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## THALASSOTHERAPY

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Thalassotherapy (Greek *thalassa* – sea + *therapia* – treatment), which is translated from ancient Greek as “sea treatment” – is a section of clinical medicine that studies the properties of the coastal climate, sea water, algae, sea mud and other sea products, their mechanisms of action on the human body with therapeutic and prophylactic use. The term thalassotherapy was introduced in 1867 by the French physician Joseph de La Bonnardiere from the small town of Arcachon on the coast of the Bay of Biscay of the Atlantic Ocean. Currently, thalassotherapy occupies one of the leading places among the methods of treatment and rehabilitation of many world resorts. The physiological effect of sea bathing is more pronounced than sea baths, and is due to a whole range of factors. A lower (relative to body temperature) water temperature has a cold effect on the body. Sea waves act as a mechanical factor (a kind of hydromassage). The salts dissolved in sea water, settling on the skin, irritate its receptors and support the general reaction of the body that arose when bathing, being a chemical factor in thalassotherapy, which has a beneficial effect on health. The bacterial flora of seawater and phytoncides secreted by seaweed also have a positive effect. During bathing, a person actively moves, breathes in ionized sea air, is exposed to solar radiation (ultraviolet rays penetrate water to a depth of 1 m). All this is of great hygienic and therapeutic value. Bathing is dosed depending on the state of health, age, degree of fitness, sea water temperature and other factors. Based on this, an individual level of a possible cold load is determined, as well as a residence time in water, which can range from a few seconds (dipping) to 30 minutes. The pioneers of scientific therapy – thalassotherapy – were the British. Thalassotherapy is not only sea bathing, it is a combination of the therapeutic use of all factors that are formed under the influence of the sea: climate, sea water, algae, estuary silt and seafood. Thalassotherapy has a wide range of sanogenetic effects: from the treatment of chronic diseases to the prevention and restoration of health reserves. The Greek doctor Hippocrates taught: “A doctor heals – Nature heals” and recommended in 350 BC for healing lotions with sea water for bone pain, drinking sea water for indigestion and swimming in the sea for wounds and skin diseases. Cicero advised giving slaves wine to restore strength. Drinking sea water was recommended in the 19th century by the German physician Lebert (1886). He suggested normalizing sea water to mineralization of 3-5 g/l, and then, having saturated it with carbon dioxide, he recommended for constipation, abdominal plethora, and an inclination to hot flashes. Drinking sea water was more prevalent in Sweden and Norway than in Germany, which Dr. R. Flechsig (1892), the author of the Guide to Balneotherapy, attributed to the lack of curative sources in these countries. The beneficial effect of sea water and mud in professionally designed programs allows you to achieve a quick effect that cannot be achieved by other therapeutic agents.

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