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Landscape and Architectural-Planning Solution of the Project Proposal of Samarkand Sanitation Complex

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Abstract

The protection and rational use of natural resources in our country, preservation and restoration of valuable landscape areas of parks and recreation areas, creation of ecologically clean conditions in cities and towns, and the improvement of landscape therapy are based on the changed functional and psychological state of a person. It is an absolutely harmless treatment method that does not require return, use of natural resources and effort.

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Introduction: Landscape classification is a logical operation for grouping a set of separate landscapes into classes, types, and generalities according to strictly defined characteristics that reflect their important characteristics.

The practical importance of the classification is also great. For practical purposes, the landscape is important for separate analysis when assessing the need for architecture. There is a need to develop more specific standard norms or measures (urban planning, environmental protection, etc.). Typologically similar landscapes can be expected to have similar natural conditions and resources and thus respond to the same types of economic and land reclamation impacts[1].

The similarities and differences between plants used in landscape architecture are determined by many reasons, and it is important to determine in what order these reasons should be considered. The most important processes of landscape activity, such as moisture circulation, biological circulation of substances, soil formation and biomass production, are determined by the provision of heat and

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moisture to plants, that is, the introduction of solar energy and active moisture. The distribution of heat and moisture and their ratio depends on the width, sector and elevation of the landscape area, and important patterns of landscape formation should serve as initial "coordinates" for classification.

A. S. Uralov (1984) classified the assortment of trees and shrubs for residential areas in Uzbekistan schematically in the following form [2].

Trees and shrubs based on the table:

- a. decorative appearance;
- b. impact on the surrounding environment;
- c. allocated to district areas for sowing.

In turn, each above line is divided into several lines. All trees and shrubs in the table contain information about the adaptation of zones and districts to the natural climate and soil conditions, as well as the extent to which agrotechnical and reclamation activities are carried out. These are:

lowering the level of underground water and carrying out measures to wash saline soils in winter;

- to improve soil quality by adding fine soil to sandy and silty soils typical of the districts;
- carrying out the work of dividing the land into districts, land slopes, flat steps - "chel";
- perform and carry out economical and moderate watering during the growing season;
- irrigating the land under cultivation 18-23 times per season, etc [3].

Based on the above-mentioned classification categories, an additional classification was made in the scientific research for the doctorate degree in the study of the ecological basis of the formation of the landscape of health care complexes in the conditions of Uzbekistan and the production of project proposals.

Based on this classification, a lot of emphasis was placed on the therapeutic properties of certain trees, shrubs, liana and flowers. In addition, when describing each plant in the classification, it was divided into columns depending on their height, perennial or annual, resistance to cold and heat, demand for dry and wet soil. For example: Table 1

Lipa krupnolistnaya (Tilia platyphyllos)								
Height m (average)	shape	Density	Soil moisture	Light resistance	Cold resistance	Hot resistance	Planting composition	Therapeutic treatment

30	Scattered	dense	Demanding moisture	Shade resistant	Cold resistance	Hot resistance	Solitaire, group	<ul style="list-style-type: none"> • Calming; • Honey obtained from it is used for inflammation of the digestive tract.
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Derenbeliy (Cornus alba)								
Up to 3,5	Height m (avera)	Widespread	shape	dense	Soil moisture	Light resistance	Cold resistance	Heat resistance
Fenced		insistent moisture						
Shade resistant								
Cold resistance								
Hot resistance								
Group								
								<ul style="list-style-type: none"> • Phytatsite has activity - it enriches the atmosphere with oxygen and is useful for patients with lung diseases.

Tekoma or Kampris (Campsis grandiflora)								
Height m		The effect of the seasons on the leaf		Perennial, annual	Soil moisture	Light resistant	Cold resistance	Heat resistance

20	The color changes	Many years	Demanding moisture	Light resistant	Cold resistance	Heat resistance	Vertical	<ul style="list-style-type: none"> • Flower: • Antipyretic; • It has sedative and hemostatic properties.
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Romashka Nivyanik obiknovennaya (Leucanthemumvulgare)								
Height cm	Flowering period	Perennial, annual	Soil moisture	Light resistant	Cold resistance	Heat resistance	Planting composition	Therapeutic treatment
90 sm	June - October	Many years	Demanding moisture	Light resistant	Resistant	Heat resistance	Mixborder	<ul style="list-style-type: none"> • Pain reliever; • Cough suppressant; • Calms the nervous system; • Regulates sleep; • It is used against inflammation

After searching and studying the therapeutic effect of each plant in the considered classification, the species suitable for health centers and growing in the territory of Uzbekistan were selected.

