

Solicitant- exciting plain bioclimate
Amara Balneoclimateric Resort

Constantin Munteanu¹, Horia Lăzărescu¹ Munteanu Diana²
¹ *National Institut of Rehabilitation, Physical Medicine and Balneoclimatology*
² *Romanian Association of Balneology*

Abstract

Balneology and balneotherapy are one of the field of medicine and therapy who study and apply the natural factors for therapeutic purposes: the natural mineral water springs and mineralized lakes, therapeutic mineral mud and peat, gas emanations as well as climate of zones or localities developed on the sources such therapeutical of the balneoclimatic resorts.

Balneary resources are represented by mineral therapeutical substances and climatic factors, which by physicochemical properties respond to the needs preventive and health maintenance, enhancement and restoration of health, work capacity and physical and mental comfort of the individual.

Climatotherapy is a form of treatment, well led, have fewer side effects than chemo-therapeutic treatment and prolonged effects, given that the way of treatment is as close to normal activity in a relaxing environment.

The solicitant- exciting bioclimate is characterized by general biological effects resulting from the request of central nervous system and vegetative as well as the endocrine glands activity.

In the bioclimatic conditions, requesting exciting plain are located balneoclimatic resorts from the northeastern of Baragan, on the shores of salt lakes: Amara, Salt Lake.

Amara Balneoclimateric Resort

General Informations

Amara balneoclimatic resort is a city in southeastern of Romania (Ialomita county), located in eastern of Romanian Plain (in Plain Baragan), on the Amara Lake, 7 km north-west of Slobozia (residence of Ialomita county) at an altitude of 30 meters.

Amara is neighboring to north with the village Grivița, at west with Perieți Doja villages and in East and South with Slobozia.

The village is located to 100 km from Henri Coanda International Airport, 100 km from the airport MK, 120 km from the Black Sea coast and 130 km from the Danube Delta.

The resort is at 2 km from the locality with the same name: Amara. In the Amara resort is arranged a treatment beach on the lakeside for sunbathing.

Balneary treatment resources

The main natural therapeutic factor is the Amara Lake. Lake water has a high sulfur content, sodium chloride and magnesium. Total degree of mineralization is 9.88 g / l. Lake mud is [sapropelic](#), containing about 40% and 41% organic mineral substances. Amara Lake has a length of 4 km, has a salt water supplied from groundwater healing by their chemical composition.

Therapeutic indications

- Articular rheumatism
- Poliarthrosis
- Degenerative rheumatism
- Peripheral neurological diseases
- Gynecological diseases
- Post-traumatic
- Recovering from operations on the joints, the muscles, bones
- Dermatologic diseases
- Endocrine diseases
- Occupational diseases

Contraindications

- Neurosis
- Active pulmonary tuberculosis
- Cardiovascular diseases
- Basedow disease
- Bronchial asthma

Climate

The climate isa continental steppe, summers are hot and winters are cold. The annual average temperature is 22 degrees Celsius.

Historian

The first mention of Amara Lake during the reign Matei Basarab, who endowed the monastery "Holy Voievozi" built by him in Slobozia, with large land around the lake.

The lake is known from prehistory, specifically from the Neolithic age (years 3500-2800 i.e.n), on its right bank was situated an old village: Bora. (according to the indications of Costin Stefanescu).

The first settlements established in the present territory of the Amara city are recorded through the years 1857-1859, when they settled here come the shepherd groups through the Fagaras and Muscel. They, through the years 1864-1866, they add other groups of pastors, who came to the same places. All have built huts and cottages around the lake, forming a hamlet known at first as the Basica Galbena or Movila Galbena. In 1864, by secularization of the monasteries few families from the Buzau, Prahova, Slobozia and Ialomita county, were given land on the estate of Slobozia village. Until 1903, Amara was a hamlet and belonged to Slobozia¹

Amara has caught the attention of Petru Poni, who is due the first chemical analysis of lake water in 1887² and the authorities from here have decided to fit bathrooms. Were first primitive installations in 1905, but now are made modern procedures with mud that heals.

In 1896, 4 years after the county authorities decided to establish a service of the baths, in charge of running warm bath facilities, Amara is used widely by the population, seasonally. Documentation time retain as balance of a season cure: a "total of 452 patients and 3.200 bathrooms"³ Dan Ghinea in *Romania's geographical Encyclopedia* explains resort reputation by the mud and curative value of lake water, natural cure factors exploited since 1900.

In 1905 the resort is built a rudimentary installation for warm baths, later destroyed during the war and then rudimentary rebuilt⁴.

