

## The balneary treatment course – a breath of life

**Bilha Neli-Claudia<sup>1,2</sup>, Bilha Stefan<sup>3</sup>**

<sup>1</sup>University Stefan cel Mare. <sup>2</sup>Pneumology, County Hospital. Suceava. Romania

<sup>3</sup>Nuclear Medicine Laboratory, Sf. Spiridon Hospital, Iasi. Romania

*Motto:*

*The patient heals because he is starting his life over, with a new intact energy load.*

Mircea Eliade. *The Sacred and the Profane: The Nature of Religion*, 1927

### Introduction

The balneary treatment course is complex and it is modulated by different factors:

- the state of **knowledge**,
- **socio-economic** context,
- **technological** level,
- historic time-frame,
- **environmental** factors etc.

### Aim. Material and method

1. Analyzing the natural and relational universe in which the course it taking place: patient, family, environment, medical team, the auxiliary, the national and local decisional powers, the National House of Health Insurance, economists, law experts, the educators, religion, the use of informatics systems, the media etc. The geo-climatic frame, the natural and artificial factors, the accommodation and meals, the group interaction, etc.
2. Emphasizing the consequences of the balneary course.
3. The educational/formative elements of the balneotherapy.
4. The thorough study and the application of the personal concept of general remodeling, 5 years after first presenting it.
5. A longitudinal study of group therapy in the spirit of evidence-based medicine.

### Results

1. Ideally, for the patient: rehabilitation, informing, beneficial lifestyle changes etc. General remodeling of the patient represents the result of any successful medical act.
2. The effects produced by the patients on the environment and on the rehabilitation team: remodeling of the doctor, of the health crew etc.
3. Intrusions and distortions in the rehabilitation process.
4. Interactions and ways to improve the balneary treatment course.

### Conclusions

1. The balneary course represents an active, fruitful part of the life of every person involved and does not remain only a static souvenir in the memory box.
2. The natural and social environments are influenced by the balneary activity as well.
3. Efficient actions to optimize the balneotherapy in Romania are required.

**Key words:** environment, team, general remodeling, optimize

### Introduction

In our country there is a wide variety of balneary resorts with a considerable potential for exploitation to improve the people's general health, to develop the

tourism in the sector and create fun relaxing activities.

If we are talking about the medical component, the balneary treatment course is complex and it is modulated by the state of

knowledge, socio-economic context, historic time-frame, environmental factors etc.

### Aim

We intend to illustrate that any balneary cure represents a true “serving of life”, rich in events and experiences and the obviousness of the fact that exclusively focusing on the medical side is limiting. We are also arguing that the macro-context, everything that happens during the stay in the resort, also has a therapeutic, synergic role.

### Material and method.

1. Analysing the **natural and relational universe** in which the course is taking place (Fig. 1).

The patient comes with his experience and his expectations, with his medical history, alone or with family or friends. We place the patient in a central position.

It is necessary to know the characteristics of the balneo resorts (1).

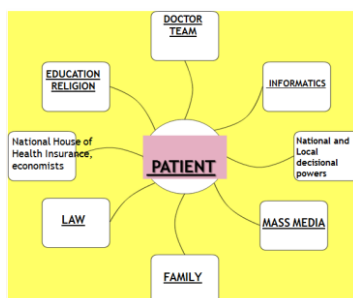


Fig. 1. Some of the factors involved in rehabilitation

From the balneary cure must be demanded only that which it can offer.

The family coming for treatment or on holiday has special needs and priorities and it is up to the managers to create the context for a pleasant experience.

The environment in a balneary resort should always be very nice and offer many possibilities for walking, exploring the surroundings etc.

The quality of the medical team is essential! All of us pretend solid competence, warm and bright empathy, and very good results.

The auxiliary, the team is very important and everyone contributes to the success.

The smile of the doorman, the nice care-taker, the skilful nurse, etc. they all light up the tourist's or the patient's day.

The national and local decisional powers manage the budget, the whole infrastructure, the aspect and the facilities in the resort.

Sometime, the National House of Health Insurance, with the economists and

the law experts are involved in the balneary course.

For the religious people, the faith is the most powerful therapeutic factor. And we also include the sacrotherapy in the large field of healing instruments (1). In fact, the whole life of the believer is according to the divine commandments and the therapy is simply an element of the life on earth.

