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Oryginalna metoda przyrodolecznicza doktora Apolinarego Tarnawskiego stosowana w Zakładzie w Kosowie w latach 1893-1939

The original naturopathy treatment method practiced by doctor Apollinary Tarnawski in Kosovo during the period 1893-1939

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Streszczenie:

Artykuł powstał w wyniku analizy materiałów źródłowych, które stanowiły m.in.: akta uzdrowisk galicyjskich, informacje pochodzące z przewodników, broszurek reklamowych, prasy codziennej i medycznej doby galicyjskiej. Celem opracowania było przedstawienie oryginalnej metody przyrodoleczniczej dr. Apolinarego Tarnawskiego, którą w/w stosował w latach 1893-1939 we własnym zakładzie w Kosowie Huculskim. Zarówno metoda oraz jej źródła stanowią oryginalne opracowanie, z którego mogą korzystać zainteresowani problemem ewolucji fizjoterapii i medycyny fizykalnej.

System leczniczy dr. A. Tarnawskiego opierał się na stosowaniu ruchu na świeżym powietrzu w postaci gimnastyki (szczególnie oddechowej), pieszych wycieczek, sportów oraz pracy fizycznej w ogrodzie. Uzupełnieniem wspomnianej terapii były zabiegi wodne oparte na metodzie Kneippa, inhalacje, kuracje pitne, a także kąpiele słoneczne i powietrzne. Nie mniej ważnym czynnikiem leczniczym była jarska dieta, a nawet głódówka. W lecznicy obowiązywał zakaz używania papierosów, alkoholu, a leki stosowano jedynie w szczególnych przypadkach. Przewodnią ideą metody dr. A. Tarnawskiego było nie tylko leczenie, ale także edukacja społeczeństwa w zakresie prowadzenia zdrowego i higienicznego trybu życia. Metoda dr. A. Tarnawskiego cieszyła się ogromną popularnością w Polsce i ściągała do Zakładu wiele wybitnych postaci: artystów, pisarzy, profesorów, dziennikarzy a nawet duchowieństwo. Dr A. Tarnawski na podstawie własnej wiedzy, założeń ideologicznych, doświadczeń wyniesionych z podróży po krajowych i zagranicznych lecznicach opracował oryginalną metodę, dzięki której należy go zaliczyć do prekursorów nowoczesnego przyrodolecznictwa, profilaktyki szkodliwości cywilizacyjnych a także rehabilitacji geriatrycznej w Polsce. Pomimo upływu wielu lat założenia metody nadal nie straciły na aktualności.

Słowa kluczowe:

historia medycyny, fizjoterapia, gimnastyka lecznicza, medycyna fizykalna

Abstract

This article is a result of the analysis of source materials which were, among others, files of Galicia spas, information from tourist guides, advertising brochures, as well as daily and medical publications of the Galician period. The aim of the study was to present the original method of naturopathy applied by dr Apollinary Tarnavski in the years 1893-1939 in his own clinic in Hutsul-Kosovo. Both the method and its foundations are original and can be used by those interested in the problem of the evolution of physiotherapy and physical medicine.

Dr A. Tarnavski's healing system was based on the use of outdoor activity in the form of gymnastics (especially respiratory), hiking, sports and physical work in the garden. This therapy was supplemented by water treatments based on the Kneipp method, inhalation, drinking procedures, as well as sun and air bathing. No less important factor was the medicinal vegetarian diet and even starvation. Cigarettes and alcohol were banned in the clinic, and drugs were used only in special cases. The philosophy behind dr A. Tarnavski's methods was not only treatment, but also teaching the people to lead a healthy and hygienic lifestyle. Dr A. Tarnavski's method was enormously popular in Poland and drew to his clinic many eminent personalities, such as artists, writers, professors, journalists and even the clergy.

Based on his experience, ideological assumptions, the knowledge gained from his trips to the national and international clinics, dr A. Tarnavski developed an original method due to which he should be perceived as the precursor of modern naturopathy, he is also the precursor in the prevention of civilization hazards and geriatric rehabilitation in Poland. Despite the passing of many years, his methods are still valid.

