

Nagyerdei Gyógyászati Kft. • Nagyerdei Healthcare Ltd.

AQUATICUM  
DEBRECEN  
NAGYERDEI GYÓGYÁSZATI KFT.



# Nagyerdei Gyógyászati Kft.

Nagyerdei Healthcare Ltd.



started working on the 1st of January 2005. Beside the classical healthcare supplies we have introduced several new services. Besides standing our ground of work we have tasks in the family as well, we deserve a little rest, we need relaxation and purification. The Debrecen medicinal treatment is a beneficial effect complex. It has an established role in the temperature of the medicinal water, its composition, the mud used during the treatment, the fresh air, and the climate of Debrecen. Before taking advantage of the medicinal treatment, our guests always go through a medical examination, and during the treatment - if justified they have to take part in a control check up, where beyond investigate the organs of locomotion, we also monitor the general state of the body (eg. blood pressure, heart rate, and check for other diseases). On the basis of the results of the medical examination our doctors compose individual cure programs, and combine bathing with other therapeutical methods and treatments,

stipulate precisely the bathing times and their intensity. All of this is confirmed on a treatment sheet, and in control of the patient, prepare precise time-classifications for the treatments. The Debrecen cure takes either 1, 2 or 3 weeks. The type of illness, it's phase, length of existence, and the health of the patient always determine the length of the bathing treatment

For this reason we recommend our guests to take advantage of the medical advice.

Our company offers the chance to take advantage of other services in accordance with our guests' demands:

- Specialist or machine examination at the Debrecen University Medical and health centre.
- Specialist medical and dental treatment.
- Plastic surgery interventions.

## I. Physiotherapeutic treatments

### Ultrasound treatment

The treatment produces mechanical, thermal and chemical effects in the tissues. It has an excellent anti-inflammatory, muscle-relaxing, pain-relieving and vasodilating effect. There are two methods of ultrasound-treatment, the traditional and the underwater one.

The underwater method is applied in order to release joint-contractions of the arm and leg, in cases of osteophytes, and painful inflammatory diseases of the elbow and the knee.

The traditional ultrasound-treatment can be used to treat almost all types of rheumatic diseases and it is effective in the post-operative rehabilitation as well.

### Magneto-therapy

Magneto-therapy is nothing else but treating with an electric-voltage induced magnetic field. This is the only treatment that can be applied on patients having metallic implants, and might be applied directly over the implant.

We use this treatment effectively to relieve pain of different origin, to treat rheumatic diseases, for the rehabilitation of sport-injuries, for boosting-up the immune system, to prevent

circulatory problems, to alleviate sleep-disorders and stress and to enhance physical and mental capacities.

### Biopton-lamp treatment

Biopton-light has bio stimulating effect; it restores the metabolic-processes, reinforces the immune-system, and intensifies tissue-regeneration. It relieves pain, shortens the duration of the morning joint-rigidity, strengthens the muscles and increases mobility. Additionally the treatment alleviates inflammations and increases the speed of regenerative processes and wound-healing as well.

### Laser therapy

It is a modern phototherapeutic method. It increases tissue-circulation, boosts local metabolism, and has pain-relieving, anti-inflammatory effect and speeds up the reparative processes of the tissues. It can be applied effectively in cases of several rheumatic, neural and vascular diseases (e.g. cases of arthralgia, inflammation, headache, herpes simplex and zoster, sport-injuries, muscle-strains etc.).



## II. Massages



### **Migraine-massage**

In cases where drugs have no satisfactory effect, or side-effects set in, we can effectively apply the special migraine-massage. With the help of applying pressure on the adequate acupuncture-sites the headache diminishes and we can yield an excellent refreshing effect.

### **YUMEIHO massage**

Yumeiho is especially beneficial in cases of pain of the neck, back, waist and legs as well as in some types of headaches and lumboschialgias. It can be used effectively to prevent and cure different types of spinal disorders. Its target is to restore and maintain the symmetry therefore the harmony of the body and its undergoing processes.

### **Aromatic massage**

The relaxing, stress-relieving, gentle whole-body massage is supplemented by a selection of volatile aromatic oils matching the actual state and mood that intensifies the relaxing, energising and vitalising effect of the massage.

### **Sole-massage**

It is an ancient Chinese method of influencing the organ-functions through special sites or zones on the sole. Sole-massage is an excellent method to treat the diseases of internal organs, organs of locomotion. It controls the function of the endocrine glands, it has a pain-relieving effect, and it is relaxing and reduces physical and mental stress.

