

Център за върхови постижения „Наследство БГ“
Centre of Excellence 'Heritage BG'

БЮЛЕТИН „НАСЛЕДСТВО БГ“ – НАУЧНИ ИЗВЕСТИЯ
BULLETIN 'HERITAGE BG' – RESEARCH ANNOUNCEMENTS

Рецензирано издание в два броя годишно
Peer-reviewed periodical in two issues per year

Съставител на броя
Емануел Мутафов

This issue is edited by
Emmanuel Moutafov

Година IV, брой 6 / Year IV, issue 6th
Sofia, 2024

Наследство БГ
6/2024 Година IV, брой 6 / Year IV, issue 6th
Sofia, 2024

Главен редактор проф. д.н. Емануел Мутафов
Заместник-главен редактор проф. дфн Оля Харизанова

Editor in Chief Prof. DSc Emmanuel Moutafov
Deputy Editor in Chief Prof. DSc Olya Harizanov

Редакционна колегия

проф. д.н. Емануел Мутафов (главен редактор), чл.-кор. проф. дин Иван Илчев (председател на редколегията), проф. дфн Оля Харизанова (зам. главен редактор), проф. д-р Стоян Недков (НИИГТ-БАН), проф. дфн Албена Ангелова-Георгиева (ИЕФЕМ-БАН), проф. д-р Фантина Рангелова (УАСГ), гл. ас. д-р Нели Ганчева (КМНЦ-БАН), проф. дн Бистра Димитрова (НСА), проф. д.н. Иван Кралов (ТУ-София), доц. д-р Елка Димитрова (ИЛ-БАН), чл.-кор. проф. дин Александър Костов (ИБЦТ-БАН)

Editorial Board

Prof. DSc Emmanuel Moutafov (Editor in Chief), Prof. DSc Ivan Ilchev (President of the Editorial Board), Prof. DSc Olya Harizanov (Deputy Editor in Chief), Prof. Dr Stoyan Nedkov (NIGGG-BAS), Prof. DSc Albena Angelova-Georgieva (IEFSEM-BAS), Prof. Dr Fantina Rangelova (UASEG), Assist. Prof. Dr Neli Gancheva (CMRC-BAS), Prof. DSc Bistra Dimitrova (NSA), Prof. Dr Ivan Kralov (TU-Sofia), Assoc. Prof. Dr Elka Dimitrova (IL-BAS), Prof. DSc Alexander Kostov (IBSCT-BAS)

Международна редакционна колегия / International Advisory Board

Assoc. Prof. Dr Ines Grigorescu (Romania), Prof. DSc Irina Sedakova (Russian Federation), Prof. Dr Damian Kashkalev (USA), Prof. DSc Aleksander Naunow (Italy/Poland), Prof. DSc Roumiana Tsenkova (Japan), Prof. Dr Pedja Filipoviz (Serbia), Assoc. Prof. Dr Alexander Iliev (USA), Dr Sophoklis Christophoridis (Greece), Prof. DSc Harald Heppner (Austria), Dr Habil Henrike Schmidt (Germany), Dr Maria Litina (Greece)

Редакционен екип

проф. д.н. Емануел Мутафов (ИИИЗк-БАН), чл.-кор. проф. дин Иван Илчев (СУ), проф. дфн Оля Харизанова (СУ)

Editorial Staff

Prof. DSc Emmanuel Moutafov (IAS-BAS), Prof. DSc Ivan Ilchev (Sofia University), Prof. DSc Olya Harizanov (Sofia University)

Издател

© Сдружение „Център за върхови постижения „Наследство БГ“,
София 1000, ул. „Ген. Йосиф В. Гурко“ № 7а, 2024
yearbook@nasledstvo.bg

Publisher

© Association Centre for Excellence 'Heritage BG',
Sofia 1000, 7a General Iosif V. Gurko Street, 2024
yearbook@nasledstvo.bg

ISSN 2815-3138 (Print)
ISSN 2815-3316 (Online)

Научни известия

Бюлетин „Наследство БГ“, Година IV, брой 6, 2024

Research Announcements

Bulletin 'Heritage BG', Year IV, Issue 6th, 2024

ПЪТИЩА И КРЪСТОПЪТИЩА ROADS AND CROSSROADS

Съдържание/ Contents

Емануел Мутафов, *Свещец Троеручник в Еркеч? / Three-handed Saint in Erkech?*.....5

Андриана Спасова, *Норма и модерност в писмата на българските жени през Възраждането / Norm and Modernity in the Letters of Bulgarian Women during Revival Period*12

Nikola Pirovski, Bogomil Hristov, Radoslav Ginin, *Book of Changes – from Doubt to Fractality and Free Will / Книга на промените – от съмнение към фракталност и свободна воля*22

Tatyana Tomova, Diana Popova-Dobрева, *Shinrin-yoku/Forest Bathing: Natural Way for Health Promotion, Disease Prevention and Treatment. The Heritage of Master Peter Dunov in Forest Medicine / Естествен начин за промоция на здравето, профилактика и лечение на болести. Наследството на Учителя Петър Дънов в горската медицина*32

Ирина Нешева, *Образователна ценност от двигателни въздействия на една от целнес рекреативните практики – футбол / Educational Value of Motor Impacts of One of the Wellness Recreational Practices – Fit-ball*42

Darinka Ignatova, *Benchmarking of Anthropometric Indicators Based on Swimming Activities / Бенчмаркинг на антропометрични показатели, базиран на плувни занимания*50

Mariana Angelcheva, *Possibilities and perspectives of modern SPA therapies for building healthy lifestyle / Възможности и перспективи на съвременните спа терапии за изграждане на здравословен стил на живот*58