Key words:

history of medicine, physiotherapy, healing gymnastics, physical medicine

The nineteenth century is characterized by great social and economic transformations. The rapid development of science, the emergence of industrial centers, and thus an increase in the urban population forced societies to live in unhealthy conditions. In order to compensate for these negative phenomena people started using natural medicine resources. In Europe, these processes led to the formation of the "fashion" on trips to spas and climate stations, development of hydrotherapy and gym facilities. At that time spas were the places where, along with balneological treatment, the patients were educated in the principles of a healthy lifestyle based on a reasonable diet and daily physical activity.

One of the precursors of naturopathy and prevention of civilization hazards in Poland was dr Apollinary Tarnavski (1851-1943). He was born in Gnojnica in the Yavoriv district. After graduating from the Faculty of Medicine at the Jagiellonian University in 1877 he worked in the General Hospital in Lviv for five years. In the years 1878-1880 he served as secretary at the Lviv section of the Association of Galician Physicians. Until 1896 he was a head of the hospital department and worked as a county physician in Borszczov, Javorov and Kosovo. The specificity of spa treatment he discovered while working as a doctor in Morshyn and Žegiestov during holiday periods [1].

Working hard and leading stressful lifestyle, A. Tarnavski was indulging himself in cigarettes, coffee and alcohol, hence, he began to suffer from stomach ailments. In 1891, in order to save his health, he went to the hydrotherapy clinic in Wörishofen, led by Father Sebastian Kneipp. The stay in Bavaria allowed dr A. Tarnavski to explore the world-famous hydrotherapy methods, concepts and principles of natural medicine treatment, as well as the healthy lifestyle preferred in Wörishofen. The treatment proved effective, and encouraged A. Tarnavski to apply this method to his patients in the country [2].

In 1893, dr A. Tarnavski founded his own clinic in village Smodna near Kosovo. It was a location in the Eastern Carpathians, picturesquely situated on the border with Romania, at an altitude of 445 meters above sea level surrounded by forested mountains, with the most of sunny days in the country and very little rainfall [3, 4]. The clinic worked until the outbreak of World War II, enjoying great popularity. It was visited by many prominent personalities. From the report in the "Balneological Review and Tourist Guide" we learn that in 1935, from early May to 25 August the clinic treated 271 people, average length of stay was 22 days. Among them were 30 doctors and pharmacists, 11 university professors, 28 secondary school teachers, 7 high-ranking officers, 5 priests, 30 government officials, 13 lawyers, 6 writers, 6 dramatic artists, 21 engineers, 18 landowners, freelancers, and others. The clinic hosted many

patients from Warsaw, Poznan, Katowice, but also from other countries, including Rome, Bucharest and Finland [5].

Dr A. Tarnawski based his method on the knowledge received during the study trips to many renowned natural medicine resorts in Germany, among others, to one of the most famous in Europe - the clinic of dr Lahm near Dresden. A. Tarnawski claimed: *"...In the neighboring Western countries (especially in Germany), this medicinal trend is generally known and personal hygiene has become there a part of daily life, but also a whole series of publications in this field teaches the general public, and in a number of clinics we find ready patterns of hygienic life..."* [6]. His goal was to create in the home country a modern center for treating and educating the society in terms of health behavior. The proposed treatment in the clinic was supposed to be a specific school of life.

Based on years of his experience, thorough knowledge of medicine and thank to his scientific journeys abroad, A. Tarnawski developed an original method of naturopathy and consistently implemented it in his clinic. The basis of his method was the assumption that the main cause of many diseases is inappropriate lifestyle, especially the lack of exercise and improper nutrition. According to him, leading unhygienic lifestyle drives one's body to the marginal state between health and disease. He claimed that only the application of strict rules of hygiene and natural medicine treatments can compensate for impaired functions of the body, prevent a disease and strengthen the body's defenses. His method meant that the patient was consciously and actively involved in the process of treatment. He could not be only a passive subject of natural medicine treatments. Thus, on the gate of his clinic he hung up the slogan "Be Master of Yourself", which was the guiding motto of his methods. Each patient starting the treatment at this clinic first had to part with their harmful addictions. Pharmaceutical drugs were avoided, they were allowed only in exceptional cases [7].

