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***EXCHANGE SPA TOURISM and SPA TOURISM FORUM - BĂILE HERCULANE,
22 – 24 septembrie 2011***

EDITORIAL

Constantin Munteanu

National Institute of Rehabilitation, Physical Medicine and Balneoclimatology, under the Ministry of Health, through its unique research profile is the only institution empowered now legal in research and quality certification of natural factors and therapeutic spa treatment basis, with legal competence on the study complex natural therapeutic factors established by Government Ordinance no. 109/2000, approved by Law. 343 / 2002.

Every year, European spas generate a turnover of over 20 billion Euro. Direct employment of over 500,000 people and support a further 1.2 million jobs in related fields makes the business to be one of the largest employers in the EU both in healthcare and tourism - especially in regions industry is less developed.

Quoting from the book "Medicine Balneology and Spa thermal" Dr. Zeki Karagülle DM, President of the Society of Medical Hydrology and Climatology Interantional, the use of hot springs and spas across the country for health and treatment is a tradition with a thousand years of history that still continues. In fact, this tradition exists in almost all civilizations. Today maintains its existence and is spread over all continents, mainly the Middle East and South and East Asia (Middle East, Japan, China, Turkey) and South America (Argentina, Mexico, Colombia) and North Africa (Morocco, Tunisia).

Spa treatment in Romania has advanced to a high standard of quality. Traditional therapy has emerged as a real phenomenon. Balneotherapy or spa tourism is the method of treatment of the stimulus - adaptation cures in form of bathing, drinking and inhalation made with natural factors.

Natural therapeutic factors used in balneotherapy are underground sources of natural resources, water, mud and climatic and microclimatic agents.

"Water treatment", thermal and mineral

waters in other words, are widely used among the natural healing agents.

Mud treatments and mofetariene gases (CO₂, radon and H₂S) are also other drugs used to treat water spa outside.

Therapeutic natural waters are widely used in most databases spa treatment and are classified according to their physical and chemical qualities.

Therapeutic waters are classified internationally by German criteria: thermal waters - waters that have temperatures above 20 ° C natural, mineral water - water containing more than 1gr. minerals dissolved in one liter of water and thermo-mineral waters with temperatures above the 20 ° C and containing more than 1gr of minerals dissolved in one liter of water.

Classification of therapeutic mineral waters used in spa treatment containing certain minerals taken from the average value over specific thresholds (minimum). In accordance with the content, they are classified as follows:

- Waters containing free carbon dioxide dissolved over 1 g / L,
- Water containing sulfur in concentrations over 1 to 2 mg / L,
- Water containing Radon: water containing more than 666 Bq / l radon radiation
- Salt water: water containing more than 14 g / L sodium chloride,
- Waters containing iodine: more than 1 mg / L iodine,
- Water containing fluoride: more than 1 mg / L fluoride
- Curative waters with total mineralization below 1 g / L, which does not belong to any group in the above classification, but natural temperatures over 20 ° C, called thermal waters

Peloides, used in peloidotherapy - one of the methods of special treatment from the spa are orrganic or inorganic substances formed as a result of geological events and / or biological.

They are found in nature or granular form can be converted into certain methods of preparation. They may have no natural water or water in their structure.

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SULPHUROUS MINERAL WATERS**Iliuta Alexandru,****Institutul Național de Recuperare, Medicina Fizică și Balneoclimatologie**

Sulphurous waters contain at least 1mg H₂S, HS, S or thiosulphate per liter or complex colloidal sulfur water is presented as of simple or mixed sulphide (alkali, carbonated, chlorinated sodium).

In the sulphurous waters, sulfur is found in several forms (hydrogen sulfide, free sulfide, sulfide groups, polysulfides acids). Yellow, opalescent white precipitate and deposit a glass of water on the bottom of sulphur oxidation by indicates the intensity of the wateroxidation process by oxygen in the air.

In our country sulphurous waters have curative qualities. One of the most important sources of sulphur water is found in Dambovită County, namely Pucioasa. The village is famous among those with neurological and rheumatic diseases. Olt Valley, in Calimanesti, hat and sulphurous waters Cozia, are really wonderful, both in cure external and internal.

Other famous villages are Harghita Bai and Govora Bai, but also Barzava Bai, Baile Boghis (Salaj County), Olanesti and those on the seaside: Venus and Mangalia.

At Herculane, resort arranged and operated for the first time 2000 years ago; you have besides sulphurous water of a special quality, the possibility of making cures with thermal waters.

Due to high concentrations of sulfur, which gives them a bad taste, they cannot be used as table water, but only as medicinal waters.

Sulphurous waters have drinking indications and external cures indications in the form of baths, inhalations and vaginal irrigations, due to the effects of H₂S, which passes through the skin and through stomach mucus membranes, the upper airway, the bronchopulmonary and vaginal membranes.

Sulphurous water drinking, usually mixed, has effects on stimulating gastric secretion (the bicarbonate tampon this effect) as the bowel movements, and Bile means chloretic effects on the liver and bile ducts, and antitoxic effects of lowering blood sugar in diabetics. The mixed sulphurous-carbonated waters have also diuretic effects by the action of CO₂.

The indications for internal cure with

sulphurous waters of low concentrations are: hepatobiliary disease, especially biliary dyskinesias, cholelithiasis and chronic cholecystitis, urinary infections, diabetes and forms of heavy metal poisoning.

Internal cures with sulphurous waters are practiced in Caciulata and Calimanesti resorts, Olanesti Bai, as in Herculane and Mangalia.

Sulphurous waters are able to cure many diseases, by the content of hydrogen sulphide, which is the only sulfur compound that is absorbed into the body through the skin, lung and digestive way, and eliminated through the skin, intestine and kidney.

These waters are indicated in constipation, colitis, hepatitis, diabetes and chronic poisoning with heavy metals (mercury, lead, zinc).

These waters have a stimulating effect on the secretory glands of the skin and bronchial mucous membranes. Are useful in treating liver diseases (hepatomegaly, dyspepsia), splenomegaly, digestive diseases, colic, ascites, some cases of chronic fever. Baths with sulphurous thermal water heal skin affections such as psoriasis, pityriasis, eczema, scabies, itching, acne.

Serious skin diseases can be cured by the use of ointments containing high concentrations of sulfur. The thermal baths are useful in cases of asthma, cough, rheumatism, gout chronic consumptive or debility.

Inhalations therapy with sulphurous water is indicated in respiratory and ORL for the effects of anti-inflammatory, antiseptic and desensitised the upper airway mucosa and tracheo-bronchial, with mucus. Inhalations and sprays are given individual or collective in patients with BPOC, asthma, sinusitis, allergic rhinitis, ozen.

An original method of administration is par enteral therapy with sulphurous water, by the injections of water and springs from Olanesti, Calimanesti and Caciulata resort, indicated in the treatment of allergic skin, digestive or respiratory, possibly associated with external and internal cures with sulphurous water or therapy inhalations administered in individualized manner.



Figure 1. Olanesti sulphurous waters pool

Internal administration of sulphurous water

► Sulphurous waters have a bitter taste, astringent and a strong odor, sulfurous waters taken internally in small doses of 50-100 ml per day, have a laxative, diuretic and sudorific.

► When administered at higher doses (100-300 ml) can generate a laxative effect. Therefore are indicated in constipation, especially when it is associated with hemorrhoids.

The mechanisms by which sulphurous waters exerts beneficial effects on the body are:

- Heat activates the circulation to the tissue bath and help sick and excitement to their skin resorption, which produce antibodies to combat infectious status for certain types of rheumatism. Sulfur assimilated by the body increases basal metabolism by 40%, cause cutaneous vasodilation in the central network, bringing about lower blood pressure, are located in diseased joints, and even in the healthy red blood cells increases the number and amount of hemoglobin.

