

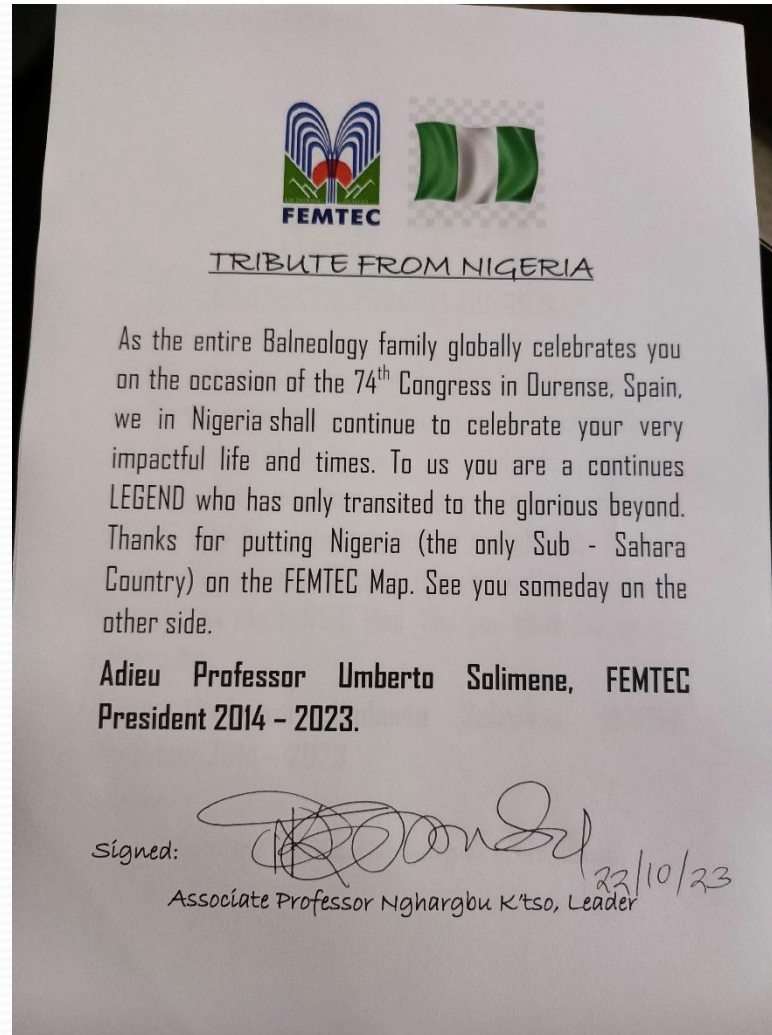
Opportunities and platforms for balneological training in Nasarawa State University, Keffi, Nigeria

