

New algoritms for health and tourism in the balneological system in Romania

Surdu O⁽¹⁻²⁾, Surdu TV⁽¹⁾, Surdu M⁽¹⁾

⁽¹⁾Balneal and Rehabilitation Sanatorium of Techirghiol, Romania

⁽²⁾Ovidius University, Faculty of Medicine, Constanta, Romania
olga.surdu@yahoo.com

Aim to present the Romanian approach of rehabilitation as holistic and integrative medicine.

Materials and methods – legislation, regulation for health, health education and environment.

Results. What is new, what is old in balneotherapy? Everything's new but old in the same time. We are now on the eve of the fourth industrial revolution (4.0) and modern medicine including thermal medicine fully benefits of the scientific and technological progress. Balneotherapy continuously shows its value and therapeutic virtues in the context of modern life. What do expect society from medicine and what can offer balneal/thermal medicine. Keeping health and preventing illnesses is the golden dream of medicine and to accomplish it nowadays means multidisciplinary cooperation within the frame of research, education and legislation.

In Romania balneotherapy represents the heart and the hub for physical medicine and rehabilitation because what else could be balneotherapy if not a hydro-thermotherapy with thermo / mineral waters used in rehabilitation? Historically, in thermal resorts, around the balneotherapy, have added (in a natural way) the scientific acquisitions from physical medicine (electromedicine, phototherapy, and physiotherapy), have bloomed, flourished and developed alternative and/or complementary therapies such as acupuncture, homeopathy, herbal medicine, and geriatrics just because they gain therapeutic potential from each other.

The main characteristics of Romanian balneotherapy are:

1. unity between balneotherapy, physical medicine and rehabilitation;
2. the coherence of education, training and practice of specialist medical doctors and therapists;
3. holistic and integrative approach.

We strengthen cooperation and collaboration with specialists in various fields by emphasizing that balneotherapy is part of the European common heritage and that it is up to us, the balneologists, neurologists, cardiologists, rheumatologists, physi-

cists, biochemists, geologist, etc, to keep and to transmit to young people the heritage of knowledge on the sanogenic virtues of natural therapeutic factors.

Conclusion. In Romania, the practice of balneal medicine has been continuously enriched, following the European direction.

Today, balneotherapy is part of physical medicine and rehabilitation, in accordance with European regulations/requirements. The teaching is coherent, the professionals of the field study the same disciplines with the adequate content at the level of their diploma.