- Dynamic components including physical production is also mentioned increased sweating, decreased muscle excitability, speeding and causing resorption exudatessedative action explaining pain relief. Reabsorbed sulfur interferes in the body's general metabolism, which explains the decrease in blood glucose in diabetics, recovering sulfuric acid chondroitin articular cartilage of the rheumatics.

► vasodilatator effect skin: cutaneous peripheral blood flow increases, vascular resistance decreases and decreases peripheral diastolic pressure

► metabolic effect: lowers blood sugar

► keratolytic effect: taking off surfaces covered by keratosis scales and favors elimination

► effects on articular cartilage: articular sulfur level reached and thus decreases ischemia induces vasodilation by activating defense capacity and functional integration structures.

Musculoskeletal disorders

These diseases included rheumatic, inflammatory, degenerative, abarticular, posttraumatic sequelae of the hands and feet, etc.

To recover of these diseases follow these objectives:

- combating pain and inflammation, preventing deformation and ankylosis;
- muscle tension combating, restoring muscle tone and strength;
- recovery of joint mobility.

In the case of inflammatory rheumatism, prophylactically cure is indicated in allergic conditions as rheumatic fever or infection after the outbreak, the body reacts violently to any microbial aggression with joint pain.

Treatment with sulphurous waters for therapeutic purposes is indicated in poliartthritis, as in ankylosing spondylitis, evolving forms of central or peripheral arthritis.

In the degenerative rheumatism, cure prophylactically are recommended for preartrozic states to children, adolescents, youth with disorders of the locomotor system still in working conditions with peripheral circulatory disorders muscle application.

It is recommended also in cervical spondylosis, lumb or back (without bloking events) in osteoarthritis of the hip and poliartthritis light located on the hands and feet.

Peripheral neurological diseases

These disorders represent a large category of nerve damage whose frequency is increased due to increased number of injuries due to road accidents.

Cure for therapeutic purposes are recommended for the following conditions: mild paresis recently with favourable evolution and potential minor sequelae after polyneuropathies.

The recovering cure is indicated for: posttraumatic limb paralysis and parasites,

polyneuropathies after the acute phase; ponytail syndrome, sequelae after poliomyelitis secondary with impaired tendon, in view of corrective surgery.

Through the recovering cure in the resort is obtained: avoid loss of mobility and muscle strength, prolonged immobilization or joint injuries, muscle, etc.; replay activity as innervation and development of compensatory functions in the segments affected sensitivity of progressive rehabilitation, removal of trophic disorders and vegetation, combating pain and inflammatory sequelae, education functions of the hand and foot coordination.

Gynecological diseases

Sulphurous waters have anti-inflammatory and anti-allergic effect and on gynaecological diseases are influencing favourable secretory glands of the cervix. Also favors restoring vaginal biological components.

Sulphurous waters are recommended to prophylactic purpose for genital functional disorders with hyporesponsive background caused by:

- ovarian failure with or without other endocrine disorders;
- local disturbances hormone receptors or primitive or secondary functional disorders such as hypotonic uterus, frigidity, etc.,
- reduction of general and local defense capability against inflammatory agents of the genitals,
- insufficient enzymatic-metabolic;
- lack of menstruation,
- dematoze vulvar, chronic eczema, genital prolapse;
- chronic ulcerative cervical infections attached, painful.

Respiratory diseases

Removing patient suffering of lung disease from polluted environment in which to live and accommodation in an environment free of irritants create favourable environmental conditions applying therapy.

Prophylactically cure addresses workers who work with dust, lint, toxic gases, humidity or dry air, temperature variations, etc. and are prone to allergic bronchopulmonary inflammatory diseases.

Therapeutic cure are recommended for recovering pneumopathies acute bacterial and viral, tracheo-bronchitis chronic simple respiratory neurosis.

Sulphurous mineral waters used as inhaled have an wetting action on the bronchial tract, favoring bronchial secretion drainage products.

Internal cure with sulphurous water is indicated in:

- chronic gastritis with hypopeptic and hyposecretion;
- enterocolitis and intestinal dyspepsia,
- postoperative sequelae on bile ducts;
- diabetes mellitus, hyperuricaemia,
- sequelae after renal disease, urinary stones

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Chlorosodic mineral waters

**Mioara Dumitrascu
SC Biosafety SRL-D;**

The category of chlorosodic waters are those in that NaCl concentration per liter exceeding 1g, respectively 393 mg sodium / l and 607 mg Cl / l, whose origin is linked to salt deposits.

Depending on their chlorosodic concentration, these mineral waters can be:

- hypertonic, the concentration of sodium chloride exceeds 14 g/l. These are sea waters and salt lakes or those derived from underground or surface (mines) salt deposits. The concentration of these waters in our country varies from 15 g/l (Black Sea) to 260 g/l at Ocna Dej, 266 g/l at Ocna Mures. These waters also contain other ions like Ca, Mg, K, SO₄, etc. They are used for inhalation and external cure, because they are irritating to the stomach and intestinal lining.
- Hypotonic, isotonic or slightly hypertonic from mineral springs and are usually mixed containing gas and other substances like: bicarbonate, sulphate, CO₂, H₂S, etc., They are used for inhalations, sprays and internal treatment.

Chlorosodic waters are used in therapy depending on their concentration in the external and internal cures, inhalations, sprays, gargles.

1. Internal cure or crenotherapy use hypotonic or isotonic waters, whose concentration does not exceed 10-14 g/l. Are indicated particularly for digestive disorders (gastroduodenal, intestinal and bile ducts), but also for diabetes.

The pharmacodynamic action is exerted on gastric mucosa, stimulating gastric secretion and intestinal motility and secretion. Ingestion of these minerals activates digestive enzymes having a significant effect on intestinal amylase and inflammation mucus dissolution.

Chlorosodic water change gastrointestinal motility by cumulative action of chlorides, sodium bicarbonate and hydrogen sulfide. Sodium hydrogen carbonate content in varying proportions in the chlorosodic water occurs in gastrointestinal motility increasing by reflex because stimulating the vagus nerve, nerve which accelerates tube wall contractility.

Also, hydrogen sulfide present in low concentrations in mineral water potentiates the action of the vagus nerve. Due to these properties, chlorinated hydro cure is indicated in constipation.

Internal cure with chlorosodic mineral waters influence the liver function. It was noted that administration of the water worsens samples of patients with hepatitis and alter the enzyme equipment of the liver cells. For these reasons, whenever there is suspicion of hepatitis is contraindicated the use of these waters.

In contrast, to persons without clinical or biological signs of hepatitis, chlorinated hydro cures is prescribed in order to increase the amount of bile salts eliminated through the bile (choleretic effect).

Such waters are found in resorts: Malnas, Slanic Moldova, Bazna, Herculane, Someșeni, etc.

It seems that waters of springs 1 bis and 15 of Slanic Moldova can be used with good efficiency out choleretic effect, even in the treatment of hepatitis stabilized.



Baile Herculane

After intestinal resorption, mineral water acting on metabolisms of carbohydrates, lipids and protides. In general, chlorosodic waters have hypoglycaemic activity. This is partly due to stimulation of insulin secretion (pancreatic hormone that reduces blood sugar levels) under the direct influence of chloride ions. In this way reduces blood circulating glucose concentration and excreted in urine.

During internal cure can be seen a real improvement in tolerance of food carbohydrates, limiting the marked increasing of glucose. Associated antidiabetic medications, chlorosodic waters enhances the effect of drug treatment, reduce printing times daily doses of drugs.

The water in some causes associates these effects to reduced acidosis, which we find frequently in diabetic metabolic disorders. In the diabetes diet is recommended to use chlorosodic hydro-sodic waters from the Singerz resort (Hebei and no.4 springs), Slanic Moldova (source no. 3), Malnas and Someseni (source no. 2).