Zhelyu Vladimirov, Sonya Mileva, The Usage of Mineral Waters in Bulgaria as a Factor for the Development of the Municipalities / Използването на минералните води в България като фактор за развитие на общините	66
Bistra Dimitrova, Bogomil Angelov, Wellness Cluster and Knowledge-Based Economy / Уелнес клъстер и икономика, основана на знанието	78
Mila Santova, Intangible cultural heritage, cultural landscape, synergy... (The example of the Polish inscription (2021) of the tradition of the colorful carpet for Corpus Christi processions on the World Representative List of Intangible Cultural Heritage) / Нематериално културно наследство, културен пейзаж, синергия... (Примерът на полската кандидатура (2021) за традицията на килима от цветя по повод процесията за Corpus Christi в Световната представителна листа на нематериалното културно наследство)	86
Vanya Ivanova, Protection and Promotion of Immovable Cultural Heritage of Local Importance in the Municipalities of Sandanski, Balchik, Kavarna and Garmen / Защита и промоциране на недвижимото културно наследство от местно значение в общините Сандански, Балчик, Каварна и Гърмен	92
Горица Найденова Дигитализацията на киноленти в Музикалнофолклорния архив на Института за изследване на изкуствата – погледът на етномузиколога / The Digitalization of Films in the Folk Music Archive at the Institute of Art Studies – the Ethnomusicologist's point of view	100

Светец Троеручник в Еркеч?

Three-handed Saint in Erkech?

Емануел Мутафов

Институт за изследване на изкуствата
Българска академия на науките

Абстракт: Статията се занимава с изображения и надписи върху камбана от 1880 г., която се намира в църквата „Св. Параскева“ на с. Козичино (Еркеч), Бургаско. Авторът предлага хипотеза за нейния произход, като я съпоставя с вече известни факти за историята на селото. Най-интересно е изображението на светец с три ръце върху камбаната, каквото другаде в православната иконография не се открива. Като се търсят паралели, житийни основания и иконографска логика, тук се предлага хипотеза за идентификацията на светеца.

Ключови думи: Еркеч, Троеручица, триръкост, св. Йоан Дамаскин, иконография

Key words: Erkech village, Three-handed Virgin Mary, St John of Damascus, Iconography



По молба на краевед¹ от с. Козичино (Еркеч), Поморийско, се заех с изследването на едно изображение върху камбана от тамошната църква „Св. Параскева“. За целта ми бяха изпратени фотографии.

И нарцисизмът ми, както и подразбиращото се задължение на професора да помага на любопитните, ме накараха да се напиша този текст. Снимките, които получих през м. май т.г., са две. На първата ясно личи годината 1880 г., както и простоват герб с кръст, увенчан от корона, чийто произход не мога да определя. Под герба от леярната е оставен правоъгълник, където да се впише името на църквата, а там явно *in situ* е изписано с. Еркеч. Тук очевидно става дума за известно погърчване на топонима Еркеч, поради наличието на гръцко духовенство поне до края на XIX в. в тази част на Източна Румелия. Още по-примитивно върху метала е изсечено името *Петър Липчо*, който вероятно е купил и подарил камбаната на църквата „Св. Параскева“. Сигурно тук става дума за Петър Липчев, за когото краеведът Г. Георгиев² отбелязва, че

DSc Emmanuel Moutafov is full Professor of Medieval and Pre-modern art at the Institute of Art Studies, Bulgarian Academy of Sciences. He is in charge of the research activities of the 'Heritage BG' project.

E-mail: e-moutafov@nasledstvo.bg

¹ Благодаря на г-н Станко Апостолов, който про-
вокира интереса ми към въпросната камбана и към
с. Еркеч.

² *Georgiev 1907: 175-176.*

бил завършил пети клас в местното училище, но след 1880 г. И тъй като графията на името, годината и названието на селото се различават, би трябвало да се приеме, че Петър Липчо се е подписал върху камбаната по-късно.

Благодарение на проф. Горица Найденова знаем освен повече за етномузикологията на поморийското село, но и за историята на църквата и камбаната³. Сегашната църква „Св. Параскева“ е строена през 1845 г., а през 1848 г. е изградена пристройка към нея и се декорират стените⁴. След 1860 г. еркечани набили и изгонили гръцкия поп Синесий, защото изгорил намерените с големи усилия български богослужебни книги⁵. После го заместил поп Паисий от Габрово, който обучил и подготвил за свой наследник свещеник Петко Дойнов, ръкоположен в Несебър през 1870 г.⁶ С други думи, поне десет години преди появата на камбаната в с. Еркеч има български свещеник. Колкото до камбаната Г. Найденова е записала от възрастен еркечанин: „Тука един деятел на времето от Къосевия род – Кольо Къосев – ходили в Цариград за разрешение да са построи. И е построена, там е било гориста местност. Имало е такава растителност, увиваща, като лиани. И турците са им казали, трябва да я построите на такова място – нищо да не са гледа отникъде. Затуй е там в дерето, близо до дерето я строят. А камбаната, която е сега там, тоя човек, който е ходил, казах, в Цариград, с кон е ходил... И си е написал с ножка името – Кольо... Кольо Къосев. На самата камбана“ (Златин Кънев, род. 1934 г.)⁷. Всъщност на камбаната днес името Кольо Къосев не се открива и вероятно става дума за конфабулация на стария човек (надписът се вижда само от покрива на храма), но това не означава, че Къосев не е помогнал за изграждането на църквата. Едва ли между 1848 и 1880 г. една камбана е била похабена и е поставена друга, вече с името на Петър Липчев. Последният трябва да е завършил пети клас в местното училище около 1885 г. и да е изстъргал с остър предмет името си

върху камбаната към края на столетието. Колкото до ходенето до Цариград и издействането на разрешение оттам за строежа на църквата, най-вероятно става дума за легенда, тъй като за повечето църкви на българска територия, строени през епохата на Танзимата, съществува подобна. Стандартен мотив в тези предания е и построяването на непредставително място, под нивото на земята, вкопаването и пр. Елементи от тези, донякъде конкурентни между едно населено място и друго, предания са и скоростта на строежа на съответния храм; хитруването с размерите му; работата през нощта и пр. Може да се предположи, че тези легенди особено се интензифицират след 1878 г. с цел да докажат участието на местните колкото в борбата за църковна независимост, толкова и в движението за национално освобождение.