If it becomes difficult to find some trees and bushes to be planted in the health center or it is not economical, it is necessary to rely on the composition of other plants to replace it. For example, this problem can be solved using the SCAMPER method of pedagogical technology.

Throughout history, and especially since the Internet, many processes and techniques have been developed to enhance creativity, problem solving, and productivity. Among them is the well-known SCAMPER method, which can help us both personally and professionally[4].

Although some people are more creative than others, creativity is an innate human ability. But that doesn't mean it can't be learned or improved. In many cases, when a person has lost touch with creativity, methods like SCAMPER can help reconnect.

SCAMPER (Substitute, Combine, Adapt, Modify, Put, Eliminate, Reverse) is a creative method in a creative way. Although the idea of this method was attributed to Alex Osborne in the mid-20th

century, it was one of his students, Bob Eberle (1997), who developed and pragmatically developed this method to improve brainstorming.[5].

This method is often used to develop new ideas. Its purpose is to give a consistent answer to the question of changing the problem under consideration. Based on this method, we can offer a new direction in the process of planting trees, bushes, lianas and flowers used in the design of landscape zones of treatment facilities of the Republic of Uzbekistan.

In addition, the SCAMPER method helps to positively solve the problematic questions in the object being designed. Process: Substitute, combine, adapt, modify, propose new, cancel or reduce, and reverse.

To better understand this method, we need to think about the words in each letter and some questions that may appear in the words. Table 2 is explained as follows:

Abbreviated	Modification (engl.)	Description
S	<i>Substitute</i>	Substitutes - eg components, things, people
C	<i>Combine</i>	To combine - for example, things or devices that perform a certain task, etc
A	<i>Adapt</i>	Customization - for example, adding something new, a task-activity
M	<i>Modify</i>	Modification - for example, changing the size, shape, color or other characteristic
P	<i>Put</i>	Make a new offer
E	<i>Eliminate</i>	Cancellation or reduction
R	<i>Reverse</i>	Redirection

As an example of the established classification, the maple ostrolist tree was explained as follows, one of the innovative methods of pedagogical technology, SCAMPER method. Table 3

Abbreviated	Modification (engl.)	Modifikatsiya (o'zb.)	Klen ostrolistniy 'Globozum' (Acer platanoides)
S	<i>Substitute</i>	O'rinini bosuvchi (Almashtirish)	Buddleya Davida (<i>Buddleja davidii</i>) buta
C	<i>Combine</i>	Kombinatsiya qilish (Birlashtirish)	Spireya Bumalda (<i>Spiraea Bumalda</i>) Roza Vixurayana (<i>Rosa wichuraiana</i>) liana
A	<i>Adapt</i>	Moslashtirish	For Buddleia Davida, Rosa Vihurayana liana can be the most successful partner. Buddleia Davida adapts well to low plants, dominates them and fully reveals its delicate beauty.[3].
M	<i>Modify</i>	Modifikatsiya qilish	As a result of using the Scamper method, instead of a maple tree, a landscape composition combined with bushes and liana

		(O'zgartirish)	appeared.
P	<i>Put</i>	Yangi taklif berish	Not limited to planting Buddleia Davida shrub and Rosa Vihurayana liana in the design object, if we apply it in a different way to the landscape composition, as a result of forming an arch with metal frames, Rosa Vihurayana is an archway decorated with delicately scented roses when walking along the garden paths. varnish can be produced.
E	<i>Eliminate</i>	Bekor qilish yoki kamaytirish	The above landscape is suitable for the design of treatment facilities and helps people to release stress and mental fatigue.
R	<i>Reverse</i>	Teskari tomonga yo'naltirish	Leaving the composition of bushes and lianas, a maple tree is planted.