K'tso Nghargbu, Rifkatu Nghargbu, Suleiman Bala Mohammed,
Bala I Ahmed II

Nasarawa State University, Keffi, Nigeria



SPECIAL TRIBUTE

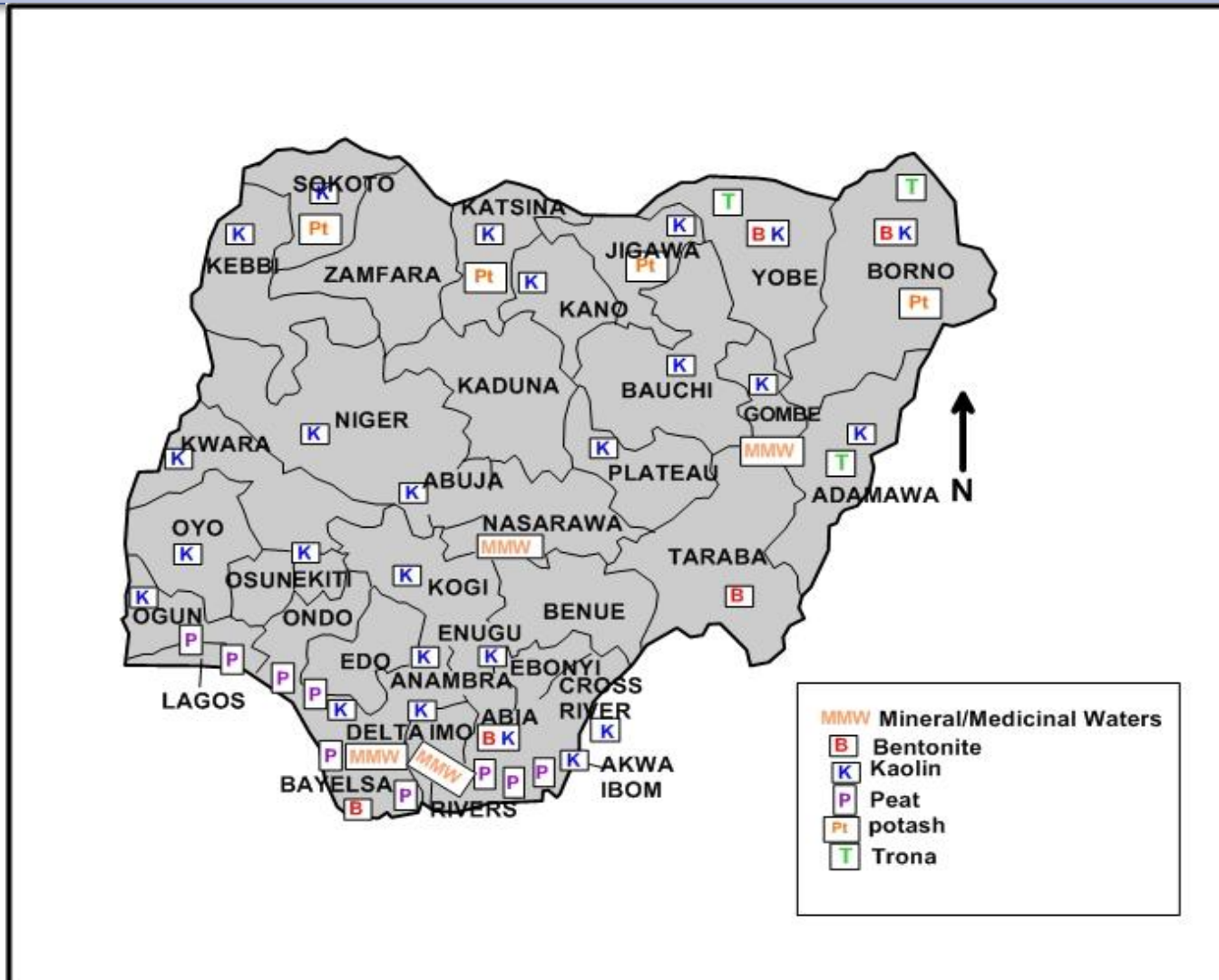




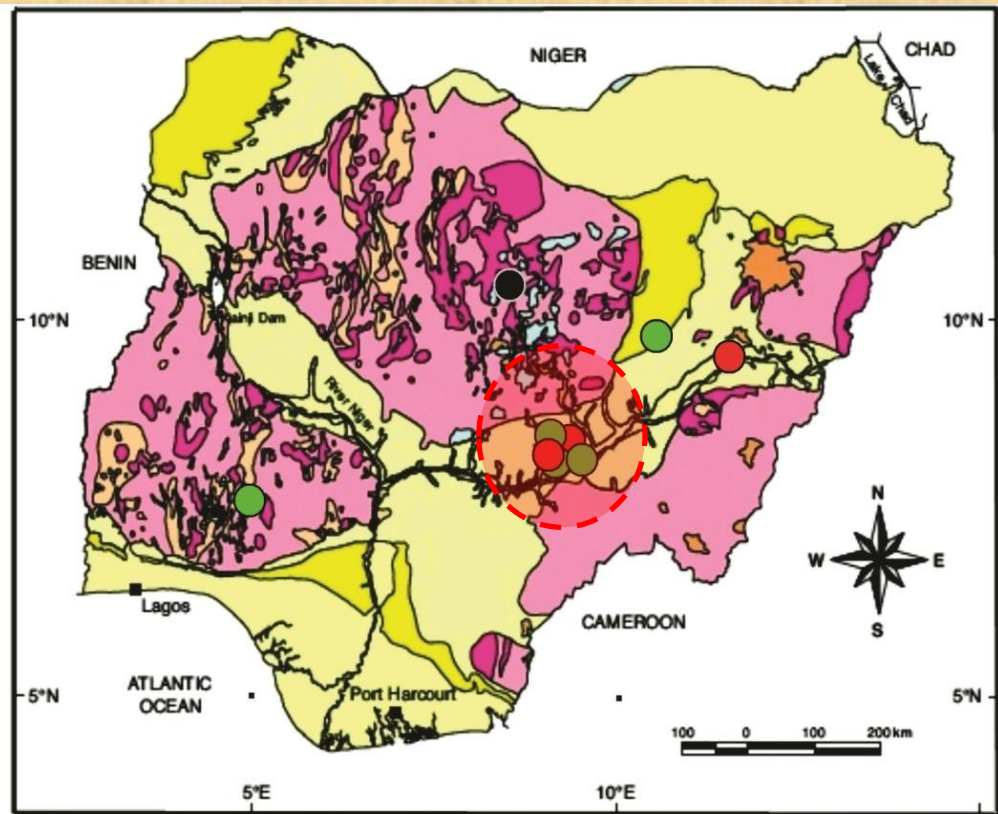
NIGERIAN BALNEOLOGICAL RESOURCES

| S/N | Balneological Resource | Location |
|-----|---|--|
| 1. | Mineral/medicinal waters | Niger-delta onshore/offshore oilfields (Rivers, C/Rivers, A/Ibom, Delta, Edo, Bayelsa, Imo & Ondo), Middle-Benue Trough (Nasarawa), Upper Benue Trough (Adamawa), and Ekiti State |
| 2. | Medicinal clays (bentonite, kaolinite, illite, and montmorillonite) | Abia, Adamawa, Bayelsa, Akwa Ibom, Anambra, Bauchi, Borno, C/River, Delta, Ekiti, Imo, Jigawa, Kano, Katsina, Kebbi, Kogi, Kwara, Niger, Ogun, Oyo, Plateau, Sokoto, Enugu, Gombe, Taraba, Yobe, FCT |
| 3. | Peat | Niger-delta, coastal states of Lagos, Ogun, Ondo, Edo |
| 4. | Trona | Adamawa, Yobe, Borno |
| 5. | Potash | Katsina, Borno, Jigawa, Sokoto |

