How to combine European experience and Chinese tradition in thermal resorts

Jolanta Zegarska MD PhD\textsuperscript{1,2}, Jacek Chojnowski MD PhD\textsuperscript{2}

\textsuperscript{1}Hakone Hot Spring & Spa Group, Chongqing, China
\textsuperscript{2}Department of Balneology and Physical Medicine, Nicolaus Copernicus University in Torun, Collegium Medicum in Bydgoszcz, Poland

G3T Global Hot Spring Think Tank, Guangzhou, China

12-13.10.2019
Nowadays as world is getting „smaller” and Europeans are seeking for Traditional Chinese Medicine methods and many Chinese hot spring centers inclines to become also balneological destinations.

It seems to be kind of natural direction of development to combine both worlds and methods with great benefit for people all around the world. Hot springs and thermal centers seem to be the perfect choice to unify and develop this concept.
Some of the techniques originated in Chinese tradition and medicine have been already added to the therapeutical programs in many European thermal resorts.

Additional and complementary treatment
Nature

• Exploring thermal waters for health purpose has a long tradition all over the world and has been growing together with the history of human being.

• There are many historical hot spring locations discovered all around the world
Nature

- In Europe balneotherapy became one of the most important treatment methods based on natural and cultural background and finally become a scientific proved method with famous spa towns and doctors.

- Natural medicine in China developed in its own direction, famous and well known all around the world as the Traditional Chinese Medicine. TCM is rooted in the ancient Chinese tradition and connected and infiltrated with all aspects of Chinese culture and life.
Nature

- Therapies based on the nature can vary in many details in different part of the world, still the background seems to be similar.
Both of these concepts and directions regard the human body as an organic whole, closely related to the nature and society.

Both of them also point out the most important role of diseases prevention and stimulation the self-defence strength of the human body.

For both of them mind is as well important as body and recognise that climate, food and society have great impact on human wellbeing.
Human health depends largely on the efficiency of adaptive mechanisms. Their improvement leads to the improvement of human health and wellbeing.
The main goals of „Spa” actions:

- Relief from the harmful environment in which the people resides.
- Normalisation of organ functions by activating the body's internal abilities to restore disturbed organ functions.
- Increasing the ability of organs to actively counteract harmful environmental influences by improving adaptability (adaptation).
By applying particular balneotherapy methods with specific parameters we can achieve the expected appropriate results:

- Relieve an overloaded organ or system
- Correction of organ dysfunction
- Restoration of disturbed organ function to normal
- Training adaptive mechanisms
- Improving general fitness and physical fitness, the proper functioning of the most important systems
- Improving mental and intellectual functions
- .....harmony and balance
Balance…

Body (and) mind balance
Active and relax balance
Nutrition balance, hydration balance…

In our physiology one of the most important balance is autonomic nervous system balance

One is responsible for all „stress” reaction like increasing blood pressure, speeding up heart rate, vessel reaction, breathing… The second one action is opposite
Stress

Relief
One of the most important effect of thermal spring procedures and whole stay organised in thermal centers is the impact action on autonomic nervous system.

- Bathing
- Doing exercise
- Meditation
- Experiencing massage
- Eating & drinking
- Having fun
Excessive activity of the sympathetic nervous system
Mild water-therapy, lukewarm in the evening
Bathing in Carbonic water
Descending baths
Mild massage and hydromassage
Breathing exercises, relaxing
Autogenous training
Walking (including forest bathing)

Predominantly parasympathetic system
Hot Water therapy
Best in the morning
Warm and hot baths
mud or peat wrap
Sauna
Isometric exercises
Breathing exercises with deepness of the breath
Water

Water composition
Time of the day
Temperature
Length of bathing

Time of year
Time of the day
Temperature
Length of bathing
On the other hand…

shower, hydromassage

qi flow, blood flow, lymph flow…
In balneophysical treatments we stimulate „Head areas” on the skin, which allows to eliminate pain, reduce muscle tension, normalize trophy of the skin and internal organ function. The principle of skin-viscous motion

The treatments applied to the muscles allow to reduce pain, tension and the reflex pathway affect the improvement of the function of the internal organs.
Dysmenorrhea

Primary or secondary

- Disorders of blood flow within the endometrium
- Hyperactivity of the uterus
- Incorrect exfoliation of the endometrium
- Psychological factors
Deficiency of natural endowment, or the intemperance of sexual life or the recovery from acute or chronic disease can impair the function of liver and kidney thereby leading to the deficiency of qi and blood.

Emotional upset or depression leads to qi stagnation and blood stasis.

Inappropriate life style such as drinking cold beverages or walking in the rain, can lead to cold accumulation in the uterus. The cold will intermingle with qi and blood, making blockage severe.
- Baths in healing waters
- Hydrotherapy
  - Sink baths
  - Hot baths of lower limbs
  - Aromatic baths
- Peloidotherapy

- Kinesiotherapy
- Massages

- Light therapy
- Electrotherapy

- Nutrition
- Relaxation
Treatment

Improvement of the circulation of the pelvis
Relaxation of the pelvic muscles
Decreasing activity of the sympathetic nervous system
Positively affecting the mental state

Smoothing liver and regulation qi,
Warming meridian
Resolving stasis
Activating blood
Relieving pain
The upper 1/3 section of the sacrum, between the sacroiliac joints referred to as the zone of painful menstruation

Location and therapeutic effect of accupoints on the trunk - Lower abdomen lumbar and sacrum L2 - S4 (stomach, intestines, bladder, reproductive organ)
The goal is to regain balance

this is the essence of balneological treatment in the hot spring centers in Europe

this is the essence of TCM treatment

We shouldn’t only think how to combine them, we should stop to separate them
Thank you!

jolanta.zegarska@cm.umk.pl