In order to solve the problems in the landscape and architectural-planning solution of the health care complex project proposal, they will help to make an innovative new project proposal for the development of the medical center by analyzing the SCAMPER method, one of the innovative methods of pedagogical technology.

The fact that special attention is paid to the results of scientific and practical activities, research and practical works in the field of landscape architecture in our country indicates that landscape architecture is gaining special importance in improving the environment. Attention is paid to the complex of measures to protect and rationally use natural resources, preserve and restore valuable landscape areas of parks and recreation areas, and create ecologically clean conditions in cities and towns.

Based on this, it was designed to create a modern innovative landscape architecture of the health care complex located in the territory of the Forestry Reserve of Samarkand city.

Due to the fact that the main entrance of the health care complex is facing the highway and the rest of the treatment center is bordered by the Forestry mound and the Gala Asia neighborhood, the surroundings of the planned facility are surrounded by maple ostrolistnii, lipa serebristaya, maple serebristi tree planting is proposed. Such fenced green walls separate the territory of the health care complex from the main road. Due to the richness of ascorbic acid, carotene and alkaloid substances, they protect the area from dust, noise and waste gases.

The area to the left of the main entrance to the proposed treatment facility has tall conifers that will be preserved. On the right side of the main road entering the area, a green corridor and a pedestrian walkway were planned. A number of decorative bushes are planted on the lawn green corridors to give a good mood to the human psyche. These are: deren beli, speria bumalda. The purpose of choosing such bushes is that they have phytacid activity - that is, they enrich the atmosphere with oxygen and are useful for patients with lung diseases. A few benches will be installed on the sidewalk, and the "color therapy" zone designed to the right will be accessed via pilapias. This zone helps patients restore their health through color.

In the planned "color therapy" garden, it is proposed to create a relief color landscape composition.

In the color therapy garden, it is proposed to use 9 color compositions: red, orange, yellow, pink, blue, sky color, purple, white, green, all plant compositions are designed. Each color has the power to affect the human psyche.

The main meanings of the red color symbol: fire, heat, life, energy, activity, will, struggle, passion, anger. Human body related to it: blood, genitals[6].

Psychology and color: gives a sense of security and confidence in the future, helps to easily overcome problems, strives for leadership.

Helps to get rid of negative mental state: apathy, depression, fear and self-doubt.

Physiology and color: improves the nervous system, releases energy, improves blood circulation, increases the number of red cells in the blood.

Treats diseases: low blood pressure, anemia, poor blood circulation, colds, runny nose, etc.

Not recommended: people with high blood pressure, heavy bleeding.

Angry people are not recommended to become a garden of red decorative plants. Therefore, it is advisable to create a composition of red plants together with green or blue plants, and during the treatment process, a garden designed with red color should always be finished with a landscape treatment garden designed with cool colors.

Selection of plants included in the red color: buddleia davida bush, virgin vine, honeysuckle honeysuckle, clematis lianas, astilba chinese, viola, margarita mnogoletnaya, zinnia flowers and plants included in this color classification are offered (Fig. 1).



Figure 1: A landscape designed from Astilba Kitayskaya flowers in the red area of the color therapy zone

The main meanings of the orange color symbol: movement, speed, rhythm, joy, emotion, enjoying life. The human body associated with it: the spleen, that is, it is related to the digestive organs[6].

Psychology and color: clears unpleasant emotions, helps to forget negative events in life (for example, the breakdown of relationships or the loss of a loved one), helps to forgive a person.

It helps to get rid of negative mental state: apathy, boredom, sadness.

Physiology and Color: This color is between red and yellow, so it contains characteristics of both colors. It energizes like red and expands the thought process like yellow. Like a glass of orange juice, it wakes you up and gives you energy throughout the day. Provides nutrients such as digestion and vitamin C.

Treats diseases: loss of appetite, stomach, asthma, gallstones, etc

Not recommended: excessive use of orange plants in the landscape design of the proposed treatment facility can make people feel too calm and lazy.

