

Perspective

Relevance of Natural Health Factors of The Crimea in Comprehensive Treatment of Rheumatoid Arthritis

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Rheumatoid Arthritis (RA) is a chronic systemic autoimmune disease manifested by damage to small joints by the type of erosive-destructive arthritis and extra-articular manifestations in other organs. This pathology ranks second among connective tissue joints. The rapid pace of development of society, especially in the medical segment, has led to the decoding of the pathogenetic aspects of many chronic diseases [1,2]. It was found that most of them are polyetiologic. RA is characterized by a progressive course with rapid loss of ability to work and subsequent disability [3,4]. In this regard, etiotropic therapy has not been developed. Basically, in these conditions, treatment is pathogenetic, leading to the elimination of the main symptoms and the achievement of long-term remission. Since complete recovery is impossible, there is a need for an objective and subjective assessment of the effectiveness of treatment. In this case, the main component of the subjective assessment is the quality of life [5]. When considering the rheumatological aspect, the preservation of motor functions that affect the formation of the main indicators of quality of life is unconditional. It is the improvement of the parameters of this marker that becomes the main criterion that allows us to compare the effectiveness of the therapy, rehabilitation and preventive treatment, especially when clinical and laboratory changes do not have reliably significant differences.

Sanatorium-resort treatment is one of the effective non-drug methods of treating RA. The use of physical factors triggers evolutionarily specific protective response mechanisms that have a hyposensitizing, anti-inflammatory and analgesic effect. Sanatorium and resort treatment has long established itself as one of the most effective for joint diseases. It is indicated during the period of remission of the disease. The basis of complex treatment is treatment with natural mineral water and diet therapy. In addition, balneotherapy and hardware physiotherapy, exercise therapy, aromatherapy are used. The main balneological factors of the Republican Hospital of Restorative Treatment "Black Waters" are sources of weakly mineralized water and mineral silt of the «Black Waters» source. The mineral water of the source contains hydrogen sulfide, methane, chlorides, Na, Ca, which has a beneficial effect on the course of rheumatoid arthritis.

The standard complex of spa treatment includes the following activities:

1. Spa regime
2. Climatotherapy
3. Massage of affected limbs and development of contractures
4. Balanced diet

5. Hardware physiotherapy for affected joints and reflexogenic zones (electro-, phonophoresis; SMT-therapy; bioresonance vibration stimulation).

6. Mud therapy

7. Balneotherapy - mineral therapeutic baths, whirlpool baths, dilution baths, phyto-baths, hydromassage, Complex treatment allows to reduce pain and inflammation syndromes, as well as stiffness. Climatotherapy plays an important role: air saturated with healing substances and minerals from Lake Saki helps to normalize the activity of the central nervous system, which is suppressed in patients with long-term pain syndrome.

Thus, the positive impact of rehabilitation treatment methods on QOL parameters in patients with RA is beyond doubt. Sanatorium and resort treatment has a general health-improving effect on the body and improves the quality of life of patients. This requires the widespread use of natural therapeutic and preventive factors of Crimea.

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