

# Developmental factors of romanian balneary resorts

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Economic relevance of balneology and healthy-aging is easily noted in the context of the socio-economic development at national and global levels. Demographic imbalanced pyramids and strong growth of the population aged over 65 years are a serious challenge for the humankind. Human ageing and longevity are complex and multi-factorial traits that result from a combination of environmental, genetic, epigenetic and stochastic factors, each contributing to the overall phenotype. Currently, health is understood as the removal of diseases in a defensive manner to the pathological process and with higher costs. Would be more effective the maintenance of health through prevention mechanisms identified by modern science. The study of the mechanisms by which various natural or health factors can, positively or negatively, influence the ageing process opens the path to design and obtain new products for the benefit of elderly people to maintain health for a long time and so to have socially active and positive role for others.

Healthy ageing should ideally start in childhood and take a lifelong perspective. Yet it is never too late to start. Investing in prevention can have important benefits for the individuals involved and has also societal benefits, since it is better to finance effective strategies to prevent diseases than to use the resources to cure them. Combining the balneotherapy with using products with healthy-ageing effect provides a significant advantage and represents the sustainability of the strategies for healthy ageing.

Balneotherapy is acting by three main ways: thermally, mechanically and chemically. We suggest that the joint use perspective of natural therapeutic factors and physiotherapy with new robotic assistive interventions might increase the clinical importance of balneal resorts, and also include the modern trend of availing robotic assistive equipment to the benefit of patients. Applied aspect of the research seeks to maximize the economic exploitation of natural resources for health needs in a sustainable manner. In Balneal Resorts, traditional balneal rehabilitation interventions are now combined with robotic assisted possibilities, revealing a modern and advanced technological development of the medical/clinical units from the Balneal Resorts. This can improve, including medical address ability and increase health

tourism in the respective resorts. The increasing interest in mechatronic/robotic technologies, for medical rehabilitation, changes the upper and lower limb neurological impairments therapeutic approach and introduces in the medical repertoire of methods, beside the current physiotherapists interventions, robotic-assisted medical interventions.