

# Procedures and applications



## WELLNESS AND TREATMENT CENTER "SHOHAMBARI" SANATORIUM



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sanatorium

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# Two types of healing mineral water

## Shohambari

**1. Mineral water can be used for medicinal purposes in baths and pools in its natural form and in dilution.**

In the treatment of diseases of the musculoskeletal system, peripheral nervous system, gynecological and cardiac diseases, for inhalation and rinsing in diseases of the upper respiratory tract.



**2. Medicinal table mineral water can be used as a table drink and as a drink as prescribed by a doctor.**

Chronic gastritis with normal, increased and decreased secretory functions of the stomach; stomach function; uncomplicated gastric ulcer and duodenal ulcer, diseases of the operated stomach for gastric ulcer and duodenal ulcer; chronic colitis and enter colitis; chronic diseases of the liver and biliary tract (hepatitis, non-calculous cholecystitis), post cholecystectomy syndrome; chronic pancreatitis; metabolic diseases (diabetes mellitus, gout, obesity, uric acid diathesis, oxalaturia, phosphaturia). Mineral water can be recommended for bottling.

# The use of drinking mineral water



<b>No</b>	<b>Name</b>	<b>Degree of water</b>	<b>Water intake time</b>	<b>Amount ml</b>	<b>Days</b>
<b>1</b>	<b>Inflammation of the stomach with high acidity</b>	<b>18-20C°</b>	<b>1-1.5 min before meals</b>	<b>200-300ml</b>	<b>12-24 days</b>
<b>2</b>	<b>Low acid stomach inflammation</b>	<b>30-35C°</b>	<b>10-15 min before meals</b>	<b>200-300ml</b>	<b>12-24 days</b>
<b>3</b>	<b>Stomach ulcer and 12 duodenal ulcer</b>	<b>36-37C°</b>	<b>20-40 min before meals</b>	<b>50-100ml</b>	<b>12-24days</b>
<b>4</b>	<b>Stomach ulcer with high acidity</b>	<b>18-20C°</b>	<b>20-30 min before meals</b>	<b>200-300ml</b>	<b>12-24 days</b>
<b>5</b>	<b>Inflammation and ulceration of the small intestine and large intestine</b>	<b>40-45C°</b>	<b>depends on acidity</b>	<b>200-400ml</b>	<b>12-24 days</b>
<b>6</b>	<b>Inflammation of the liver and gallbladder</b>	<b>40-45C°</b>	<b>depends on acidity</b>	<b>200-300ml</b>	<b>12-24 days</b>
<b>7</b>	<b>Diabetes mellitus</b>	<b>18-20C°</b>	<b>20-40 min before meals</b>	<b>200-300ml</b>	<b>12-24 days</b>
<b>8</b>	<b>Kidney and bladder disease</b>	<b>18-20C°</b>	<b>20-40 min before meals</b>	<b>200-300ml</b>	<b>12-24 days</b>