### **Lymph-massage**

Lymph is produced when liquid presses through the walls of the smallest arteries into the tissues. In case of an obstruction in the drainage of a specific area, lymph can get drastically accumulated. With the help of the lymph-massage, the lymph-circulation of the treated area can be accelerated as well as the excretion of toxic metabolites will get faster. It is advised in cases of general immune-dysfunction, bronchial asthma, airway infections, allergy cellulites, eczema, alopecia, persisting wounds and ulcers, thrombophelbitis, phlebothrombosis, gastrointestinal diseases, rheumatic and other arthritis, injuries, contusions and migraine.

## IV.Packs

### **Mud treatment**

Medicinal mud's are materials which occur in nature, are finely grained, and as a result of their good water absorbing and temperature storing properties they are suitable for the preparation of mudpacks. Mud treatment generally complements the balneotherapy procedure, but can often be used as an independent method of medicine.

During treatment, the mud is placed directly onto the skin at the correct temperature (36-40 °C), then temperature insulation is ensured with a rubber sheet and cover.

The treatment is a well proved medicinal method primarily for



the loosening of stiffened muscle systems and contractures, in the instance of follow-up treatment of broken limbs, and in relation to genealogical procedures we have reassuring experience in the treating of the menopause and certain chronic inflammatory woman's diseases.

### **Para-fango**

A mix of natural mud and paraffin. Its application is more advantageous than that of mud. It is effective for rheumatic complaints, muscle pains, injuries to the organs of locomotion, and for operation follow-up treatment.

## V. Hydrotherapy

### **Weight bathing (underwater traction treatment)**

This combines the physical and chemical effect of the water, stretching and straining (by mechanical effect) being the most successful and mildest traction treatment.

The key of this is the suspension of the patient in lukewarm water (32-34C) for the straight sections of the spine, and also from the goal of stretching the main joints of the lower limbs.

For stretching the neck spine we use single point suspension, double point suspension is used for the lower sections of the spine and for stretching the joints of the lower limbs. During suspension we place the weights around the waist or onto the ankles. The above treatment was developed in Hungary. The treatment carefully takes the weight away from the muscle system and the connecting tissue between the rigid spine. We recommend the treatment for patients fighting against neck- and waist- region spine complaints, but it is suitable as a preventative measure too, for those who wish to guard the health of their spines.

It is also an important method of treatment for spine, hip and knee joint disorders.

Underwater (traction) treatment is carried out in a suitably equipped specially built pool.

### **Tangentor (underwater water-jet massage)**

During the treatment we use the effect of the combination of the piping hot bath and the massage for the alleviation of muscle complaints and relaxation of the muscle system. Because of its freshening effect, it can be advantageously applied for improving the condition of people who do sport.

### **Hydroxeur**

The hydroxeur is an automatically programmable hydro massage which can also be applied on patients whose general state does not make stronger intervention possible.

### **Effervescent bath**

Can be natural or artificial. In Debrecen we use an artificially produced effervescent bath. The gas bubbles floating in the water stick to the surface of the body, and the irritability of the existing cold-sensitive nerve endings in the skin is vastly reduced, thus the capillaries dilate and the characteristic effect of the treatment appears, the formation of erythema. The effervescent bath is the most suitable physiotherapy procedure for the treatment of heart and blood vessel disorders. Because of its vessel dilation and sedative effect it can also be applied advantageously for hypertonia and neurosis.



## VI. Electrotherapy



### **Galvanic current treatment**

We use the effect of the constant galvanic current to focus on analgetic and vasodilator motor irritability. Thanks to this, in the instance of pain causing disorders (neuralgia, neuritis, myalgia, muscle spasms), perforated arteries circulation disorders and nerve paralyses, it has been a successfully applied treatment for decades.

### **Iontophoresis**

In iontophoresis therapy, with the help of the galvanic current we apply different medicines into the body through the skin, in other words it is about a combination of electric and medicinal treatment. Generally we use 1-3 % medicinal solution, on the other hand we select current strength depending on the individual sensitivity of the patient. For this goal the most frequently used medicines are: glycocorticosteroid, aethylmorphinum, lidocain, kalium-jodatium, acadum and salicylim.

### **Therapeutic stimulus current**

Stimulus current is the name we give to the electric current for which the resultant effect is the contraction of the muscles. The series of direct current impulses selectively produces contractions in the damaged muscle without causing pain. An important therapeutic procedure in instances of perforated arteries, prevention of muscle wastage, and strengthening of weak muscles.

