



## PECULIARITIES OF THE NEW METHOD OF PELOID THERAPY – INFRAPELOIDTHERAPY – IN DIFFERENT PATHOLOGIES IN CLINIC AND EXPERIMENT

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### Abstract

Ukraine is characterized by a significant amount of natural healing resources used in rehabilitation, spa and health resort practice, including deposits of therapeutic muds (peloids) of different types. Despite the significant prevalence of mud deposits, the question of their rational and economic use is relevant. The presence of comorbid pathology limits the prescription of heat treatment methods, in particular peloidotherapy by classical methods.

**Purpose:** study of peloidotherapy in the form of infrapelotherapy in rehabilitation practice.

**Results.** SI "Ukrainian Research Institute of Medical Rehabilitation and Resort Therapy of the Ministry of Health of Ukraine" conducts a set of physico-chemical, microbiological, experimental and clinical studies of peloids for their use in clinical practice. Experimental studies are performed on intact rats to study the safety profile and in the models of pathological conditions.

The peculiarity of the infrapelotherapy technique: peloid of silt sulfide type of room temperature is applied layer 1-3 mm thick on areas or on the entire body surface. Infrapelotherapy procedures are performed in a specially equipped chamber (room) with infrared light sources; duration of the procedure – 20 minutes.

Clinical effectiveness has been proven by monitoring the patients' state with the following pathological conditions (in the clinical sanatorium "Arcadia" of the State Border Service of Ukraine):

1. osteoarthritis of joints and spine, comorbid with diseases of cardiovascular system;
2. military with the consequences of injuries, back pain of different localization;
3. military with post-traumatic stress disorder.

**Conclusions.** Based on a set of clinical and functional indicators was found that infrapelotherapy improves the patients' state by restoring the function of joints, increasing physical activity and quality of life. The proposed method has good tolerability, high medical efficiency and is cost-effective due to the low cost of therapeutic mud per procedure compared to the classical method of mud treatment.