

Results of the research of hydromineral resources of Adjara region and prospects of their use in balneological practice

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There are over 2000 healing waters discovered on the territory of Georgia, that have been used by the local population for curing reasons for centuries. The healing mineral waters effectively cure various diseases, and the efficiency of mineral waters are rising for several times in case they are accompanied by mountain air, sun rays and vitalizing greenery of the forest.

Adjara is one of the regions of Georgia, rich in fresh and mineral water resources, which can be found on the seacoasts, as well as in the mountains. These resources have been known to the local population since the ancient times and have been widely used for the treatment of various diseases.

In the available literature there is found scarce information on the use of hydromineral resources of Adjara region in balneological practice.

The chemical compositions (micro- and macroelements) of 38 mineral waters located in Adjara region have been studied by using the chemical and modern instrumental methods of analysis.

In almost all studied objects have been stated the contents of the following balneological components: iron, calcium, silicon and gases, hydrogen sulfide in some of them (Keda, Namonastrevi, Ghoma waters, Makhinjauri, Khulo, Khidistavi, Beshumi etc.).

Based on the pharmacological studies have been established, that the mineral water "Shubani" of Shuakhevi municipality significantly stimulates the acid and enzyme producing function of stomach, while not affecting the peripheral blood composition; it stimulates the synthesis and release of bile acids, secretion of bilirubin. By loading of the body weight by 2% (single time) the mineral water mildly reduces the secretion of bile and bilirubin.

The further development and practical realization of the results of conducted studies will promote the development of medical, particularly healthful tourism and arrangement of balneological resorts in Adjara region.