

How to combine European experience and Chinese tradition in thermal resorts



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G3T Global Hot Spring Think Tank,
Guangzhou, China

12-13.10.2019

So far ?

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



So close ?



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

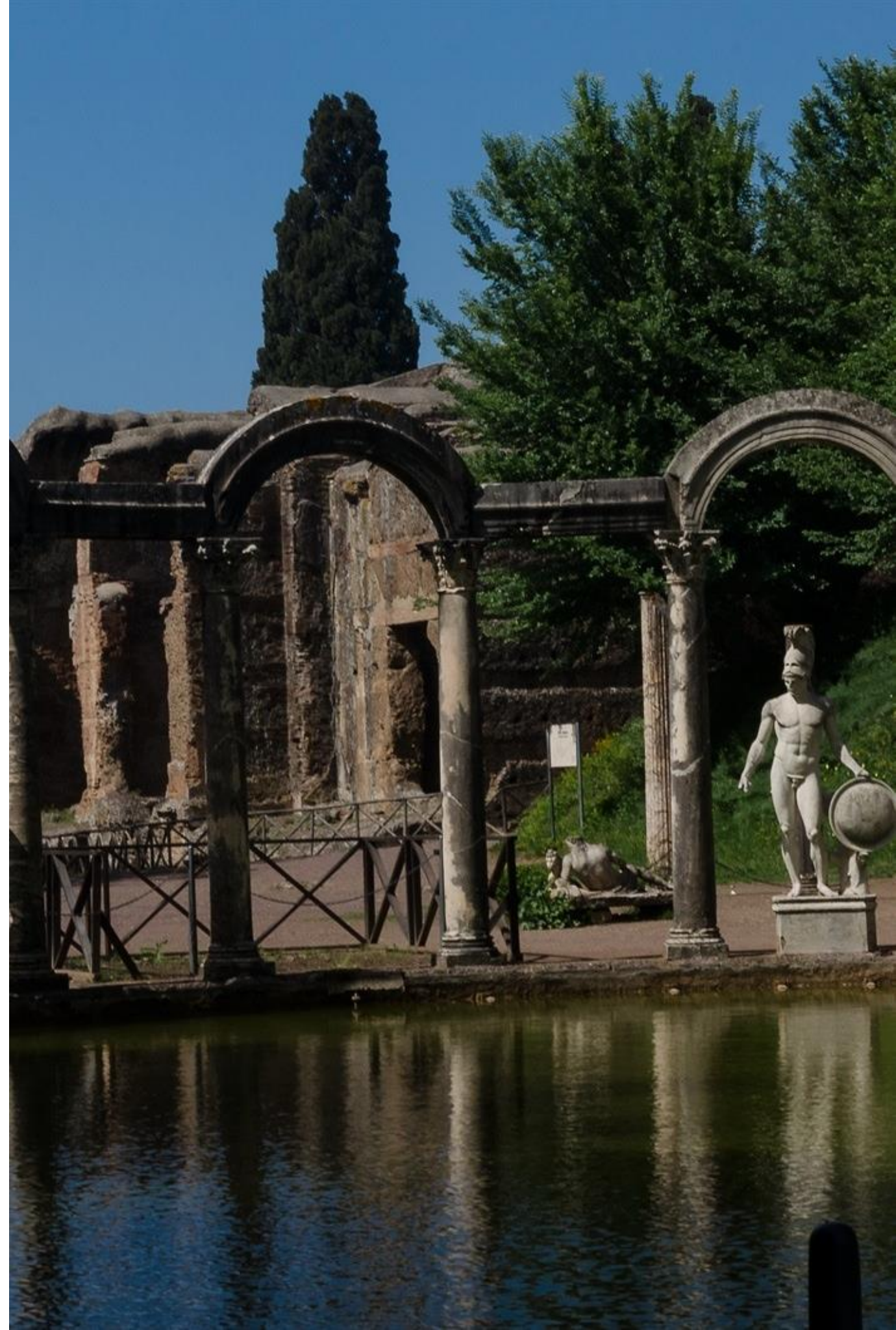
Some of the techniques originated in Chinese tradition and medicine have been already added to the therapeutical programs in many European thermal resorts