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Dr A. Tarnavski's method included simple, natural remedies, such as:

Fresh air

The patients stayed as much as possible in the open air, slept with the windows open or in special louvre shacks, they were taught breathing gymnastics, noting that proper breathing should cover the whole lungs from the diaphragm to the peaks. Most of the therapeutic significance dr A. Tarnavski attributed to the air we inhale.

Diet

A low-calorie and vegetarian diet was used. Dietary treatment consisted in avoiding meat and excess of food. Meals were eaten three times a day, asking for additional food in the clinic was considered unsanitary and unacceptable. Having its own gardens, the clinic offered varied, fresh and tasty meals. Doctor's wife Romualda was in charge of the kitchen, she is also the author of the well-known cookbook "Vegetarian cuisine in dr Apollinari Tarnavski's clinic in Kosovo" [8]. On the explicit consent of the patient and under close medical supervision "fasting cures" were applied. 5-7 day fasting was considered the most effective means of naturotherapy, especially in chronic diseases. The elderly and the sick received "semi fasting" which lasted 1-2 days, they drank at that time fruit and vegetable juices and herbal teas. Fasting was not used in children, emaciated patients, ones with heart diseases and very obese.

Kinetic therapy

Life is movement claimed dr A. Tarnavski and assigned a high priority for kinetic therapy, offering a variety of its forms. Overall morning gymnastics led by doctors was obligatory, or it was done separately for men, women and children. Particular attention was paid to physical exercise of the elderly. Dr A. Tarnavski argued that everyone should cultivate gymnastics "*... even the one who has never practiced it yet [...] because it is never too late, while you still have enough strength...*" Dr A. Tarnavski's efforts to activate the elderly in his clinic and his book "Hygiene of the old age and aging" published by his son in 1980, authorizes the statement that dr A. Tarnavski was a pioneer of geriatric rehabilitation in Poland [9]. Among other things, the clinic offered to its patients 3 sports fields and gymnasium with Swedish machines. In the clinic, the patients did general rehabilitation and respiratory gymnastics, morning and evening exercises were performed to music, singing and dance elements [Fig. 1]. Sports fields also served to engage the patients in sport games.

A specific form of movement, called in the clinic "work for the intelligencia", was working in the vegetable garden.

