

## DEBRECEN



Located at the intersection of Hajdusag, Nirszeg and Hortobágy, Debrecen is a city with a rich history of bathing culture. The first bathhouse was built in Nadierdo in 1929, which marked the beginning of the city's development in the industry in the first half of the 1826th century. It wasn't until 1960 when thermal water was discovered in the area. Extensive research carried out in 1984 confirmed that the water had curative properties. The bath went through

major reconstruction in 2002 and a 63-degree "Mediterranean" bath with healing effects was opened in 2003. The alkaline spring water, which contains chlorine, hydrocarbon, iodine, bromine and salt, has a temperature of XNUMX degrees and is used to treat a variety of medical conditions including musculoskeletal disorders, rheumatism, nervous system and neuralgia.

### Indications:

Local warm thermal alkali chloride, hydrocarbonate, iodine, bromine, sodium chloride water with a temperature of +63°C contains a large amount of calcium, magnesium and metaboric acid.

Debrecen medicinal water is recommended for the treatment of the following diseases:

- chronic inflammation of the joints;
- ankylosing spondylitis;
- diseases of the spine, gout;
- rheumatism, chronic inflammation of the tendon sheath, tennis elbow;
- neuralgia, cartilage disc problems; narrowing of the joints;
- problems musculoskeletal systems after injuries, orthopedic diseases;
- paralysis; some skin diseases;
- chronic inflammatory female diseases, some forms of infertility, menopause;
- chronic respiratory diseases.



#### Contraindications:

- acute inflammatory diseases, high temperature;
- infectious diseases, tuberculosis;
- malignant tumors;
- heart failure, high blood pressure;
- pregnancy; hyperthyroidism;
- state of alcoholic intoxication.

If time permits, it is worth visiting the houses with thatched roofs in Nagyvár, the Fazekas House, the Heidusag Museum in Hajdubosormen, Greek Catholic the cathedral in Hajdudorog are just some of the sights that leave an unforgettable impression. Those who are interested in nature should not miss the Hortobágy National Park, which is considered the first national park in Hungary and is included in the UNESCO World Natural Heritage List. The fauna and flora of these places is widely represented in it, many rare animals live here, in the local Shepherd Museum you can get acquainted with the life and culture of local shepherds, in general, there are many opportunities for a rich program. After visiting the Museum of Shepherds in the Hortobágy area, you can look into the Nagycharda restaurant, where unforgettable gastronomic impressions of the steppe cuisine are guaranteed.

#### The composition of the water of the Debrecen resort:

Component		mg/l	mmol/L (in equivalent ion terms)
Sodium	Na +	2020	87,83
potassium	K+	17,9	0,46
ammonium	NH4+	0,72	0,04
Calcium	Ca2 +	17,4	0,87
Magnesium	Mg2 +	6,7	0,55
Hardware	Fe2+	0,13	0
Lithium	L+	0,51	0
Manganese	Mn2+	0,04	0,07
Total cations		2063	89,82
Nitrates	NO3-	Not detected	
Nitrite	NO2-	Not detected	
Chloride	Cl-	2450	69,01

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Bromides	br-	0,65	0,01
iodides	J-	0,05	0
Fluoride	F-	0,91	0,05
Sulfate	SO42-	25	0,52
Sulfites	HCO3-	1340	21,97
Sulfides	S2-	0,11	0,01
phosphates	PO43-	0,14	0
Total anions:		3817	91,57
Meta boric acid	HBO2	136	-
Meta silicon acid	H2SiO3	49	-
Free carbonic acid	CO2	69	
Dissolved oxygen	O2	nd	
Total ions:		6134	181,39

Nagyerdő (Great Forest).

### Therapeutic procedures taken in the Aquatikum bath

carbon dioxide baths
Underwater bathtub
Bath with thermal water
Mud therapy
Parafango (treatment with mud mixed with paraffin)
Massotherapy
Therapeutic gymnastics (in a group)
Underwater water massage
Physiotherapy (infrared lamp, diadynamics, galvanic procedures, iontophoresis, interference, laser therapy, magnetotherapy, ritex - a procedure to improve blood circulation)
Selective current excitation
TENS
Ultrasound

### Local Attractions

Debrecen is called the "Calvinist Rome". There are many opportunities for interesting excursions in the city and its environs. Be sure to see the Reformed Church, the Great Library, visit the Munkacsy Hall in the Deri Museum. It is interesting to go for a walk in

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