

## EFFICACY OF NATURAL THERAPEUTIC FACTORS FROM BAILE GOVORA IN BRONCHIAL ASTHMA

Cristina PETRESCU

S.C.Baile Govora

### Abstract

**Introduction:** Băile Govora spa resort is situated in Vâlcea County, at 20 km from Rm. Vâlcea, on a bypass of the road to Horezu and Tg. Jiu, in the valley of the Hința river, like in a funnel, at an altitude between 330–380 meters, in a particularly charming area with hills covered by beech, fir, oak, spruce and acacia forests. Characteristic of this area is the presence of mineral waters, which represent natural therapeutic factors used for the treatment of various disorders. Baile Govora is one of the richest spa resorts in iodine and bromine waters in Europe, iodine and bromine being of organic origin. It has: hypertonic iodine, bromine, sulfur, chlorine, sodium concentrated mineral waters; hypotonic sulfur mineral waters; hypotonic bicarbonate, sulfur, sodium, calcium waters; mineral water springs for creno-therapy; continental climate with Mediterranean influence, relatively constant humidity, temperature without extremes, and low allergenic pollen load.

**Material and method:** Case study: patient P.C. aged 29 years, residing in Baia Mare, diagnosed with bronchial asthma at the age of 20 years, presented to our service 4 years before, with noisy symptoms characteristic of this disorder; in addition, she had cyclic manifestations of allergic rhinitis. Clinically, diminished vesicular murmur, diffuse sibilant rales in the chest area with significantly prolonged expiration, wheezing, marked bronchial spasm; 81% O<sub>2</sub> saturation; exertional dyspnea were present.

After tolerance induction, spa treatment based on inhalation therapy was initiated (with mineral waters, arotherapy and kinesiotherapy). On day 5 of treatment, O<sub>2</sub> saturation increased to 90% and exercise tolerance also improved. The patient returned for the 7<sup>th</sup> course of treatment.

**Results:** After the treatment course in the spa resort, the following were found: clinically insignificant steth-acoustic changes; good exercise tolerance; 97% O<sub>2</sub> saturation; no characteristic manifestations. During May-June, vasomotor rhinitis persisted, which was partially therapeutically controlled with Flonidan.

**Conclusions:** Natural therapeutic factors are effective in bronchial asthma, but annual courses of treatment are required.