# Состав лечебной минеральной воды



<b>Cations</b>	<b>I-III</b>	<b>ГРАММ</b>		
<b>Lithium</b>	<b>Li</b>	<b>0.0001</b>	<b>0.1</b>	
<b>Ammonium</b>	<b>NH<sub>4</sub></b>	<b>0.005</b>	<b>0.03</b>	
<b>Potassium</b>	<b>K<sup>+</sup></b>	<b>0.004</b>	<b>0.10</b>	<b>0.03</b>
<b>Sodium</b>	<b>Na<sup>+</sup></b>	<b>0.973</b>	<b>42.32</b>	<b>35.6</b>
<b>Magnesium</b>	<b>Mg<sup>++</sup></b>	<b>0.0076</b>	<b>0.62</b>	<b>1.7</b>
<b>Calcium</b>	<b>Ca<sup>++</sup></b>	<b>0.024</b>	<b>1.19</b>	<b>2.7</b>
<b>Strontium</b>	<b>Sr<sup>++</sup></b>	<b>0.001</b>	<b>0.2</b>	
<b>Iron oxide</b>	<b>Fe<sub>3</sub><sup>+</sup></b>	<b>0.0005</b>		
<b>The amount of cations</b>		<b>1.010</b>		
<b>Fluorine</b>	<b>F<sup>-</sup></b>	<b>0.0026</b>	<b>0.14</b>	<b>0.3</b>
<b>Chlorine</b>	<b>Cl<sup>-</sup></b>	<b>0.407</b>	<b>11.48</b>	<b>26.0</b>
<b>Bromine</b>	<b>Br<sup>-</sup></b>	<b>0.002</b>	<b>0.02</b>	
<b>Iodine</b>	<b>J<sup>-</sup></b>	<b>0.0005</b>		
<b>Sulfate</b>	<b>SO<sub>4</sub></b>	<b>1.45</b>	<b>29.77</b>	<b>67.2</b>
<b>Bicarbonate</b>	<b>HCO<sub>3</sub></b>	<b>0.151</b>	<b>2.48</b>	<b>5.6</b>
<b>Carbonate</b>	<b>CO<sub>3</sub></b>	<b>0.012</b>	<b>0.40</b>	<b>0.9</b>
<b>The sum of anions</b>				
<b>Silicon to-ta</b>		<b>0.018</b>		
<b>Boric acid</b>		<b>0.019</b>		
<b>Total mineralization</b>		<b>3.05</b>		
<b>Dry residue at 180 °C</b>		<b>2.91</b>		

## Mud therapy with clay from Lake Saki



- **In gynecology:**  
in inflammatory processes and hormonal disorders, treatment of inflammation of the appendages and ovaries, for resorption of adhesions in the fallopian tubes, in general, to restore reproductive function.
- **In andrology:**  
with chronic prostatitis, as well as problems associated with male dysfunction, infertility, restoration of erectile function.
- **In traumatology:**  
when recovering from injuries, cracks and other diseases.
- **In neurology:**  
in the treatment of traumatic diseases of the spinal cord, diseases and consequences of injuries of the central and peripheral nervous system, with cerebral palsy, with disc herniation, protrusion.
- **In arthrosis syndesmology:**  
with arthritis and arthrosis, radiculitis, polyarthritis and rheumatism.

## Intestinal shower with Shohambari water



- **With diseases of the gastrointestinal tract:** gastritis, pancreatitis, colitis, constipation, cholecystitis.
- The method is based on a complete cleansing of the large intestine using water, in which the large intestine is repeatedly filled with water and emptied.
- In a programmed mode, water is supplied through a plastic tube, spreads throughout the large intestine, bringing the contents out through a special tube.
- In this case, the maximum pressure created in the intestine does not exceed 100 millibars. This allows for 3-5 sessions with an interval of 1-3 days to carry out a complete bowel cleansing in a patient-friendly mode.
- Usually bowel lavage takes 25-45 minutes, using 20-25 liters of water.



Shohambari  
sanatorium

## Mineral water bath "Shohambari"



- **For skin diseases:** eczema, psoriasis, neurodermatitis, furunculosis, scleroderma, as well as to accelerate regeneration processes.
- **To relieve pain:** muscles, spines and joints with osteochondrosis, arthritis, radiculitis.
- **With nervous and mental disorders:** depression, chronic fatigue syndrome, headaches.
- **With cardiovascular diseases:** atherosclerosis, hypertension, chronic venous insufficiency, etc.



## UHF therapy



- **Diseases of the gastrointestinal tract:** pancreatitis, gastric ulcer and 12-colon ulcer, enteritis, cholecystitis, viral hepatitis.
- **Diseases of the ENT organs:** bronchitis, frontal sinusitis, otitis media, sinusitis.
- **Diseases of the organs of vision:** blepharitis, mutilate, glaucoma.
- **Skin diseases:** acne, eczema, psoriasis, phlegmon, herpes.
  