Under the action of mineral chlorosodic waters from Singerz, Malnas, Stoiceni, Zizin and Tusnad resorts blood fat concentration is changed.

Drinking these waters produce lower plasma cholesterol, but instead increases the amount of triglycerides in the blood. For these reasons, chlorosodic water are not used in the treatment of dyslipidemia (metabolic disorder characterized by increased blood fat).

Protein metabolism presents it changes. Generally, the amount of uric acid in blood is reduced under the action of chlorosodic water, which is way they are used in the treatment of hyperuricaemia and gout (especially water from Stoiceni). It also increases the amount of urea (toxic product derived from protein metabolism) excreted in urine. These properties indicate chlorinated hydro cure to people without liver damage, but who have a tendency to retention of urea (renal failure early, hipercatabolic states, etc.)

This is due to sodium retention in the body in proportion to the amount of water equivalent. Thus, the volume of urine per 24 hours is reduced. It also noted an increase in potassium loss through urine. These actions are common in water consumption from resorts Malnas, Singeorz (Hebe) and Tusnad. Instead, use of a low mineralized sodium chloride water as those of Herculane (Hygeia) increase diuresis and urinary excreted amount of chlorine. The same effects are obtained with the waters os Someseni and Stoiceni.

2. Inhalations and sprays are used in: ORL disorders, lung, gynecological inflammation. For those sprays are indicated concentrations of 3-9 g/l and heated to 34-38° C.

Mucosal, sodium chlorosodic water osmotic effects of flushing, increase secretions and eliminate secretolitic secretion, inflammatory, etc.

For gynecological diseases are indicated in particular waters from Techirghiol and Sovata.

3. In the external cures, sodium chlorosodic water acts on the skin by the cumulative effect of the chemical exciting (chlorine, sodium, calcium, magnesium, sulfur, iodine, bromine etc.), thermal (temperature) and mechanical.

External cures are recommended for:

- Traumatic musculoskeletal disorders, degenerative rheumatism, abarticular, peripheral and central neurological;
- Extrapulmonary tuberculosis in stabilized form;
- Chronic gynecological disorders;
- Endocrine functional disorders with hypofunction;
- Skin diseases

Sodium chloride acting on the cutaneous receptors by osmolarity change, flushing, cutaneous receptors excitation, leading to the onset of reflex exciting remote mechanism. Since 100 years ago, it was noted that chlorine salt water enters into the skin during the bathing. It is absorbed very slowly from and last in circulation and then eliminated from the body in urine even after several months of the end of balneary cure.

External cure can be achieved with cold salted water from and salt water springs. Cold salt water baths are indicated for locomotor disorders, peripheral venous-lymphatic circulation. In the hot salt water baths accumulate thermal effect with the effect of body weight downloading and hydrostatic force pushing up the salt water and chemical effects of NaCl.



Lacul Ursu, Sovata

Tabelul 1. Romanian chlorosodic mineral waters

Județul	Localitatea	Izvorul	Mineralizare (mg ‰)	Clor (mg ‰)	Sodiu (mg ‰)
	Ocna Mureș	Bazin	266 158	160 447	103 905
Brașov	Rodbav	Izv. Băi	15 328	8 805	4 435
	Veneția	Veneția de Jos	3 571	1 656	1078
Buzău	Sărata-Monteoru	Sonda IBF	185 575	113 405	63 430
Caraș- Severin	Băile Herculane	Hygeea	2 975	1 583	617
		Hercule I	3 518	1 949	753
		Hercule II	2 969	1 595	614
Cluj	Someșeni	Izv. 1	2 640	1 039	653
		Izv. 3	20 051	11 182	7 431
Dâmbovița	Vulcana	Puțul Cuza	32 269	18 786	10 987
	Gura Ocniței	Bazin Băi	256 900	152 226	98 756
Gorj	Săcelu	Bazin	34 019	16 823	15 352
Harghita	Praid	Sonda Principală	199 731	120 713	74 031
Maramureș	Ocna Șugatag	Bazin	119 456	71 891	46 523
Mureș	Sîngeorgiu de Mureș	Izv. Băilor	124 131	76 450	42 256
Neamț	Băltățești	Izv. Băilor	64 647	33 539	21 826
Prahova	Telega	Băi	134 631	80 723	52 191
Sibiu	Bazna	Sonda 11 IBF	46 733,9	27 962,9	16 903
	Ocna Sibiului	Horia	8 719	4 796	3 098
Suceava	Cacica Băi	Băi	265 779	158 787	102 664
Vâlcea	Băile Govora	Sonda	68 480	41 601,6	24 982
	Ocnele Mari	Băile Reci	216 259	124 966	84 467
Vrancea	Vizantea	Slatina	139 097	83 355	45 909
	Jitea	Izv. De la Băi	65 565	37 695	23 632

When water temperature is around 36-38 °C, occurs a marked muscle relaxation, as well as an improvement of peripheral blood flow, which get special treatment results Besides the direct excitation effect on the skin, chlorine baths occur on the body from and indirectly through the peripheral nervous system, whose excitation triggers a series of reactions in the body endocrine, nervous and metabolic adaptation to enhance the performance of the individual in peripheral circulatory disorders.

If a patient of 70 kg is immersed in fresh water, it weighs 7.9 kg, weight who is reduced to 2.8 kg weight if assessment is done in a salt water bath.

Due to this effect, body movements are much relieved from and allowed a wider mobility.

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Therapeutic muds

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As defined by the "International Society of Medical Hydrology" muds (peloids) are "substances formed under natural conditions under the influence of geological processes and in a state finely divided and mixed with water, that are used in medical practice in general or local baths.

The complex geological structure and geographical location of Earth's crust, Romania has a great wealth of natural factors: mineral waters, muds, moffets, salt lakes - spread over almost the entire surface of the country.

Use of mud in therapy began in the second half of the XIX century to Techirghiol (mud) and Vatra Dornei (peat mud from Poiana Stampei and Copaceni), while extending the therapy practiced in various spas on the Black Sea. Initially were used by primitive means, that today offer spa resorts and to be highly diverse for both social and mass tourism, as well as the luxury.

Mud is a soil with pasty consistency rocks used as therapeutic remedies of since ancient times. Some beneficial effects of mud are empirically known from ancient times, others have recently been studied and described, some have remained and today the stage brief explanations. Mud treatment is also called peloidotherapy, it should be used only for the indication and under medical supervision.

The most common therapeutic mud bank are deposits of salt ponds - sulphurous black mud, which forms the bottom of marine estuaries, bays and lakes of continental salt.

After the formation, organic and inorganic materials present in sediments, muds are divided into three groups:

1. sapropelic mud

2. peat mud

3. mineral mud

The degree of mineralization of mud solution varies from 0.01 g / l in sapropelic mud and peat, up to 350g / l in the sulfide.

Between mud and water solution that permanently covers diffusion processes have I.O.C, whose job is to maintain a balance between them, in terms of salt ions.

Gases are found in muds especially in soluble state; the mainly source of their formation are the biochemical processes in solution from which hydrogen sulphide accumulates mud, carbon dioxide, nitrogen, oxygen and methane.

1. **Sapropelic mud** deposits are represented by black colloidal iron rich hydrosulfuric, they look plastic and greasy, salty water can be found at the bottom of microorganisms with the origin of the flora and fauna of water bodies that are also associated minerals or inorganic the lake basin from the ground.

Flora consists of algae and macrophyte type revails microfiche *Cladophora vagabunda*, *Cladophora cristalina*, algae that grow in salt water only.

Aquatic fauna *Artemia salina* species is represented of 10 –12 mm red organisms.

The bodies of *Artemia salina*, bacterial decomposition, together with algae *Cladophora cristalina* form mud.