Илюстрация 1. Камбана от църквата „Св. Параскева“, с. Козичино, Бургаско, изглед с годината и името на дарителя. Снимка Станко Апостолов.

Illustration 1. – Bell from the St Paraskeve church in Kozitchino village, region of Burgas, view with the year and the name of the donor.

Photo: Stanko Apostolov.

³ Naydenova 2023.

⁴ Kutsarov 2001: 61.

⁵ Naydenova 2023, 220.

⁶ Kutsarov 2001: 71.

⁷ Naydenova 2023, 220.

И ако горното касае по-скоро уточнения в историята на селото, то най-интересното в предоставените ми снимки е изображение-то на архиерей. Светецът, представен в цял ръст, е в типичното епископско облекло, в дясната си ръка държи владишки жезъл, а с лявата благославя. На височината на дясното му коляно обаче е изсечена трета ръка, вероятно дясна, която държи пръчица, успоредна на патерницата.



Илюстрация 2. Камбана от църквата „Св. Параскева“, с. Козичино, Бургаско, изглед с изображението на трирък светец. Снимка Станко Апостолов.

Illustration 2. Bell from the St Paraskeve church in Kozitchino village, region of Burgas, view with the image of a three-handed saint.

Photo: Stanko Apostolov.

Наличието на трета ръка в изображение на очевидно православен светец определено е проблем за историка на изкуството. На Балканите засега са известни изображенията на св. Богородица Троеручица (Τριχειρούσα), които се свързват с едноименната икона в Хилендарския манастир, т.е. със сръбската традиция. Става дума за епизод от житието на св. Йоан Дамаскин, който бил отявля-

привърженик на иконопочитанието и бил провокиран от византийския император да занесе фалшиво писмо на халифа на Сирия. В гнева си арабският владетел заповядал да отсека дясната му ръка. Светецът поискал отсечената си десница и се прибрал вкъщи, където цяла нощ се молил пред иконата на св. Богородица. Докато отправял горещата си молитва, обещал, че ако ръката му се върне на мястото си, ще напише песни в прослава на Девата. Уморен, св. Йоан заспал и му се присънила св. Богородица, която му казала, че ръката му е на мястото си. След като отворил отново очи, светецът установил, че ръката му е здрава, а на мястото на съсичането имало тънък белег. След чудото св. Йоан Дамаскин монашествал в лаврата „Св. Сава“ в Палестина, където написал обещаните химнографски творби⁸. С други думи, мотивът „трета ръка“ е известен в иконографията, но той е част само от конкретни изображения на Богородица, въпреки че ръката принадлежи на св. Йоан Дамаскин. Съществува една икона на тревненеца Йоаникий папа Витанов от 1833 г., която се намира в Соколския манастир, където около изображението на св. Богородица Троеручица е нарисувана рядката сцена *Молитвата на св. Йоан Дамаскин пред Дева Мария*. Там светецът е с две ръце, но на дясната има тънка червена линия на мястото, където е била отсечена. Според И. Гергова сцената е почерпана от сборника „Ἀμάρτολῶν σωτηρία“ на Агапий Ландос⁹. Би било спекулативно да се предположи, че споменатият поп Паисий от Габрово, недалеч от където се намира Соколският манастир, е пренесъл идеята за триръкостта на св. Йоан Дамаскин в Еркеч. Единственото известно ми изображение, на което св. Йоан Дамаскин държи отрязаната си ръка, е съвременен и се открива в интернет. Там отново е отразена молитвата на светеца пред Богородица, но дясната е изобразена до китката, а остатъкът ѝ е в лявата му ръка. При всяко положение малкото посочени примери за съсечената ръка на св. Йоан Дамаскин в негови изображения, а не

⁸ Gergova 2012: 87 и др.

⁹ Ibidem.

в Богородични, показва, че и зографите са търсели начин да отразят по-силната връзка на чудото със светеца и неговата дарба, отколкото да го впишат като едно от многобройните чудеса на Дева Мария.

Според всички иконографски наръчници, както и според зографската практика, св. Йоан Дамаскин обаче не е архиерей. Той е преподобен монах и за да се подчертае арабския му произход, се рисува с чалма. В по-късната и извънградска традиция се среща подобно произволно повишение в църковната йерархия и в изображения на други светци.

За мен върху камбаната на църквата в с. Еркеч се открива рядко изображение на св. Йоан Дамаскин с трета ръка, която вероятно държи перо, но облечен като епископ, поради незнание или поради някаква контаминация с друга традиция. В тази връзка трябва да се спомене, че в католическата църква е засвидетелстван трирък светец. Това е св. Казимир, който е много популярен в Полша и Латвия. Легендата за него разказва, че когато се рисувала неговата икона през 1520 г. за катедралата във Вилнюс, художникът решил да смени мястото на дясната му ръка. Така зацапал с пигмент ръката на старото ѝ място и я нарисувал на друго, но на всяка следваща сутрин и двете десни ръце върху иконата се виждали. Вярващите приели, че това е чудо и символизирило щедростта на полския аристократ приживе. Затова в двете си десни ръце светецът държи кремове. Смята се, че за тази иконография влияние на идеята за православната Троеручица е било решаващо. Разбира се, в множество други изображения св. Казимир е само с две ръце – лява и дясна. Интересно е, че през XIX в. в Латвия го изобразяват също като висш духовник, какъвто той не е бил. Приживе е бил известен със своята праведност и състрадание към бедните и болните; умира от туберкулоза на 25-годишна възраст. Св. Казимир е покровител на Латвия и са известни около петдесет църкви, посветени на него в Полша и Латвия¹⁰.



