

THE TREATMENT OF PAIN IN DEGENERATIVE JOINT DISEASES WITH THE HELP OF SULFUROUS THERMAL MINERAL WATER IMMERSION

Eugenia Dumitrescu, Carmen Enescu

Calimanesti-Caciulata-Cozia Treatment Base, Romania

Abstract

Introduction: Romania has a third of the whole balnear reserves in Europe. The therapeutic effect of sulfurous thermal mineral waters is mentioned from 1872 when they were more empirically used. In the present, they are highly standard and scientifically used in medical practition for pain caused by degenerative joint conditions.

Materials and methods: The clinical testing of these waters was made on an 1145 patients study group between March 2015 and November 2017. The pain of these patients was caused by diseases such as gonarthrosis, coxarthrosis and discopathy. The age average was 65 years old. To evaluate the subjective experience of pain, we used the numeric evaluation scale from 0 to 10, where 0 represents total lack of pain and 10 represents an insupportable excruciating pain.

720 patients had associated comorbidities: 41 cases of chronic hepatopathologies, 79 cases of ulcer disease, 90 cases of gallbladder ailments, 110 cases of renal lithiasis, 130 cases of arterial hypertension, 51 cases of chronic ischemic heart disease and 219 cases of diabetes, obesity and metabolic syndrome.

The sulfur baths were aplied daily, 20 minutes per session, with the waters' temperature between 36 and 37. All patients' received kinesio-therapy for muscle toning and joint mobility improvement. Patients with associated gastric, hepatic and renal lithiasis conditions received diuresis creno-therapy in digestive or homeopathic doses, according to the laboratory and para-clinically examinations.

Results: 945 patients asserted significant improvement of pain and joint mobility. 123 patients had a mild persisting pain and were prescribed antalgic treatment. 77 patients were recommended orthopedic examination - for prosthesis and neurosurgery examination. The proportion of placebo-reactive patients was variable.

Conclusions:

1. Sulfurous thermal water immersion successfully passed the harsh test of time. These procedures have to be manipulated with fair judgment and under strict medical supervision.
2. The two pain therapy types (naturist and pharmacologic) do not exclude one another, in the contrary, they complete each other with success, realizing thus a „global therapy”.