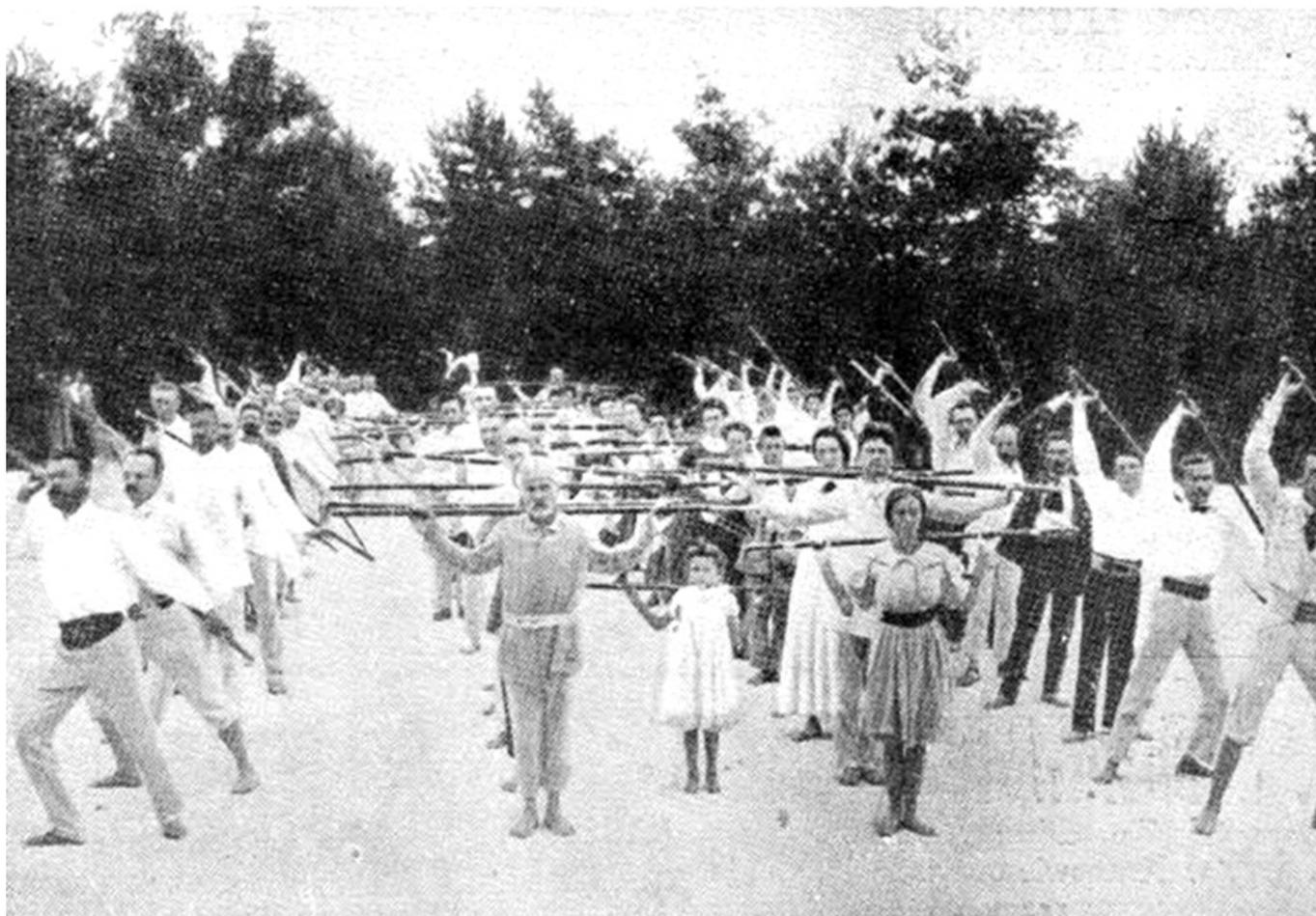


Fig. 1 Gymnastic exercises in the dr Tarnavski's clinic. Kosów 1912.

An important role in the treatment was often played by all day hiking in the nearby mountains which increased metabolism and endurance in the patients [10].

Hydrotherapy

Hydrotherapy treatments were carried out using the S. Kneipp method in its more moderate variety, especially for people with sensitive skin. There were used steam and dry saunas, full and partial irrigation, rub massage, wrap in blankets, drinking cures and inhalations. As one of the best hydrotherapy treatments dr A.Tarnavski considered walking barefoot in the dew and wading in mountain streams. For the most durable, he recommended a bath in river Rybnica and under the waterfall "Huk" [11].

Air and sun bathing

It was a very fashionable form of therapy in the nineteenth century spas and hydrotherapy facilities. In Kosovo, it was held on 3 separated sites (undressing at that time was a big problem). Air baths were for all the patients, they did not

