

GEOGRAPHICAL SCIENCES

PERSPECTIVES OF MEDICAL AND HEALTH TOURISM DEVELOPMENT IN VOLYN REGION

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Lately, health tourism has become extremely popular in both national and international tourism markets. Firstly, this is due to the fact that modern society is concerned about the health state and its improvement, and secondly, there is a worsening of the population health state, an increase in the incidence rate, the spread of socially dangerous and chronic diseases, which lead to the widespread use of resort therapy and the health tourism development.

Many works of modern scientists, such as B.I. Aksentiychuk, M.M. Baranovsky, H.A. Barkova, V.M. Boholyubova, V.O. Jaman, S.I. Nikitenko, K.A. Nemets, L.M. Nemets, S.V. Leonov, O.O. Lyubitseva, M.P. Malska, N.P. Melnyk, O.Ya. Romaniv, M.Yu. Rutynsky, N.V. Chernenko, L.T. Shevchuk and others, are devoted to the problems of health tourism organization.

Health tourism is a travel to the resort areas for the purpose of treatment. Health tourism is divided into therapeutic, which aims at its own treatment, therapy, rehabilitation after illness, and preventive (wellness tourism), focused on maintaining the body in a healthy state and keeping the balance between human physical and psychological health [4].

Currently, traditional health resorts are no longer a place of treatment and recreation for older people, and they become a multifunctional wellness center for a wider range of consumers. The choice is made between resorts that specialize in the treatment of a particular disease and resorts of mixed type, which generally promote health and contribute to recovery and stress relief [2].

Volyn region has a favorable geographical position, unique historical and cultural sights, wide network of nature reserve fund and possesses significant natural and recreational resources for the development of health tourism and has the necessary infrastructure to provide services to certain categories of tourists and holidaymakers.

There are two distinct types of landscapes in the above-mentioned region – Polesian and forest-steppe. Volyn region has the best natural conditions for the wellness tourism development (large forested areas, large number of floodplains and karstic lakes), although the forest-steppe areas also have considerable potential.

The climate is temperate continental: winter is mild with unstable frosts; summers are warm, spring and autumn – with heavy rainfall. Annual precipitation amounts are

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up to 600-650 mm. Most of them fall in June, July and August (up to 80-90 mm per month). 70% of the total rainfall is in the warm season. The climate conditions of Volyn region are suitable for the health tourism development in the winter and summer months.

The ultraviolet radiation (UVR) mode, which has a bactericidal and vitamin-forming effect on the human body, is of great importance in assessing the health value of climate. The number of sunlight hours depends on the length of the day and promotes long walks [3].

Forest resources are significant for the wellness tourism development. The total forest area of the region is 697.7 thousand hectares. This is one third of the region's territory and 6% of the forest area of Ukraine. The most afforested are the northern Polissya districts (Manevychi, Kamin-Kashyrsky, Shatsk), where the forest area occupies 56-47% of the territory, in the south – in the forest-steppe zone – the forest area is 5%.

Coniferous forests (pine, fir) predominate in the forests – 343.7 thousand hectares (60%), softwood – 137.5 thousand hectares (24%) and hardwood species – 91.6 thousand hectares (16%). The ability of the forest to release oxygen and volatiles and to absorb carbon dioxide is extremely important. The phytoncidal quality of the plantations reduces the number of bacteria and germs in the forest air, improves sanitary and hygienic conditions of the rest. Forest resources play an important role in the treatment of the organism [3].

Balneological resources include mineral waters, which combine into 4 types, and therapeutic muds (peat and sapropels). In total there are 43 mineral waters in the region.

In Ratne district, near the village Osnytsia, village Tur, sanatorium «Lisova Pisnia» («Forest Song») the hydrocarbonate-calcium, sodium bicarbonate and chloride-calcium mineral waters are distributed. They are suitable for the cardiovascular system diseases, peripheral nervous system and other diseases treatment.

Near the village Gremyache Kivertsi district, sanatorium Prolisok there is the source of the chloride-sodium-bromine mineral water. This water is used for the treatment and prevention of musculoskeletal system diseases, endocrine and nervous systems, diseases of the digestive system and breathing.

Sodium chloride waters with high mineralization – 12-13 mg / l – distributed near the village Zhuravychy, Kivertsi district. These waters have impurities of bromine, iodine, radon and they are used to treat cardiovascular system, atherosclerosis, respiratory and digestion.