- **Diseases of the musculoskeletal system:** dislocations, fractures, bruises, radiculitis.
- After the operating rehabilitation.



## Naphthalene oil



- **The healing properties of naphthalene oil are capable of:** stopping inflammation, removing pain, relieving allergy symptoms, promoting vasodilatation, positively affecting the restoration of the skin, disorders of which are characteristic of psoriasis, increasing the intensity of metabolic processes, protecting the body from harmful ultraviolet radiation and radiation, stimulating the production of hormones in adrenal cortex.
- And also naphthalene has a property that activates the intensity of trophic functions and metabolic processes, stimulates the processes of spermatogenesis, accelerates the processes of ovulation and oogenesis.

## Full massage



- It is used for osteochondrosis, diseases or traumatic curvature of the spine, with chronic fatigue syndrome, before depressive or depressive conditions, overwork, muscle pain, anxiety, insomnia, nervous overload, chronic headaches, dysfunctions of the digestive system, obesity, recovery from bruises, sprains, injuries, fractures.

## Massage of individual parts of the body



- **Diseases of the musculoskeletal system:** pain in the back, lower back, neck, bruises, sprains of muscles, tendons and ligaments, stiff joints, muscle changes, scar tissue adhesions, arthritis and arthrosis, scoliosis and kyphosis, flat feet.
- **Diseases of the nervous system:** headaches, osteochondrosis, neuralgia and neuritis, radiculitis, paralysis and paresis, the recovery period after acute cerebrovascular accident, cerebral palsy.
- **Lung diseases:** pneumonia, bronchitis, bronchial asthma.
- **Diseases of the cardiovascular system:** chronic heart failure, angina pectoris, hypertension, hypotension, the rehabilitation period after myocardial infarction.
- **Diseases of the gastrointestinal tract:** gastritis, impaired motor function of the large intestine.



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- **Metabolic diseases:** obesity, diabetes mellitus.

## Acupuncture



- **Traditionally, acupuncture is prescribed:** with osteochondrosis and vegetative-vascular dystonia, ischemic heart disease, varicose veins, thrombophlebitis, chronic bronchitis, bronchial asthma, lung pathologies, diseases of the genitourinary organs, constipation, obesity, diabetes mellitus, thyroid diseases, hearing loss, enuresis and anxiety attacks, neurosis, stuttering, nicotine, alcohol and drug addiction and for the purpose of cosmetic correction (non-surgical lifting - acupuncture lifting.)



## Lymphatic drainage



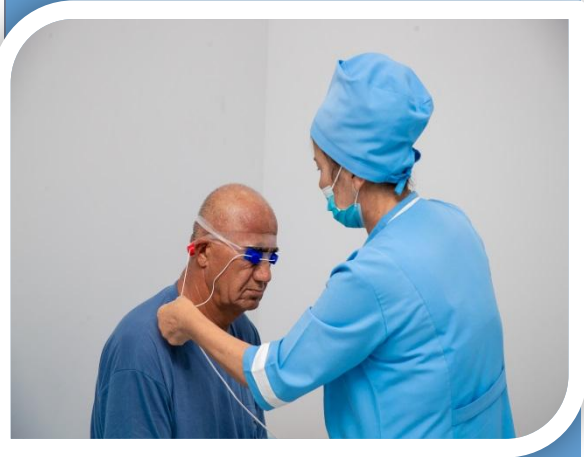
- The session will be effective for eliminating postoperative scars, loss of skin elasticity, edema, acne, a large number of wrinkles, facial creases.
- Lymphatic drainage can be used for body shaping or correction of aesthetic imperfections of the skin, as it helps to rid the skin of cellulite, the skin becomes more toned.