Examples:

- ✗ sapropelic muds coasts and lakes (Techirghiol Agigea, etc.)
- ✗ sapropelic muds of continental lakes (Amara, background, etc.)
- ✗ sludge fossils (Ocna Sibiului, Sovata, etc.)

2. **Peat mud** is formed by decomposition of plant debris on the bottom of lakes / wetlands under the action of microorganisms. They are brown and rich in organic matter and humic acids, waxes, pectin, cellulose, etc. In our country can be found in:

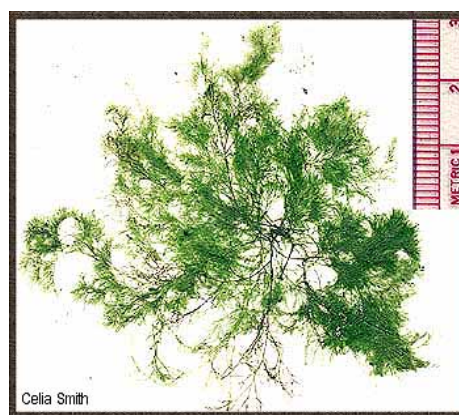
- ✗ Vatra Dornei
- ✗ Borsec.

3. **Mineral mud-** are formed by sedimentation of carbonated springs, calcium, ferruginous or sulfur.

- ✗ sulfur springs sulfur
- ✗ springs baths Sângeorz-Săcelu



<http://www.hawaii.edu>



<http://www.naturephoto-cz.eu>

Figura 1. *Cladophora vagabunda* and *Artemia salina*.

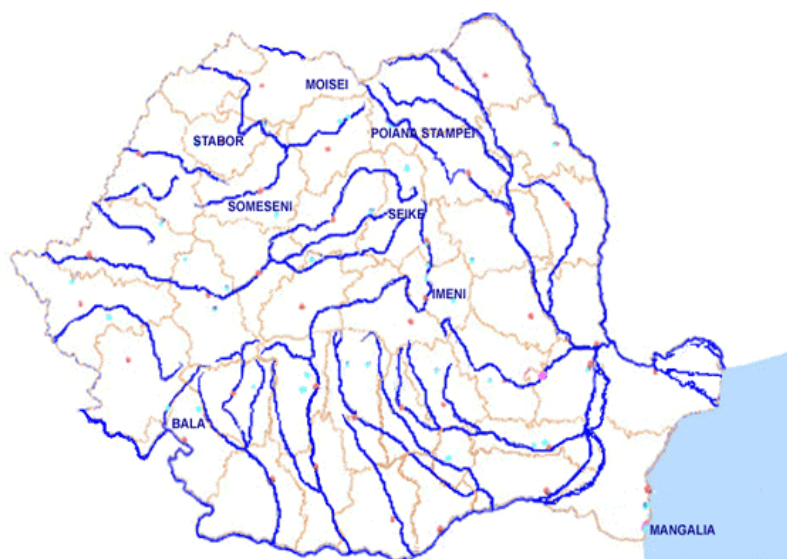


Figura 2. Principalele stațiuni din România cu nămoluri de turbă

Figura 3. Principalele stațiuni din România cu nămoluri minerale

The physico-chemical, the mud is a heterogeneous system physico-chemically composed of a liquid phase containing water soluble mineral bath salts in the water, a solid phase containing substances such as minerals and organic and a gas phase which contains hydrogen sulphide. The ionic balance of a mud is reflected on the pH. Generally, namolurile are alkaline pH = 9-10. Therapeutic effect of the mud is given by the combination of physical and chemical properties.

▪ *solid phase is mostly the domain ultramicroeterogen, colloidal-mixed composition and molecular contaminants*

▪ *liquid phase is represented by the water soluble solution humor and inorganic and organic form of the structural aspect of the solution of solid particles imbibatie interstitiala.*

▪ *the gas phase is the result of processes biochemical and physicochemical conducted during the natural peloidogenezei and consists mainly of his of hydrocarbons, CO₂, H₂S₂, O₂, H₂.*

The **main quality indicators** are:

▪ macroscopic properties-in particular those with references to the color and consistency of physics;

▪ degree of hydration in the sediment of peloid heterogen according to share of the global composition of moisture:

- low-hydrated peloide <37%
- hydrated peloide 37-40%
- strongly hydrated peloide 40-70%

▪ peloidogenetic Stage of evolution as the corresponding degree of therapeutic peloid decomposition of organic substances, depending on the ratio between the quantity of organic substances such as main classes (carbs, protein, humice, organic carbon/organic nitrogen) and biological consumption level oxygen, CBO₅:

- peloids (sapropelic organic, or genetically evolved tendencies mineralization

- peat with varying degrees of decomposition of organic matter;

- weakly decomposed peat
- early decomposed peat;

- well decomposed peat.

Physical properties of muds

▪ hydropexic capacity - absorption capacity and water retention, practice value-peloids with low hydropexic capacity (mineral sludge) are used only for packaging, those with average hydropexic capacity (sapropelic mud) and large (peat sludge) can be used for bathrooms.

▪ plasticity-the property to change shape under the action of external forces, is given by the solids content, low plasticity (mineral mud), medium (peat) and high (sapropelic).

▪ dispersion-date peloid grain size; therapeutic value is directly proportional to grain size.

▪ density or specific gravity, is given by its components. Therapeutic value is inversely proportional to the density of the mud.

▪ thermopexic capacity -absorb and retain heat. Peloids have a high capacity to retain heat.

Chemical properties

▪ peloid-water is the most important component, proportional to the amount of colloids

▪ minerals depends on the structure-rock and water in the basin. The largest amount of mineral substances have mineral sludge (50-70%), then the sapropelic (20-40%) and peat (below 20%).

Pharmaco-dynamic properties

As a biological material used in human therapy analysis is carried out according to the methods specified in "Romanian Pharmacopoeia" with some additions made inthe working methods used for soil analysis. The result takes the form of physical- chemical analysis report.

In applying of peloids to the skin occurring a series of processes:

▪ receiving sensory of the qualities / properties of sludge and their transfer to higher levels of integration and control;

▪ exchange of energy and substance with environment of peloid ;

▪ fulfillment of adaptive controls: circulatory (peripheral circulation thermoregulation),

secretory (sweating), protection (keratinization, melanogenesis, lipid film formation);

- integration skin effects of mud application in general physiology of the body: thermoregulation, vitamin D synthesis, optimization of homeostatic balance: immune, endocrine and neurovegetative body.

Mud application on the entire surface of the skin tissue triggers local reactions and general functioning, inhibiting or activating certain enzymes and metabolites intermediate systems. Balneary cure with mud has positive effects persisting for a long time by modifying the adaptive capacity to respond to various stimuli.

Peloids act on:

- **the cardiovascular system** - stimulate cardiovascular reactions with emphasis on central hemodynamics and peripheral mechanisms. Deposit mobilization occurs immediately blood and their involvement in general circulation, inflammatory processes.

- **nervous system** - sedative or stimulating effects on the central nervous system and SNV by sedation of pain receptors. Balneary cure with mud increases the antimicrobial defense capacity by increasing phagocytic power of leucocytes, as evidenced by changes opsonocitofagic index (I.O.C)

- **immunological systems**- control immunoglobulin values, increased non-specific immunity, etc. Enzymatic and metabolic changes occurring in the endocrine glands after peloidotherapy varies by specific secretory gland, after which functional status is related to the type gland and therapeutic applications.

Under the action of mud occurs in all glands harmonic stimulation to increase enzyme activity and synthesis while maintaining the specificity of each. Harmonization activities related to endocrine function is stimulation of hypothalamic- pituitary-adrenal translated by optimizing plasma levels: β -endorphin.

