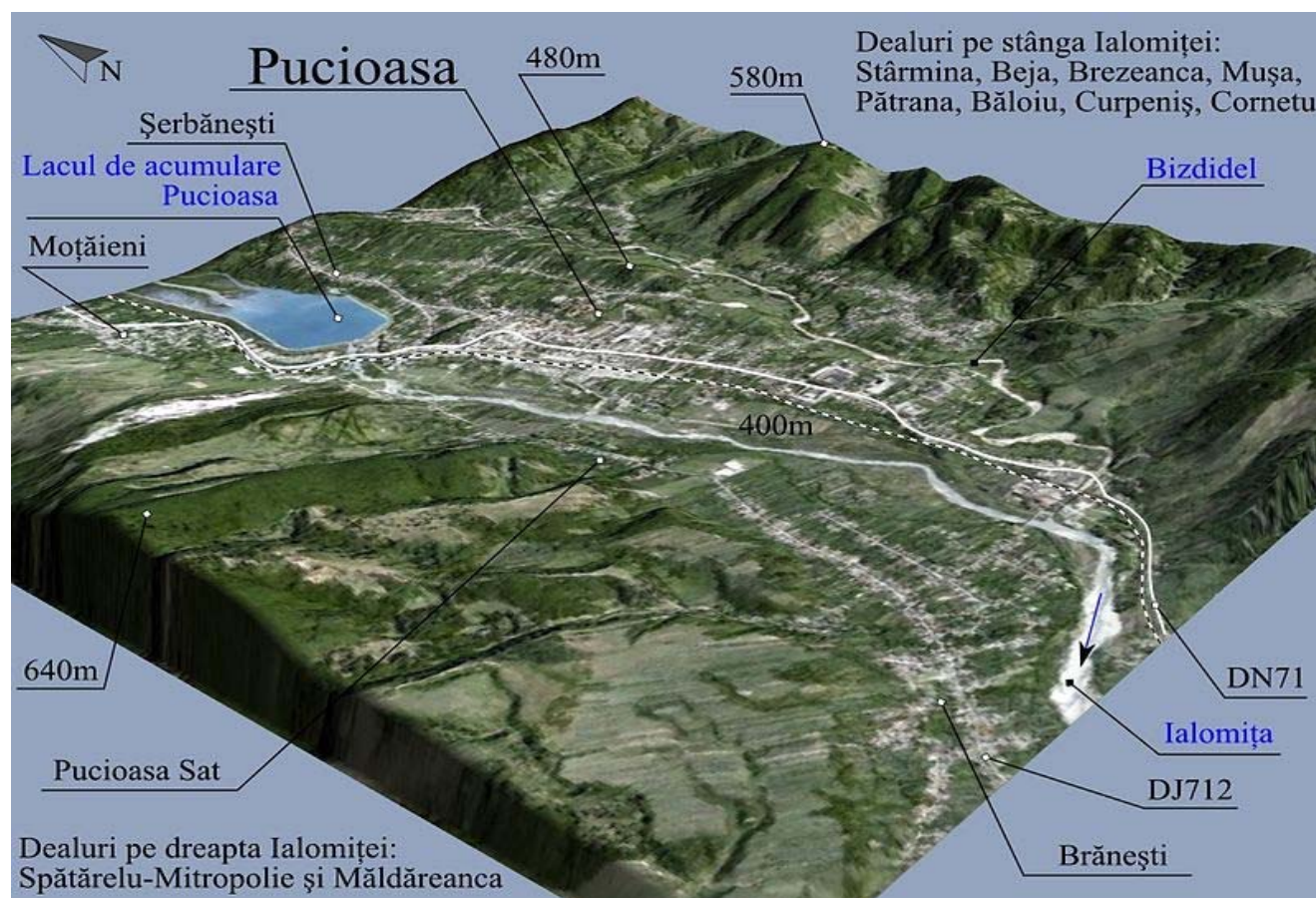


PUCIOASA HEALTH RESORT

Dr. Delia Cintează¹¹Institutul Național de Recuperare, Medicina Fizică și Balneoclimatologie**A. Historical data**

Pucioasa resort is located in Wallachia Subcarpathians Ialomita on Ialomita river valley, a region of hills, about 21 km from Targoviste, altitude ranging from 390 to 450 m. City was formed around 1760 by merging settlements Serbanesti (documented in 26 September 1538) with Podurile de Jos and Podurile de Sus (documentary mentioned in 1461) and Zărăfoaia village. In 1791, the area shown on a Austrian map and in Russian one in 1835. After 1828, developed as a resort balneoclimateric, taking the name Pucioasa because of concentrated sulfuric mineral waters from here, called popular brimstone. Main economic industry is tourism balneary town having a balneoclimateric resort status. The main hotels are "Ceres" and "Tourist".

Pucioasa city is considered, traditionally balneoclimetric resort of permanent general interest. Sulfur springs were analyzed for the first time in 1821-1828. The first pavilion was built public baths in 1834. Pucioasa the mineral waters from have been presented at the Universal exhibition in Vienna in 1873.