# Laser therapy



- **Diseases of the nervous system:** intercostal neuralgia, neuritis and neurosis, neuroma of the spine, peripheral paralysis and paresis of the extremities, disturbances in the passage of nerve impulses, strokes, depression, sleep disturbances, treatment of headaches, herniated discs, vertebral instability, injuries of the spine and extremities, stenosis of the spinal canal.
- **Diseases of the musculoskeletal system:** osteochondrosis, osteoporosis, posture disorders, flat feet, spondylosis, long-term non-healing fractures, non-healing wounds.
- **Diseases of the cardiovascular system:** hypertension, ischemia, angina pectoris, atherosclerosis, thrombophlebitis and phlebothrombosis, varicose veins.
- **Skin diseases:** psoriasis, eczema, acne, trophic ulcers, bedsores, dermatitis, allergic rashes, herpes, chlamydia, trichomoniasis.
- **ENT diseases:** bronchitis, bronchial asthma, pneumonia, rhinitis, sinusitis, tonsillitis, otitis media, tuberculosis.
- **Gynecological diseases:** cystitis, infertility, erosion and dysplasia of the cervix, adhesions in the ovaries.
- **Diseases of the gastrointestinal tract:** gastric ulcer and 12-colon ulcer, pancreatitis, gastritis, hepatitis, poisoning.
- And also for burns, malignant and benign neoplasms, cosmetology and for general strengthening of the body.

# Neuroson



- Neuroson helps to relieve emotional and nervous tension, relax, and have a good rest. Therapeutic sleep differs from ordinary sleep in that it involves the use of low-frequency electrical impulses. The main effect of this restorative therapy is to inhibit an overly excited NS, to calm it down. In addition, in patients with a tendency to hypertension, blood pressure normalizes (if the disease is not started).
- Eletroson is recommended for restoring the schedule of wakefulness and rest, weakening toxicosis in pregnant women, and eliminating pain syndrome of unknown etiology. With a decrease in vitality against the background of seasonal or age-related restructuring of the body, within the framework of comprehensive rehabilitation after a heart attack or stroke, in the presence of an occupational disease called "vibration disease", a course of neuroson is also prescribed.
- The procedure is completely painless, equally effective for both children and adults. The only condition is maximum relaxation. The patient is put on special glasses with electrodes, through which electric waves begin to enter the brain when the generator is turned on. Decreased brain activity, and he falls asleep calmly.

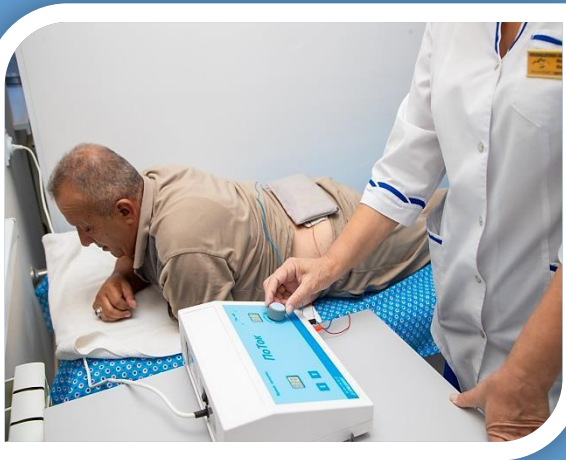
## Ozokerite + Paraffin



- **Diseases of the musculoskeletal system:** arthrosis, inflammatory and degenerative diseases of the joints.
- **Diseases of the nervous system:** inflammatory and dystrophic diseases of the spines, damage to the peripheral nervous system, diseases of the spinal cord and their complications.
- **Diseases of the gastrointestinal tract:** hepatitis of various origins, gastric ulcer and 12-colon ulcer, cholecystitis.
- As well as parapleuritis, female diseases, skin diseases, peripheral vascular diseases.



