



# Lečenje reumatskih bolesnika primenom balneoterapijskih procedura

## Treatment of Rheumatic Patients Using Balneotherapy Procedures

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### Apstrakt

Reumatske bolesti predstavljaju veliku grupu oboljenja, najčešće nepoznate etiologije i prognoze. Karakterišu ih promene na lokomotornom aparatu, upalni procesi, bol, smanjena pokretljivost. Zbog svog hroničnog toka predstavljaju značajan lični, porodični i društveni problem. Zahtevaju poseban tretman u pogledu dijagnostikovanja, prevencije, lečenja, rehabilitacije i resocijalizacije.

Reumatske bolesti su, prema istraživanjima Instituta Batut, na prvom mestu po učestalosti kod nas, a i svetu. Najčešće se javljaju kod osoba starijih od 60 godina – 81%, slede oni od 19 do 59 godina (oko 18%), do 18 godina oko 1%. Zabrinjavajuća je činjenica da od zapaljenjskog reumatizma najčešće obolevaju deca starosti između 3 i 7 godina.

Lečenje reumatskih bolesti je medikamentozno i balneoterapijskim procedurama. Kada se iscrpe sve mogućnosti ove dve metode, pristupa se operativnom lečenju.

Balneoterapija predstavlja kompleksnu terapijsku disciplinu, zasnovanu na primeni vode (primena opštih i lokalnih kupki), lekovitih gasova i peloida (lekovitog blata). Njome se utiče na imuni sistem organizma, stimuliše se cirkulacija kako kroz krvne, tako i limfne sudove, ubrzava se ćelijska aktivnost i ozdravljenje organizma. Balneoterapija deluje na organizam direktno (mehaničko, termičko i hemijsko dejstvo) i indirektno (nespecifična stimulacija fizioloških funkcija nervnog, endokrinog i imunog sistema). Balneoterapijska doza je određena sledećim faktorima: intenzitetom nadražaja, trajanjem procedure i izložene površine tela. Individualni pristup svakom pacijentu predstavlja imperativ pravilnog lečenja reumatskih bolesti. Balneoterapija se sprovodi etapno: pošteдна faza, puna doza balneoterapije, faza konsolidacije. Kod neadekvatnog doziranja balneoterapijske doze dolazi do pojave bola, težine u ekstremitetima, neurovaskularne labilnosti ili opšte slabosti organizma, glavobolje i vrtoglavice i jačanja aktivnosti zapaljenjskih procesa. Pravilno i individualno dozirana balneoterapija dovodi do smanjenja bolova i otoka zglobova, skraćenja jutarnje ukočenosti, poboljšava pokretljivost, relaksira miškulaturu, poboljšava izdržljivost i balans.

U zaključku se može reći da je balneoterapija superiornija od uobičajene fizikalne terapije, i u lečenju reumatskih bolesti ima važnu ulogu u prevenciji i rehabilitaciji. Neželjeni efekti su minimalni kod pravilnog doziranja, a povoljni efekti su dugotrajni. Pravilnim doziranjem balneofizikanih procedura, bolest se može držati pod kontrolom i može se poboljšati kvalitet života obolelih od reumatskih bolesti, što ima i veliki psihološki efekat.

### Abstract

Rheumatic diseases represent a large group of diseases, most often of unknown etiology and prognosis. They are characterized by changes in the locomotor apparatus, inflammatory processes, pain, and reduced mobility. Due to their chronic course, they represent a significant personal, social, and family issue. They require special treatment in terms of diagnosis, prevention, treatment, rehabilitation, and resocialization.

According to research by the Institute of Dr Milan Jovanović Batut, rheumatic diseases are the most common in our country and in the world. They most often occur in people over 60 years old - 81%, followed by those aged 19-59 about 18%, up to 18 years old about 1%. It is a worrying fact that inflammatory rheumatism most often affects children between the ages of 3 and 7.

Rheumatic diseases are treated with medication and balneotherapy procedures. When all possibilities of these two methods are used, operative treatment is approached.

Balneotherapy is a complex therapeutic discipline, based on the application of water (application of general and local baths), medicinal gases, and peloid (healing mud). It affects the body's immune system, stimulates circulation both through blood and lymph vessels, and accelerates cellular activity and healing of the body. Balneotherapy affects the body directly (mechanical, thermal, and chemical action) and indirectly (non-specific stimulation of the physiological functions of the nervous, endocrine, and immune systems). The balneotherapy dose is determined by the following factors: the intensity of stimulation, the duration of the procedure, and the exposed body surface.

An individual approach to each patient is imperative for the proper treatment of rheumatic diseases. Balneotherapy is carried out in stages: sparing phase, full dose of balneotherapy, and consolidation phase. Inadequate dosing of the balneotherapy dose leads to the appearance of pain, heaviness in the extremities, neurovascular lability or general weakness of the body, headaches, and dizziness, and increased activity of inflammatory processes. Correctly and individually dosed balneotherapy leads to a reduction in joint pain and swelling, shortening of morning stiffness, improves mobility, relaxes the muscles, and enhances endurance and balance.

In conclusion, it can be said that balneotherapy is superior to usual physical therapy and has an important role in the prevention and rehabilitation in the treatment of rheumatic diseases. Adverse effects are minimal with proper dosage, and beneficial effects are long-lasting. By correct dosing of balneophysical procedures, the disease can be kept under control and the quality of life of rheumatic diseases can be improved, which also has a great psychological effect.

