INTRODUCTION TO THE SHARGALJUUT SPA RESORT

The Shargaljuur spa resort, a health care organization was established in 1954 for the protection and improvement of life and health of the general public.

The Shargaljuur spa resort has a capacity to serve 500 people in a shift to cure various chronic diseases, improvement of physical and mental capacities, rehabilitation and prevention from various diseases. The Shargajuut spa resort provides the following services.

- Treatment
- Sports and physical training
- Vacation and tourism
- Hotel
- Cafeteria
- Restaurant, lounge
- Massage, fitness
- Art performance upon request
- Firework event
- Conference

Treatment and nursing: The spa resort provides treatments by using various hot thermal, cold mineral waters and medical mud. We also offer various traditional non-drug treatment methods such as acupuncture, rehabilitation and physiotherapy including therapeutic massage, hydrotherapy and physical training. Over 20 types of medical treatments are offered in the five examination halls and the eleven medical treatment halls.
TYPES OF TREATMENTS TO BE OFFERED UNDER NATURAL CURE FACTORS

- **Hot mud bath** – Highly mineralized and radon bearing medicinal mud is used for treatments.
- **Mineral water bath** – Various mineral water baths are offered for the various diseases.
- **Mineral water inhale medicine** – This treatment is directly done on site at the source of the hot mineral water for respiratory diseases.
- **Embrocation wrapping, wash and washout treatments with hot mineral water** – Embrocation wrapping, washout, drop, wash and compress will be done with various hot mineral water.
- **Taking mineral water for various treatment** – To drink various hot and cold mineral water for the internal organs disease’s treatment under a scheme advised by doctors to your specific needs.
- **Bile, gastric lavage, and lavement treatment** – Lavage treatment to cleanse liver, bile, gastric and small intestine will be done with the mineral water.
- **Algae treatment** – The unique and colourful assortments of black, orange, green and red algaes, which thrive in the Shargaljuut mineral water of +96C, are used for treatments under the physician’s instructions.
- **Gynecological treatment** – It is done with the mineral water for gynecological diseases.
- **Hot and cold embrocation treatment** – Unusual rocks, which are heated by mineral water, are used as embrocation for treatments of backache, kidney and bladder diseases.
- **Aerotherapeutics** – Large volume of vapour, due to the evaporations from more than 160 mineral springs with 45-96C hot mineral waters that covers an area of 10 hectares creates a unique therapeutic medical bio-atmosphere around the spa resort.
Mongolian people has been using the Shargaljuut mineral water for thousands of years to cure their diseases. By the end of the 17th century, an Aesculapian Dorjrinchin together with Mongolian and Tibetan medicasters determined how to use over 50 kinds of mineral waters for curing diseases and announced it to the public.

Not only Mongolians but also foreigners including Chinese and Russians used to visit the Shargaljuur mineral water for treatments during the autonomous governance.

During the 18 and 19th centuries, famous monk Khalkha Zaya Bandita Luvsanperenlei authored the Shargaljuut mineral water treatment sutra. Moreover, in 1850, Undur Gegeen Zanabazar (1635-1723), the first Jebtsun dampa Khutukhtu and one of the great figures of Mongolian Buddhism, wrote two books about rules to use the Shargaljuut mineral waters.

Top ranking royalties and Buddhist monks Undur Gegeen Zanabazar, Lamyn Gegeen and Khutugtu Tserendorj as well as Sain Noyon Khan, Governor of Sain Noyon Khan Province, used to visit the Shargaljuut mineral water. So, it was named as the mineral water for nobilities.
The Shargaljuut group of mineral waters consist of over 160 mineral springs, which cover an area of 10 hectares. The cliffs and rocks with their different and amazing shape formations also resemble the human body parts and are utilized for treatment purposes. Among them there are 108 special hot and cold springs’ water, which are different from each other in terms of its compositions, features, and temperatures, highly mineralized cure muds, algae, various rocks that get heated from inside, and medicinal plants.