NIGERIAN BALNEOLOGICAL RESOURCES MAP



GEOLOGY AND ORIGIN OF THE BRINES WITHIN THE STUDY AREA



CENOZOIC

- Alluvial sands, gravels, clays, mangrove swamps, pebbles
- Sands, Clays, Shales, Sandstones, Lignites, grits

- Volcanics (basalts, trachytes, rhyolites)

MESOZOIC

- Sands, clays, coals, shales, sandstones, mudstones, limestones, siltstones, ironstones, grits
- Basic and intermediate intrusions

PALEOZOIC- PROTEROZOIC

- Metasediments, Schist, quartzites

- Older granites, undifferentiated

- Basement complex, undifferentiated

Temperature range for springs

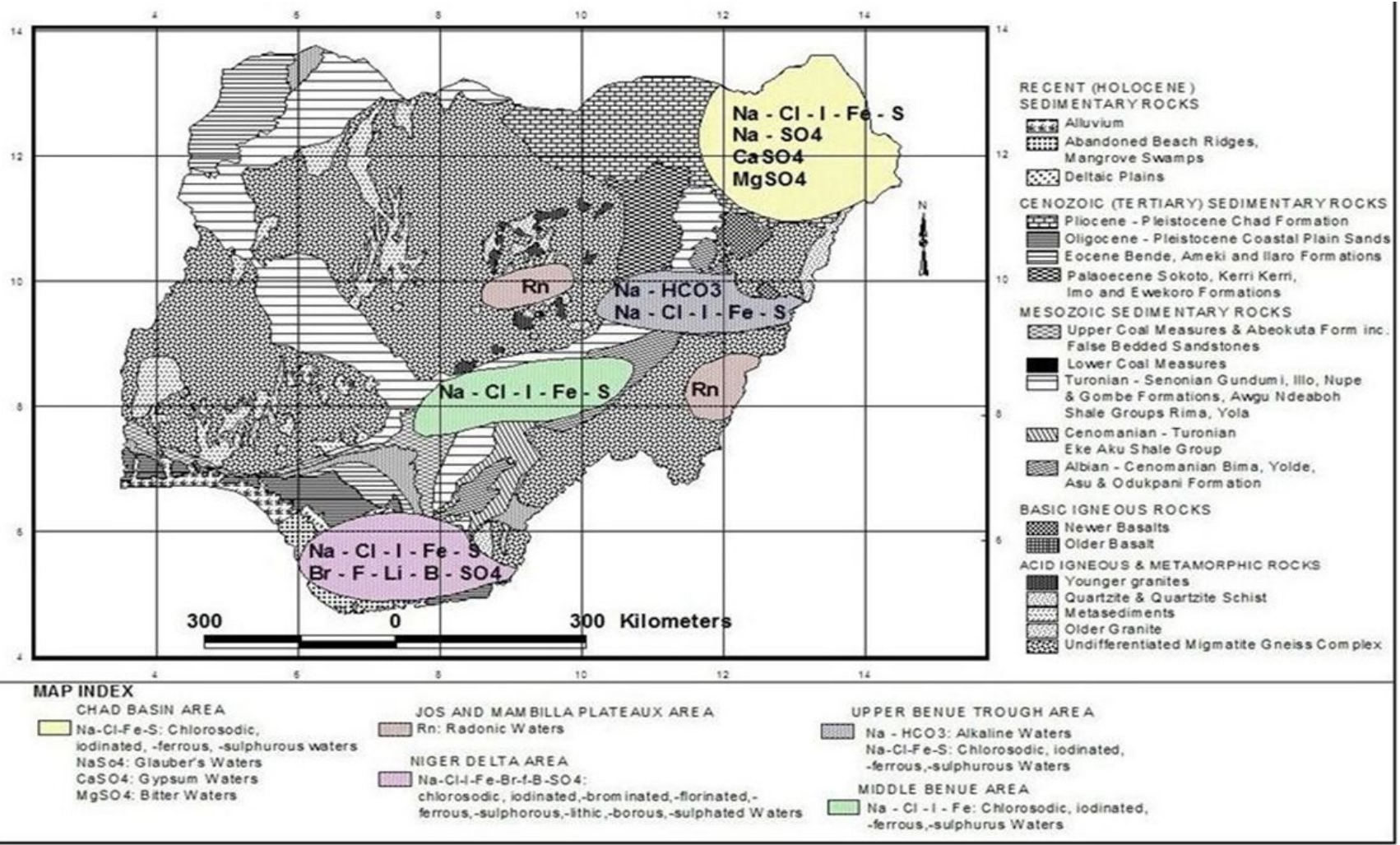
- 40- 50°C

- 30- 40°C

- Undetermined

Modified after Schlueter, 2008

The Nigerian Prospects for Geo-tourism & Health Resort Medicine



| SPRING NAME | COUNTRY | COORDINATES | | | | | | SOME PHYSICAL PARAMETERS | | | |
|------------------|---------|--------------|---------|---------|---------------|---------|---------|--------------------------|--------|----------|-------------|
| | | LATITUDE (N) | | | LONGITUDE (E) | | | pH | Eh(Ms) | TDS(g/l) | Temperature |
| | | Degrees | Minutes | Seconds | Degrees | Minutes | Seconds | | | | |
| Tafadek | Niger | 17 | 23 | 19.2 | 7 | 57 | 27.5 | 7.74 | 1.09 | 0.62 | 46 |
| Possotome | Benin | 6 | 31 | 21.7 | 1 | 58 | 12.6 | 7.74 | 0.82 | 0.52 | 43 |
| Zagnanado | Benin | 7 | 13 | 10.3 | 2 | 23 | 55.2 | 6.08 | 0.02 | 0.01 | 29.6 |
| Atchabita | Benin | 6 | 53 | 39.3 | 2 | 27 | 14.6 | 7.23 | 0.56 | 0.33 | 40.2 |
| Hetim-Sota | Benin | 6 | 35 | 15 | 2 | 30 | 17 | 7.23 | 1.07 | 0.6 | 47 |
| Ruwan Zafi (Adm) | Nigeria | 9 | 28 | 46 | 11 | 30 | 6.9 | 7.23 | 0.51 | 0.31 | 44.2 |
| Ikogosi | Nigeria | 7 | 35 | 40.8 | 4 | 58 | 50.3 | 7.23 | 0.08 | 0.04 | 35.6 |
| Wikki | Nigeria | 9 | 45 | 11.1 | 10 | 30 | 40.3 | 7.24 | 0.01 | 0.01 | 32.9 |
| Ruwan Zafi (Kd) | Nigeria | 10 | 25 | 35.9 | 8 | 30 | 49.8 | | | | |
| Akiri | Nigeria | 8 | 22 | 51.3 | 9 | 20 | 10 | 7.22 | 10.89 | 6.27 | 46.5 |
| Ruwan Gishiri | Nigeria | 8 | 26 | 55.5 | 9 | 4 | 29.6 | 7.23 | 11.9 | 6.77 | 35.8 |
| Ruwan Zafi, Awe | Nigeria | 8 | 6 | 1.06 | 9 | 8 | 2.35 | 7.23 | 16.02 | 9.11 | 39.5 |
| Tangarahu | Nigeria | 8 | 7 | 44.4 | 9 | 29 | 58.6 | 7.23 | 14.16 | 8.06 | 34 |
| Bitrus | Nigeria | 8 | 11 | 25.3 | 9 | 2 | 44.9 | 7.23 | 16.24 | 9.23 | 42.7 |

