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.