Selection of plants included in the orange color: tecoma ili campris liana, viola, calendula, Korean chrysanthemum, zinnia flowers, etc. (Fig. 2).



Figure 2: Landscape designed from Chrysanthemum koreyskaya flowers in the orange area of the color therapy zone

The main meanings of the yellow color symbol: sun, day, freedom, celebration, joy, patience. It connects the human body related to it: intestine, liver and gall bladder[7].

Psychology and color: activates the senses, releases negativity, which weakens self-confidence. It helps to look at new ideas from different perspectives.

Helps to get rid of negative mental state: depression, lack of self-esteem, hopelessness.

Physiology and color: ovate effectively treats diseases of the digestive tract, improves its function, mainly by regulating the production of bile and helps to digest fats. Improves memory.

Treats diseases: constipation, diabetes, skin diseases, nervous system exhaustion.

Not recommended: insomnia and severe stomach ailments.

Selection of plants that are part of the yellow color: droko hispansky bush, jhimolost honeysuckle, tekoma ili campris, jhimolist japonskaya lianas, viola, narcissus, zinnia, iris geltii flowers, etc. (Fig. 3).



Figure 3: A landscape designed from Narcissus flowers in the yellow area of the color therapy zone

The main meanings and symbols of pink color are: feminine, unconditional love, romance, friendship, kindness, infancy and pursuit of dreams. Human body related to it: kidney, adrenal gland, mucous membrane. This color has a wonderful feeling and helps to overcome whims and aggression and anger[8].

Physiology and color: cleanses the kidney, adrenal gland, blood of bad substances and absorbs the stomach.

Selection of plants included in the pink color: Chinese astilba, viola, margarita mnogoletnaya, Korean chrysanthemum, aster, zinnia, petunia, pelargonium flowers, etc. (Fig. 4).



Figure 4: Landscape designed from the flowers of "Margaritka mnogoletnaya" in the pink area of the farm zone

The main meanings and symbols of green color: nature, life, trust, harmony, extroversion, naturalness, kindness and gentleness.

The human body associated with it: the heart.

Psychology and Color: This color is intermediate between black and white, so it is considered a neutral color.

Helps to get rid of negative mental state: anger, rudeness, lack of emotions.

Physiology and Color: Heart attacks are often caused by emotional problems.

Treats diseases: heart disease, bronchitis and lung diseases and flu.

Not recommended: it is not recommended to stand next to a green landscape composition if you need to make a quick decision in a situation.

Selection of plants that are part of the green color: lipa krupnolistnaya, tuya zapadnaya, el kolyuchaya, mozhjevelnik virginsky trees, kizilnik blestyaiy, mozhshshevelnik kazatsky bushes and plush evergreen, clematis lianas, astilba chinese, cineraria primorskaya or serebristaya flowers, etc. (Fig. 5) .



Figure 5: Composition of trees and shrubs planted in the green area of the color therapy zone

The main meanings and symbols of blue and blue are: wind, sky, cold, ice, purity, sincerity, conversation, politeness, peace, depth, vision, wisdom, silence and calmness. The human body associated with it is the throat, thyroid gland, and pituitary gland.

Psychology and Color: The ability to soothe the mind and words is associated with blue. This color also has honesty and sincerity. With the help of blue color, you can separate yourself from the outside world and think and think calmly when you are alone. Encourages creativity.

Helps to get rid of negative mental state: shyness, fear of speaking.

Blue color: develops the nervous system. This color expands thinking, frees from worries and fears, allows you to make the right decision by hearing your inner voice.

It helps to get rid of a negative mental state: develops the nervous system, eliminates hysteria and depression.

Physiology and color: for insomnia, the color blue helps you fall asleep, because it has a wonderful effect. It is astringent and anti-inflammatory.

Treats diseases: high blood pressure, sore throat, cough, runny nose, insect bites, burns, PMS, stress, children's diseases - painful teething, measles, salivary gland inflammation.

Blue color helps to treat deafness, cataracts, bleeding, insomnia. It helps to treat inflammation of the tonsils and joint diseases.

Not recommended: not for people prone to depression. Colors should be used with caution, as they affect endocrine disorders, especially hormone production.