## Electrophoresis



- **Diseases of the cardiovascular system:** disruption of the heart and blood vessels, atherosclerosis, scars, rosacea.
- And also with osteochondrosis, arthritis, ENT diseases, inflammatory processes in the genitourinary system, sleep problems, diseases of the oral cavity, neuroses, migraines, with severe pain, ulcerative lesions of the gastrointestinal tract, cholecystitis, gastritis, burn skin lesions.

## Vibrating massage



- Vibration massage is prescribed for bruises, ruptures of ligaments, muscles, fractures of the limbs after immobilization, contracture, neuralgia, neuritis, plexitis, radiculitis, spondylosis, neurocirculatory dystonia, vegetative-vascular dystonia.

## Magnetic therapy



- Treatment is indicated for diseases and injuries of the musculoskeletal, nervous systems, after surgery, for vascular diseases (to dissolve blood clots, prevent clot formation), joints, skin diseases.

### **Magnetic therapy effects:**

- stabilization of the nervous system, reduction of irritability;
- decreased tone of arterial vessels, decreased blood clotting;
- a decrease in the volume of lymph nodes;
- activation of the thyroid and adrenal glands;
- increased joint mobility;
- normalization of the formation and excretion of bile;
- improvement of liver microcirculation, stabilization of intestinal motility, etc.

## Light bath



- A light bath is a type of thermal treatment in which a part of the body is exposed to infrared, visible rays and hot air. Devices for carrying out procedures of light baths are frames on the inner walls of which incandescent lamps with a power of 40 W with metal reflectors are fixed. The duration of the procedures is 10 - 20 minutes, the temperature of the heated air rises from 40 ° to 70 °. The dosage depends on the general condition of the patient and the nature of the disease.

### **The light bath treatment is widely used for a wide variety of diseases:**

- with traumatic injuries and residual effects after them;
- with diseases of the joints, muscles, peripheral nerves (neuritis, neuralgia);
- with diseases of the upper respiratory tract, accessory nasal cavities;
- bronchitis, pneumonia;
- for diseases of the stomach, intestines, liver, gallbladder, etc.

# Inhalation



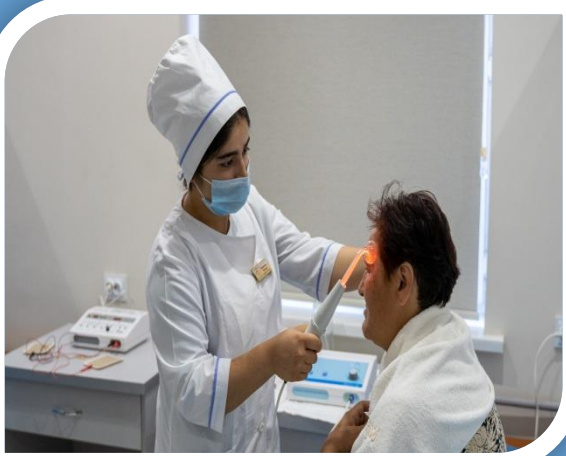
- For ARVI, influenza, bronchitis, pneumonia, asthma, tuberculosis, as well as for the prevention of postoperative conditions.
- **In pulmonology:** widespread use as a method of drug delivery to the smallest bronchioles and alveoli. It is of particular importance in relieving an attack of bronchial asthma.
- **In anesthesiology:** the main method of administering drugs using general anesthesia, simultaneously with mechanical ventilation.
- **In aromatherapy:** as a delivery method for concentrated volatile aromatic substances.

## Ultrasound therapy (UST)



- **Diseases of the cardiovascular system:** ischemic heart disease, vasospasm, hypertension, angina pectoris, multiple sclerosis.
- **Diseases of the nervous system:** flaccid paralysis, primary muscle atrophy, hernia, neuritis, neuralgia, neuropathy, osteochondrosis, pinched nerves, myositis, myalgia, arthritis, epicondylitis, tendinitis, ankylosing spondylitis.
- **Diseases of the genitourinary system:** cystitis, pyelonephritis, gynecological inflammation, prostatitis.
- **Diseases of the musculoskeletal system:** sciatica, Rhine disease, various spinal injuries and spinal cord injuries.
- **Cosmetology:** for body shaping, hardware massage procedures, peeling, for effective elimination of defects.