Endocrine mechanism is involved in induction of anti-inflammatory effects by modulating the activity peloidotherapy hypothalamic-pituitary-adrenal and endocrine

balance of general equilibrium effects and post-cure persistent. Responsiveness to chemical mediators - acetylcholine and adrenaline and the face of ions correlated with autonomic activity, Ca, Mg, K - is increased by external treatment with mud, and autonomic tone has a tendency to control / normalization, which leads to vegetative stigmata remedy.

Application methods of peloids:

Uction with mud - is the oldest method involves the application of cold mud on the patient's skin (after it was heated for 10-15 minutes) in a thin layer on limited areas or the entire body. The patient must then expose to the sun, in an upright position until the mud dries, about 30-60 minutes, followed by 10 to 15 in sea water bath or moving to the lake accompanied by a brief shower in cold water and rest in bed at least an hour. It is a method of application mechanisms thermoregulation, neuroendocrine stimulation and adaptation processes by alternating hot-cold contrast factors.

Mud packs - consist of mud application in 1-2 cm layer heated to 38-46 °C limited region or all over your body for 20-40 minutes.

Cataplasms- mud applications at different temperatures on limited regions of the body.

Mud baths - in baths with heated lake water plus 10-12 kg mud, increasing its concentration progressively to 10-25%. The mixture can be heated to 44 °C. In patients with cardiovascular disease, the temperature should not exceed 37 °C, and for those with inflammatory rheumatic disease in 36 °C. The bath is 20-40 minutes. Shower bath should be followed by the 37-38 °C and minimum rest hour. A treatment consists of 12-15 daily baths.

Gynecological applications- vaginal swabs as with mud at 39-40 °C for 2 hours or vaginal irrigation with mud dissolved in lake water and heated to 37 °C.

Massage with mud - with mud stretching and massaging.

Tabel 1. Peloidoterapia is used for the following diseases:

Locomotor System	<ul style="list-style-type: none"> - degenerative rheumatism with different locations: column (spondylosis, discopatii simple chronic low back, etc.), peripheral (coxarthrosis, gonartroze, etc.) - inflammatory rheumatism - rheumatism abarticlar - sequels post traumatic
Nervous System	<ul style="list-style-type: none"> - SNC and peripheric diseases
Derm	<ul style="list-style-type: none"> - psoriasis - chronic Eczema - chronic Rasheed
Genital System	<ul style="list-style-type: none"> - chronic inflammations - secondary sterility
Respiratory System	<ul style="list-style-type: none"> - sfera ORL - TBC sequelae
Endocrine System	<ul style="list-style-type: none"> - Hypothyroidism - Obesity - pituitary dwarfism - rickets or debility in children

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Băile Herculane Resort

Munteanu Constantin¹,
¹ Asociația Română de Balneologie



Baile Herculane is a balneary resort located in Caraș-Severin County, in South-Western Romania and is located 41 km to the Northwest of the city of Drobeta Turnu Severin, Mehedinti County. Resort Baile Herculane is documentary attested since 153 a.d. and is an attraction for its healing power of water. The Romans will be arriving in Dacia were impressed with the power of exceptional quality healing waters of the Cernei Vally, therefore, have made an important point of attraction here. In those times you keep bathrooms, statues, coins, culverts, signs of gratitude to the gods that were cured with water. The aqueducts, baths and hot springs from the time of the Romans. The beauty of the places where the resort Baile Herculane cannot be described in words, you have to go to see with your eyes.

Therapeutic indications :

- degenerative rheumatic affections (cervical spondylosis, rear and lombar accompanied or not by cervicobrahialgii, lombosciatalgii etc., arthrosis, poliartroze);
- inflammatory rheumatic affections (ankylosing spondylosis);
- rheumatic abarticular ailments (tendinozis, tendomiozis, tendoperiostozis, scapular-humeral periartritis etc.);
- posttraumatic affections (redori joints, posttraumatic status after operations on joints, moods after fractures, sprains, luxations, etc.);
- peripheral neurological disorders (paresis);
- metabolic and nutritional disorders (mild forms of diabetes, arthropathy, hiperlipemii artropatii);
- associated ailments (gynecological, respiratory ailments, otorinolaringologic of the digestive tract, cardiovascular, dermatologic diseases).

Contra-indications: TB disease of the liver, kidneys, and heart disease, high blood pressure decompensated more than 180 mm HG, Parkinson, ulcer in acute phase, cancer, mental illness and drug addiction.



WAYS TO ACCESS

The closest airports are located at Caransebes and Timisoara (international airport).

Baile Herculane rail: railway station, on the route Bucharest-Timisoara (364 km from Bucharest, 169 km from Timisoara), then by bus to the resort (6 km);

Road: DN 15A Bucharest - Pitesti and E: Pitesti, Craiova, Drobeta-Turnu Severin train station Baile Herculane, with failure to resort (total 386 km); Arad-Timisoara-DN 69 and E 94 (DN 6) Timisoara railway station with the offense, Baile Herculane, total 232 km (181 miles from Timisoara).



CLIMATE. The resort is enclosed and climate intramontana, with sub-Mediterranean influence. Because of this, and thanks to protejarii for winds by the mountains impaduriti which surrounds him, the resort enjoys a climate of shelter. Annual average temperature is 10 C, with an average in July that 22 C and <-1 (C) in January. Annual rainfall, 700 750 mm it has a strong Air ionization (2000 negative ions per cm³) sedative effect on the body. Mild winters, cool summers, spring arrived early and short-term, long autumns.

NATURAL CURE FACTORS: thermal mineral water, soda, chlorinated which, lime sulphur, hipotone mineral waters, soda, chlorinated lime sulphur thermal, thermal mineral water, thermal water which oligomineral trace minerals. Water temperature varies between 38 and 60 C. Thermal mineral waters from Baile Herculane are weak radioactive; bioclimat of mild climate.



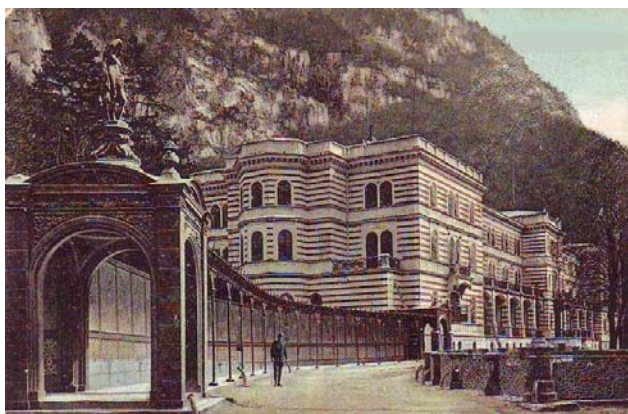
TREATMENT INSTALLATIONS:

- equipment for thermal baths with mineral water and mineral water which-in chlorine valves and basins, with opportunities for physical therapy;
- buvete for internal cure with mineral waters;
- pool with thermal mineral waters in the open air;
- aerosol and gas inhalations with mineral waters;
- equipment for hydrotherapy and electrotherapy;
- medical gyms;
- sauna.



Noteworthy sights in the Park Resort is the Museum which preserves vestiges from the time of the Romans (scrap Spa installations, fragments of walls, bas-reliefs, statues, shrines, coins, etc.). the Museum is located in front of a tree, conifers, exotic milenar (Welingtonia gigantea), monument of nature. In the area there are many rare plants, more than 80 species and over 1,300 species of butterflies.

Istoric



Băile Herculane (imagine de la sfârșitul sec. XIX)

The oldest bathing in Romania, dating from the time of the Romans, you wear the name "The sacred waters of Hercules" (attested documentary as a resort in 153 a.d.), famous for the therapeutic effects of its thermal waters, which, with sodium, calcium, magnesium, oligotermale, slightly radioactive, good for both internal and external cure.