| | Parameters | Akiri Spring, Awe, Nigeria | Ruwan Dumi, Awe, Nigeria | Ruwan Zafi, Awe, Nigeria | Tangarahu, Awe, Nigeria | Bitrus (Borehole), Awe, Nigeria | Ruwan Zafi Adamawa | Ikogosi | Wikki |
|--|-------------------------------------|----------------------------------|--------------------------------|---------------------------|----------------------------|---------------------------------|---------------------------|-----------------------------|------------------------------|
| Site Measurements | Date of Sampling | 30th July. 2011 | | | | | | | |
| | Coordinates | 8°22'51.3"N. 9°20'10"E | 8° 26'55.5"N. 9°4'29.6"E | 8°6'1.06"N. 9°8'23.5"E | 8°7'44.4"N. 9°29'58.6"E | 8° 11'25.3"N. 9°2'44.9"E | 9°28'46"N. 11°30'6.9"E | 7°35'40.8"N. 4°58'50.3"E | 9°45'11.1"N. 10°30'40.3"E |
| | Water Temperature (°C) | 46.5 | 35.8 | 39.5 | 34 | 42.7 | 44.2 | 35.6 | 32.9 |
| | Mineralisation, (g/l) | 6.27 | 6.77 | 9.11 | 8.06 | 9.23 | 0.31 | 0.04 | 0.01 |
| | Electrical Conductivity, Eh (mS) | 10.89 | 11.9 | 16.02 | 14.16 | 16.24 | 0.51 | 0.08 | 0.01 |
| | Hydrogen Ion Exponent, (pH) | 7.22 | 7.23 | 7.23 | 7.23 | 7.23 | 7.23 | 7.23 | 7.24 |
| Laboratory Measurements | Date of Laboratory Analysis | 29 th September. 2011 | | | | | | | |
| | Mineralisation,(mg/l) | 5863.41 | 6701.45 | 9010.24 | 8578.05 | 9015.14 | 442.63 | 93.66 | 66.03 |
| | Electrical Conductivity, Eh(mS/cm) | 10.197 | 11.49 | 15.09 | 13.688 | 15.087 | 0,5133 | 95.70 | 67,07 |
| | Hydrogen Ion Exponent, (pH) | 6.91 | 6.92 | 6.95 | 6.65 | 6.66 | 7.38 | 6.35 | 6.14 |
| | Ca ²⁺ mg/l | 110.22 | 108.22 | 40.08 | 40.10 | 44.10 | 9.62 | 8.82 | 6.01 |
| | SO ₄ ²⁺ mg/l | <1,00 | <1,00 | <1,00 | <1,00 | <1,00 | <1.00 | <1.00 | <1.00 |
| | NH ₄ ¹⁺ mg/l | 4.65 | <0.05 | <0.05 | 6.15 | 5.00 | <0.05 | <0.05 | <0.05 |