Additional and complementary treatment

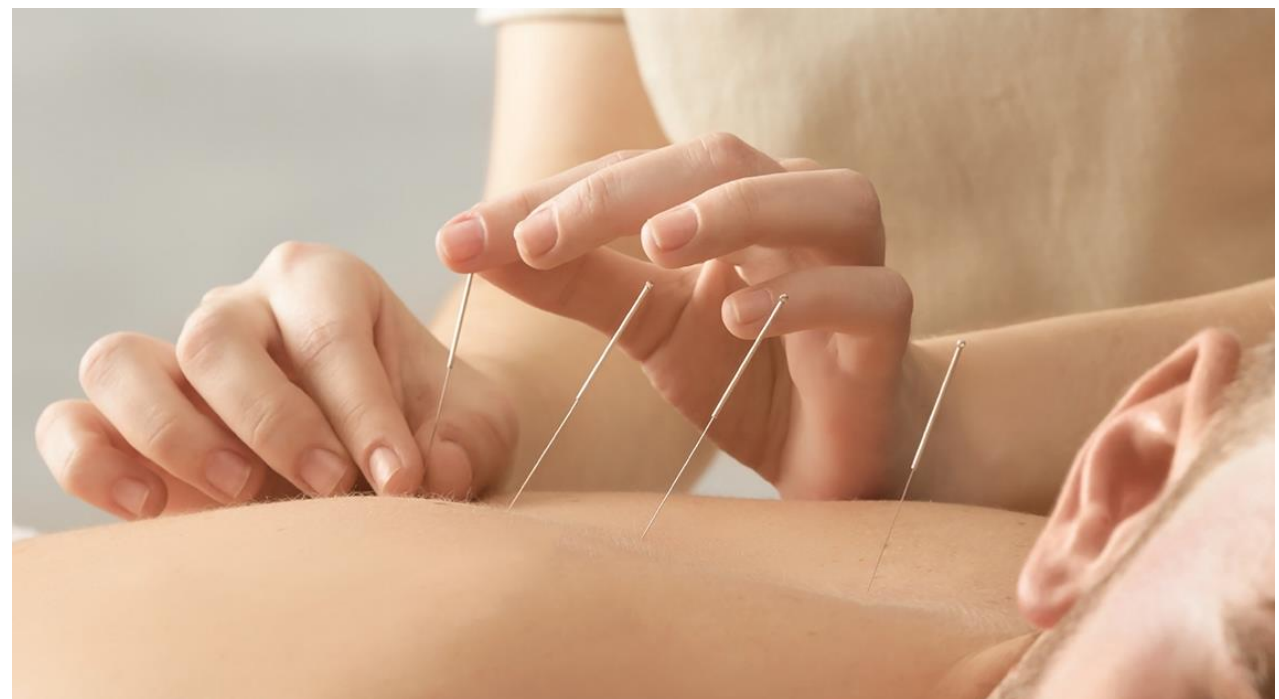
Nature

- 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 method based on natural and cultural background and finally become a scientific proved method with famous spa towns and doctor
- Natural medicine in China developed in it's 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-defencing 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

West

?

East

West

The main goals of „**Spa**” actions

East

The background image is a scenic landscape. It features a bright sun rising over a range of mountains, with its light reflecting on a calm body of water. In the foreground, there are dark, smooth rocks. The overall atmosphere is serene and natural.

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)

otherapy methods with specific parameters we can achieve the e



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...