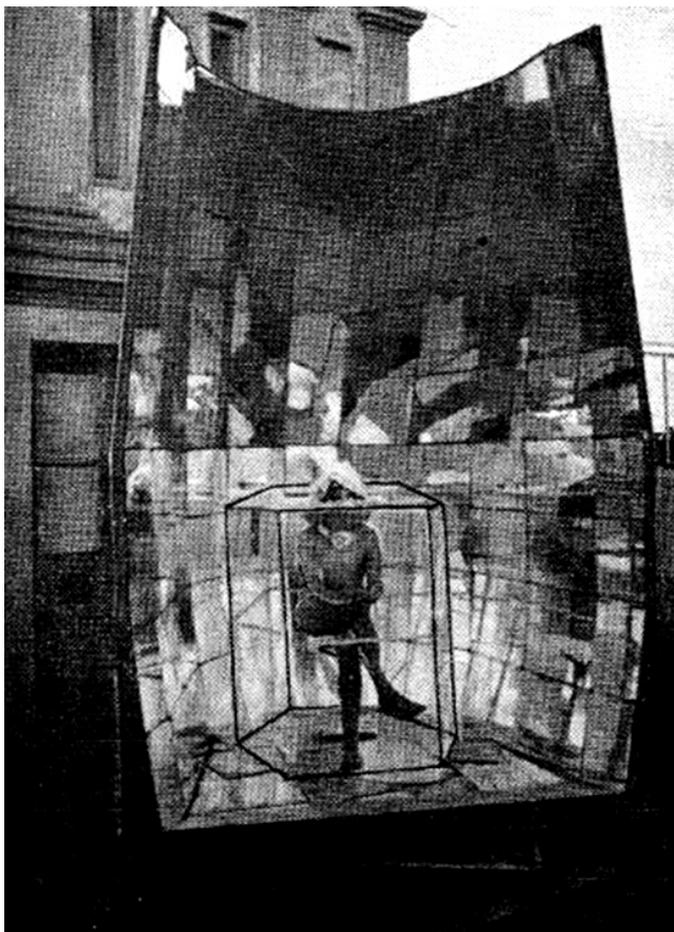


Fig. 2 Solar bath designed by dr Tarnawski. Kosów 1912

require much effort, that is why they were used especially for the elderly. They had a tempering effect, improved blood flow in the capillaries. Since most of the patients of the clinic were daily wearing very uncomfortable attire (suits, uniforms), dr A.Tarnawski recommended walking in loose, airy clothes (made from Kosovo braid) and wearing sandals or walking barefoot. Sunbathing was ordained only to certain persons. The peculiarity of the Kosovo clinic was the solar bath designed by the owner, which focused the sun rays on the patient [Fig. 2].

Massage

The clinic rarely used passive massage “... as desired by the obese and people accustomed to ministries...” instead, the patients were taught self-massage, and this was considered to be the natural medicine improving blood and lymph circulation. In the words of dr A. Tarnawski: “... but on the condition that it is done by oneself (according to the instructions). It forces you to purposeful gymnastic movements (skillfully included in the system called Müller), hence, a double benefit, and at any time one has a valuable hygienic treatment at hand to cheer the body...” [12].

Education of patients

The main aim of the clinic was to prepare the patient for hygienic living at home. All issues related to healthy lifestyle doctors tackled during the talks, which were held in the form of lectures and discussions.

In 1909, dr A. Tarnavski's clinic in Kosovo was visited by the Warsaw editor of the bi-weekly "Ruch", and further correspondence vividly describes the effects of naturopathy on patients, "... *previously lazy and sluggish, he has taken to gymnastics and physical work with pleasure, and even takes longer trips. He used to suffer from lack of appetite having a hearty fat wrap – here he loses the latter; while fully recovering the former. Greedy and immoderate in food – here acquires the necessary restraint and recovers the lost sense of proper nutrition...*" [13].

Dr A. Tarnavski guided by his substantial medical knowledge, ideological assumptions, the experience gained from visits to the national and international clinics developed his own original method due to which he is considered to be the precursor of modern naturopathy treatment. He is also a precursor of civilization hazards prevention and geriatric rehabilitation in Poland. Dr A. Tarnavski's activity contributed to the development of physiotherapy, and in subsequent years to medical rehabilitation in our country. Despite the passing of many years the assumptions of his methods are still valid.

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