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MOFETTES: CAPRICE OR UNESCO PATRIMONY?



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Abstract

Introduction: The aim of the present paper is to present why mofettes, a natural therapeutic gas which contains 80-99% carbon dioxide, free gas in the volcanic regions, have therapeutic effects in the secondary prevention of cardiovascular diseases. In Romania, the Harghita-Caliman Mountains is the main area related to carbon dioxide emanations. The natural mofettes consist in the capture of the emanated gas and its use as such for therapeutic purposes in especially equipped rooms, which allow descending gas accumulation since it is heavier than air.

Methods and results: The results from different research studies with mofettes were analysed: features, exploitation, effects and therapeutic results. The results conclude that mofettes could be a UNESCO patrimony, as they are a non-pharmacological treatment which brings vasodilating effects, increases the muscular and cerebral circulatory flow, accounting for favourable effects in the atherosclerosis with arterial peripheral and cerebral localisation, in arterial hypertension, ischemic heart diseases.

Conclusions: The mofettes therapy combined with other classical rehabilitation programmes can play an important role in cardiac prevention and rehabilitation. The mofettes with their unique effects are an argument for the thesaurus potential of Romania's balneary resorts.