the abundance of jewelry were opposed to the intimacy and simplicity of Ancient Greece. Depending on the social order, the attitude to the size of buildings and scale changed.

Fundamentally new types of buildings were amphitheatres, forums, thermal baths-multifunctional structures characterized by many thousands of one-time capacity, which, although they originated from Greek buildings, however, reached such perfection that the original source was unrecognizable; they can be attributed to a new stage of the architecture of the spatial recreation environment.

Of all the listed structures for recreation, we will focus on the most characteristic complex.

The baths, inseparable from the Roman way of life, were one of the significant achievements of architecture. The end of the I century BC, the beginning of the I century BC marked the widespread development of the construction of thermal baths. In addition to their main purpose – health and hygiene, the thermal baths, usually surrounded by a park, with a stadium adjacent to them, replaced the citizen with a club, a park for walking, a peristyle courtyard of a rich residential building, a sports ground, They served as a meeting place where private and public affairs were discussed; recreation rooms, places for outdoor walks, halls for conversations, libraries, rooms for musical and literary performances created conditions for communication.

Huge masses of people gathered in the grandiose imperial thermal baths, a citizen who did not have his own shooting with a fountain or a villa with a swimming pool could have fun here. Rich Romans preferred small private baths (Fig. 1, A) [1].

In Rome, with a population of 1 million people, there were both imperial baths and 800 small public baths. By the beginning of the empire, there were 170 public and private baths in Rome, by the beginning of the IV century AD—already 1000. Each of the 14 districts of the city accounted for 60-80 terms.

The most complex type of complex of Roman architecture is the imperial baths. The baths of Caracalla, covering an area of 12 hectares, were distinguished by a large scale and splendor, their one-time capacity was 1,600 visitors. The size of the complex is 450x450m, the range is from small numbered baths for one person or family to huge magnificent halls. The main building (216 x 112m) consisted of mirrored groups of rooms: lobbies, changing rooms, massage rooms, palaestras, halls for relaxation, ablution and steam rooms, various depths of swimming pools. The rotunda with a diameter of 35 m (hot pool) is located along the axis of the building. The unpretentiousness of the facades contrasted with the luxury of the interior. The composition was characterized by simplicity and clarity, which helped to quickly navigate in a huge complex. The sun flooded the halls of the baths. Colored marble, mosaic, sculpture had an emotional impact on the visitor.

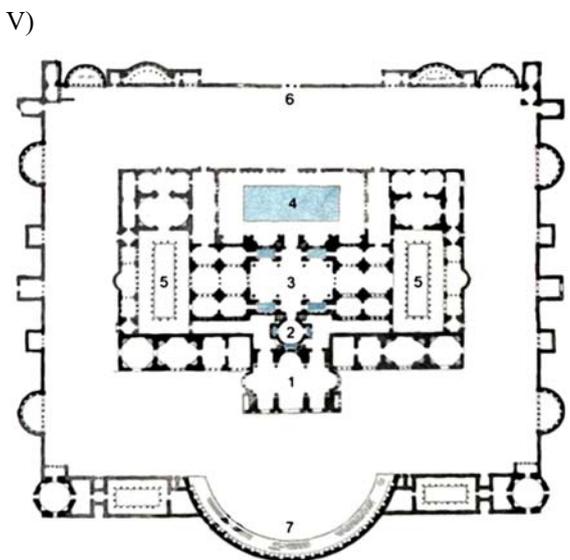
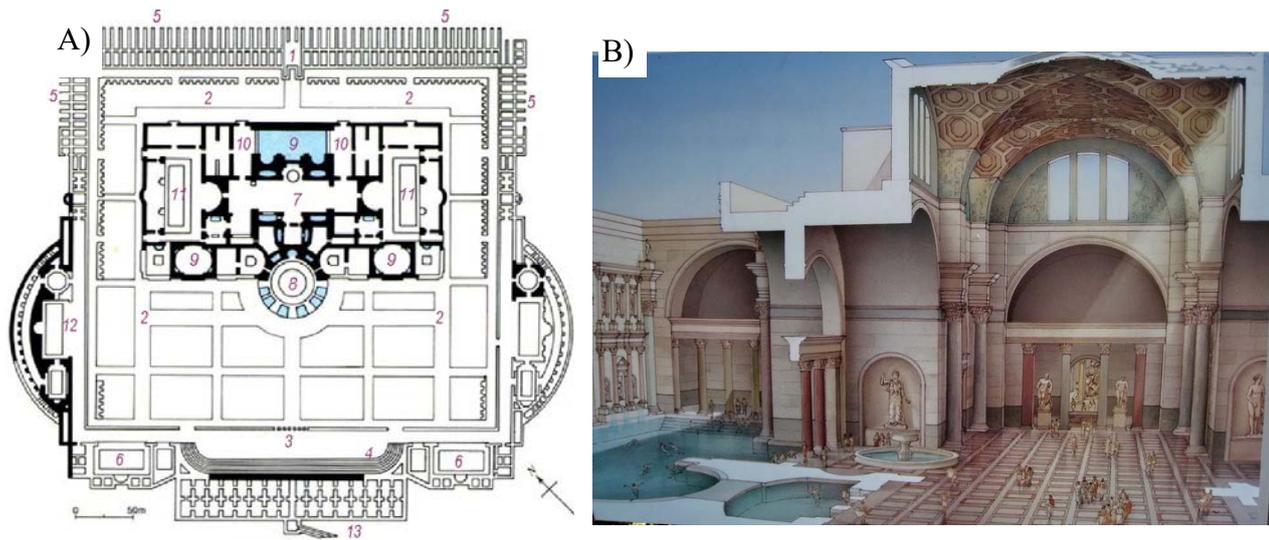