| | Na ¹⁺ mg/l | 2000.00 | 2335.00 | 3270.00 | 3100.00 | 3255.00 | 93.34 | 2.00 | 4.94 |
| | K ¹⁺ mg/l | 67.20 | 54.70 | 71.90 | 73.45 | 75.25 | 10.00 | 1.07 | 1.56 |
| | Mg ²⁺ mg/l | 20.66 | 20.05 | 43.75 | 36.46 | 38.90 | 2.43 | 5.35 | 1.94 |
| | Fe ^{2+. 3+} mg/l | 0.15 | 0.25 | 0.10 | 0.35 | 0.15 | <0.01 | <0.01 | 0.15 |
| | Mn ²⁺ mg/l | 0.12 | <0.01 | <0.01 | 0.05 | 0.08 | <0.01 | <0.01 | <0.01 |
| | F ¹⁻ mg/l | 0.87 | 0.68 | 0.77 | 0.79 | 0.78 | 0.69 | 0.17 | 0.06 |
| | Cl ¹⁻ mg/l | 3155.00 | 3615.00 | 4963.00 | 4697.12 | 4965.00 | 20.20 | 3.89 | 6.38 |
| | Br ¹⁻ mg/l | <0.05 | <0.05 | <0.05 | <0.05 | <0.05 | <0.05 | <0.05 | <0.05 |
| | I ¹⁻ mg/l | <0.02 | <0.02 | 0.04 | 0.25 | 0.25 | <0.02 | <0.02 | <0.02 |
| | HCO ₃ ¹⁻ mg/l | 268.40 | 408.08 | 263.10 | 263.10 | 263.10 | 273.80 | 53.70 | 29.50 |
| | NO ₂ ¹⁻ mg/l | <0.02 | <0.02 | <0.02 | <0.02 | <0.02 | <0.02 | <0.02 | <0.02 |
| | NO ₃ ¹⁻ mg/l | 21.96 | 20.59 | 15.10 | 14.20 | <0.88 | <0.88 | 1.30 | 2.87 |
| | HB ₂ mg/l | <0.05 | <0.05 | <0.05 | <0.05 | <0.05 | <0.50 | <0.50 | <0.50 |
| H ₂ SiO ₃ mg/l | 39.68 | 35.96 | 31.00 | 31.93 | 31.93 | 17.36 | 17.36 | 12.77 | |
| Total Hardness (mg/cm ³ CaCO ₃) | 343 | 336 | 267 | 238 | 258 | 32 | 42 | 22 | |

The Springs



Plate I: Akiri Spring, Awe, Nigeria



Plate II: Ruwan Dumi, Awe, Nigeria

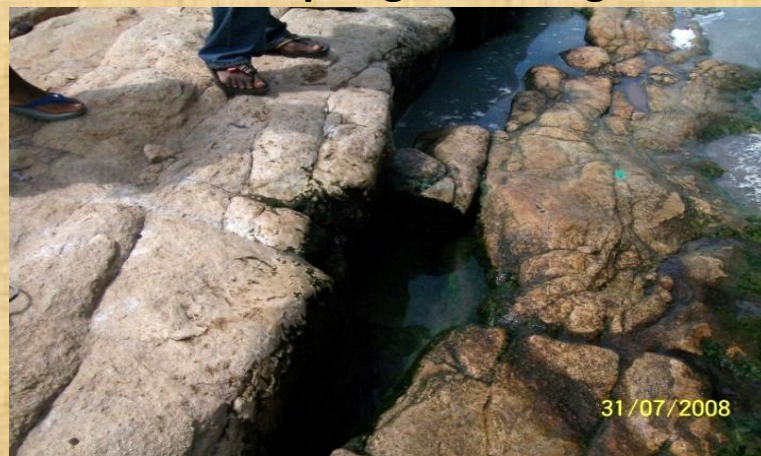


Plate III: Ruwan Zafi, Awe, Nigeria

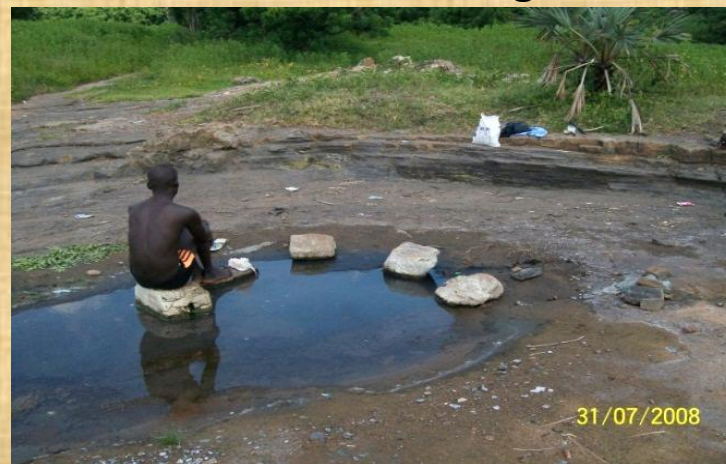


Plate IV: Tangarahu, Awe, Nigeria

The Springs



Plate V: Bitrus (flowing borehole), Awe, Nigeria



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Home > Health > FG approves Bill for establishment of Council for Traditional, Alternative and Complementary Medicine Practice in Nigeria