The medical activity depends on the use of information systems, and their quality and function is also important in the balneary course.

The media and advertisements can promote a resort, a hotel, a therapy or a doctor etc. The secrets of the marketing are useful in the management of the balneary course too.

**Table 1. The medico – didactical interferences (4)**

Analyzed aspect	Student	Patient	Professor	Doctor
Interest	Reduced/absent	Very intense	Great	Great
Evolution of interest	Stationary/ variable	Continues until the case is solved	May increase	Continues until the case is solved
Motivation	Variable (reduced)	Very intense	Important	Profound
Relation	Group	Bilateral	With the group	Bilateral Works in a team (sometimes)
Responsibility	Reduced	Big	Big	Great
Implication	Little	Great	Big	Great
Constraint	Sometimes necessary	Sometimes	Not necessary	Self constraint
Pedagogical training	-	-	Necessary	Optional
Passivism	Present	Absent (to be avoided)	No	Impossible
Results	Possible	Impassionate awaited	Desired	Necessary, visible
Recompense (Reward)	Good mark (profession, life)	Get well/to be cured	Far away, less visible	Moral and/or material
Content? (moral satisfaction degree)	No (not quite)	Yes (should be)	No (not quite)	Can find reasons to be

The geo-climatic frame, the natural and artificial factors, the accommodation and meals, the group interaction, all of these work together towards the healing.

1. Emphasizing the consequences of the balneary course.

2. The educational/formative elements of the balneotherapy.

There are many educational and formative elements in balneo-therapy similarly to what we consider numerous medical - didactical interferences between Teaching and the Medical field.

Diagnosis and therapy include educational features.

We compared the similarities and the differences between doctors and teachers, respectively patients and students

(Table 1). We hope that negative situations are very rare, although sometimes situations such as the following may arise:

- The doctor acts out of fear.
- The patient has resentment for the doctor.

And we have some solutions:

- civic and normal behaviour,
- harmonious emotional intelligence (EQ), etc.

The thorough study and the application of the personal concept of general remodelling were first presented 5 years before (2). The process is alive, very complex and dynamic and we can illustrate only a modest image of these interactions (Fig. 2).

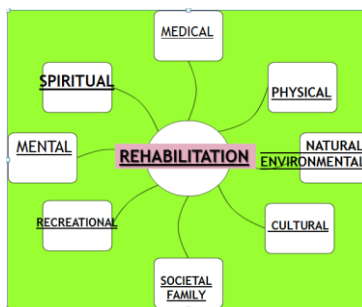


Fig. 2. General Remodeling through Rehabilitation process

**Results of the balneary course.**

1. Ideally, for the patient: rehabilitation, learning experience, beneficial lifestyle changes etc. General remodeling of the patient represents the result of any successful medical act.
2. The effects produced by the patients on the environment and on the rehabilitation team: remodeling of the doctor, of the health crew etc.
3. Intrusions and distortions in the rehabilitation process, balneary course.

These are too many to discuss and can affect the patient, his family, the medical team, the auxiliary, and depend on

the contact with the national and local decisional powers, with the National House of Health Insurance, economists, law experts, the educators, the religion, the use of informatics systems, the media, the infrastructure, the hotel, restaurant, weather, roommate, etc.

1. We intend to find more interactions and ways to improve the balneary treatment course. We are optimistic because the epigenetics confirm the influence of the experience on DNA structure and functions (Fig. 3). mRNA is a switch on/off mechanism for protein's synthesis demand by DNA.

Even the structure and functions of DNA can be positively influenced  
 (Murakami K, 2004  
 Sage JA, Lipton B)  
 Genes expression ↔ Experience  
 DNA → Proteins  
 mRNA  
 ON/OFF

- REHABILITATION:**
1. Physical Effort
  2. Psycho-social Factors
  3. New Actions
  4. Profound respiration exercise
  5. The Faith
  6. Sound, vibration; resonance.

Fig. 3. Balneary course experience and epigenetics

**Conclusions**

1. The balneary course represents an active, fruitful part of the life of every person involved and does not remain only a static souvenir in the memory box. It is an instrument for progress.
2. The natural and social environments are influenced by the balneary activity as well. And we hope to select only the positive, the good effects.
3. Efficient actions to optimize the balneotherapy in Romania are required and collaboration is the key.

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