The Shargaljuut group of mineral waters is valued for its therapeutic feature. Structure and composition of the Shargaljuut group of mineral waters contain various minerals, biologically active micro elements, exclusive features of gas, and radon. One of the special features of the mineral water is it contains thermophilic bacteria that can survive at 90°C which has antagonistic feature to resist pathogenic microorganisms. Substances in the Shargaljuut mineral water participate in biochemical, biological, and fermentative complex processes in body and stabilize its internal balance. The forming of a medical bio-atmosphere with its mineralized air due to the evaporation of large volume of hot mineral spring water that flow through the spa resort area of 10 hectares has become a significant healing factor.
ABOUT SHARGALJUUT MINERAL WATER DEPOSIT

- The Shargaljuut mineral water deposit is located in front of the Khangai Mountains and is the biggest complex of natural spring water spa in Mongolia.

- The Shargaljuut mineral water deposit has the highest indicators of surface and artesian water reserve. Open flow of the ground surface is formed of over 160 hot springs water with 40-96°C temperature which cover an area of 10 hectares. Its underground reserve covers an area of 270 hectares. Hot springs with 40°C - 50°C temperature are used for bath treatments and hot springs with 90 – 96°C are used for heating and consumption and usage of hot water in the spa resort’s facilities. As a result of many years of survey, the flow of total headwater of hot springs is 78 l/sec and daily natural reserve is 6739 t/day. It is 10.2% of abyssal reserve and 9.4% of energy reserve. There is 29250 t/day potential reserve in the depth of 500 meters from the surface. When the above natural reserve was transmitted into energy it is calculated as 51123 kcal/sec or 214 mW or 184 kcal/sec potential reserve. If this energy reserve was calculated to be exploited by conducting a detailed exploration under geophysics and geotectonical methods, the headwater flow should be calculated at not more than 101 l/sec without breaking the natural regime for production of 64-80 MW energy.
**TEN ADVANTAGES OF SHARGALJUUT SPA RESORT`S TREATMENTS**

- **It has 108 kinds of springs water to cure various diseases:** It has 108 kinds of minerals springs which have an amazing natural earth crust formation from which hot and cold mineral waters flow at the same time. These mineral waters are different from each other in terms of structure, composition, temperature and effect. It is possible to use different classifications of mineral spring water to cure sicknesses of the human body organs. The treatments are complex because the patients have mineral water baths specially designated for the relevant ailments, drinking mineral water as well as receiving various nature treatments such as washout, drop, embrocation and inhalation.

- **Possibility to cure various diseases at the same time:** The spa resort cures various diseases at the same time with different mineral waters which are said to be effective for eyes, nose, throat, legs and elbow after washout, drops and wash, embrocation of rocks which are heated by hot mineral water and are named as the saddle, king and queen seats and warm seat etc, and wrapping of mineral water. People who came for treatments should first take their bath in the mineral spring water to prepare themselves physically and mentally. At the end of the spa resort treatment, patients take the “108 drops” mineral water for the best beneficial results.
Special treatment for chronic diseases.
It has been practically proven that the Shargaljuut mineral springs are highly effective for treatment of various chronic diseases. The diseases are as below:

For asthma, take a bath in the pulmonic mineral water, drink the mineral water, inhale at the site of mineral water source. Positive treatment result can be seen in a relatively short time.

It shows an extraordinary positive result to cure chronic hay fever and dust allergy, which people have suffered for many years because of incomplete cure. Preventive measure against allergy was proven to be very effective when patients bathe in the mineral water during the spring and autumn season. This is done by taking mineral water through the nasal and the breathing in of mineralized air from around the spa resort area.

For the children who have cerebral palsy, a complex of treatments are offered for the best results to cure with the mineral water for intellectual and nerves restoration, apply hot mud, acupuncture, physical exercise and physiotherapy in accordance with condition of the children with cerebral palsy.

For the treatment of internal organs diseases, especially the chronic liver diseases, three kinds of mineral waters are offered to be drank according to the scheme with other treatments. The treatments have a high success rates.

There are many wonders in the Shargaljuut spa resort including mineral waters with special compositions for anaemia, immune system improvement, gynecological diseases, diabetes, stomach, bladder, kidney and heart diseases. These mineral waters are considered to be very effective when used under the instructions of physicians.