FG approves Bill for establishment of Council for Traditional, Alternative and Complementary Medicine Practice in Nigeria



Anthony Ailemen – Oct 21, 2020

TODAY'S EPAPER



Chat

POTENTIAL RESEARCH OUTLETS

Since 1905, Copernicus index



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The Journal of The Japanese Society of Balneology, Climatology and Physical Medicine

1,715 registered articles
(updated on September 20, 2018)

Online ISSN : 1884-3697
Print ISSN : 0029-0343

Published by [The Japanese Society of Balneology, Climatology and Physical Medicine](#)

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2018 Volume 81 Issue 1

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Philadelphia list

Medicinal Water Treatments

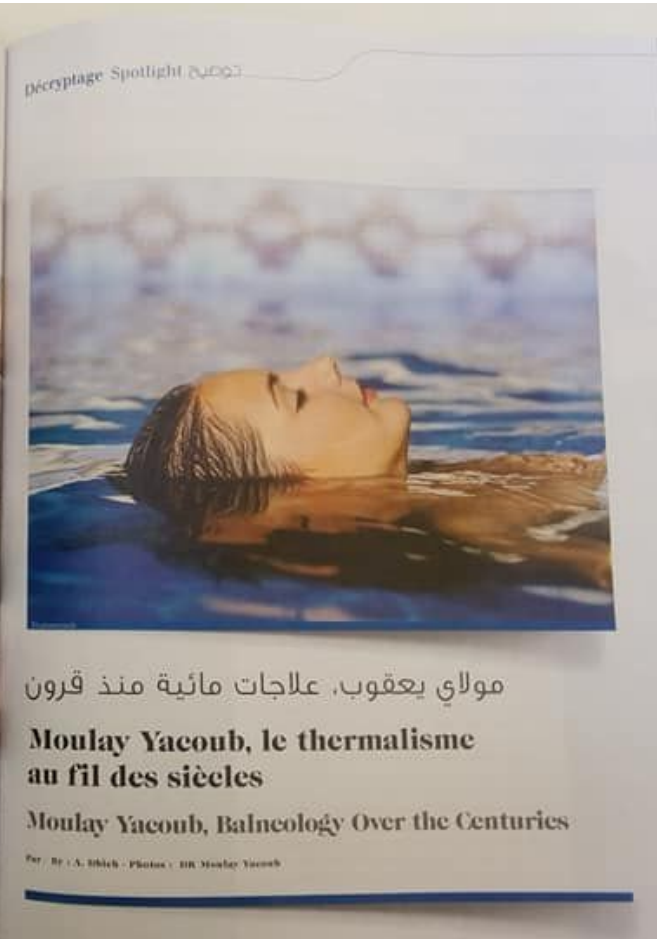
- Dermatological conditions using Chlorosodic, sulfurous waters
- Gynecological conditions same as above
- Gastrointestinal disorders
- Bronchial tract ailments
- Blood circulation conditions
- Diabetes
- Post traumatic disorders

Basic Procedures involving Medicinal Geothermal Waters

- Bathing
- Inhalation
- Irrigation
- Drinking



Moroccan model of sustainable development of balneological resources raises hope for Africa: Mouley Yacoub Thermal Springs



Moroccan model contd.

1902



1962



27th Colloquium on African Geology, 21st to 28th July 2018, Aveiro, Portugal

Moroccan model contd.

1993



2018




27th Colloquium on African Geology, 21st to 28th July 2018, Aveiro, Portugal

MOULAY YACCOUB: 2018



27th Colloquium on African Geology, 21st to 28th July 2018, Aveiro, Portugal

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HU-275/2011 29th September 2011

**PHISICO – CHEMICAL ANALYSIS OF THE THERMAL WATER
FROM NIGERIA**

Locality of water intake..... Nigeria
 Type of water intake..... borehole
 Name..... Tafadek
 Depth.....m
 Capacity.....m³/h
 Sampling point.....water intake
 Sampling date.....22.07.2011; 4:30 p.m.
 Receipt date.....17.08.2011
 Temperature of the water at the sampling point.....no data
 Sample number.....NR 1