## Darsonvalization



- **In dermatology, darsonval is treated:** atypical dermatitis, warts, trophic skin ulcers, psoriasis, lichen, eczema, burns.
- **Diseases of the cardiovascular system:** after the course, the severity of venous nodes decreases, pain is eliminated, blood circulation in the legs is normalized, lymph stagnation in the tissue area is prevented, the number of inflammatory foci in the legs is reduced.
- **Cosmetology:** local darsonvalization improves scalp blood circulation, hair structure and appearance, stimulates the work of inactive hair follicles, accelerates hair growth, and reduces hair loss.

## Matrix Urologist



- The main areas of application of the laser device  
MATRIX-Urologist: urology, andrology, nephrology, proctology, obstetrics and gynecology.
- The laser radiation of the Matrix-Urologist device acts directly on the pathological foci of the disease.



# Phytobarrel

- Phytobarrel helps to cope with functional disorders of the liver, gastrointestinal tract and biliary tract, regulates neurovegetative reactivity. Warming up affects the motility and blood supply to the organs of the gastrointestinal tract, the production of secretions by them. In combination with a properly selected drinking regimen, phytosauna helps to get rid of pain and heaviness in the stomach, to normalize the digestive system. The cedar barrel is recommended for recovery after peptic ulcer and operations on the stomach and intestines, habitual constipation, cholecystitis, functional dyspepsia.



## Vacuum massage



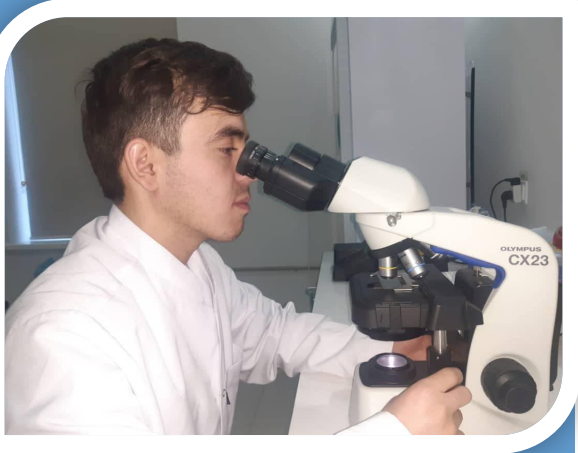
- It is prescribed for overweight and cellulite, intense physical exertion, during the rehabilitation period after plastic surgery, with chronic fatigue syndrome, for resorption of scars and scars on the skin, smoothing wrinkles and skin rejuvenation, as part of the complex treatment of cervical, thoracic and lumbar osteochondrosis, pain in back muscles, vegetative dystonia, varicose veins.
- And also to strengthen the immune system and the general resistance of the body.

## UFO therapy (ultraviolet radiation)



- It is used for rhinitis, angina, sinusitis, tonsillitis, acute respiratory viral infections, diseases of the nervous system, diseases of the musculoskeletal system, for childhood rickets, skin inflammations, wounds, ulcers, boils, abscesses, acne and bruises.
- UFO is a physiotherapeutic procedure, irradiation of certain parts of the human body (nasopharynx, inner ear, wounds, etc.) with ultraviolet radiation of a particular range. High-energy short-wave UV radiation is used to treat acute inflammatory skin diseases, purulent inflammation, etc. Long-wave radiation is used in the treatment of chronic skin diseases.

## Laboratory



- The laboratory of the sanatorium is a young and modern laboratory that has already proved itself well in the field of diagnostics.
- Its specialization is a wide range of laboratory services - chemical, analytical and pharmaceutical profile with all necessary equipment, testing and analytical equipments.
- We are sensitive to any innovations in laboratory and diagnostic activities and try to expand our profile in a timely manner, offering our clients accurate clinical laboratory studies and methods for calculating them.