During the First World War, the installations for warm baths were totally destroyed by German occupiers, which have used for room heating and building military barracks. At the same time, the locals have made in their homes installations in primitive bathrooms for heating water and mud in boilers⁴.

Immediately after World War I, in Amara is established a balneary committee that will deal with restoration of the installations in use. Among other things, have been taken measures to ensure the

popularization of the central city. Were procured funds for the proper functioning of the installations being made and the first design of the land.

Between 1922 and 1937 in the resort various local investors will be arrange establishments and accommodation (commercial company "warm baths board installations", establishment of warm baths "Health - Amara mud"). Starting with "1937 the first settlements of base treatment were built."

"Building these settlements, increasing the economic role of the area, construction of municipal objectives-led household determined the Romanian National Tourist Office in 1937 to declare Amara city resort." Following this, the office was established here a balneary office in order to ensure the proper course of hotels private necessary, proper functioning of the installations, insurance and healthcare assistance.

Nationalization of warm baths establishments and hotels in the years 1948 - 1949 constituted the first stage of profound transformation that will know the resort in the next years. Their administration was placed first to Prefecture Ialomita and Regional People's Council subordinated, until 1952. Then, some installations were in the custody of the Central Council of Trade Unions.

Starting with 1971, 1973 and 1976 there exist three balneary complex.

Through HG 1122 of 10.10.2002, Amara is declared the national interest resort, and later Law. 134/2004 was declared the commune town.

Tourist attractions

- Romanian seaside tourist area: Mamaia, Eforie, Neptun, Saturn, Jupiter, Cap Aurora, Olympus, Costinesti, Mangalia, Năvodari resorts (hotels of 2-5 star, water sports, entertainment - The Dolphinarium and Aquarium of Constanta, holiday village from Mamaia., etc.);
- vestiges of the ancient settlements: Tomis, Calatis and Histria;
- The Adamclisi Monument;
- the basement of Murfatlar resort;
- tourist area of the Danube Delta (boat trips on the river branches, fishing and hunting practice);
- tourist area of Braila Islands (Danube boat trip on the Big Island of Braila and channels, sport fishing).

In Slobozia can visit the National Museum of Agriculture and in the museum park the wooden church "Poiana" that is documentary certified since 1737 and was moved here in September 2000.

¹ Costin, STEFANESCU, *Statiuni balneare si climatice. Ghid*, 1967

² Elena, BERLESCU, *Enciclopedie de balneoclimatologie a a Romaniei*, 1998, p. 30

³ idem2

⁴ Costin, STEFANESCU, *Statiuni balneare si climatice. Ghid*, 1967

⁵ www.puls-il.ro

⁶ idem5

Wooden Church "Poiana" was consecrated on 17 December 2000 and has value by being itself an original and authentic history and architecture, historical monuments inscribed on the List of historical monuments.

The Lower Poiana from where was brought the wood church find a document that it functioned as a school in 1775 with two priests and a teacher.



Natural factors of resort area

In the paper *Balneoclimatic cure in Romania*, Nicolae Teleki mentions that therapeutic factors of Amara Resort: Amara lake water sulfate, chlorine, magnesian, low gromurata with a total mineralization of 9.88 g / l (due to its high in sulfates, water tastes bitter from which the name resort); the sapropelic mud of lake with a content of 66.6 g%, mineral water for cleaning the internal probe sulfur, low sulphate, bicarbonate, sodic, magnesian, hypotonic, with a total mineralization , 6 g / l; exciting bioclimate of steppe (Teleki, Nicholas, 1984, pg 298).

Resort development was due to lake water and especially to sapropelic mud with therapeutical properties.



"Lake Amara belongs to the category of plain salt lakes developed on the loess deposits¹" and is the largest lake balneo - therapeutic from the Romanian Plain, known for the sapropelic mud used to treat various diseases.

The lake has a length of four kilometers, a width ranging between 200 and 800 meters and a depth of over 3m, stretching over an area of 156 ha (says Gregory Posea and collaborators in the paper of 1982).

¹ Melinda, CANDEA, George, ERDELI, Tamara, SIMION, *Romania: Potentialul turistic si turism*, 2001, p 68

It is supplied by erosion water which washes the surface rocks of efflorescence products by groundwater from the Romanian Plain charged with salts (mainly sulphates and chlorides).

Magnesium sulfate and sodium sulfate, dissolved in large amounts in the water, give it taste very bitter, which masks salty taste.