I. PHYSICO-CHEMICAL PARAMETERS ANALYSIS:

| | |
|---|---------------------------|
| 1. Colour (mg Pt) | 0 |
| 2. Turbidity (mg) | 0 |
| 3. Odeur | without any foreign odeur |
| 4. pH value | 7,57 |
| 5. Total hardness (mg/cm ³ CaCO ₃) | 67 |
| 6. Electrical conductivity measured at 25° C (mS/cm) | 1,0706 |

www.pzh.gov.pl

2

I. CHEMICAL PARAMETERS AND TRACE MINERAL ANALYSIS:

Value found in 1 dm³ of the water:

| <u>KATIONS</u> | Mass concentration mg/dm ³ | Equivalent concentration mval | Equivalent percentage mval % |
|---------------------------------------|--|-------------------------------------|------------------------------------|
| Ammonium NH ₄ ⁺ | 5,00 | 0,28 | 0,19 |
| Sodium Na ⁺ | 3255,00 | 141,58 | 94,90 |
| Potassium K ⁺ | 75,25 | 1,92 | 1,29 |
| Calcium Ca ²⁺ | 44,10 | 2,20 | 1,47 |
| Magnesium Mg ²⁺ | 38,90 | 3,20 | 2,14 |
| Iron Fe ^{2+/3+} | 0,15 | 0,01 | 0,01 |
| Manganese Mn ²⁺ | 0,08 | 0,00 | - |
| | 3418,48 | 149,19 | 100 % |

| <u>ANIONS</u> | mg/dm ³ | mval | mval % |
|---|--------------------|---------------|--------------|
| Fluoride F ⁻ | 0,78 | 0,04 | 0,03 |
| Chloride Cl ⁻ | 4965,00 | 140,00 | 93,43 |
| Bromide Br ⁻ | < 0,05 | - | - |
| Iodide J ⁻ | 0,25 | 0,00 | - |
| Hydrogen carbonate HCO ₃ ⁻ | 598,70 | 9,81 | 6,54 |
| Sulphate SO ₄ ²⁻ | < 1,00 | - | - |
| Nitrite NO ₂ ⁻ | < 0,02 | - | - |
| Nitrate NO ₃ ⁻ | < 0,88 | - | - |
| | 5564,73 | 149,85 | 100 % |

III. UNDISSOCIATED SUBSTANCES:

| | | |
|---|--------------------|--------|
| Boric acid as HBO ₂ | mg/dm ³ | < 0,50 |
| Silicic acid as H ₂ SiO ₃ | 31,93 | |

IV. TOTAL MINERALIZATION: **9015,14 mg/dm³**

V. BALNEOLOGICAL CHARACTERISTIC:

0,9 % sodium chloride mineral water.

HU-287/2011

ZAKLADU
Lafon
 Dr. farm. Teresa Lafon

Balneo-Declaration

XXIII Congress of Polish Association of Balneology
and Physical Medicine

Naleczow, Poland
September 8-11, 2011

Introduction

The faculty and participants of the XXIII Congress of the Polish Association of Balneology and Physical Medicine in Naleczow, Poland we recognize the importance of defining our mission, and vision to bring the experience, expertise, and valuable balneological methods to improve the health of patients around the world.

Mission

Our mission is to improve the quality of medical care by preserving and integrating centuries old empirical, and scientific balneological methods into modern medicine. By doing so we will help to treat chronic diseases more effectively. Our mission also incorporates the prevention of diseases through education, promotion of healthy lifestyles, and a systematic application of natural resources by trained physicians.

Vision

Education of medical providers and patients will allow them to understand the value, and integrate into their clinical practice the time-proven balneological medical methods. This is particularly important because the world's aging population requires an integrated approach to treat effectively many chronic diseases and to improve the quality of life.

We are planning to achieve our goal by establishing coordinated educational and training efforts. Our goal is to engage the finest international experts in the field of balneology and to task them with developing the best training and educational materials. These experts will work in a collaborative manner. They will adhere to the highest ethical standards, and work steadfast to bring our mission to fruition. Also, they will respect any regional, cultural, and ethnic differences. All educational materials will be available to those who seek knowledge, and who consider the best interest of their patients as their primary goal. The educational materials will also be available to all patients who want to improve their health. Our collaborative endeavor is not only our duty, but also a tribute to many of those who dedicated their lifetime work to this cause. We consider a great honor to continue this work for the benefit of eliminating diseases, and improving health and wellbeing of people around the world.

Project Outline

We recognize that this long-term project will be implemented in different phases.

However, as the first step in this long process, the group of experts who were present at the XXIII Congress of the Polish Association of Balneology and Physical Medicine in Naleczow, Poland discussed and proposed the following points for future work:

1. Identify the participants of this project. These participants will include, but will not be limited to experts, national and international societies, and specialized committees.
2. Develop mutually agreed upon terminology that could be easily cross-referenced, and published internationally (an example is provided as a reference).
3. Develop an outline for an international textbook that would be dedicated to the principles and practice of balneology and climatology.
4. Develop a format and timeline for completing such a modern textbook.
5. Identify potential financial resources and select a publisher.

Reference:

Thermal medicine: "an organized system of providing health benefits to patients in health resorts (and other specified locations) by using mainly natural, therapeutic resources, climatic properties, and education to promote healthy lifestyles, prevention, treatment, and rehabilitation of chronic diseases".