Илюстрация 3. Св. Казимир, 1594 г., неизвестен автор, катедрала на Вилнюс.

Източник: Интернет

Illustration 3. St Kazimir, 1594, unknown painter, Vilnius Cathedral.
Source: Internet.

Друг западно- или средноевропейски елемент в декорацията на камбаната, която ме занимава, е наличието на герб, който не е с лъв, т.е. не е български поне според *Стематографията* на Христофор Жефарович и зараждащата се след 1878 г. местна хералдика.

Всички тези детайли са важни в търсенето на произхода на камбаната, която, по всичко личи е свързана с рядка, но объркана иконография, както с културна и религиозна традиция, характерна по-скоро за Средна и Западна Европа, където православната традиция за св. Богородица Троеручица и монашеския сан на св. Йоан Дамаскин не са от особено значение. Според римокатолицизма последният е сред 37-те доктори (учители) на Църквата, наред със св. Йоан Златоуст, св. Василий Велики, св. Григорий Богослов (Тримата йерарси), та вероятно по аналогия и св. Йоан Дамаскин се възприема като епископ и се пренебрегва основния му православен иконографски атрибут – чалмата. Контактна зона за Балканите със средноевропейската култура са сръбските земи, но

¹⁰ Rēklaitis 1958: 109.

произходът на камбаната едва ли би могъл да се свърже с тях, заради популярния култ към св. Богородица Троеручица там. Не е изключено наистина камбаната да е купена в Цариград, където се появяват стоки от различни краища на света, а Анхиалската и Несебърската митрополии са под юрисдикцията на Вселенската патриаршия до 1906 г. Църквата в с. Еркеч обаче е по-скоро екзархийска към 1880 г. и търсенето на връзка със славянския свят е по-очаквано. Затова ми се струва, че е по-вероятно камбаната да е произведена в някоя от леярните в Киев, т.е. в земите на днешна Украйна, които чрез Львов са в директен контакт с полската, респ. католическата традиция, където се почита св. Казимир, и там е възможно да се появи повече критичност и ръката да не става атрибут на св. Богородица, а на св. Йоан, тъй като тя си е негова.

Дали камбаната е произведена специално за църквата „Св. Параскева“ в Козичино (Еркеч) обаче е трудно да се твърди. По-скоро не е отлята специално за този храм, иначе щеше да е с патрона на църквата, а и не е известно да е съществувала специална почит към св. Йоан Дамаскин в региона. Не изключвам възможността килийното училище, помещаващо се в църквата и започнало да функционира именно през 1880 г.¹¹, да е било покровителствано от светеца. Все пак камбаната вероятно е била налична и е купена от енорияшите в Поморийско, които са могли да пътуват до близките пристанища в Черно море.

БИБЛИОГРАФИЯ

Georgiev 1907: Georgiev, Georgi. Еркечаните и техният говор. – В: *Известия на Семинара по славянски филологии при Университета в София*, book 2. Sofia, 1907, 133-200.

Gergova 2012: Gergova, Ivanka. Чудесата на Пресвета Богородица в културата на българското Възраждане [Chudesata na Presveta Bogoroditsa v kulturata na balgarskoto Vazrazhdane]. Sofia, 2012.

Kutsarov 2001: Kutsarov, Petar. Еркеч [Erkech], Burgas, 2001.

Независимо от това дали гореизложените хипотези са верни, или подлежат на доуточняване, камбаната в с. Козичино с троеручника светец и неизяснената им поява в църквата, са още едно доказателство, че селището е интересно не само с езика, фолклора и характера на обитателите си, а и с една, ако не уникална, то рядка за Православието иконография на светец. И това не е изненадващо, тъй като Любомир Милетич описва ваяците (ваяците), т.е. и Еркечани, като *твърде хитри, упорити, смели и предприемчиви хора*. Именно такива хора са поставили и подобна „смела“ камбана да ги вика в Божия дом и в школото, а през XIX в., на прага на Новото време, пред портите на търсената модернизация на обществото всичко е било възможно.

Занимавайки се с камбаната и изображението върху нея, разбрах, че мнозина с произход от Еркеч са се заели да издирват корените си, както и да докажат неповторимостта на това селище, а това вече достигало до крайности в локалния патриотизъм. Надявам се размислите ми по този детайл от историята и културата на селото да не доведат до фантазмагорични теории и претенции. Това е и причината да напиша този предварителен текст, без да съм специалист, по камбани, нито по Еркеч. Иконографският проблем, нахвърлян тук, тепърва трябва да бъде изследван задълбочено и нашироко. Със сигурност обаче светецът *Троеручник* не е местно явление, нито има връзка с балканския фолклор.

Naydenova 2023: Naydenova, Goritsa. Година – живот – история. Битие и разпад на една традиционна култура през погледа на етномузиколога [Godina – zhivot – istoria. Bitie i razpad na edna traditsionna kultura prez pogleda na etnomuzikologa]. Sofia, 2023.

Rėklaitis 1958: Rėklaitis, Polivas. Sv. Kazimiero koplyčia Vilniuje (II). *Aidai* 4 (April 1958). (109).

¹¹ Georgiev 1907: 175.

Three-handed Saint in Erkech?

Emmanuel Moutafov

This article deals with an image and inscriptions that appear on a bell from 1880 at the St Paraskeve church in Kozichino (former Erkech) village, Burgas region. The author offers a hypothesis for its origin, making connections with already known facts about the history of the said village. The most interesting here is the image of a saint with three hands, which is probably unique in the Christian Orthodox iconography. Offering parallels, vita reasons and iconographical logic here he suggests an identification of the holy personage. It must be St John of Damascus depicted with his cut right hand that holds a stick that symbolizes his melodist and hymnographic contribution to Christianity. Most probably the bell was produced in Kiev where the cult of the three-handed St Kazimir was known via Polish Catholicism and such a contamination was more possible then in the Balkans.