Four section subdivision galvanic bath treatment

During the treatment, besides the electric current the water

therapy effect also stands out. Vast improvement of chronic multiple joint inflammation, lower limb circulation and innervations complaints can be attained with the treatment

### **Total electrical galvanic bath**

The current is applied, with the exception of the head, to the whole body surface. Suitable for the treatment of multiple joint inflammation, ankylosing spondylitis, perforated circulation disorders, and polyneuropathy.

### **Diadynamic current therapy**

Superonalt positive waves onto the diadynamic currents' constant direct current. The treatment is effective for the relief of nerve pain, degenerative spine and joint disorders, and curing of peripheral circulation disorders.

### **Interference current therapy (EDIT)**

With the help of four electrodes, we apply the mid-frequency current on the body through two current circuits. The roughly 100 Hz frequency floating currently at the meeting of the two circuits exposes a biological effect on the treated surface. Successfully applicable for treatment of joint dislocations, muscle pains, degenerative joint and spine ailments.

### **Ultrasound treatment**

Brings mechanical, thermal and chemical effect in the tissue. Due to its muscle relaxing, pain relief and blood dilatory effect on blood vessels, it is widely applied.



## VII. Light therapy

### Laser therapy

Modern phototherapeutic procedure. Focuses on tissue blood circulation, increases the local metabolism, and has a pain relief and inflammation reducing effect, speeds up tissue regeneration. Effective in numerous rheumatic, nervous system and blood vessel system disorders.

### Sollux

Has a pain relief and inflammation reducing effect

### Evolite

Polarizing light therapy, especially applicable for the treatment of joint- and tendon sheath inflammation and chronic shin ulcers.

### Biopton lamp treatment

Biopton light has a biostimulative effect:



- re-establishes the metabolic processes,
- strengthens the immune system,
- quickens the renewal processes in the whole organism.

### In Rheumatology:

- relieves pain, reduces its intensity,
- shortens morning stiffness of the joints,
- strengthens the muscles and increases mobility,
- the use of pain relief medicines (analgetics) can be reduced

### In Physical therapy and rehabilitation:

- relieves pain and alleviates muscle stiffness,
- improves the nourishment of tissue,
- reduces swellings,
- speeds up the regenerative processes and healing of wounds.

## VIII. Magnetic therapy

### Magnetotherapy - BREMER therapy

Magnetic therapy is a treatment that takes place with a special pulsating magnetic energy. Its efficiency is thanks to automatically set electromagnetic impulses' physical and biological effects. The treatment can be successfully applied

for the alleviation of different pains, the treatment of rheumatic disorders, sports injury rehabilitation, strengthening of the immune system, prevention of blood supply disorders, sleeping disorders, allaying of stress, and focusing on physical and spiritual performance.

## IX. Other medicinal treatments

### Gymnastics

Indispensable therapy method in the curing, rehabilitation and prevention of mobility disorders. The physical exercise taking place in water greatly aids healing.

### Individual gymnastics

Carried out with the help of gymnastics instructors, exercises for the goal of rehabilitation.

### Group gymnastics

Carried out with the help of gymnastics instructors, group exercises for the goal of rehabilitation.

### Underwater gymnastics

Gymnastics is easier due to the uplifting power of the water

### TRA-Computer + Mili

Thanks to the recently introduced TRA-Computer + Mili therapy, we have reassuring experience and results in the treatment of spine disorders. The computer controlled extension tool exerts its effect with complete safety and without complication. The further advantage of the therapy is that 2 treatments are applied at the same time, thus its efficiency increases.



# Information about the city of Debrecen



The history of Debrecen, established from the merging of several villages at the meeting of the connecting roads of the cardinal points, is scarcely known. One thing is certain that in the decades following the Mongol invasion of Hungary it began to emerge from out of the surrounding villages, and over a period of centuries became one of the intersection points of the main European trading routes and the most important stop-over place for those traveling from West to East. The name of the town first appears in the Várdi Regestrum, a church document from 1235, and during the centuries the one-time small village attained a special place and role for itself. With the building of the Szent András church between 1290 and 1311, religious culture also found room in the town. This church burned down on several occasions, and finally the „Református Nagytemplom” was ready in 1823, and is now the emblem of Debrecen, and is not just a religious monument but also related to countless important Hungarian historical events. The Calvinist College was founded in 1538. Its huge library is one of the Hungarian Calvinist Church's largest such collections. Some of its rarities are also unparalleled in Europe. Among pride of place are the 39 codices and one hundred and fifty incunabula. The town became the „Calvinist Rome” under the episcopacy of the most famous Debrecen reformer, Méliusz Péter Juhász. The privilege letter won from King Lajos the Great in 1361 was an important event in the development of the town, and raised Debrecen to among the ranks of the privileged market towns. The town began as a feudal village and won from Lipót I, 500 years later, on April 11, 1693, the title of free royal town, along with the related privileges. This rank of free royal town was also strengthened by the 1715 national assembly. The town became the seat of Hajdú-Bihar county, which was established in 1950. Since the 300th anniversary, on this day Debrecen celebrates the day of the town.

