

Bölüm 23

KAS İSKELET SİSTEMİ HASTALIKLARINDA BALNEOTERAPİ YAKLAŞIMI

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GİRİŞ

Dünyada, kronik ağrı ve özürüllüğe yol açan en sık nedenler arasında kas iskelet sistemi hastalıkları yer almaktadır(1,2). Kas iskelet sistemi hastalıkları bilinen en eski hastalıklardandır. Yapılan arkeolojik kazılarda birçok iskelette artrit, gut ve osteoartrit bulgularına rastlanmıştır. Hipokrat “Rheuma” terimini milattan önce beşinci yüzyılda kullanmıştır. Bununla beraber Hipokrat, gut hastalığını ‘podagra’ olarak tanımlamış, podagra’nın zengin yaşam tarzıyla ilgili olduğunu gözlemlemiş ve bunu “zenginlerin artrit” olarak nitelendirmiştir(3). İbni-Sina, hastalarda eklemlerde ağrı ve gut ataklarını tanımlamıştır.

Sıcak su kaynaklarının hastalıkların tedavisi amacıyla kullanımı insanlık tarihi kadar eskidir. Moleküler tıp benzerlikleri olan sağlık ve hastalık teorisini oluşturduğu kabul edilen ilk hekim Asclepiades sağlık durumunu iyileştirmek için, sağlıklı bir diyet, ışığa maruz bırakma, hidroterapi, masaj, fiziksel egzersiz gibi tedavi yöntemlerini tercih ettiği bilinmektedir(4). Ülkemizin büyük bir kısmının konumlandığı Anadolu toprakları binlerce yıl öncesine uzanan sayısız termal tedavi merkezleriyle bu gerçeği ortaya koyan dünyanın eşsiz örneklerindedir(5). M.Ö. 4’üncü yüzyılda kurulan sağlık kenti Asklepion, Alliano, Hierapolis tarihten gelen termal tedavi merkezlerinin en önemlilerindedir ve halen her yıl milyonlarca insan tedavi amacıyla kaplıçalarda sıcak su kaynaklarından yararlanmaktadır.

Kaplıca tedavisi, geleneksel olarak balneolojik kaynaklar (termal ve mineralli sular, çamurlar, gazlar) ile bu kaynakların doğal olarak bulunduğu yerlerde (kaplıca ve ılıçalarda), bazen iklimsel faktörler ile kombine yapılan tedavi olarak ta-

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Akut durumlar (emboli ve tromboemboli, miyokard enfarktüsü, serebrovas-
küler olay vb)

Gebeliğin ilk üç ayı ve menstrüasyon dönemleri

SONUÇ

Sonuç olarak kas iskelet sistemi hastalıkları sosyal, ekonomik ve iş gücü kayıpla-
rına neden olan, dünya nüfusunun çoğunluğunu etkileyen bir sağlık sorunudur.
Bu hastalıkların tedavisi ve önlenmesi toplum sağlığı açısından önemlidir. Yapılan
çalışmalarda birçok kas iskelet sistemi hastalıklarının tedavisinde balneoterapi-
nin ağrı ve fonksiyonu iyileştirilmesinde, kısa ve uzun dönem yararlı etkilerinin
gösterilmiş olması, alternatif bir tedavi yöntemi olarak kullanılabileceğini göster-
mektedir. Bu alandaki tartışmalı konulara daha fazla bilimsel kanıt sağlamak için
yüksek metodolojik kaliteye sahip çalışmaların yapılmasına ihtiyaç vardır.

Anahtar Kelimeler: Balneoterapi, Osteoartrit, Fibromiyalji, Romatoid Artrit,
Ankilozan Spondilit, Bel-Boyun Ağrısı

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