Норма и модерност в писмата на българските жени през Възраждането

Norm and Modernity in the Letters of Bulgarian Women during Revival Period

Андриана Спасова
Институт за литература
Българска академия на науките

Абстракт: Изследването е посветено на проблематиката върху новите модернизиращи употреби на публичното присъствие през периода на Българското възраждане. Обнародваната в „Българский календар за 1874 година“ кореспонденция между фигурата на учителката и тази на нейната ученичка засяга темата за индивидуалното и професионалното себеразвитие на модерно мислещата личност и в унисон с настъпващите промени в потребностите на възрожденското общество. Текстът ще се опита да проследи и анализира отделните епистоларни и публицистични вписвания, в които е по-ясно изведена извоюваната роля на образованата жена в строгите регламентирани граници на възрожденската публичност.

Ключови думи: женска кореспонденция, публично говорене, Рада Киркович, поведенчески модели, педагогика, публицистика

Keywords: women's correspondence, public speaking, Rada Kirkovich, behavioral patterns, pedagogy, journalism



Dr Andriana Spassova is Assistant Professor in Bulgarian Revival literature at the Institute of Literature at the Bulgarian Academy.
E-mail: andriana.spassova@gmail.com

Изследването¹ е посветено на проблематиката върху новите модернизиращи употреби на публичното говорене през периода на Българското възраждане. Критическият прочит се опира на основополагащите терминологични постановки на Румяна Дамянова за „еписоларната култура и нормативността“² като симптом за новото и зряло общуване на интелигенцията, а също и на разбирането на Недка Капралова за възрожденския етикет³. Като изворов материал ще бъдат привлечени едни малко известни материали – „Две писма“ (1873) на талантливата и високо образована за времето си Рада Гугова-Киркович (1848, Копривщица – 1941, София).

¹ Статията е написана в рамките на работата на автора по проекта „Фикционално и документално в българската проза на XIX век. Аналогии с чуждестранната литература“, финансиран от ФНИ, № КП-06-М 70/2 от 13.12.2022.

² Дамянова 1995.

³ Капралова 1999: 139-152.

Обнародваната в „Българският календар за 1874 година“ частна кореспонденция между фигурата на учителката и тази на нейната ученичка засяга темата за индивидуалното и професионалното себепознание на модерно мислещата личност. Едновременно с това разглежданите „Две писма“ са в унисон с настъпващите промени на Новото време и свидетелстват за потребностите на възрожденското общество. Докладът ще се опита да проследи и анализира отделните епистоларни и публицистични вписвания на небезизвестната племенница на Найдено Геров. В тях е по-ясно изведена извоюваната роля на образованата жена в строгите регламентирани граници на възрожденската публичност.



Фигура 1. Рада Гугова-Киркович.
Държател: НБКМ – БИА.

Figure 1. Rada Gugova-Kirkovich.
Source: National Library Sts Cyril and Methodius – Bulgarian Historical Archive.

Името на Рада Киркович се свързва с основните поприща, в които се изявява – де-

сетилетия наред тя работи като учителка, покрай училищното дело е и активна общественичка и преводачка на учебници. А след Освобождението мемоарната книга „Спомени“ (1927) допълва творческата ѝ биография и на писателка. Публичната фигура на Рада Киркович представлява особен интерес във връзка както с новите възможности за светско образование у нас и в чужбина, така и за културните реализации на българките. Поставянето на женския въпрос и за женската идентичност сред интелектуалните среди през Възраждането е продължителен процес. В него настъпва едно постепенно, но несигурно изместване на жената от нейната маргинална сфера и съответно едно разчупване на патриархалните стереотипи в българското общество.

Личният фонд на Найдено Геров в Българския исторически архив на Националната библиотека „Св. св. Кирил и Методий“ съхранява част от писмените документи на Рада Киркович. Тук се намират неиздадените и непроучени досега нейни писма⁴ както и епидейктичната ѝ реч по случай празника на Благовещение⁵. Подобни заявявания представят извоюваната роля на образованата жена в строгите регламентирани граници на възрожденската публичност. От една страна, по време на своето обучение и в първите стъпки от учителската ѝ кариера представата за Рада Киркович е като за „едно момиче за Киев“, на което „трябва да има някой да му настоява“⁶. От друга страна, с поредицата от културни и обществени изяви плахите и скромни стъпки трансформират тези наложени от традицията възгледи. Така в мемоарно-епистоларните визии копривщеницката става от покровителствен образ в личност, която покровителства и предлага на своите сънароднички личния си пример като педагогически и поведенчески образец. Години по-късно формиралото се женско име на Р. Киркович ѝ позволява с нов тип световъзприятие да се идентифицира като модерен модел за подражание на жената просветителка.

⁴ *Fond 22, I, a.u. 190: 1-29.*

⁵ *Fond 22, I, a.u. 595: 29-326.*

⁶ *LANG 1911: 730.*



Фигура 2. Найден Геров (1823 – 1900).
Figure 2. Nayden Gerov (1823 – 1900).

