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THERMAL HEALTH TOURISM IN TURKEY

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Tourism is an important lifestyle developed along with the socialization of people around the world. The ancient form of tourism is «thermal health» tourism. Thermal underground waters in various parts of the world have been interested by people because of their warm climate. Later, «thermal health and cultural tourism» have been developed since 4 thousand years with the speciality of their therapeutic properties awareness. Turkey is a forefront country with its tourism source in the world. Thermal tourism, which has a seasonal advantage of 12 months in addition to its big investments on sea-sand-sun tourism, has become an important economic sector providing national income. In this study, thermal health and cultural tourism were researched.

Keywords: thermal health, tourism, thermal under-ground waters, tourism fields.

Introduction

Sun-Sea and Sand tourism have a history of about 80–85 years. Thermal Health Tourism, which has a history of approximately 3500–4000 years, has been offered to the service of mankind with previous large sector. Geothermal waters in which have rich minerals underground have led to the widespread use of this sector, with its recognition of their benefits.

Providing tourism services by offering opportunities to provide to people health, relaxation and happiness by adding today's modern advanced medical facilities. It is a great service for humanity.

The conditions for providing of this service are well-equipped geothermal fluid mineral water, suitable climates, facilities provided to the service prepared according to today's conditions, qualified staff to do this service, qualified and conscious nutrition opportunities, the physical and social reinforcements.

It must be the duty of us and our next generation by combining these world values at our disposal under the roof of health and culture tourism. We are aware of our values and present them again to the service of our world.

When we look at the subject with this point; Turkey is a kind of world museum in terms of its territories, historical and cultural heritage values.

Turkey is one of the most important geothermal minerals in the world with four different geographical features (Black Sea – Aegean Sea – Mediterranean), 1100 near geothermal mineral water, spreading to different parts of the country, between Europe and Asia. The artifacts of the clay have become a bridge of many ancient civilizations, the gate and the

settlement of the place like the narrow area. Therefore; Turkey has hosted many different civilizations on its land. There is no country in the world with so many civilizations and traces.

Anadolu region is a world museum when we evaluate it historical and cultural aspects.

History of Turkey in tourism and culture

When we look at the events and histories that have formed on the region of Turkey, Sumerian Mythology, Babylonian Mythology, Hittite Mythology, Torah and the Qur'an, the biggest floods in the written sources of Nuh Tufani have been occurred in Turkey.

After the glacial area in BC 9000 years, the lake water called Apsu which was 85 meters under sea level raised to 20–25 meters high and become a big sea about 465000 km². This place is called Karadeniz today.

The lost continent Atlantis legend that can not be searched for years is the different narrative of Nuh Tufan (Nuh Cataclysm).

– The civilization of the Hittite and Hattite empires was born in our country and left thousands of written tablets; Research studies are continuing on closed and open air museums.

– The starting point of Mesopotamia is in Turkey.

– Troy, Lydia, Ionia, Phrygia, Cilicia, Mysia, Kappadokia, Kariya, Hurri, Aoilya, Karoka, Pontus states, Eastern Rome, Byzantine, Persian Empire, Seljuk Empire, Ottoman Empire... All of these civilizations were burn and complicated their historical traces and left their historical tracks with mixed new developed civilizations.

– We consider Troia (Truva) wars have been

occured in Hellepontos Bosphorus in the northwest of the Turkey in 1200 BC.

– Turkey is the homeland of the Iliada epic existed since the seventh century BC. written by the poet Homeros called the philosopher of this age of war.

– The Elijah legend has been read for about 500 years long as a holy saga.

– Troia has such a very important geographical feature that it was a city where nine different cities were built in the same place.

– Antalya, an important tourism center in the world today was established in by The King of Pergamon II Attalos, ruling 160 BC – 138. The name of it was Attaleia in ancient times.

– Pergamon was founded by Philetairos from the Attalos Dynasty, who lived between 343 and 263 BC.

– King of Pergamon III. Attalos BC In 133 he left his will to Roma and Pergamon became the Roman capital of Asia.