Sapropelic mud is black (in contact with air became gray), greasy, salty and has a very strong smell of hydrogen sulphide. It "contains 41 percent inorganic salts, organic matter 39 percent and 20 percent water." Organic substances (such as animal and vegetable) and inorganic substances contained in mud are: sodium sulfate, calcium, iron, magnesium, sodium chloride, sodium hiposulfite, hydrogen sulfide, hidrocarbosulfite, sodium carbonate, the calcium, sulfur-free, sodium acetate, ammonium nitrate, formic acid, glutamic acid, butyric, propyl, chlorophyll-resorcin, pirocatechin and erin. The thickness of the mud is 30 - 60 inches.

Lake Amara peloid is considered in the paper *Romania: travel and tourism potential* from 2001 to be, still very valuable, in fact valued by therapeutical and cosmetic products internationally recognized, such "Pelamar" type.

In *Balneoclimatology Encyclopedia of Romania*, Elena Berlescu reminds peloids used for therapeutic purposes including the continental lake mud from Amara, the sapropelic mud, hydrated sulfuric advanced mineralization with organic compounds useful in low percentage and inhibiting low mineral solution.

Treatment options:

In *Balneoclimatic cure in Romania*, 1984, Nicholas Teleki specifies that the natural factors from Amara are valued by treatment installations such as installations for warm baths in tubs and basins with salt water from the lake, installations for warm baths with mud diluted and mud treatments, mud fitting for lubrication, followed by bathing in the lake; buvets for internal cure with mineral water, installations for electro-and hydrotherapy, arrangements for aeroheliotherapy.

In *Balneoclimatology Encyclopedia of Romania*, Elena Berlescu comes with some additions later appeared in treatment planning base in Amara:

- a cold bath in the lake,
- a warm bath in the lake mineralized water in bathtubs and pools,
- a hydro-thermo installations, kynetotherapy,
- culture medical physics,
- field cure in the park
- medical gymnastics

Therapeutical indications:

The resort is known mainly for the treatment of rheumatic diseases, whether degenerative (cervical, dorsal, lumbar arthrosis, poliartrosis), inflammation (painful joint states after rheumatic fever or infection after the outbreak, ankylosing spondylitis) or abarticulare (tendinosis, tendomioze, tendoperiostoze, scapulohumeral periartthritis). But successfully treating posttraumatic diseases (posttraumatic joint stiffness, ariculatii states after surgery), peripheral neurological disorders (paresis, paralysis of limbs posttraumatic), gynecological diseases, and diseases of peripheral nervous System in associated (dermatological, endocrine diseases).

Surroundings:

near to Amara town is Fundata - balneoclimatic resort with salt lake and sapropelic mud, similar to the Amara. One of the important objectives from here is the The Dendrological Park. Tourists can visit, however, and the surroundings. At Slobozia, they can choose to visit the County Museum, containing collections of archeology, plastic art, history and folk art. In the village Balaciu can be visited The Balaciu Monastery, founded by Dimitri Ghica I.

Accommodations in the resort:

In the second half of the twentieth century, especially after 1965, the material base of resorts specialized on the use of mineral springs water mud and salt lakes or bioclimat was modernized, diversified, so that Romania currently has modern facilities where accommodation and treatment services are provided "under the same roof"⁵.

Thus, currently, Amara resort hotels are 3 (or 4, depending on the source), with a total capacity of 2430 accommodation places, a tourist camp for 300 children and 2 camps (camp Amara "Houses" 130 seats / series and Amara camp "Pavilions" 150 places per serie).

Since the information regarding to hotel accommodation capacity varies depending on the source, you can not mention, but compared to the fact that the Lebada Hotel has a larger number of seats, provided either in apartments or in double rooms, followed by Ialomita Hotel and Park Hotel.

The degree of comfort offered in hotels are limited to 2 stars, except (depending on source) make Hotel Villa Eclipse, elevated to three stars.

Accommodation is doing and villas (Villa - CARMEN * 92 seats * 92 seats DANA, Irina * 108 seats * 96 seats LIVIA) or houses (box - PARC *

105 seats), amounting to a total of 493 overall of places.

In terms of infrastructure and occupancy "after 1990, the number of tourists has decreased every year, so the costs for maintaining infrastructure and new investments were reduced almost completely.

The project intends to development of the area activities to increase the quality of specific services, infrastructure and in the restoring tourist interest in the area"⁶.

However, specific indicators of SC tour operator Amara SA (source: SC Traian Braila SA) indicate a slight increase in the average occupancy rate in the period 2001-2003.

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⁹ Melinda, CANDEA, Florina, BRAN, *Spatiul geografic romanesc – Organizare, amenajare, dezvoltare*, 2001, p. 227

¹⁰ www.mie.ro