Hot mineral water bath and drinking of mineral water also proved to be effective for rheumatism.
Herbal and hypotensive mineral water and Aromatherapy:

Medicinal plants: There are medicinal plants, which are used on a wide range for cardio-vascular diseases and hypertension, in the vapor of hot mineral water, soil of the spa resort and along the hypotensive mineral water. These medicinal plants grow around the hot springs even during cold winter time. Ether oil and phytoncides volume of the medicinal plants are several times more than in the plants which grow in ordinary conditions depending on the mineral water vapor.

Hypotensive mineral water: There is a +36°C hypotensive mineral water, which flows in the part of most vapor in parallel to the +96°C hottest mineral water in the spa resort, and a hot rock formation that is used to sit and put compress.

The micro environment formed of recuperative substances from medicinal plants, vapor of mineral water with radon, and rock formation for hypotensive embrocation and mineral water support cardio-vascular function and are the perfect aromatherapy treatment for hypotension.

The aromatherapy and hypotensive mineral water treatment consists of various treatments which are done at the same time, cure hypertension in a relatively short period. It was proved to be effective to a many patients.

**Hot mud treatment combined with hot mineral water:** Highly mineralized and sulfuric mud with sulphate-magnesium structure is used for treatments. This mud is taken from the Uudiin Erdest Lake in Galuutsoum which is 90 km away from the Shargaljuut spa resort. Physical and chemical composition of this cure mud exerts important positive impulsion to cure chronic diseases, especially non-infectious diseases and is a unique natural product which improves blood circulation in a site of inflammation, improves healing process of scar which has been affected use for long time.
Bio-atmosphere for treatment:

Over 160 hot mineral springs with 45-96°C temperature flow and make a great volume of vapor during all the four seasons. As a result of this, the spa resort environment air becomes mineralized. This bio-atmosphere created around the Shargaljuut spa resort penetrates into human body through the respirational tract then infiltrates into blood vessels and improves blood circulation of the central nervous system and tissues. This feature of natural treatment has become one of the special factors which will help to relax and cure diseases.

Algae cure: There are colorful black, orange, green and red algae, which are able to resist +96°C at the source of any mineral spring headwater of the Shargaljuut spa resort. These algae were formed by the flow of mineral water for many years. According to the traditional medicine, red algae is said to be effective for skin diseases, red algae – for vascular and osteoporosis. The algae have their own individual and special feature.

The Shargaljuut mineral water has antagonistic features of thermophile bacteria: Structural composition of the Shargaljuut group of mineral springs water contains various minerals, biologically active micro elements, special features of heat and radon as well as antagonistic features of thermophile bacteria which is able to live temperature of 90°C that resists pathogenic microorganisms. Therefore, the mineral water is considered as having many special features.
Mineral water inhale medicine is only in the Shargaljuut spa resort:
The Shargaljuut mineral water for respiratory diseases (lung) contains various minerals in its structure and composition which is impossible to be created in a scientific laboratory environment and has special curable power to abate inflammation, remove dropsy, improve blood circulation and relax human body. Mineral water inhale medicine is directly done at the source of the mineral water for lung diseases and is a selected treatment to cure respiratory diseases. It is a very effective treatment for respiratory diseases, especially asthma, silicosis, tracheitis, bronchitis, laryngitis, and bronchiectasis. The treatment result was proved to be practically effective, testimony from hundreds of people who have used this method.