B. General characteristics

The climate is continental of hills, moderate without thermal excess. The average annual temperature is 9.5 °C, the coldest month being January (average monthly multi -3 °C) and July the warmest month (average normal of 19.5 °C). Annual average cloudiness is 5 tenths, the average annual number of days with clear sky is 70, and the overcast day with 90.

The duration of bright sunshine totals annually, on average, a total of 2100 hours. Average annual precipitation is 700 mm, the average number of rainy days is 115, and the days with snow cover of 60.

C. Natural therapeutic factors

The physical, chemical composition, microbiology, stability and human health effects were monitored by INRMFB. Last measurements were made in 2011.

Minerals water for external cure administration:

- Well 1: sulfur mineral water, sulfate, chloride, calcium, sodium, hypotonic
- Drilling 9: sulfur mineral water, concentrated, iodine, chlorine, sodium, hypertonic
- F 10: concentrated mineral water, iodine, chlorine, sodium, hypertonic
- F 11: mineral sulfur, iodine, chlorine, sodium, hypertonic

Bioclimate sparing sedative. Average number of days with thermal comfort in July, is 12 noon, and the days of discomfort by heating 9.

The skin bioclimatic stress index annual average amounts to 12, April-June, September and October relaxing.

The lung bioclimatic stress index is 30 months the balance was in April, October and November. Bioclimatic stress index average annual total recorded value of 42, indicating a sedative bioclimate, the unmitigated..

D. Medical and balneary treatment facilities

The resort is equipped with balneary medical treatment facilities and medical personnel to ensure the natural treatment factors for therapeutic purposes. INRMFB evaluated and monitored basis balneary treatment operating based on the authorization issued by the Ministry of Health.

Sulfur springs have a high concentration (1.152mg / l), sulfate, chloride, low bicarbonate, calcium, sodium, magnesium. The climate of the hill, with average annual temperature above 10 degrees Celsius and annual rainfall of 750mm, and the existence of mineral makes of the resort to be recommended for the treatment of rheumatic disorders, posttraumatic, neurological, peripheral and central respiratory, dermatological and cardiovascular –vascular.

Existing treatment equipment in the medical balneary treatment bases:

- warm bath with mineral water in bathtubs and basins;
- herbal baths in bathtub;
- paraffin packing;
- inhalations and aerosols with sulphurous water;
- electrotherapy currents low, medium and high frequency;
- underwater shower, galvanic baths;
- thermotherapy;
- segmental massage, regional and reflex;
- individual physical therapy, with manipulation for peripheral joints, joint and spinal traction.

Therapeutic Indications:

Therapeutic indications have been set by committee of the INRMFB for each source of natural therapeutic factor in the analyzes and studies conducted.

The main indications

Musculoskeletal disorders:

- rheumatic diseases: spondylitis, gonarthrosis, coxarthrosis etc.
- abarticulare rheumatism;
- posttraumatic disorders of musculoskeletal system.

Secondary indications

- respiratory and ORL diseases
- nutritional and metabolic diseases associated
- cardiovascular diseases
- dermatological diseases
- peripheral and central neurological diseases

Note: indications of reference are set by the practitioner RMFB. Application is not allowed in patients who have general contraindications (see below) or specific contraindications, established by the practitioner.

THERAPEUTIC PROFILE: Diseases of the musculoskeletal system

General contraindications

- febrile acute and chronic conditions in periods of acute exacerbation;
- venereal diseases in the contagious period (syphilis, gonorrhea);
- wearers of pathogens (hemolytic streptococcus, HB Ag, HIV);
- infectious diseases in the period of infectivity, until the end of compulsory isolation;
- cachectic states from any cause which produced them;
- malignant tumors (regardless of form, location or evolutionary stage) or benign tumors with malignant potential;
- repeated and heavy bleeding of any kind;
- pathological pregnancy and normal pregnancy in any month over 3 months;
- epilepsy
- blood disease or impaired general health system (anemia, leukemia, lymphoma);
- wearers of germs or parasites;
- psychopathy with social behavior disorders;
- demente;
- neuropsychiatric disorders, and chronic alcoholism;
- drug addiction
- patients at risk of organ decompensation (diabetes harder to control food and medicine);
- potentially contagious dermatological disease or large lesions, unsightly;
- heart failure, kidney or liver show;
- patients with failure of self (they will be sent only in special nursing homes);

Types of possible balneary cure (already applied or can be developed in future):

- health cures: comfort, fitness, antistress, active preventive cure of diseases by type / types of risk factors for diseases listed above, anti-aging diets, weight reduction cures, cures for osteoporosis prevention;
- cures of secondary prophylaxis;
- therapeutical cures;
- cures of medical rehabilitation of the second and third phase.

E. The development potential in terms of natural therapeutic factor

Sulfur springs were discovered in Pucioasa town, which have been exploited since the XIX the century. Due to unique cure factors as sulphurous waters, considered to be the largest concentration in the country, the resort has developed profile in the external cure rheumatism, inflammatory, degenerative, abarticulare, etc. limb posttraumatic sequelae. Taking into account: the type and characteristics factors cure, cure number of factors, indications of cure, natural cure factors **reservations, resort development potential is high.**