Ad aquas herculi sacras, thermal spring water of baile Herculane

Resort Baile Herculane was founded in the year 102 a.d. by Emperor Trajan. The name of the town comes from Hercules, the son of Zeus and Elena, mythic figure extremely important that the Romans a desemnasera patron of thermal water, power and balance between physical and spiritual strength.

The Romans built the city baths, temples, statues, all in honor of Hercules, Aesculapius and Hygieia. The resort was, at that time, highly searched aristocratic thermal waters with grace curative properties which they considered sacred and that they have settled down under the patronage of Hercules, in a sign of deep gratitude. Romanian civilization has not definitively in Sunset Resort, abiding testimony remains: votive statues, tabule, aqueducts, baths, etc.



Baile-Herculane Resort has an exceptional historical heritage, the memory of the 1858 years of existence (153-2011) continued the resort.

The Romans remained numerous traces: aqueducts, baths, statues, coins, votive tabule raised signs of gratitude to the gods for healing.



Băile Herculane (imagine from the end of the 19th century)

After 1718 (peace of Passarovitz) begins modern history and contemporary of Bailor Herculane, the Austrian Empire.

In 1736 and the modernization of bailor begins rebuilding, horses, granicierii banateni building here most of the buildings of the resort, which bears the imprint of an impressive Austrian Baroque.

The resort is visited by over time by great personalities, among which: Emperor Joseph II, emperor Francis I and Empress Charlotte, Emperor Franz Joseph and Empress Elisabeth.

In 1852, the Emperor of Austria as Baile-Herculane as the most beautiful resort on the Mainland, and the Empress Elisabeth, passionate, indragita, soft and distinct Sissi-write an intimate journal in which this is a Baile Herculane, distinct and incintatoare. In the resort there are Museum Nicolae Cena, whose collections began to be formed since 1922.

The continued existence of two millennia of Baile-Herculane Spa was favored by the effectiveness of the miraculous rescuing of springs, but also the picturesque location of the resort into a adapostita by mountains, the Valley of beauty. Edilitara-technical equipment of the first rank in a high comfort and rich outfit diversification of methods of treatment to cure classic resort to various methods of physio and electrotherapy, massages, acupuncture, etc. gave such a high degree of resorts attractiveness.

Since 1948, the resort has experienced sustained growth, becoming a national resort, with steady regim.



The resort offers accommodations in the big and the most modern hotels, motels sanatorial-resorts, bed and breakfast, rooms from locals in a time frame, also camping inside or outside the city. The many forms of recreation and entertainment-restaurants, bars, terraces, swimming pools with high thermal water, sauna, massage, billiards, etc. as well as possibilities of hiking and excursions in the resort and the Cernei, is an attraction for visitors to the city of Baile-Herculane.

Grota Haiducilor-ceramic Fragments, uneletele and stone weapons found during archeological dig in the Grota Haiducilor reveal that the antiderivative of this civilization had reached a stage area for development.

Tabula votiva erected by the five brave citizens in Dacia, the Romans sent to Rome for the election of Severianus in 153, ch. d. 1848 years attest to the existence of the Bailor Herculane.

Roman Termele and other commercial building (aqueducts, ponds) harness the sacred Waters of the springs called Hercules.

In 1736 and the modernization of resort begins rebuilding, horses and the reconstruction of the access. In 1772 the area is visited by Emperor Joseph II., 1847 is the year in which the famous statue of bronze mounts of Hercules, opera has ascended and Glantz Flash Mayer in Vienna.

The Museum was founded on 28 July 1924, the regional section of the Banat of Historical Monuments Committee. After 1960, the Museum was reorganized. Located within a historic monument (Casino building with columns, 1862, Arch. Daderer), the Museum presents archaeological findings in the public area: pottery, coins, ornaments, altars, votive inscriptions from Craiova, bas-reliefs, weapons and Ad programme, pieces of harness.



Baile Herculane, resort with millennial tradition

Balneary and touristic potential

Thermal waters of the resort Baile Herculane are suitable for various medical cures, but also for swimming.

Isotermale and hyperthermale mineral waters have different chemical compositions (which the soda, lime sulphur, chlorinated, oligomineral) preteaza from multiple treatments: thermal baths, in which and salty pools covered or open-air, cure national mineral water, sauna, hidrotermoterapie, electrotherapy, chinetoterapie, hidrokinetotherapy, aeroheliotherapy, inhalotherapy.

Tourists can visit the attractions of the area: baile Roman Grotto Haiducilor, Cross, steam Grotto, cascada Vanturatoarea, 7 Izvoare, Cena, Cave Museum Nicolae Topolnitei, the statue of Hercules, Keys, Keys Peciniscai Feregari, Keys Taznei, Banatean Sphinx. Besides sightseeing which should not be missed, the visitors can make excursions and hiking in the Valea Cernei National Park.

The area is dominated by the beautiful landscapes, a rich flora and fauna typical of sub-Mediterranean rather challenging.

The representative of the species we cannot skip Adder with Horn, whose presence in the area of Banat is well-known, but also a number of rare species of snakes.

Tourists eager for adventure and entertainment can opt for rafting, climbing, caving activities, cruises on the Danube,

practicing sports such as cycling, paragliding, cycling, tennis, soccer.

Those who wish, can make trips to the monasteries in the surrounding resort Baile Herculane Prislop monastery, the monastery Tismana Monastery, monastery of Vodita, Densus.



The statue of Hercules in the city Baile Herculane

Raise public awareness of the resort was due to both the miraculous waters, considered a gift of the gods, and location, in a hollow intramontana with beautiful landscapes and picturesque.

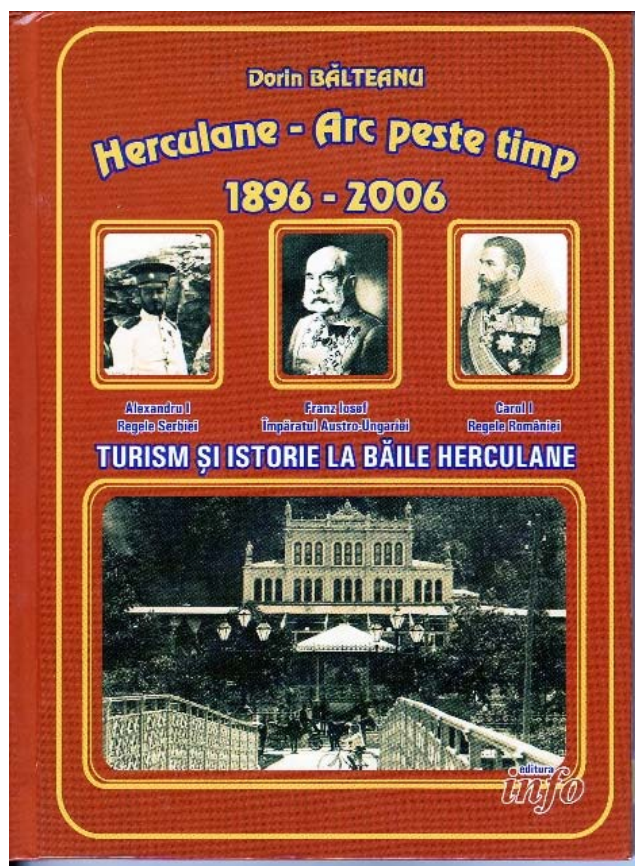
Transport and accommodation

Accommodation offer is diverse, all tastes, from hotels and guesthouses to specially equipped camps for location corturilor. Price campsite 7 Springs, for example, starts at \$ 10 per day, at the hotel of two stars starts from 70 lei per night in double room, bed and breakfast we have rates ranging between 60 and 150 lei per night.