– Parchament; was found by The king of Pergamum in Eumenes II time, ruling between 197 and 159 BC II. where the Bergama library had 200,000 books and parchment spread from here to the world.

– Two of the 7 Wonders of the World are in the Territory of Turkey.

– 1. Artemis Tapinagi: Artemis Temple known as Diana (in the sense of my mother) is dedicated to the Goddess Artemis (in the sense of Moon Goddess). B.C. The temple built in 550 years is in Efes.

– 2. Mausoleum-Halicarnas Mosolees: It is seen as an open air museum, the construction started in 355 BC by Mausolos, after the death of him, Halikarnassos (Bodrum) was completed in the beginning of the 4th century BC. By his wife Artemisia.

– The first gold coins in the world were printed by the Lydians as money; The later Ionia, Athens, Kyzikos, Korinthos, Trakia, Thebai, Sicily Peloponnes, Larissa were used and passed to Southern Italy.

– Alexander the Great (Aleksandros II) in BC 334 ended the Persians in the eastern Dominion with the Battle of Granikos in the vicinity of Biga.

Historical Thermals in Turkey.

– Balcova Thermals. Called Agamemnon carrying the name of Agamemnon, Commander-in-chief of the Akha armies in the Troia war, supposed to be in 1220 BC,

– Kestanbolu Thermals. Located near Alexander Troia in Zanakkale Troia were founded in the year of 310 BC in the name of Alexander the Great. It is the treatment and cure center of the city.

– Bergama (Pergamon). Excisted since IV. Century is known as the center of Asklepion

treatment and spa which is regarded as sacred.

– Kleopatra Thermal, which is considered as the only beauty water in the world given the name Kleopatra, the daughter of King Ides, which is also called Əda (Kaz) Mountains, which is known as the invincible king in Bergama.

– In Gunen, the Moon Goddess is dedicated to Artemis IV. Century, Which is also known as Asepsuiis (Ase Psə = healing water), also mentioned in Iliada epic.

– Hierapolis - Pamukkale Thermals. It was founded by Eumenes II in 190 BC. Its name had been given by Telephos's wife Hiera. Because of the death of St. Philippos from the apostles of the JESUS, It has a religious importance.

– Sardes - Sart Kurounlu Thermals. Its name had been given the daughter of Midas (king of Phrygia), Kursan in 738 - 696 BC.

– Sardes Treatment and sports center. Called Goldenroad because of its importance is a center of treatment and sport center with its the historical site bazaar, library, Gymnasium and hot water swimming center. It is the beginning of the road leading to the Hittites and continuing to Mesopotamia up to now.

– Sandikli Thermals. Gives health to people since Phrygian period.

– Bursa Hot Springs. It was founded by Carthaginian famous general Hannibal in 525 while visiting of Prahssias, Bythinia and named after Prussias to commemorate the friendship.

Turkish baths

In ancient times, body care was given high importance. The greatest endurance of life depended on physical conditions. The name of the bath comes from the Arabic heat. In Turks this word is named "hunzak" or "munzak". It is also called hot water. We called it Thermal Springs (thermal springs) and thermal water today.

Two types of baths had importances in history. Roma Bath and Turkish Bath.

The first bath in advanced sense BC In 25 AD the Roman Emperor designed himself and built it in the name of Termae and the bath had developed from time to time.

Parts of an advanced bath;

– Competition sports area (Palaestra)

– Waiting area (Atrium)

– Dressing place (Appaditerium)

– Sweating area ((Tepidarium)

– Hot washing place (Caldirum)

– Steam Room (Lokanicum)

– Frigidarium (Frigidarium). Sometimes there is a swimming pool in it.

In Turkish Bath; A compartment called the "Iliklil (not hot-not cold)" was separated from the hot wash area and the cold, from which a transitional shaving place and toilets were added. In addition, bathing place was added to the pouch site and running

Zone Name	Cold waters (0–19)	Hot waters (20–25)	Hot waters (26–45)	Very hot waters (46–99)	Total
Marmara	7	8	8	30	53
Aegean	5	17	28	31	81
Central Anatolia	10	10	14	18	52
Black Sea	4	4	3	3	14
Mediterranean	1	3	2	–	6
East-S.East	4	7	8	5	24
Total	31	49	63	86	230

water, and the competition and sports area were removed.

