

New Combined Balneological Procedures

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In balneotherapy we normally use simple raw-peloidy or water for procedures. Several years of our balneochemistry researches indicate, that combination of certain natural resources could be more therapeutically effective than simple product. It is necessary, however, to choose proper compounds which are not influenced destructively on each others but work synergistically. In our opinion the following combination of natural healing resources occurring in Poland are possible:

- the organic peloid (peat- borowina) with sulfide mineral water or with alkaline bicarbonate water
- Inorganic peloid (Gytium) with brine or sulfide mineral water
- combination two mineral waters: sulfide waters with natural humic waters or humic water with low mineralization brine

Results: The combination of organic peloid with sulfide water (instead of water) intensified the healing properties of new product and made stabilization of H₂S. When we use the low mineralization alkaline water to peloid the significant increased the amount of humic acids in the pulp peat was observed. On the basis of own research we excluded destructive action of sulphur compounds on the humic acids. The newly formed product resulting from a combination of peat and mineral waters can be used for wraps, bath of disperse or tampons.

The combination of Gytium with brine water reduced the H₂S smell from the new product. Hence, no irritant of H₂S on the respiratory tract was observed

Our next study showed that combination sulfide water with humic acid waters are very benefited. Both – sulfur(II) and humic acids were active in a new product and work synergistically. New product can be used for bathing and irrigation of body cavities.

Conclusion. It is beneficial to combine peloids with selected healing waters and combine two mineral waters, but it is necessary perform balneochemical research before application. The research should prove that components included in the new products work synergistically but not destructively.