Signatures

The following members, representing local, national, and international balneological organizations participated in the discussion, supported, and signed this declaration:

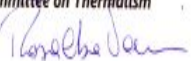
International Society of Medical Hydrology and Climatology

Professor Zeki Karagulle




European Scientific Committee on Thermalism

Professor Rosalba Vanni



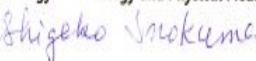
World Federation of Hydrotherapy and Climatotherapy

Professor Umberto Solimene



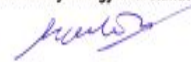
Japanese Society of Balneology Climatology and Physical Medicine

Dr. Shigeko Inokuma



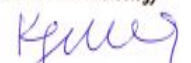
Portuguese Society of Medical Hydrology and Climatology

Professor Pedro Cantista



Turkish Society of Spa Medicine and Balneology

Professor Zeki Karagulle



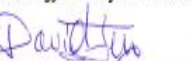
Polish Society of Balneology and Physical Medicine

Professor Irena Ponikowska



Polish Association of Balneology and Physical Medicine-American Chapter

Professor David Ferson

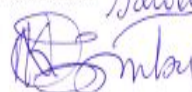


Polish Association of Balneology and Physical Medicine-Nigerian Chapter

Professor Krzysztof Schoeneich



K'tso Nghargbu



CURRENT RESEARCH EFFORTS

FEDERAL MEDICAL CENTER, KEFFI



SPECIAL BALNEOLOGICAL PROJECT

TITLE:

A RANDOMIZED CONTROLLED TRIAL ON EFFECTIVENESS OF
MINERALIZED WATER IN THE MANAGEMENT OF DERMATOSES IN
HIV-INFECTED SUBJECTS

Patient code: _____

Hospital ID: _____

Study objectives: To ascertain the effectiveness of mineralized water in the treatment of skin diseases among HIV infected patients.

Methodology

i. Study Design: The study is double blinded randomized controlled trial.

ii. Study Population: The study population shall be HIV infected persons with skin diseases attending clinic at Federal Medical Centre (FMC), Keffi

iii. Sample Size Determination: There are no secondary sources of data on skin infection among HIV patients either at FMC, Keffi or at the national level and there is no evidence of similar studies to this. For these reasons we decided to use 100 as our sample size.

iv. Sampling Method: One hundred HIV patients with skin disease that met the selection criteria shall be selected from patient attending antiretroviral clinic at Federal Medical Centre (FMC), Keffi. These hundred patients shall be divided into two groups by systematic random sampling. All selected subjects shall be allocated coded number that shall only be known to particular persons that are not an assessor.

v. Data Collection Instrument: Relevant information shall be obtained from the patients or care-giver as the case may be using a close ended questionnaire to be administered by the interviewers. The nature and duration of the skin disease shall be noted and any drug(s) or remedies she/he is currently on shall be recorded. Treatment and the tap water shall be applied to the infected part(s) of the skin for 20 minutes two times a day. This shall be by tepid application using towel or emersion in the water. Serial 7 days interval photographs of the affected part(s) shall be taken and progress of action of treatment followed up for four weeks. The interviewers shall be attending medical doctors or nurses trained for this study.

CURRENT RESEARCH EFFORTS

AquaMed Information system

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AQUAMED
*Balneology And Medical Hydrogeology
Of Thermal Springs*
By
K'tso Nghargbu

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New User Information

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Firstname:
Password:

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CURRENT RESEARCH EFFORTS



PRELIMINARY VISITS









THIS IS WHERE WE ARE TODAY

- Faculty of Medicine and JACMEDGEO Center established
- Set up a working Group/Implementation Agenda
- Seeking partners and collaborators within and outside Nigeria – some gotten
- Continues curriculum development

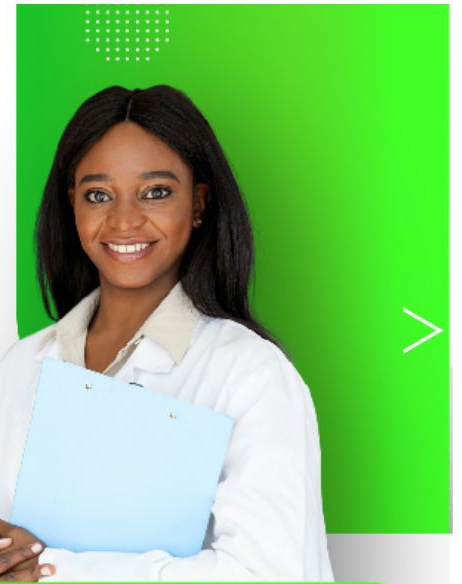
COLLEGE OF MEDICINE & JACMEDGEO CENTER





- DOCTOR OF MEDICINE (MBBS)
- NURSING POST REGISTRATION
- BIOTECHNOLOGY
- BIOMEDICAL SCIENCE
- BSC NURSING

APPLY NOW





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- Solomon Lar Institute for Citizenship & Democratic Studies

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- Institute of Geosciences and Earth Resources
- Institute of Governance and Development Studies
- Institute of Strategic & Development Communication
- Global Health and Infectious Diseases Control Institute (GHIDI)

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MoU/Partnerships



Emerging Partnership

- The Romanian Group



CONCLUSION



10/22/2023

FEMTEC - 74th General Assembly and Scientific Congress, Ourense, Spain

Appreciation