В популярната народна книжка със синкретична тематика „Българският календар за 1874 година“ някогашната киевска ученичка е публично помолена да бъде наставница и покровителка на неизвестната ученичка на име Спаска. Рада Киркович безпроблемно припознава себе си и своята възпитаница като авторитетна фигура на жената интелектуалка. Тази фигура се кристализира под формата на въпроси-молби и отговори-съвети в отпечатаните „Две писма“. Именно в тях се откроява новата педагогическа мисъл, насочена към светските и актуални за модерния човек дисциплини: „Добре си намислила да търсиш и да искаш съвети от по-опитни на онова поприще, за което досега си само мечтаяла, мислила, а сега йето, че и стъпаш в него и добиваш с това голямо право да ся наричаш *Народна Просветителка* и почетен член на народа.“⁷

Вътрешната самопреценка на Рада Киркович ѝ дава повод да претендира за по-висока учителска заплата, за по-високо оценностяване на заслугите ѝ, за уважение и признание от едно общество, каквото е възро-

денското, заучено да бъде обърнато на първо място „за ползу роду“. Именно с този публичен жест българката заявява категорично и новия тип световъзприятие. Неслучайно молбите на ученичката Спаска за нравствено-педагогически насоки не будят такова съмнение, взимайки под внимание не само професионалния опит на Р. Киркович, но и повратния момент през учебната 1868/1869 година.

Интересно е как възрожденката Спаска има самосъзнанието за просветителската си роля, изразява го публично и подобно на своята преподавателка поставя личните си желания пред обществените интереси, или по-скоро индивидуалното си удовлетворение като предопределящ фактор да бъде народна учителка: „И така, Вашити наставления, почит. Г-же, ми станаха като закон, като правило на училищния ми живот. [...] Но днес, като ся завърнах в Българско и пак в нашия град, определих ся да стана народна учителка [...] И така, предвиждам й един честит живот, *натъкмен според самата ми наклонност и собствените ми желания*. Но, почит. Г-же, имам й едно нешто, което йе далече от мене, а ште ми йе потребно на всяка стъпка в учителското поприще. Това йе *опитността* [...] да Ви поискам доброволните Ваши съвети за бъдещата ми служба“⁸.

Опубличностената кореспонденция между Спаска и Рада Киркович заема особено място в културнополитическата ситуация на XIX век. Отпечатаните и редактирани писма преминават от частното в публичното пространство и в този променен вид показват българските жени като част от една опубличностена група. Разискването относно училищните и педагогическите въпроси между двете учителки е възможност българската общественост да бъде ангажирана с проблематиката на женското образование. Явните писма на Рада Киркович и Спаска способстват двете жени да бъдат припознати като „публично размишляващи индивиди“ и да отхвърлят насадените патриархални стереотипи за жената като „непросветен

⁷ Kirkovich 1873: 53.

⁸ Spaska 1873: 51–52, курс. м. – А. С.

опекун”⁹. Напротив, те стават пример за алтернативния образ на българската жена, за нейния новосформиран авторитет. „Просветеният авторитет се различава от непросветения, защото първият се стреми да разшири знанието, воден от морален дълг, докато вторият остава в плен на традиционалистки възгледи и разпространява единствено подчинение”¹⁰.

В писмото отговор към интимно отправените молби на нейната ученичка Спаска изпъква просвещенската фигура на Рада Киркович. Веднъж тя бива припозната като образцовия преподавател, педагог и ментор и втори път тя самата се идентифицира с тази роля. Подобен модел за подражание и „влюбеност” в преподавателската фигура прозира в кристално ясният и оживен спомен на Р. Киркович за нейната учителка в Киев – Мария Николаевна Ламанская. Авторката умишлено набляга на силно отпечатания в съзнанието ѝ спомен дори шест десетилетия по-късно, когато е на преклонна възраст: „Мария Николаевна Ламанская [...] всички обичахме до обожание за нейните майчини грижи, както за здравето ни, тъй и за успеха ни в морално и в научно отношение! И аз не съм никога забравила някои от фразите и скороговорките, диктувани от нея на класа ни в часове на отсъстващи учители: “*Suivez la mode a distance!*” и “*La meilleure femme est celle dont on parle le moins*” [„Следвайте модата на разстояние” и „Най-добрата жена е тази, за която се говори най-малко”, прев. А. С.] – толкова спомага да се троши езикът и се навикнува на француския говор!”¹¹.

От обширно приведения цитат правят впечатление няколко неща, ще се спра тук само на това, че е налице платоничната връзка между учителка и ученичка. Тези отношения преминават извън училищното пространство и взаимно се преплитат с частната сфера и отношенията между майка и дъщеря. Интересно е как запамените

френски фрази, които трошат езика, всъщност показват възприемането на Р. Киркович като преводач и като личност, владееща чужди езици, за една от техниките при чуждоезиковото преподаване – заучаването на сентенции и нравствени поучения.

Това, което придава по-различен нюанс на „Две писма” в „Българският календар за 1874 година” спрямо редицата запазени и до днес възрожденски писма, е не само женската епистоларна култура, интересна сама по себе си като феномен на Българското възраждане. Но и нейната трансформация – именно промисленото преминаване от личното в публичното пространство и включването на женската словесност към новите модернизиращи употреби на публичното говорене. Диаметралната опозиция на частната срещу публичната сфера е една от трите концептуално изведени дихотомии от немската изследователка Гизела Бок¹², наред с дихотомните отношения природа срещу култура и работа срещу семейство. В обзорната си статия „Феминизмът, историята на жените и рамките за тяхното осмисляне” Кр. Даскалова въвежда и коментира важни съвременни изследвания върху *историята на жените* (women history) и *история на половете* (gender history) в Западна Европа и Америка¹³. Предложената теоретична рамка поставя жената и женското присъствие най-общо в затворената маргинализирана структура на частното, която се разграничава от мъжкото или още политическо говорене на отвореното пространство.

Мястото на българските жени в културния живот през XIX век би могло да се впише в едно подобно постколониално осмисляне на история на жените и половете. Фигурата на Р. Киркович в едно традиционно патриархално общество се изгражда в прокламентираното настояване за необходимостта не само от просвещаване и образование на жените, но и от промяна на тех-

⁹ Kalinova 2012: 19, 31.

¹⁰ Kalinova 2012: 31.

¹¹ Kirkovich 1927: 15-16.

