

USE OF NATURAL THERAPEUTIC FACTORS

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ВОПРОСЫ ИСПОЛЬЗОВАНИЯ ПРИРОДНЫХ ЛЕЧЕБНЫХ ФАКТОРОВ

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Health resorts of Tambov region are multidisciplinary, they provide preventive medical treatment of the following diseases: cardiovascular diseases, respiratory diseases, diseases and injuries of peripheral and central nervous system, endocrine and systemic diseases, diseases of gastrointestinal tract and musculoskeletal system, urologic and gynecological diseases, skin diseases. The regional infrastructure consists of 5 resorts.

The Sanatorium "Energetik" is located in a mixed forest, where conifers prevail. It is an all-season health resort that admits 150 patients. Living quarter, medical center and dining hall make one facility of a 5-story building. This facility also includes a multipurpose sports ground, a basketball ground, a tennis court, a ping pong court, hobby rooms, a children playground, a billiard room, a ski center, a sauna with a pool, a gym and a library.

The natural therapeutic factors are mild temperate-continental climate, mixed forests, where conifers prevail, and picturesque landscapes of central Russia. Treatment is based on the use of Yessentuki № 4 (natural drinking mineral medicinal table sparkling water from well № 71 in Zapadno-Bykogorsky section of Yessentuki field) and Slavyanovskaya (from well № 69-bis of Zheleznovodsk field, Stavropol Krai) mineral water.

The medical center is stationed in well-equipped rooms. Applied treatment methods include baths, showers, massage, exercise therapy, inhalations, physiotherapy, balneotherapy, magnetic therapy, laser therapy, heat therapy, mud therapy, acupuncture, phytotherapy, mineral water. Medical personnel includes physicians, pediatricians, physical therapists, cardiologists, neurologists, gastroenterologists, psychotherapists, dentists, surgeons, dermatologists and venereologists, reflexologists, rehabilitation medicine doctors, ultrasound specialists.

The sanatorium medicine is focused on diseases of cardiovascular and nervous systems, digestive and respiratory organs.

The Tambov Cardiological Sanatorium has two divisions. The first division is located in the south part of Tambov city, on the river Tsna's high bank, in the ex-palace of manufacturer Asseyev, surrounded by serene park. It specializes in rehabilitation after myocardial infarction. This division admits 130 patients all year round. The second division is located in 4 km from Tambov, in a pine forest on the bank of river Tsna. It specializes in pediatric cardiology and endocrinology and in pediatrics. This division admits 128 patients all year round. The sanatorium has three living quarters, a medical center, a dining hall, the premises include children and sports grounds, a summer stage.

The natural therapeutic factors are mild temperate-continental climate, pine forests and picturesque landscapes of central Russia. The well № 21-D that breaks sodium-chloride brines ($M=52,5 \text{ g/dm}^3$) with conditioned content of Bromine ($\text{Br } 183 \text{ mg/dm}^3$) is located on the sanatorium premises. Lipetsk turfy muds and Tambukan sludge muds are used to treat patients with cardiovascular pathologies.

The sanatorium treatment methods include balneotherapy (mineral baths, artificial baths, underwater massage treatment), electrophototherapy (laser therapy, magnetic therapy, electrosleep, sinus modulated currents), dry carbonic acid gas baths, medicated inhalations and mud therapy, massage (manual and dry), Jacuzzi hydro pool, infrared sauna and biothermal capsule (for treatment of hypertension, cardiac neurosis, cellulite and other diseases), 24-hour ECG monitoring, laboratory studies (clinical and biochemical), oxygen cocktail and vitamin tea, exercise therapy using training devices and treadmills.

The sanatorium medicine is focused mainly on diseases of blood circulatory system.