Selection of plants that are part of blue and blue color: hydrangea, rosemary lekarstvenny bushes, pueraria, clematis lianas, delphinium, viola, iris, petunia flowers, etc. (Fig. 6).



Figure 6: Landscape designed from "Hydrangea" flowers in the blue area of the color therapy zone

The main meanings and symbols of purple color: wisdom, spirituality, abstraction, impressiveness, mastery, nobility, law, power. The human body associated with it: the right hemisphere of the brain, glandular organs.

Psychology and color: luxurious color is observed in the clothes of the clergy and in the clothes of the priests. This color is characteristic of creators and aspirants. This color allows you to calmly accept the events related to you, calms the mind and provides energy. Purple color unites mind and body.

Helps to get rid of negative mental state: neurosis, despair, low self-esteem.

Physiology treats diseases: epilepsy, nervous system disease and multiple sclerosis

It is not recommended: it is not used for severe mental illness and intoxication.

Selection of plants that are part of the purple color: siren obiknovennaya, siren Hungarian bushes, honeysuckle honeysuckle, pueraria, Chinese wisteria lianas, Chinese astilba, viola, violet basil "tyomnyy opal", iris flowers, etc. (Fig. 7).



Figure 7: Landscape planting of flowers "Siren obiknovennaya" in the purple zone of the healing zone

The main meanings and symbols of white (silver) color: light, peace, tranquility, purity, emptiness, chastity, virginity, concentration.

Psychologists often use white color when working with patients. It is recommended to create a landscape composition of white plants together with other colored plants. Every person who is surrounded by a white landscape is accompanied by strong emotions.

Selection of plants that are part of the white (silver) color: deren beli, snejnyagodnik beli, yucca nitchataya bushes, vinegrod devichy, jhimolost caprifol, jhimolist japonskaya, clematis, rosa vixurayana lianas, astilba tayskaya, camomile nivyanik obiknovennaya, margarita mnogoletnaya, chrysanthemum koreskaya, cineraria primorskaya or serebristaya flowers, etc. (Fig. 8).



Figure 8: A landscape designed from the flowers of "Rosa vixurayana" in the white area of the healing zone

By choosing different groups of plants and trees of different shapes and colors, the garden creates a wonderful healing landscape. Walking paths are winding paths designed with stone slabs leading between the folds of the garden. Seats will be placed in the main areas of the park to enjoy the view. They are a place of perception of various color compositions.

On the left side of the color therapy zone, a sports building is placed, and huge chess boards are made using lawn and tiles.

The great Cuban grandmaster Raul Capablanca said: "Chess is not just a game. It's an intellectually useful way of spending time, with a degree of artistry and scholarship. As important as sport is for physical perfection, chess is as important for mental potential. It is a fun and convenient way to develop special human qualities and exercise the mind." [9].

In addition, the famous Russian pedagogue V.A. Sukhomlinsky was right when he said, "It is difficult to imagine the full development of the mind without chess." The surroundings of the sports zone will be landscaped in the form of an artistic landscape. In addition, decoration with various bushes and flowers with therapeutic properties was designed. Sheds will be installed between the chess fields for cultural recreation for the elderly. This, in turn, brings landscape aesthetic beauty to the zone.

The next healing zone is the "aroma therapy garden" consisting of decorative trees, bushes, lianas and flowers that emit a soothing aroma. These garden plants release phytocytic substances into the environment of the health center and calm the nervous system of people, clean the respiratory tract from bacteria and fungi. Sona krimskaya, klen serebristyy, el kolyuchaya trees, deren bely, siren obiknovennaya, snejnyogodnik bely bushes and khimolost caprifol, jhimolist japonskaya, roza vikhurayana lianas are offered to this therapeutic area. Their composition is rich in essential oil. Therefore, the expression from it raises the mood, calms people of different temperaments, increases self-confidence, gets rid of negative characteristics. This garden is a space designed in a free style composition with open space. The garden has wooden benches under the shade of ornamental trees, where patients can read, chat and enjoy the view. Due to the open area of the arotherapy zone, it was designed to build small fountains in the central corridors and to light them with modern LED lighting to give the area coolness. [10].

