

SPA TRADITIONS OF KRZESZOWICE - A SHORT HISTORY

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Abstract

Krzyszowice Rehabilitation Centre is famous of its historical healing tradition. It has changed and developed many times, and at the moment it is one of the largest rehabilitation centers in Poland. It combines tradition with modernity and perhaps Krzyszowice will again gain the status of a health resort. Currently, it is undergoing expansion, becoming a large undertaking of the Malopolska Region. The aim of the study was to show the interesting history of the resort and its surroundings, as well as its great opportunities and the region.

" Happy! Who is delighted by the view of these charms, for which Krzyszowice is famous for its delicious surroundings" (Franciszek Wężyk, poem "Okolice Krakowa", 1920 r.)

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To Krzeszowice for healt

“The whole area of Krzeszowice is as romance as the human eye can see. Because it is composed of the most beautiful cultivated fields, mountains covered with trees, rocks and the bare rocks, that is, from valleys, hills and planes in which rough fields, abundant fields and meadows from flowing streams winding from the mountains are flooded.” (Leopole de Lafontain, spa doctor in Krzeszowice, later court physician of King Stanisław August Poniatowski)

The old opinion about the extraordinary charms of the Krzeszowice land has not lost its relevance to this day, as anyone who wants to visit the "bady near Cracow can see." - created by the Potocki family spa. Picturesque rocks, gorges, forests bring to mind the old centuries, when around Krakow stretched impassable forest. Monuments created by the hand of man do not allow us to forget about the times when the pages of history were filled. All this makes the area around Krzeszowice offer a moment of respite and reflection – and the commodity is today sought after and indispensable for a man lost in the ever-increasing pace of life. In addition, at such a short distance from Cracow! Nowadays filled with haste and information overload, such places become a phenomenal discovery of forgotten history and can be an extremely valuable combination of tradition and modernity, which becomes invaluable in the healing process. Such places give a unique opportunity to create a healing base in the era of civilization diseases.

Mayor Freton from Bytom, which in the thirteenth century founded in the already existing village "Cressouicy" The village council under German law could feel the truest luck. The fact that the surroundings here are of exceptional beauty - can be seen with the naked eye. However, there was something else that was about 30 km away. from Wawel the village made absolutely desi-

nable. Since ancient times it has not been a secret, and such knowledge was passed down from mouth to mouth, that the local land hid a wealth more valuable than gold, even more significant than the salt sought in the Middle Ages. Well, the mysterious water flowing out of the interior of the earth, which was betrayed by the characteristic smell of sulfur, was a remedy for various ailments plaguing people and even cattle. The above fact did not escape the attention of the then parish priest of Krzeszowice, Bernard Bocheński, who recorded it in 1625 in the parish book. However, it was only when Prince Anhalt Plesse from Upper Silesia successfully entrusted his health problems to the Krzeszowice springs. (1733), fame about miraculous healings began to spread with a flight of lightning. What ailments did the prince complain about? We don't know. Written sources only reveal that they were extremely unpleasant; The communal news, on the other hand, is that in the case of the then VIP it was about chronic obstruction.

No wonder that the successive rulers of Krzeszowice, from the most eminent noble-magnate families to today's City and Commune Office, spared no effort to give the Krzeszowice land the character of a real resort..
Bathing village

The official beginning of the Krzeszowice health resort is assumed to be 1779, when the first patients were registered.. For their convenience, a year earlier a source of sulphate water was planted (Main Spring, today near the church of St. Martin). The first bathrooms were also built. The organization of the spa was taken care of by Prince August Czartoryski, and the treatment was taken care of by a young doctor Jan Gotfryd Leonhardi, who prescribed sulphate water to his patients, having previously made sure of its properties..

Krzeszowice was lucky with enterprising women and it is to them that they owe their development. The work started by my father was continued with great panache by her daughter – Izabela Lubomirska from Czartoryski. One of the richest ladies in Poland was a frequent

guest in the most famous European resorts in Austria, France and Italy. She herself suffered from kidneys, in health trips she also accompanied her husband suffering from lungs. Krzeszowice, which in her time was experiencing its golden age, would probably make a second Karlsbad or the famous Spa, if her plans had not been thwarted by the partitions and Napoleonic wars..

As befits a real and fashionable lady, she created in her estates not only a healing center but also a social center far ahead of her time. The needs of the soul, entertainment and pleasures in time free from caring for the body began to be thought of in resorts much later, because only in the second half of the nineteenth century. Thanks to her, it was Krzeszowice that already in the eighteenth century became the first health resort in Poland of a healing and entertainment nature. The needs of the body were met by newly built bathrooms. The needs of the soul classicist palace Vauxhall, also called the Salon (today the seat of the Krzeszowice Cultural Centre), where Krakow's social cream came every Sunday of the season for the famous balls. The amused guests were looked at by the stern eyes of famous Poles. (kings, hetmans, representatives of powerful families) from portraits decorating the palace walls.