Hot spring waters have been given people service of therapeutic pores, their therapeutic properties, their relaxing properties, the decreasing or even destruction of the atmospheric pressure when they enter the water, and the opening of their skin pores and their treatment of minerals.

Health tourism

Health tourism is the type of tourism that has the highest economic value. The following tourism areas are covered by health tourism.

- Medical facilities
- Thermal Tourism (Thermal Spring)
- SPA and wellness tourism - Positive results are taken with the spa
- Sport Tourism
- Air conditioning therapy (climate therapy)
- Thalassotherapy (by heating sea water)
- Heliotherapy (sun)
- Healthy eating
- Barrier-free tourism (this service gives the peoples who are restricted in their health status do so in an environment that makes them feel uneasy).

Turkey; specializing in different tourism options and having an important position in tourism in the world. Within the general economy of the country; Tourism has the first place. Even in marine tourism, there is an annual income of 30 billion dollars and 40 million tourists.

Thermal tourism fields in Turkey

Turkey is located on the Alpine-Himalayan origin park. For this reason, it has high potential in terms of geothermal. Geothermal resources; North Anatolia, Eastern Anatolia and Western Anatolian fault zones continued to be active until recently. High temperature geothermal fields are located in the west of the country with pregnancy. There are about 1300 thermal sources with temperatures ranging from 20 to 110 and temperatures ranging from 2 to 500 liters / second. 230 of these sources are used for thermal tourism purposes. In the table below these sources are given locally.

Results

Turkey has an important potential in terms of its thermal resources. However, this potential is not adequately assessed. Thermal tourism in health tourism has gained weight in recent years. Thermal health care is now gaining health-promoting activity

as well as treatment-oriented accommodation. Due to its transportation and price advantage, Turkey has become an attractive country. But; Deficiencies in educated personnel and medical management need to be completed.

In recent years, «SPA» and «thalassotherapy» have become an abandonment in 5-star city and resort hotels. In this regard; It is important that the interested ministries and investor sectors cooperate.

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ТЕРМАЛЬНИЙ ОЗДОРОВЧИЙ ТУРИЗМ В ТУРЕЧЧИНІ

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Туризм – важливий елемент здорового життя, розроблений разом з соціалізацією людей у всьому світі. Найдавнішою формою туризму є туризм «термального здоров'я». Термальні підземні води в різних частинах світу зацікавили людьми через їх теплого клімату. «Термальне здоров'я і культурний туризм» були освоєні 4 тисячі років тому, з урахуванням розуміння їх терапевтичних властивостей. Туреччина, з її туристичним потенціалом, є передовою країною в світі. Термальний туризм, який в Туреччині має сезонну перевагу в 12 місяців на додаток до свого морського берега і сонця, а також великих інвестицій в туризм, став важливим економічним сектором, що забезпечує національний дохід. В даному дослідженні вивчалоя термальне здоров'я і культурний туризм.

Ключові слова: термальне здоров'я, туризм, термальні підземні води, галузі туризму.

ТЕРМАЛЬНЫЙ ОЗДОРОВИТЕЛЬНЫЙ ТУРИЗМ В ТУРЦИИ

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Туризм – важный элемент здорового жизни, разработанный наряду с социализацией людей во всем мире. Древнейшей формой туризма является туризм «термального здоровья». Термальные подземные воды в различных частях мира заинтересовали людьми из-за их теплого климата. «Термальное здоровье и культурный туризм» были освоены 4 тысячи лет назад, с учетом понимания их терапевтических свойств. Турция, с ее туристическим потенциалом, является передовой страной в мире. Термальный туризм, который в Турции имеет сезонное преимущество в 12 месяцев в дополнение к своему морскому берегу и солнцу, а также большим инвестициям в туризм, стал важным экономическим сектором, обеспечивающим национальный доход. В данном исследовании изучалось термальное здоровье и культурный туризм.

Ключевые слова: термальное здоровье, туризм, термальные подземные воды, отрасли туризма.