The Sanatorium named after Kalinin is located upon the confluence of rivers Lesnaya and Polny Voronezh, on the premises of the ex-mansion of Snejkova, surrounded by serene park. The natural therapeutic factors are mild temperate-continental climate of central black earth area, broad-leaved trees of the old park, picturesque landscapes of central Russia. The well № 322/2 that breaks sodium-chloride brines ($M=19,4 \text{ g/dm}^3$) with Bromine content ($\text{Br } 45 \text{ mg/dm}^3$) is located on the sanatorium premises. Mud therapy is based on the use of Kiziltash (Krasnodar Krai) sulfide slime muds containing a great amount of mineral substances.

The sanatorium treatment methods include instrumental physiotherapy (galvanization, sinusoidal modulated currents, diadynamic currents, ultrasound, electrosleep, medicinal electrophoresis, local darsonvalization, decimeter wave therapy, microwave therapy, ultra high frequency therapy, magnetic therapy, laser therapy, ultra-violet irradiation). In addition, the sanatorium experts use balneotherapy (different types of baths: fresh, pearl, whirlpool, radon, mineral sodium chloride, mineral iodine-bromine, dry-air carbonic acid baths, foot baths, local four-cell baths, colonic irrigations, Charcot shower, circular shower, rising shower, underwater massage treatment). They also use mud therapy (mud applications), inhalations, phytotherapy, aromatherapy, halotherapy, diet therapy, exercise therapy, manual therapy, massage, drug therapy, mechanotherapy, reflexotherapy, terrain cure. The sanatorium medicine is focused on diseases of blood circulatory system, respiratory organs, genitourinary system.

The Sanatorium "Forest Pearl" is located in a large pine forest. It is estimated to admit 155 patients. The natural therapeutic factors are mild temperate-continental climate of central black earth area, light pine forest, picturesque landscapes of central Russia. The well № 102 that breaks sodium-chloride brines ($M=54,2 \text{ g/dm}^3$) with Bromine content ($\text{Br } 159 \text{ mg/dm}^3$) is located on the sanatorium premises. Mud therapy is based on the use of Tambukan (Stavropol Krai)

sulfide slime muds containing a great amount of mineral substances.

The sanatorium treatment methods include instrumental physiotherapy (galvanization, ultrasound, electrosleep, medicinal electrophoresis, local darsonvalization, decimeter wave therapy, magnetic therapy, laser therapy, ultra-violet irradiation, phototherapy with polarized light). In addition, the sanatorium experts use balneotherapy (different types of baths: fresh, pearl, whirlpool, contrast baths, carbonic acid gas baths, mineral iodine-bromine baths, local four-cell baths, vaginal lavage, Charcot shower, circular shower, rising shower, underwater massage treatment). They also use mud therapy (mud applications, intracavitary mud therapy), heat therapy, inhalations, hirudotherapy, aromatherapy, diet therapy, climatotherapy, exercise therapy, massage, drug therapy, ozone therapy, reflexotherapy, speleotherapy.

The sanatorium medicine is focused on diseases of respiratory organs and blood circulatory system.

The Sanatorium "Pines" is located in a large pine forest. The natural therapeutic factors are mild temperate-continental climate of central black earth area, light pine forest, river Tsna running close to the sanatorium, picturesque landscapes of central Russia. Mud therapy is based on the use of Tambukan (Stavropol Krai) sulfide slime muds containing a great amount of mineral substances. The sanatorium treatment methods include instrumental physiotherapy (galvanization, diadynamic currents, ultrasound, electrosleep, medicinal electrophoresis, local darsonvalization, ultra high frequency therapy, magnetic therapy, laser therapy, ultra-violet irradiation). In addition, the sanatorium experts use balneotherapy (pearl baths, medicated baths, dry-air carbonic acid baths, Charcot shower, circular shower, rising shower, underwater massage treatment), as well as mud applications, heat therapy, inhalations, hirudotherapy, apitherapy, aromatherapy, color therapy, exercise therapy, massage, ozone therapy, speleotherapy.

The sanatorium medicine is focused on diseases of blood circulatory system, (cardiovascular system), endocrine system, nutritional and metabolic diseases (diabetes mellitus, obesity), gynecological disorders.

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