Let's go to the waters!

The first spa house in Poland hosted King Stanisław Poniatowski, who visited Krzeszowice in 1787. There were poet Adam Naruszewicz and Zygmunt Vogel, the most outstanding cartoonist of that time, the author of well-known images of the city. The resort was not bypassed by artists, writers and others famous for one reason or another. In the autumn of 1790. visited the city of Johann Wolfgang. Goethe, and in 1809 General Jan Henryk Dąbrowski. Julian Ursyn Niemcewicz described his im-

pressions from his stay in Krzeszowice in "Historical Travels in the Polish Lands". Prince Józef Poniatowski stayed in Krzeszowice for many days during the retreat from Moscow in 1813. Count Zygmunt Krasiński spent some time here, who believed that the spring of St. Elijah in Czerna would heal his sick eyes. The author of "Un-Divine Comedy" was a friend of Adam Potocki (they even became brothers-in-law to each other). Artur Grottger came here, Juliusz Kossak, Jan Matejko, Wincenty Pol, Michał Bałucki, Stanisław Wyspiański, Maria Konopnicka too. Eliza Orzeszkowa remembers her stay pleasantly in her letters. It is possible that Krzeszowice was also on the route of Cyprian Kamil Norwid, also a friend of Count Adam Potocki, who was very eager to be a patron of talented artists. In the cemetery chapel rests a friend of the Potocki house, General Józef Chłopicki, who regenerated his strength many times in Krzeszowice, and at the end of his life he expressed his will to be buried there "on a hill, in the middle of the cemetery".

The benefits of the health resort were used not only by people who were well born and with a full pocket. Out of several dozen patients, five or six people were treated at the expense of the owners of Krzeszowice; who, for the convenience of the poor wards, recommended to build a lazaret and modest apartments. Those who intended to take advantage of the generosity of the hosts should present the administration of the center with a testimony of poverty.

After the death of Izabela Czartoryska (1816), the spa was taken into the care of her grandson, Artur Potocki, the founder of the Krzeszowice line of the family. It was then that another enterprising woman appeared in the history of the city, Artur's wife - Zofia from Branicki. In a short time, in the place of the old bathhouse, "Green Bathrooms" were created, also called "Green Baths", which the father of Polish balneology Józef Dietl in recognition of the already aged founder - renamed in 1858 to the bathrooms "Zofia". Today, the building, commonly known as "Pearl" by the residents

of Krzeszowice, is the main seat of the Rehabilitation Center for the Musculoskeletal System Disorder.

Before the fame of Krzeszowice was overshadowed by Swoszowice, closer to Kraków, the city in the first half of the nineteenth century relived its five minutes. During the period of greatest popularity, a lot of people came there.:

A record number of patients was recorded in

1835, and earlier, in 1822. Due to the huge influx of guests, there was no water in the bathrooms. Zofia Potocka took the matter seriously and bought a field with another beating sulphate source on the outskirts of Krzeszowice. The hospital for the employees of the Tęczyński county, which soon stood there, played an excellent role during the November Uprising, when, by the will of Artur Potocki, it became a shelter for wounded insurgents.



Fig.1. „Zofia”building ORNR Krzeszowice

Forgotten resort

The opening of the railway line connecting Kraków with Mysłowice in 1847 did not help Krzeszowice much. So what if the railroad reached the city six times a day! That the newspapers of that time often described the charms of Krzeszowice, that on a par with the spa waters they praised the excellent Tenczyn beer. The resort was in decline, and Dr. Józef Dietl himself, a great enthusiast of water treatment, resented Potocki for wanting to put on mining and industry willy-nilly in their estates..

The fact that the krzeszowice health resort created by the Potocki family became only a memory was determined by the years of Second World War, when military workshops were installed in the former bathrooms, and the palace located in a beautiful park, the seat of the famous family in Poland, became the summer residence of Hans Frank.

Krzeszowice owes its awakening from a long period of sad lethargy to miners, whose sulfur springs helped to save their health, weakened by work in the mine. From 1964, the center was subordinated to the Jaworznicko- Mikołowski Union of the Coal Industry, and in 1969,

under the name of the Mining Department of Rehabilitation of the Locomotor System, it was put into use by the Hard Coal Mine in Siersza. The first head of the center was a mine rescuer, Dr. Adam Kulig, who managed "balneology" for almost 22 years. The level of rehabilitation in Krzeszowice at that time is evidenced by the fact that the effects of their injuries were treated here not just by anyone, because the vice-champions of the world in football themselves. Players from the national team of coach Górski were so fond of Krzeszowice balneology that one of the representatives of the Polish even married one of the physiotherapists..