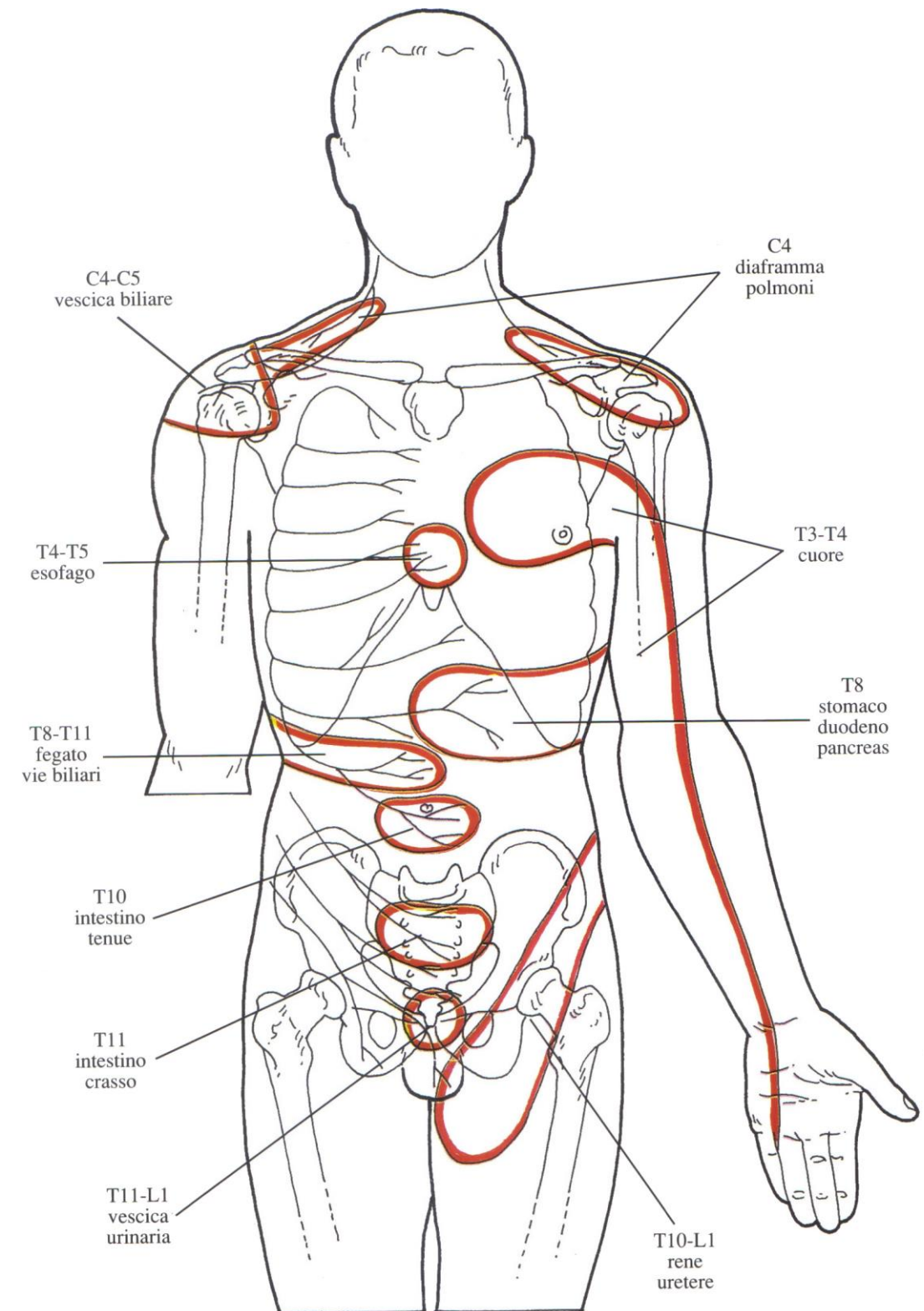


Massage, manual therapy, shower, hydromassage

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

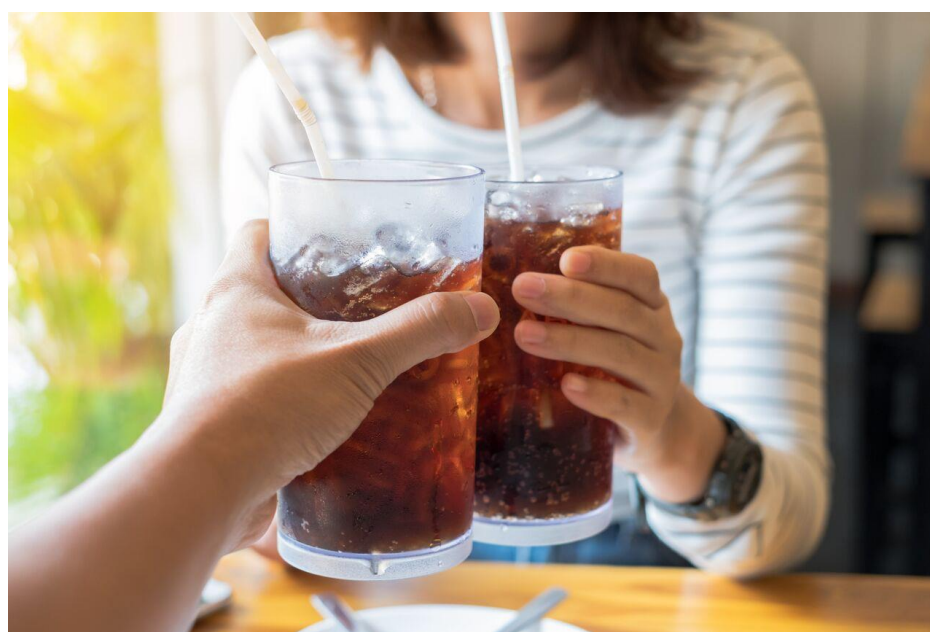
- Disorders of blood flow within the endometrium
- Hyperactivity of the uterus
- Incorrect exfoliation of the endometrium
- Psychological factors