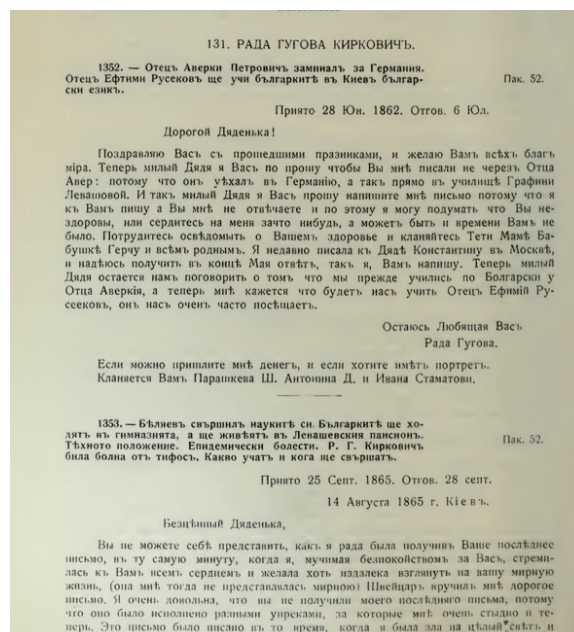
¹² Bock 1991: 1-24.

¹³ Daskalova 1995: 8-9.

ния социален статус. Един от възможните критически прочити, какъвто е постколониалният прочит, на ролята на възрожденската интелектуалка показва първоначалния опит за преобръщане на „доминиращите йерархии на пола/културата/расата“ и за отричане от „бинарните опозиции, на които се опира патриархалната/колониална власт“¹⁴. Изследователският рефлекс на Н. Аретов засяга постколониалната тема във възрожденското общество, поставяйки на фокус властта на доминиращите гласове спрямо ограничения достъп на потиснатите (маргиналните) гласове до публичното пространство. „При осмислянето на целия корпус от текстове на националната митология, свързани с икономиката на жените, трябва да се има предвид едно важно разграничение [...] – това е „дискурс за жените: тук жените не говорят.“¹⁵

В началото на житейския си път името на Р. Киркович е безизвестно, подобно липсата на биографични данни за личността на ученичката ѝ Спаска. Бързото и едрото прихитяване на връзката между осиротялата отрано Р. Киркович („ваша сродница“ и „Остаюсь Любящая Вас“) и нейния благодетел Н. Геров („Безценний Дяденька“ и „Дорогой Дяденька“)¹⁶ задава призмата за възможното утвърждаване на маргиналния женски глас в социалното пространство през Възраждането. Ратифицирането на този глас става преди всичко чрез принадлежността към мъжката фигура, която най-често минава и през родово-фамилните взаимоотношения.

През литературноисторическата „цедка“ на един по-детайлизиран прочит изпъкват на преден план допълващи и проблематизирани женско-мъжките отношения през българския XIX век. От една страна, посредством автобиографичните и епистоларните си текстове Р. Киркович създава паметно място на знаковите за нея фигури на изтъкнати български и руски общественици (отец Аверки Петрович, Атанас Тороманов, В. Василчиков, Йосиф Соколски, Андрей И. Линиченко, Драган Цанков, Николай Миро-



Фигура 3. Из архивата на Найдена Герова... 1911: 800, писма № 1352, 1353 от 28 юни 1862 г. и от 25 септ. 1865 г.

Figure 3. Nayden Gerov's archive of 1911; Letters № 1352; 1353 from 28 June 1862 and from 25 September 1865.

нович) и успоредно не забравя и женските фигури (Парашкева Шушулова, Мария Николаевна Ламанская, Любов Ивановна Соколова, Мария Герова, Елена Димитриевна, Надежда Нарийкина). В мемоарите на Р. Киркович посредством приповдигнатото положително представяне (на места придружено от портретни снимки) на някои от женските фигури те стават видими, но и съотнесени преди всичко към следосвобожденската рецепция на възрожденската култура. Р. Киркович конструира чрез автобиографията си историята на жените – образци на нов тип културно присъствие през XIX век.

В издадените през 1927 „Спомени“ близо 80-годишната авторка поставя на централно място разказа за своята майка Ивана хаджи Герова във връзка с учителстването и педагогическите ѝ умения. Ивана Герова остава в литературната история като първата българска учителка в Девическото училище в Копривщица.

¹⁴ Gandhi 2005: 96-97.

¹⁵ Aretov 2006: 480, 477-481.

¹⁶ IANG 1911: 800-801.

**ЗА ПЪРВАТА УЧИТЕЛКА ВЪ КОПРИВЩИЦА,
ИВАНА ХАДЖИ ГЕРОВА*)**

Копривщица е моето отечество. Тамъ на 24 Мартъ 1848 год., за радости и скърби, е започналъ моятъ дълъгъ земенъ животъ. Родена съмъ при особени обстоятелства. Баща ми въ това време отъ личенъ търговецъ съ копринени кенета за сукмани билъ изпадналъ въ голъма бѣдностъ и дългове.



Ивана Хаджи Герова

Родена съмъ въ голъмата кѣща на баща ми на „Битъ-пазаръ“ (срѣщу кѣщата на даскалъ Груйо), на която прѣдстояло да се продаде за борчъ. Цѣли 40 дни, може да се каже, азъ съмъ имала баща, защото слѣдъ това време баща

*) Печатано въ „Юбилеенъ сборникъ по нивалото на Копривщица“ София, 1926.

Фигура 4. Майката на Рада Киркович. Из Спомени (1927) от Рада Киркович. – За първата учителка в Копривщица, Ивана Хаджи Герова (Kirkovich 1927: 1).
Figure 4. Rada Kirkovich's mother. Photo credit: Kirkovich 1927.