## Electrocardiography (ECG studies)

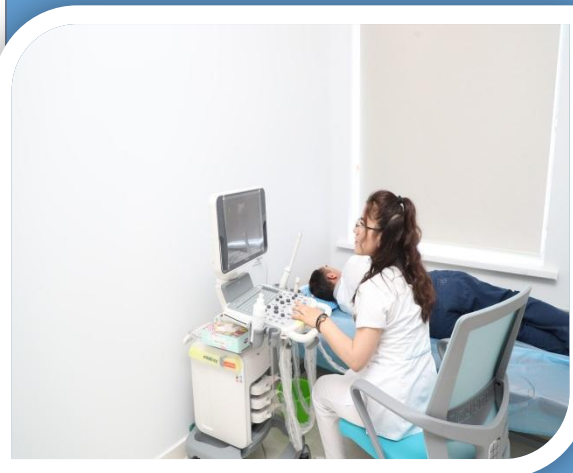


- The main diagnostic method in cardiology is electrocardiography (ECG). When the heart is working, electrical impulses occur. Their registration makes it possible to identify pathologies, disturbances in the work of the heart muscle and the cardiovascular system at various stages: from disturbances in the blood supply process to identifying the location of myocardial infarction.
- ECG is one of the safest and most affordable techniques. It is used both for routine medical examinations and for the diagnosis of pathologies and secondary changes in the heart in diseases of other systems and organs. Suitable for examining children, pregnant women, patients in serious condition.

### **Application:**

- The electrocardiography procedure makes it possible to identify various diseases of the cardiovascular system. ECG is used to obtain the following data:
- Determination of the source, assessment of frequency, diagnosis of cardiac arrhythmias, clarification of the type of arrhythmia;
- Identification of ischemia (insufficient blood supply to the heart);
- Confirmation of the presence of a heart attack, its assessment, localization;
- Determination of the state of the heart muscle;
- Revealing ventricular hypertrophy. The diagnostic potential of the method has no analogues. Together with other necessary examinations, it allows you to make an accurate diagnosis in a short time, select an effective treatment, including surgery.

# Ultrasound research



- **Echo encephalography**

Like Doppler, it is found in two technical solutions: A-mode (in the strict sense, it is not considered an ultrasound examination, it is included in functional diagnostics and is currently practically not used) and B-mode, which has received the unofficial name "neurosonography". Since ultrasound cannot effectively penetrate bone tissue, including the bones of the skull, neurosonography is performed only in infants through the large fontanel.

- **Ophthalmology's**

well as echo encephalography, there are two technical solutions (different devices): A-mode (usually not considered ultrasound) and B-mode. Ultrasonic probes are used to measure the size of the eye and determine the position of the lens.

- Internal illnesses **ultrasound** examination plays an important role in the diagnosis of diseases of internal organs, such as: the abdominal cavity and retroperitoneal space:

- Liver
- Gallbladder and biliary tract
- Pancreas
- Spleen
- Kidneys

- **pelvic organs:**

- Ureters
- Bladder
- Prostate

- Due to the relatively low cost and high availability, ultrasound is a widely used method of examining a patient and allows diagnosing a fairly large number of diseases, such as oncological diseases, chronic diffuse changes in organs (diffuse changes in the liver and pancreas, kidneys and kidney parenchyma, prostate gland, the presence of calculi in the gallbladder, kidneys, the presence of anomalies of internal organs, fluid formations in the organs.

# Phyto

Sanatorium

"Shohambari" offers its guests herbal teas, health cocktails that will help you to strengthen your strength and improve your well-being.

Phyto is a small island of relaxation, where customers are offered to try natural, and most importantly, healthy drinks. Aromatherapy, oxygen cocktails, herbal teas (vitamin, kidney, cardiovascular, etc.).



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