Fig. 1. The baths of the Romans, III-IV centuries AD. A-the baths of Caracalla. B-The interior of the baths of Caracalla (figure); 1-entrance, 2-courtyard, 3-a place for holding celebrations, 4 - seats for spectators, 5-cabins, 6-library halls, 7-main hall, 8-caldarium, 9-halls for relaxing after baths, 10-vestibules, 11-peristyles, 12 - halls for gymnastic exercises, 13- Water tanks. B-terms of Diocletian: 1-caldarium, 2-courtyard, 3-rooms with cold baths, 4-halls for relaxation after baths, 5-peristyle, 6-entrance, 7- a place for competitions.

The baths of Diocletian could accommodate 18 thousand visitors at the same time: there were three thousand separate rooms adapted only for washing (Fig. 1, C) [1].

The creation of thermal baths predetermined an entire era in the architecture of recreation, opening a new direction in the typology of recreation institutions. The use of a system of water procedures, bathing,

steam rooms in a complex with recreation facilities was a reflection of a new approach to strengthening mental and physical health when a person had the opportunity to restore strength in a short time. Thermal baths, as a great achievement in the evolution of recreation, in the creation of a fundamentally new type of building, were a significant element in the structure of the city and its architecture. They can be considered a prototype of modern multifunctional wellness centers in the city and suburban environment.

The peoples of Asia have used such structures since ancient times. An inscription in an ancient Indian temple says: "The body is purified by water, and the mind is purified by knowledge." The Hindus distinguished 14 types of water (alkaline, sea, etc.), and each had its own therapeutic purpose. Three thousand years before our era in the ancient Indian city of Mohenjo Daro there were well-equipped public baths and swimming pools, which included bathrooms. In Syria and Egypt, baths in ancient times were part of temples, palaces, fortresses, castles. [2]

In contrast to the complexly constructed Roman baths, the folk water structures of the countries of the Near and Middle East had quite simple solutions. As a rule, there were no swimming pools in them, with a few exceptions, instead of gyms for physical training, small rooms for various types of massage were occupied here. Oriental hydrotherapy facilities consist mainly of square rooms designed mainly for the implementation of a complex of health and hygiene functions: sweating lying or sitting on marble chairs, body massage, washing in warm and cold water, and relaxing with tea.

A special group included water structures built on hot mineral springs. Since the water in such structures did not need heating,

the entrance to them was mostly free. The abundance of thermal running water made it possible to arrange bathing pools and baths of various sizes in them. The pools usually had a round shape with stepped shoots in the plan. The buildings on the thermal springs were the prototype of modern hydrotherapy. The architecture of such structures corresponded to their functional purpose and, as a rule, was distinguished by high artistic and aesthetic expressiveness.

#### **IV. CONCLUSIONS (CONCLUSION OF THE STUDY)**

1. In all these periods, starting from antiquity and up to the present day, due to the constant influence of the climatic factor on the nature of human communication with the external environment, certain therapeutic and hygienic means and architectural and planning methods for solving buildings have historically been developed, which contribute to reducing the negative effects of climate and using favorable factors of nature. One of such methods of therapeutic and hygienic improvement of the human body was the use of the therapeutic and thermal properties of water and various forms of water procedures (bathing and swimming in swimming pools, washing in baths and under the shower, visiting steam rooms, etc.).

2. The intensity and nature of the use of such therapeutic and health-improving means were determined depending on the natural and climatic conditions since the need of the human body for health-improving and hygienic means for different climatic conditions was different. If in hot areas during most of the year, due to the uncomfortable temperature influence of the external environment on the human body, there is an increase in the need for bathing to cool the body and in water procedures to remove dirt from sweat and cleansing from the skin surface, then in cold areas, procedures were required to neutralize the negative effect of prolonged hypothermia on the human body, contributing to short-term strong heating of the body in specially equipped rooms.

3. This general pattern played a significant role in the emergence and formation of multifunctional health centers for different countries. Therefore, it is no coincidence that since ancient times, the appearance of outdoor swimming pools, cold showers, and baths has been noticed on the territory of hot countries, and in the Middle Ages, warm baths (such as hamams), whose typological features were distinguished by the presence of a number of complexes of rooms in them that have various health and hygienic effects on the human body.

#### **V. REFERENCES**

- [1] Уралов А.С. Бани-хаммам в зодчестве Центральной Азии. - Самарканд, 2002. 105 с.
- [2] Уралов А.С. Архитектура лечебно-целебных учреждений средневековой Центральной Азии и стран зарубежного мусульманского Востока. – Самарканд. 2014.
- [3] Убайдуллаев Х.М. Иноғамова М.М. Тураржой ва жамоат биноларини лойихалашнинг типологик асослари. - Тошкент 2009.