An excellent, specialized in the treatment of miners, the center was visited in those years by the great pioneers of Polish rehabilitation, professors Wiktor Dega from Poznań and Marian Weiss from Warsaw. Pioneers of therapeutic rehabilitation of the musculoskeletal system in Poland, the authors of still current academic textbooks expressed their delight and amazement that thanks to a group of enthusiasts such a high-class center was created at the workplace.

When the wind of history blew so strongly that the fate of many mines was called into question, the fate of Krzeszowice springs was also at stake. Nadwiślańska Spółka Węglowa, to which the centre belonged at that time, tried to sell the entire property. There was even talk of locating a private beauty clinic in the former bathrooms. Fortunately, the case was saved by the Jolanta Kwaśniewska Foundation, to which Dr. Bogumiła Ciesielska, who was then in charge of the Krzeszowice balneology, turned for help. The goal was shared; the president's foundation helped the disabled, and the Krzeszów center has been fighting for many years to prevent permanent disability in its patients. Węglowa Spółka for its debts handed over balneology to the State Treasury. At the beginning of 1999, the Independent Public Health Care Institution

rehabilitation center of the Locomotor System "Krzeszowice" began to operate.

The beginnings of independence were not easy. There was not a penny on the account, not even a bag of potatoes in the kitchen. The coal company took "its own": cooks, cleaners and support staff. It was possible to survive only thanks to the generosity of the inhabitants of Krzeszowice, who spontaneously brought to the center what they could: kitchen pots, cups, cutlery, medicines. They did not allow their "Pearl" to die.

In 2007, the hospital ward building was put into use. Equipped with modern patient rooms, doctor's and nurse's duty, monitoring equipment, conference room and catering facilities. In order to maintain the position developed over the years on the medical market, the Rehabilitation Center of the Locomotor System in Krzeszowice needed thorough changes to both the treatment base, hospital rooms, as well as the modernization of the equipment facilities.



Fig.2. New Unit in ORNR

Healthy water

About the fact that the Krzeszowice zdroj is not some common water, the local population knew perfectly well long before this fact was proven by the "glass and eye" of scientific celebrities. Before the first serious scientific opinion on this subject by Adolf Aleksandrowicz appeared in 1869, the waters of Krzeszo-

wice were studied and popularized by spa doctors: the already mentioned Leonhardi, and especially Leopold de Lafontaine a later doctor of King Stanisław August Poniatowski. The latter recommended sulphate waters m.in scabies, tangles, gout, arthritis, hemorrhoids and even venereal diseases. For many years, the composition of sources in the Potocki family estate was the subject of interest of researchers from the University of Krakow. It was to them that the Austrian government turned in 1804 with the question whether there were waters somewhere in Galicia that could compete with the Baden springs near Vienna. The answer was: - Yes! There are such sources. In Krzeszowice.

Where is the secret of their uniqueness? These are sulphate-calcium-magnesium-sulfide waters, with a predominance of sulfates (mainly calcium and magnesium sulfates) and calcium bicarbonate. The richness and concentration of sulphates determines that in this respect Krzeszowice is matched by only a few European sources. They can be compared with Trenčianske Teplice in Slovakia, but they are much richer in solid ingredients; they contain 25% more calcium sulfate and 5% more carbonic acid. Warm Slovak springs are second only in terms of temperature.

What is the effect of sulfates present in water on the human body? Minerals, penetrating through the skin, relieve orthopedic, rheumatic ailments and diseases of the skeletal system. They also have a positive effect on the nervous system. The task of sulfur is the renewal of connective tissue. It also affects the smoothness of joint surfaces, has a beneficial effect on skin diseases. Mineral baths dilate blood vessels, have a calming and analgesic effect. Krzeszowice waters are used only for bathing treatments. Due to too strong mineralization - they are not intended for drinking, although in the past there were daredevils who liked the peculiar taste of sulfur drinks. It should be emphasized

that balneological stimuli do not remove the cause of the disease, they only strengthen the body's defenses and this is a lot.

Who is Krzeszowice for?

Few miners today seek help in the former, typically mining center - we have fewer and fewer mines. However, many patients were once miners, and with the loss of jobs, they did not leave them as if by magic the diseases inherent in this professional group. Their health conditions are various injuries resulting from work overload, primarily affecting the knees and lower spine.