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
Relaxion

Treatment

Improvment 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,

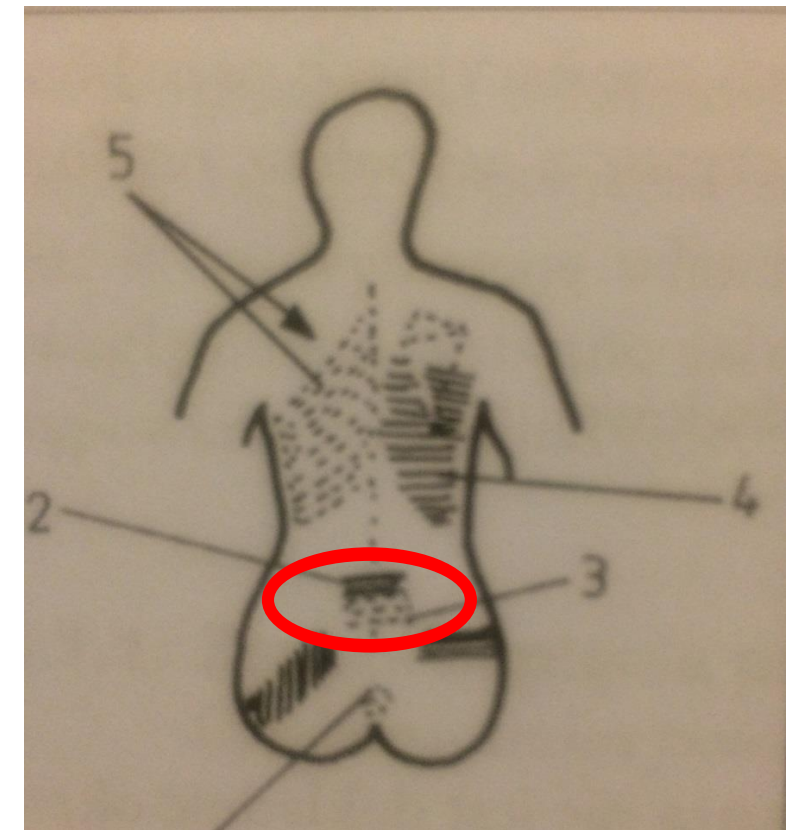
Warming meridian

Resolving stasis

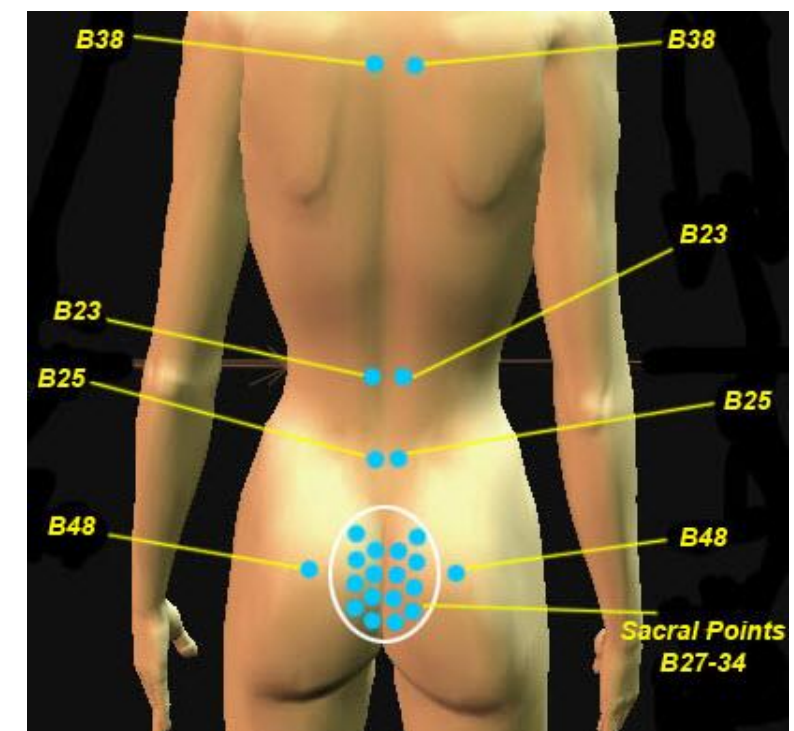
Activating blood

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!
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