



WEB OF SCIENCE



## TECHIRGHIOL SAPROPELIC MUD – FOUNTAIN OF YOUTH



Balneo Research Journal

DOI: <http://dx.doi.org/10.12680/balneo.2018.182>

A031

Vol.9, No.2, May 2018

p:142

Liliana-Elena STANCIU, Marius Sorin CHIRIAC, Sterian APOSTOL, Elena-Valentina IONESCU

Balnear and Rehabilitation Sanatorium of Techirghiol, Techirghiol, Constanța County  
Email: [lilianastanciu77@yahoo.com](mailto:lilianastanciu77@yahoo.com)

### Abstract

**Introduction:** The Techirghiol sapropelic mud is one of the most important therapeutic factors of the Techirghiol areal, studied over a long period of time by many specialists, the balneary therapy performed in the „Sanatoriul Balnear si de Recuperare Techirghiol” is a scientific evidence-based therapy and not an empirical one.

The studying of certain techniques for obtaining an aging process without comorbidities that affect the quality of life of the aged patient represents a current preoccupation of specialist from different areas of activity, including those of the „Balneary and Recovery Sanatorium Techirghiol”.

**Materials and Methods:** Prospective cohort clinical study, conducted within „ Sanatoriul Balnear si de Recuperare Techirghiol”. There were carried out hormonal determination in four moments of time: at the moment of hospitalization, at discharge, at one month after discharge and four months after discharge.

**Results:** The evaluation of changes in the hypothalamic-pituitary-adrenal hormonal axis presents a major importance in the studies performed on the sapropelic mud of Techirghiol. Results involving the aging process, under peloidotherapy, were found within the GH-IGF-1 axis, results that concord with endocrinology specialty literature. Bio-hormonal modifications obtained are differentiated depending the sapropelic mud application: thermoneutral application or contrasting factors application

**Conclusions:** The present study opens a very important pathway for the modern balneary area, showing the importance of Techirghiol sapropelic mud for obtaining a „successful” aging process.