Natural radon treatment: The mineral water in Shargaljuut spa resort springs is considered a very important mineral water because it contains the radon which is a unique therapeutic product that has been proven scientifically. Radon is effective against inflammation, it also relieves pain, improves the immune, nervous and cardio-vascular system functions, reduces fever, and has sedative effect as well. The Shargaljuut’s natural reserve of radon consists of:
Air with radon – The steam with radon, which comes from the depth of mountain rocks, affects the human through breath and skin.
Radon bath – Hot bath containing radon is the radon bath treatment.
Cold mineral water with radon – Lham mineral water which is a cold drinking mineral water also contains radon
Radon inhale medicine – The condition of active period of bronchitis and asthma will have improved after just 2-4 times inhalation process at the site of natural source of hot mineral water.
The 108 various mineral springs water of the Shargaljuut spa resort are used to cure diseases in human organs. Some of the mineral springs are:

- Mineral water for restoration of nervous system
- Mineral water for small and large intestines
- Mineral water for hypoacidity
- Pulmonary mineral water
- Mineral water for liver and bile diseases
- Mineral water for kidney diseases
- Mineral water for gynecologic diseases
- Mineral water for mental power
- Mineral water for allergy treatment
- Mineral water for red and white corpuscles
- Mineral water for fertility improvement
INIMITABLE WONDERS OF SHARGALJUUT MINERAL WATER

The Shargaljuut Rivers which flows at -40C cold climate is a unique wonder which flows steaming up like confronting the natural sync.

Magic of mineral water for bone: The local people used to hide this mineral water which has been used since the ancient time. The small white colour rocks with a diameter of approximately 1 cm, and different shaped formation often resemble the biological structure of human bones such as plate-bone, radius, rib, condyle and pelvis are found from the mineral water and are melted in the mouth. These are not rocks but the natural element of calcium in its purest form.

Natural secret: Two springs flow in parallel from a stomach shaped blue rock. The mineral water of these springs is used for hypoacidity and hyperacidity. Temperature difference and taste of these two mineral waters are distinguishable. The mineral water used during hypoacidity is sour and acidic but mineral water used for hyperacidity has no taste and color. It is a natural unique creation that two differently composed mineral springs flow from same rocks formation.
Mineral waters which burst forth with sound: When it is said “Throat throat” to a gullet shaped red rock formation, mineral water burst forth like replying. No flow is seen when there is no call. There are also special natural formations such as a mineral water which bursts out when people tread on a stone footboard, which is formed in the shape of feet, and say “Leg, leg”. You can see all those interesting natural wonders only in the Shargaljuut spa resort.

King mineral water: The King mineral water is the only one cold mineral mineral water among more than 100 hot mineral waters which coexist on 10 hectares of area in front of a mountain. There are two kinds of stag-beetles which backside is in silver color and chest is in golden color. It makes feeling like a myth. This spring is the only one which does not frozen and contains alive larva.

Nothing misses in the Shargaljuut spa resort. It is a wonder of natural cure: All kinds of up-to-date medical treatments and beauty care equipment are in the Shargaljuut spa resort. There are 108 main kinds of mineral waters used to cure all kinds of human diseases, mineral water inhale, hot mud treatment, algae, various rock formations on which people sit, sit down and lie down for hot embrocation, cold mineral water with radon, which is a special treatment facility, bio-atmosphere, beauty mud that is used only for face, special mineral waters for men and women, medicinal plants, mineral water containing human organs like shaped calcium, mineral water for fertility improvement, mineral water for starting treatments, and a mineral water from which people should use 108 drops after treatments.
The Shargaljuut spa resort is located in front of the valley of picturesque mountains and along a riffle by covering 10 hectares of land. It is a wonderful natural formation. Environment in the spa resort looks amazing in winter and summer. The Shargaljuut River still flows during the cold winter season whereby the mother earth wears a coat of white snow. This is a wonderful natural phenomenon which cannot be found anywhere in the world. The wonderful natural creation – Shargaljuut spa resort deposit among the worshipped mountains is like a heaven in summer because of special formation, mineralized air, flow of the riffle, and chirm. According to the survey of experts, there are 31 different plants of 11 stems and various medicinal plants and fruit bushes that grow around Shargaljuut spa resort. These surveys indicate the growth of many different plants and the existence of different varieties of animals thereby creating a special natural ecosystem.
Thank you for your paying attention to read!

ADDRESS: TANA FURNITER, BAYANGOL DISTRICT, ULAANBAATAR, MONGOLIA
TEL: +976 70003032
91912415
95055590
99196648
E-MAIL: Tuvshin@shargaljuut.mn
WEB: WWW.SHARGALJUUT.MN