Nowadays, dynamic development and regeneration characterize Debrecen. The pedestrian zed main square fascinates visitors - with its atmospheric terraces and Europe's largest ceramic fountain it radiates a Mediterranean atmosphere. The oldest square, „Déri”, has also been rebuilt, and its quiet gurgling and comfortable benches have become an intimate recess for the town's inhabitants. After Budapest, you can find Hungary's richest cultural and historical collection in the Déri Museum. The largest attraction of the fine arts collection is the Mihály Munkácsy paintings known as the trilogy: Christ before Pilatus, the Golgotha, and the Ecce Homo. The lungs of Debrecen, the Nagyerdő, is one of Hungary's first environmentally protected areas, with between 700-800 kinds of plants from the plant world. This magical environment is the home of numerous leisure programs. In it, among others, you can find the Aquaticum Spa and bathing centre, the fun park, the zoo, Debrecen University, the University Botanical Gardens, and boating lake.

With famous people from distant lands at the town's events, life continues practically without break here. Each year thousands of visitors come here to the different festivals: the Spring Festival, the Flower Carnival, the Béla Bartók International Choir Competition, the Jazz Days, or to the Summer University, should we remember only the most important. Our traditional and new major events, with ever increasing sporting events among which we can take pride in world competitions - direct national and world attention to Debrecen, and draw tourists from all over the world who become acquainted with our town, the surrounding sights and tourist attractions.

All these make Debrecen a relaxing, live able rural town that is good to live in, worth visiting, and we hope, somewhere that can always offer something new.



# Aquaticum Spa and Bathing Centre



At the beginning of the 1820s, a well abounding with water was stumbled upon at the edge of the forest, and plans for the baths were quickly born. The classical style bathing house (in which the bathing pool and steam bath operated from the beginning) and the Vigadó were built in 1826. The first open-air cold water pool was opened in 1925. In 1932 a geological discovery gave new impetus to its development. The head geologist Ferenc Pávai Vajna started to drill for oil in the area, but instead, 68°C thermal water came out of the hole. Due to this, two new pools and a covered swimming pool could be built for 1933. The baths were declared Thermal baths in 1958. The alkaline-chloride, hydrogen carbonate, iodine, bromide and sodium-chloride thermal water has a beneficial effect on rheumatic and neurotic disorders, and disorders of the joints. The mud of the water was also used in medication. The new

medicinal-thermal baths opened its doors in January 1984 beside the Vigadó. The thermal baths, renovated in 2003, are available for bathers all the year round. With masseurs the provided external and internal pools can complement medical treatment in the form of medicinal water „massages“. The spectacular wooden domed pool hall is divided into four parts, the pools filled with different temperature medicinal waters being popular among guests. On its own is the so-called “switch-bath”, which plays an important role in the regeneration of the arteries, and two separate combined medicinal pools offering underwater gymnastics and weight-bathing treatment. The 20-30 minutes recommended medicinal bathing is complemented by two steam chambers. The outdoor medicinal pool also operates in winter.

## Vigadó Restaurant

The story of the restaurant starts in the 1790s. The Vigadó, built in 1826 by the master builder Ferenc Povolny is one of the town's oldest public buildings. Its classically styled one-time bathing house and is one of the town's most beautiful buildings. In the external part of the building, bathing rooms were planned for the less well-off. The central part of the building comprised a huge dance floor, which was heated by marble furnaces on

cold days. From the end of the 1800s until the 1970s the Vigadó terrace was also in operation, but was unfortunately closed later. The reopening of the Vigadó terrace means new gastronomical offerings, and also the revival of its tradition. The chef of the restaurant ( Mr. József Mile) won the first price in the World Chef Cup in 2006 in Luxemburg.

## Aquaticum Thermal and Wellness Hotel\*\*\*\*

The Aquaticum Thermal and Wellness Hotel\*\*\*\*, in the heart of Debrecen's Nagyerdő, can be found on the land of the country's first environmentally protected area, and has a guarded car and bus park. 94 air-conditioned, balconied

traditional rooms equipped with bathtubs, hairdryers, telephones, television sets, radio and minibar, along with rooms and apartments built specially for the disabled or those with allergies, await guests.





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