Not only former mine workers suffer from peripheral nerve disorders, sciatica, joint degeneration, etc. They are not the only ones plagued by rheumatism. We all work on the condition of our joints and spines for many years. These ailments affect a growing group of people at an increasingly younger age. Well, it probably can't be reversed all this is happening now thanks to the developing and rushing civilization. You just need to know, what harms our spines and joints in the lifestyle we choose the most. Nowadays, we prefer to sit in front of the TV instead of riding a bicycle, we lift weights incorrectly, we prefer a car and an elevator, and thus wean ourselves from traffic. In addition, we are very often obese and thus have metabolic diseases, the number of traffic accidents and daily injuries is also increasing. Indisputable, although optimistic, is the fact that human life is getting longer thanks to the progress of medicine, and diagnostics are improving. So we have clarity, why so many strokes, cases of osteoporosis, or surgery to insert artificial joints. Now it's all about the quality of this ever longer life. That is why rehabilitation is becoming so important today.

Patients of the Rehabilitation Center of the Musculoskeletal System in Krzeszowice are today patients with orthopedic diseases (after injuries and fractures, orthopedic operations, amputations of limbs, degenerative changes of the joints and spine, curvature of the spine and

postural defects); rheumatic (ankylosing and rheumatoid arthritis, degeneration of the hip and knee joints) and the nervous system (shoulder and sciatica syndromes, multiple sclerosis, conditions after strokes, craniocerebral injuries, neurosurgical procedures).

Today in balneology

ORNR "Krzyszowice" is a monoprofile hospital, whose healing traditions date back to the eighteenth century. Maintaining historical traditions, however, does not prevent you from following the changing time, hence it is known for combining tradition with modernity. There are few rehabilitation centers in the country that offer such a diverse number of treatments in one place, which makes it one of the leading rehabilitation centers in the country today. The Centre is constantly in demand and introducing modern treatment solutions. The old and proven ones also remain for years, which is why e.g. hydrotherapy and a full range of treatments in the field of physical medicine are maintained. It is a modern hospital adapted to receive even the most demanding patients, ready for the challenges of civilization progress. Correcting current changing rules and priorities, the hospital meets the conditions for systemic, neurological and specialist postoperative rehabilitation. Qualified and constantly training staff ensures a high level of medical services provided under the contract with the National Health Fund. Physiotherapists work with known methods and are constantly training in manual therapy, osteopathy and neurophysiological methods. They present their achievements at conferences and publish in professional journals.

The Rehabilitation Centre of the Musculoskeletal System in Krzyszowice as one of the few centres of this type in Małopolska has an ISO Management Certificate. It also belongs to the Polish Network of Hos-

pitals Promoting Health. Specializations in Physiotherapy are also conducted here.

The hospital cooperates with leading universities, being a scientific and didactic institution of the Jagiellonian University CM, and classes are also conducted with students from AWF, AGH, KA. Cooperation with Collegium Medicum UJ will certainly result in the acquisition of new, highly specialized staff in the near future. Students of the faculty of physiotherapy, as part of academic exercises, accompany patients during treatments. They then have the opportunity to do an internship and write a master's thesis. The staff of the center at all levels willingly shares their experience, which is emphasized by students of cooperating universities. For this reason, it is not a problem for them to get there from Krakow.

Now could be time that the great dream of Princess Izabela from Czartoryski is coming true. Lubomirska about the creation of a real health resort in Krzyszowice.

Hospital has been changing for many years, undergoing expansions and reorganizations. The biggest changes are planned for the coming years. To meet the current problems of civilization, a Geriatrics and a postural disorder departments are planned. There will also be a specialist rehabilitation department, where patients after complex procedures will be transferred from reputable centers. Geriatric patients receive professional rehabilitation based on many years of experience of the staff as part of the care.

Seniors will primarily improve balance and daily functioning, thanks to which they will be more resistant to the challenges of everyday life, for example by minimizing the risk of falls. Children and adolescents with postural defects will not only be tested, but will also have the opportunity to learn exercise and a proper lifestyle. Specialized equipment and the creation of a scientific and research laboratory are also planned. Together we will be able to meet the requirements of today's and demanding reality, provides current Director Karolina Wróblewska and Marshal Łukasz Smółka.



Fig.3. Current reconstruction of the resort



Fig.4. Future visualization of the resort

Resumo

Rehabilita Centro de Krzeszowice estas fama pro sia historia kuractradicio. Ĝi multfoje ŝanĝiĝis kaj disvolviĝis, kaj nuntempe ĝi estas unu el la plej grandaj rehabilitadcentroj en Pollando. Ĝi kombinas tradicion kun moderneco kaj eble Krzeszowice denove akiros la statuson de kuracloko. Nuntempe, ĝi spertas vastiĝon, iĝante granda entrepreno de la Malopolska Regiono. La celo de la studo estis montri la interesan historion de la feriejo kaj ĝia ĉirkaŭaĵo, same kiel ĝiajn grandajn ŝancojn kaj la regionon.

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