The issues of lighting in landscape architecture, especially its place in the landscape style, are of particular importance, because it interests patients with the constant change of color and light patterns of nature during the days and seasons of the year.

It is suggested to use spherical lamps 3 meters high for general lighting of recreation areas. Such lamps are installed along the perimeter of the territory. Bright white LED lamps are installed on the lawns

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along the roads [11].

It is planned to plant different varieties of nasturtium behind the treatment building. These are: Siren obiknovennaya, Siren Hungarian. Hydrangea, Spirea Bumalda bushes fill the alley with pleasant smells until other plants bloom in spring and early summer. It is recommended to plant roadside plants: Viola, Astra flowers, etc.

On the north-eastern side of Arotherapiya, the Obi Rahmat river passes. It is designed to place purple seats around it, because it gives a person peace and relieves fatigue.

It is planned to use 3-5 meter high lights of various designs to illuminate the surroundings of Obi Rahmat anchorage.

Not only the artistic side, but also the technical side is important in the design of landscape lighting. The work of laying the ribs for the cables of the lighting system is taken into account. Lighting equipment includes requirements for safety, effects and ease of operation.

On the west side of the treatment zone, there are residential, kitchen and reception buildings. The alleys on the side of the residential building are semi-enclosed areas with tall trees on both sides of the walkway. These are: El kolyuchaya, Mojjevelnik virginskiy. Shrubs are also planted among the trees. Seats will be placed around the garden.

In the back of the kitchen there is a utility area and a boiler room. The space between the kitchen and the living room is decorated with a green lawn and lianas, and compact fountains and benches are placed.

It is proposed to protect the parking area from the recreation area with tall trees. Existing trees will be preserved, and additional ones will be planted: serebristaya linden, Canadian poplar, horse chestnut, el kolyuchaya, Krymskaya pine. The existing bushes behind the parking area will also be preserved, and it is proposed to plant some tall coniferous trees, i.e. mozhjevelnik virginsky and tuya zapadnaya.

In short, ecology occupies an urgent place among the most global and acute problems of the 21st century. Intensive urban growth, development and strengthening of the territory, all this deprives a person of the opportunity to communicate with the natural world. Air and water pollution, increased noise, fast pace of life have a negative impact on human health.

On the threshold of the 20th - 21st century, landscape architecture has made great progress, which is a necessary measure to improve the environment and, consequently, human life in the modern world. Landscape architecture is one of the types of rehabilitation activities to restore the balance of nature and human world. Landscape architecture is a branch of urban planning, its purpose is to create a comfortable outdoor environment for the life and recreation of residents in cities, suburbs and recreation areas, rural areas, taking into account functional, aesthetic, technical and economic requirements.

In many developed countries, the development of landscape architecture and the improvement of the environment in cities are an integral part of the country's development as a whole, and are important factors affecting its future.

The goal of landscape therapy is to restore a person from a changed functional and psychological state, to use natural resources as a completely harmless treatment method that does not require force.

When studying world developments, it should be said that we are witnessing the neglect of the environment and the provision of quality medical services. In some foreign countries, the landscape architecture of the sanatorium has been treated irresponsibly. As a result, we witness the monotony of

gardens, artistic compositions designed with a low level of aesthetic taste, the harmony of buildings and colors, and unusual medical compositions.

An innovative proposal was made by studying the appearance of the landscape architecture of health centers in the city of Samarkand, the concept of creating an internal environment

In this case, it is advisable to use ornamental, perennial and beautifully flowering compositions with therapeutic properties.

If it becomes difficult to find some trees and bushes to be planted in the health center or it is not economical, it is necessary to rely on the composition of other plants to replace it. For example, this problem can be solved using the SCAMPER method of pedagogical technology.

Therefore, the main plan of the project proposal is to create a classification of medicinal plants growing on the territory of Uzbekistan. One of the innovative methods of ped technology is SCAMBER, which helps to make a new design proposal for creating a landscape in a medical center.

Undoubtedly, this project is not easy to implement, it certainly requires scientific application, correction and experiments.

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