Movement in Baile Herculane is made with transport in common. Provided buses run nonstop on the path train station-downtown and return, and the price of the ticket is of 1 leu. Access to the resort is on the european route E70

(Bucharest-Craiova-Drobeta Turnu Severin-Caransebe-Timisoara) or DN67D (Targu-Jiu-Baia de Arama-Baile Herculane)

„Herculane – Spring over time. 1896 –2006
Tourism and history to Băile Herculane”



At the end of the 19th century, was a resort Baile Herculane internationally consecrated, becoming a destination requested so ordinary people, which is seeking the cure for diseases of suffering and of great personalities of the time which had political here the ideal place both for meeting State as well as for relaxation and treatment.

Flags around the statue of Hercules, constructed since the first half of the 19th century, and the second monumental architectural ensemble, composed of the Casino building, Imperial Baths, Austrian Franz Josef hotels (Decebal) and Carol (Trajan), completed towards the end of the 19th century, the Imperial Centre, noted Historian, whose endowments utilities rivaled those of the most modern resorts in Europe.

In 1878 the railway construction is clears Baile Herculane, edifice which, by the architectural style, originality and elegance,

keeps up nowadays, among the most beautiful buildings of its kind in the country. Thus, the resort of the Cernei, became available and on the railway, road and inland waterway than horses (this is at a distance of only 20 km from the port of Orsova) already existing.

In the year 1893 to build electric plant, located in the upstream of the Hotel today, near the Roman bridge over the Cerna, numarandu resort is among the first electrically lit regions of countries.

Of course the main tourist attraction, the resulting fame resort abroad, it was then, as now, thermo-mineral waters in miraculoasele known and used since the time of the conquest of Dacia by the Romans, Baile Herculane, documentary attested since 153 d. c., being the oldest bathing in the country and one of the oldest in the world.

Although there is evidence, it is assumed that our ancestors the Gauls knew and used the therapeutic effect of thermo-mineral waters in the area, by imbaierea in so-called gropane, which collected water springs located on the shores of the Cernei. Even nowadays you can see people, who either winter or summer, night or day, prefer this form of treatment in nature, under the sky.

As he wrote Dr. g. Vuia in gazeta Transylvania, from the year 1900: long before he was tested the waters here and have been recommended by a physician, the springs were already botezate by the people: bath, bath, bath, bath of wounds, fever, etc.

Start with the last decades of the 19th century, a number of scientists have come to Baile Herculane to study the characteristics of the thermal water of Baile Herculane. Thus, born 1871, appeared the Dr. a. Popoviciu, Baile Hercules or scaldele of them important, Meedia, because amploarei the description made of the physicochemical properties of water in the resort. Furthermore, in the following decades, more than 30 specialists had as their object the research miraculoasele thermal waters of the Cernei, bringing an important contribution and the deciphering of the effect of tamaduitor water termominerale of the Cernei.

Although it was a resort with inc ' for seasonal activity, in 1895, Baile Herculane sign up a record for that time, 10.440 visitors. Officers, peasants, workers, visitors and patients, both of convalescenti novels as well as from all

over Europe, with the arrival of spring is grabeau to find a place in the popular seaside resort on the Valea Cernei. As registered editors the time it was a privilege to get a stay at Herculan which is heavy, even money held sway.

Number of visitors has increased, due to the degree of comfort and services at european level: elegant, luxurious baths, well equipped, recreation and leisure facilities. Starting with the 1864 1865, worked at the Casino, the cure with halls of fun (bacara, chemin de fer, Roulette, etc.), cafe, ospataria and Bazaar terrace which constituted a veritable pole of attraction for the world in that period, mondena visitors looking at here an excellent occasion for fun and recreation. Roman salute SALUTI ET LAETITAE (Health and Joy), printed on the frontispiece of the building, this place looks meant to lecui through the power of joy.

All these attractions are the natural adaoga of the picturesque resort, with secular forests, pine trees, Oaks and arini, strong winds to the shelter of the mountains all around, with a climate action calmanta, mild climate, with sub-Mediterranean influence.

Hiking paths around the resort, equipped with arbours and bancute for the rest, the beauty of the landscape and the air fresh and clean, with a strong concentration of negative ions, offering excellent conditions for relaxation, physical and intellectual forces of visitors.

It is well known that imparateas ' Elizabeth (or Sisi as was known) was in love for these places, being the guest of the resort five times, last time, in the year 1896, impreun with her husband, Emperor Franz Joseph.

Being passionate for the beauties of nature, imparatesei ii, love to walk on the paths around the resort, inso authors\ ita only a Lady of honour and a local calauz '. During her stay in 1887 is spent at the Villa who wears the name of Baile Herculan, intalne and with King Carol I of Romania and his wife Elizabeth (known under

the pen name of Carmen Sylva), Franz Joseph gazduiti at Villa (now the hotel Decebal).

The development of the resort in that period had, as well as his reputation, explaining the interest that it not only running weather sovereigns to visit Baile Herculan but also to enjoy the curative effect of thermo-mineral waters.

In this context, it is no wonder that in the year 1896, three important political personalities, imp ' ratul of Austria-Hungary, Franz Joseph, King Carol I of Romania, and King Alexander I of Serbia have agreed to meet at Baile Herculan and to take place at the cure of the Casino complex, the official gala dinneron the occasion of the opening events of the navigable channel Iron Gates. As the conferring of the Chronicles of the time at 6, he held a dinner in the elegant salon suites, cure, by participating Ministers, diplomats, among about 120 people.

Have made great training for this celebration, the resort was nice embellished and 300 coach were offered to the public. Toasts were kept in that important event of the marcau and ntalnirii, for the relations between the three countries.

Sovereigns they came, were met, toaster and gone to the capital t each of you. Remained though, in the mind and the soul of man, the image of a resorts, Baile Herculan, with international vocation, located in full development, as well as the famous words of the Emperor Franz Joseph:

„Now, in this vally of Cernei, there are the most beautiful resort on the Mainland”.

ing. Dorin Bălceanu

Băile Herculan

* The text represents the summary cart authors\
ii Herculan spring over time. 1896-2006.
Tourism and history at Baile Herculan author
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**BURSA TRAVEL SPA AND SPA TOURISM FORUM WORKS - DIANA HOTEL COMPLEX
IN THE RESORT BAILE HERCULANE
22-24 September 2011**



In the Conference Room of the Hotel Diana in Baile Herculane have been held in the works of Scholarship and travel Forum Spa, arrived this year from the 7th Edition. The main purpose of these events is to promote the tourism potential Spa, known as much for the therapeutic effect of natural cure factors for treatment and rehabilitation, as well as for its tourism, valentele by monumentle of culture and art, or through picturesque places. Were present at these events over 200 participants, representing the main tour operators, resorts in the country, professional associations and employers ' representative of tourism, research institutions and experts in the field of balneology in Germany, Austria, Hungary, Serbia and Romania.



Dorin Balteanu presented the participants the sa Baile Herculane spring over time in the history of safety evoking crampeie about bimilenara of the resort.



Within this framework were presented the prospects for tourism, spa tourism development strategies and health spa, as well as projects for the development of the resort Baile Herculane. In this context it is festive, Romanian Certification awarded Quality excellent Diploma and the certificate for the quality of your services in the resort complex "Diana of the Cernei, represented by Mr. Ion Catrinoiu – owner of the complex.

In the official opening of the festivities were talking about the significance of this event Ms. Sigrun Lang, President of the European Spa Resorts; Ms. Carmen Morariu general director in the Ministry of regional development and tourism; Ms. Corina Martin, President of the National Association of travel agencies; Mr. Murad Muhaned Employers Federation President of tourism in Romania, Mr. Nicu R ' employers ' Organization President dulescu of Spa Tourism in Romania; City Mayor Mr. Daniela Vasilescu Baile Herculane. At the same time, Mr. ing.