There is a source near Kovel, which has no analogues in Ukraine. It is sodium chloride-iodine-bromine water. These waters are used in the digestive system, cardiovascular, endocrine and nervous systems, skin and musculoskeletal system diseases.

Near Lutsk, iodine-bromine and sodium chloride waters of high mineralization and slightly mineralized ferruginous waters are used in the treatment of gastrointestinal tract diseases, kidney diseases, and ischemic diseases of the heart, iron deficiency and anemia.

Volyn region has considerable resources for curative mud. In particular, 33 peat curative mud deposits were observed. It is mainly gypsum domed peat containing many organic compounds (bitumen, wax, pitch, ooze, lignins, starch, essential oils, balms, etc.) and inorganic constituents (iron oxides, ammonium salts, boron, barium, strontium compounds, titanium, zirconium, vanadium, silver, chromium, gold, iodine, etc.). Such muds are greasy, have high heat capacity, bactericidal, hygroscopic, low thermal conductivity.

Sapropels (bottom sludge) have valuable healing properties. The largest number of sapropel deposits is found in the northern regions, in particular in Ratne, Turiysk and Stara Vyzhva lakes (40.8% of all deposits), Kovel (11.0%), Manevychi (10.0%) and Shatsk (9.4%). Medicines based on sapropel are used for the treatment of diseases of the skin, musculoskeletal system, nervous, genital, cardiovascular systems, digestive organs, breathing; diseases and consequences of injuries of the central nervous system. Cosmetic face masks, which contribute to skin rejuvenation, counteract the processes of skin aging are made from sapropel [1].

The chain of the sanatoriums and resort complexes in Volyn region is presented in the Table.

Sanatoriums and resort complexes in Volyn Region

Name of the resort	Resort profile	Treatment
Sanatorium «Lisova Pisnia» («Forest Song»), village Haivka Shatsk district, the territory of Shatsk National Nature Park [6]	Traditional treatment with the help of modern equipment, therapy is combined with phytotherapy, manual therapy, homeopathy, hirudotherapy, peat treatment, ozone therapy, salt mine, therapeutic gymnastics, massages.	Cardiovascular system, respiratory system, gastrointestinal tract diseases, joints and spine, nervous system, skin (psoriasis).
Sanatorium of mother and child «Prolisok», village Gremiache Kivertsi district, the territory of NPP «Tsuman Pushcha» [7]	Along with traditional treatment, there is the use of climatotherapy, phytotherapy, hirudotherapy, apitherapy, press-therapy, information-wave therapy, bischofite applications, phytobar, thermo-spa, and also balneological procedures	Diseases of the nervous, endocrine and urinary-genital systems, digestive system, breathing, musculoskeletal system
Regional Children's Anti-Tuberculosis Sanatorium «Zghorany», village Zghorany, Lyuboml district	Along with traditional medical methods, they apply climatotherapy, phytotherapy, aerosol therapy, massage, therapeutic physical training	Nonspecific diseases of the respiratory system
Sanatorium for children and parents «Dachnyi», village Zhabka, Kivertsi district [5]	Medical treatment, phytotherapy, aromatherapy, physiotherapy, electrical muscles stimulation, electrosonics, hydrotherapy (hydromassage baths),	Specialization: pediatric neurology, infantile cerebral palsy, infectious lesions of the nervous system, traumatic injuries

	pressotherapy, ultrasound therapy, magnetotherapy, electrophoresis, paraffin-ozokerite applications, kinesitherapy, manual therapy, Montessori therapy, massage, physical therapy.	of the brain and spinal cord and peripheral nervous system.
Regional anti-tuberculosis sanatorium for adults, urban-type settlement Kolky, Manevychi district	Treatment and rehabilitation factors that are applied: climatotherapy, physiotherapy and medical treatment of tuberculosis. The treatment period is from one to five months.	Treatment of patients with active tuberculosis
«Shakhtar» health resort, village Pavlivka, Ivanychi district	Climatotherapy, ozone therapy, <i>amplipulse therapy</i> , Montessori therapy, massage, physiotherapy.	Diseases of the musculoskeletal and respiratory systems

Thus, for the health tourism development in Volyn region it is necessary to regulate financial and economic activities, to increase the volume of state support, to improve the regulatory framework, to attract investors, incl. foreign ones, to modernize the material and technical base of the existing health resorts and the planning of their territories, to develop fundamentally new approaches to the sanatoriums activity on the basis of the latest SPA-technologies that will improve the quality of recreation and health.

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