

Balneological clusters of Ukraine: scientific substantiation, treatment and resort development strategies

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Sustainable development of the Ukrainian economy, which is now steadily moving through the implementation of reforms, is impossible without sustainable development of resorts.

The Strategy for the Development of Tourism and Resorts until 2026 was adopted in 2017. One of the priorities of the Strategy is complex modernization of the resort areas.

One of the resort-forming factors are natural therapeutic resources (NTR). According to the Law of Ukraine "On Resorts", NTR include mineral waters (MW), therapeutic mud (peloid), ozocerite, liman and lake brine, seawater, natural objects and complexes with favorable climatic conditions for treatment. The efficacy and safety of NTR, the ability to use them with sanatory(recreational) and therapeutic purposes to be based on the results of their biomedical quality and value estimation. Today, the state inventory of NTR contains data on 388 NTR.

At the legislative level, the status of six resorts of the nationwide scale and three resorts of local scale was established. A number of natural sites can also claim for the status of resorts.

Thus, balneological clusters (BCs) can be distinguished within Ukraine. Of course, they are limited to certain geographical areas. Somewhere in these natural sites there are NTR in a unique combination and developed spa resort complexes.

Powerful BCs are available on the territory of the southern region, in particular the seacoast zone, which uniquely combines sea and steppe climate, seawater, sandy beaches and numerical NTR, in particular medical mud, mineral waters, liman brine. This allows for development of balneotherapy and rehabilitation, in particular for patients with spinal and walking disfunctions, in the following sites: BCs of the Southern Odessa region, Kuyalnik, Zatoka, Sergievka, Carolino-Bugaz, Lebedivka and Arabat Arrow and Gengirka, the uniqueness of which is the presence of a thermal MF.

Central Ukraine is characterized by the presence of BCs with radon water and peat muds: Khmilnyk, Nemiriv (Avangard), where treatment is provided for diseases of the locomotorium as well as gynecological and skin diseases. Digestive organs treatment is provided in the BC of Mirgorod with its medical MW.

The western region is rich in variety of NTR, which led to the presence of a large number of BCs. Truskavets and Skhidnitsa are the unique BCs with curative MW with a high content of organic substances. BCs Polyana, Shayan, Morshyn, Soymi with curative MB offer treatment of digestive organs. BCs WBerehove, Solotvyno, Velyatino have well-known thermal MW. BC Kvasy has the unique arsenic MW.