Spa travel scholarship, attended by nearly 40 stands, expunand society of travel agents, travel agencies, and institutions working in the field of spa tourism. Sta authors\ Baile Herculane is this section with five stands at the top of City Hall along with the National Park Administration Domogled-Valea Cernei, the Association of tourism and hotel complexes, Hercules and Diana Ferdinand. Also participate with stands its own Ministry of regional development and tourism and Spa tourism Employers Organisation from Romania. Since the opening of the stock exchange of the stands had many visitors, the main ones being bid for new year's Eve, as well as programs for vacant ' and health for all age categories. The majority of exhibitors we have testified that they are satisfied after the first day of the stock, and a large number of requests, but will be materialized in the next period.



In the framework of the sessions of the Forum Spa travel were exposed aspects of great interest in Romanian of european tourism.

As shown by Mrs. Sigrun Lang, President of the European Spa Resorts Association (ESPA), there are five steps for achieving a bathing establishment and how it can be placed successfully on the Spa circuit of markets or the development of tourism: setting goals on the next 15-20 years; planning planning; determining the phases of implementation and their financing; finantatorilor private and marketing approach.

In the message or addressed participants at the Forum of authors\ tourist resort town of la Herculane Mr. Taleb Rifai, Secretary general of the World Tourism Organization, said: the fascinating your country holds a one-third of mineral and thermal springs in Europe, what

enormous potential ii provide for the development of spa tourism and, moreover, in Romania there are all conditions to grow as a tourist destination. Also in the process of strengthening European, Romania play one of the major roles and will succeed by continuing to implement policies appropriate to its indeplineascs diversificarii tourism offer international demands, attracting foreign investments and create public and private partnerships, becoming a destination capable of generating a substantial share of ins and outs of tourism for the whole of Europe, Mr. Taleb Rifai said.



Everything within this forum, of great interest have enjoyed the presentations to the directors of bureaux and tourist information promotion of Romania from Munich and Vienna, Ms. Adina Rye profile German market for health programmes and business opportunities for Romanian spas, Mr. Simion Giurca Austrian market standards for health programs. Also, Mr. OPTBR President Nicu Radulescu, spa tourism prospects, and Mr. dr Murad Muhamed FPTR President made reference to the role of employers in tourism in relationship with Central and local State institutions, as Mr Andor Albel (Hungary) to present the history and prospects after five years from the signing of the Protocol of cooperation between employers ' organizations of tourism in the two countries.

Use of spa tourism potential and evolution of ANAT and OPTBR relations at one year after the signing of the Protocol of collaboration was the theme of the presentation Mrs. Corina Martin President National Association of travel agencies (ANAT), and Mr. Horia Lazarescu - National Balneology Institute Manager talked about the relationship of the Institute and spa tourism development.



On the first day of the festivities, Mr. Nicu Radulescu President OPTBR said: it is a events that we organize annually in each il resort in Romania, by rotation, and seeking to pull n records the main problems faced by the sector, what should we do to increase our fisheries sector, because eventually it is very important to the health of people you do, maybe it is the aim of any modern society as do those who actually work and live in the country.

It is very important that all participants at the spa tourism Market are people actually involved in tourism and in conditions in which here come the main tour operators and hoteliers meet up with, they should discuss not only the prices and tariffs, and terms of sale, through the effective implementation of the contracts. In addition, Mr. Michael Handolescu Director-general of Baile Govora SA we said We are delighted that this year the spa tourism Market takes place at Baile Herculane, because I deemed necessary as Baile Herculane, the oldest in Romania, to get n attention employers in tourism. Constatam as the location in which runs the stock exchange and the Forum is a location in which it has invested substantial and give you very good conditions for both those who come for treatment, and for those who do not make the treatment.

Regarding our offer for this scholarship, it is targeted to both the people of a particular social class, that is for those with lower incomes, for which we have special packages, and those who have substantial revenue for this purpose, providing the accommodation structures classified within two stars, three stars and even in the perspective of four stars.

As a general tendency, oberva health tourism is a component of the tourist product that starts to catch on more than the population.

Referring to the prospects of the resort of the Cernei, Mrs. Sigrun Lang, President of the European Spa Resorts-Exclusive: said Without indoial, Baile Herculane is a model for other spas in Romania and a model for the use of resources for spa treatment, because the millennial experience in this area constitute an advantage.

It was voted in the Council of Europe, after a year, a final regulatory action in connection with the mobility of tourists, which will facilitate greater access to foreign tourists. Sure there was this opotunitate to increase exchanges of tourists with tourists from Germany, France or Italy, who have the possibility to come not just for health tourism, but also to discover a new country, other traditions and habits..

Bursa travel Spa and spa tourism forum works will continue. In the third session of the Forum was presented the resort Slanic Moldova a green resort and will be addressed aspects concerning local authorities contribution to the development of resorts, the need for European standards and certifications; business opportunities through the Chamber of Commerce-Russian.

Also, was presented to the european project in tourism POSDRU Qualification a chance for the future, after which they were learned the conclusions of the Forum.

Scriis de Paul-Sever Smadu in [Written by Paul-Sever Smadu in Article background Radio Resita.](#)

Reguli de editare

(protocol peer-review)

Manuscrisele articolelor vor fi trimise in format Word atașate unui email la adresa: culturi@gmail.com. Procesarea imaginilor, scanarea și prelucrarea graficelor – daca este cazul - va fi responsabilitatea echipei editoriale. Limba de redactare a articolelor este limba engleza. Articolele pot fi publicate și cu traducerea lor în limba română.

După primirea manuscrisului, autorul corespondent va primi un scurt e-mail de confirmare a primirii articolului care va conține numărul de înregistrare, data la care manuscrisul a fost primit și faptul că manuscrisul a fost înaintat Consiliului Editorial. Editorul revistei alege 2 membrii ai consiliului editorial pentru peer-review și le trimite prin e-mail manuscrisul.

Decizia recenzorilor (de aprobare, de aprobare cu modificări minore sau majore, sau de respingere) va fi imediat comunicată prin e-mail autorului corespondent de către editor.

În cazul în care manuscrisul primește aprobarea publicării cu modificări, autorul corespondent este rugat să trimită editorului manuscrisul îmbunătățit în decurs de 4 săptămâni. Editorul revistei va transmite raspunsul autorului corespondent la recenzorii selectați. Dacă ei sunt mulțumiți de modificările făcute, vor trimite editorului decizia de aprobare pentru publicare a manuscrisului îmbunătățit.

În cazul în care recenzorii consideră că autorii nu au respectat acceptabil cererea de revizuire, ei vor putea lua decizia de a nu aproba articolul pentru publicare și vor comunica decizia respectivă editorului revistei.

Decizia de aprobare pentru publicare luată de către recenzori va fi comunicată în ședința consiliului editorial.

Editing regulations

(peer-review protocol)

The manuscripts will be submitted as attachment to the email in Word format (to culturi@gmail.com). Photo processing, scanning, graph processing –if needed-are the responsibility of the editing team. Language of papers is English. Articles can be published with translation into Romanian.

After manuscript receipt, the corresponding author will receive a short e-mail confirming the receipt, which will contain the registration number, the date the manuscript was received and the fact that the manuscript was handed out to the Editorial Board. The Journal Editor chooses 2 **peer-reviewers** (from the Editorial and Peer-review Board) and sends them by e-mail the manuscript.

The reviewers' decision (approval with no changes, approval with major/minor changes, rejection) will be immediately communicated by e-mail to the corresponding author by the editor.

If the manuscript **gets approval with changes**, the corresponding author shall send the improved manuscript within 4 weeks. The editor will convey the corresponding author's answer to the peer reviewers. If they are satisfied with the corresponding author's answer, they will send the subject editor the **decision of approval for publication of the improved manuscript**.

If the peer reviewers consider that the corresponding author did not meet/or met poorly the revision requests, they will deny the approval for publication, which will be communicated to the editor.

The approval for publication once taken by the reviewers, the decision will be communicated in editorial meeting.