Втората отделно обособена фигура в носталгично-романтичните спомени на Р. Киркович е тази на съпруга ѝ Кирко Киркович, отново с акцент за неговата първостепенност. Прима се, че той е първият българин

лекар в София. Останалите мемоарни повествователни фрагменти са неперсонализирани и обобщени през филтъра на учителската професия – за полученото образование в Киевската Фундуклеевска девическа гимназия (1860–1866), за ролята на меценатите, за пътуването ѝ от Русия за България, за трите ѝ периода на преподаване в Пловдив и за последвалото в Пирдоп. За мемоарите си Р. Киркович коментира, че са следствие от липса на „каквито и да е било записки“ и се открояват само онези сцени, загнездени в нейната „старческа памет“¹⁷.

Разказаните истории са често съпътствани от емоционални преживявания и пристрастия. Макар и сантиментално и патетично украсени, на места доближаващи се до стила на дневника, спомените на Р. Киркович не са лишени от художественост. Интимната изповед е умело прикрита с реторическите похвати на псевдоисториографския поглед. Привидната неоценъчност на разказа от дистанцията на изминалия житейски път тушира и опровергава идеята за личната женска субективност за сметка на интереса към възрожденската епоха. Пример за заявената женска публичност и демонстрираната обективност може да бъде изведен от книгата „Спомени“. Разказът е колкото важен за Р. Киркович спомен, толкова и привлича вни-



Фигура 5. Киевската Фундуклеевска девическа гимназия. Държател: НБКМ – БИА.

Figure 5. The Foundoukleyevskaya Gymnasium in Kiev. Source: National Library Sts Cyril and Methodius – Bulgarian Historical Archive.

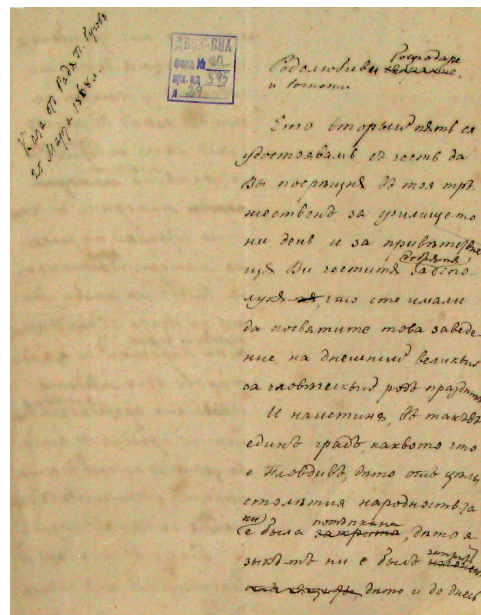
¹⁷ Kirkovich 1927: 33.

манието ни именно заради неговото маскиране и привидното му подминаване от авторката.

Такъв открояващ спомен е случаят през 1868 г., подхванат от Найдено Геров в кореспонденцията му с Христо Георгиев¹⁸. Обгриженият и уязвим руски вицеконсул излага пред своя приятел подробно причините и контекста за демонстративното напускане на неговата племенница от девическото училище и личното ѝ явно оповестяване във в. „Македония“. Публичното разбунтуване на младата учителка по страниците на българския печат е достатъчно обезпокоителен повод за Н. Геров, за да предначертае и ограничи бъдещите професионални изяви на Р. Киркович: да стане частна учителка както на извикани от различни селища деца, така и на неговите собствени. Разбира се, в мотивировката на преден план прозира търсенето на разрешение на училищния проблем. Дипломатическият ход на Н. Геров е насочен в това да не се губи подготвеният вече преподавателски кадър.

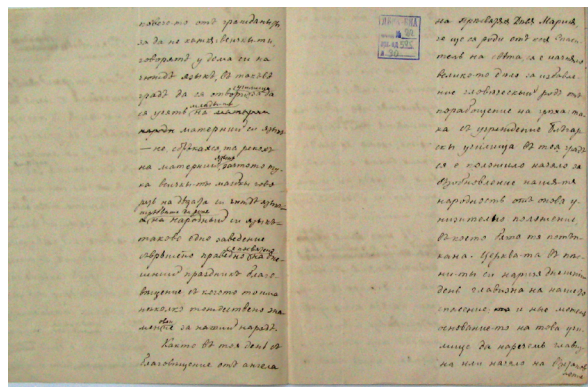
В края на 60-те години на XIX век българките се вписват в публичните измерения, като изпробват и прилагат нови модели на книжовна и обществена изява. Придържането към тези модели на отваряне спомага за постепенното оформяне на модерно мислещата личност с новата ѝ социална роля. Възрожденската жена е очарована от един нов модел, стоящ чужд на предзададения свят на йерархии и „различен от патриархалния език“¹⁹. По-скоро обаче трябва да се направи уговорката, че тази нова личност не е отнесена за мястото само на българската интелектуалка, а изобщо на новобългарския елит. Именно през стереотипните поведенчески роли Р. Киркович намира начин да си извоюва нов тип, по-сериозно и респектиращо, отношение към нея. Този съвсем не така безобиден случайи достигнал до немалка социална ангажираност на пловдивските първенци причина за адресираното до Хр. Георгиев преосмисляне на Н. Геров в собственото му обществено присъствие и

допуснатото привилегироване на личното (роднинско) за сметка на възрожденските идеали и морални устои.



Фигура 6. Слово, казано от Рада Киркович, 25 март 1868, Благовещение – Фонд 22, оп. I, а.е. 595, л. 29. Държател: НБКМ – БИА.

Figure 6. Speech of Rada Kirkovich, delivered on 25 March 1868; F. 22, des. I, archival unit 595, f. 29. Source National Library Sts Cyril and Methodius – Bulgarian Historical Archive.



Фигура 7. Слово, казано от Рада Киркович, 25 март 1868, Благовещение – Фонд 22, оп. I, а.е. 595, л. 29б–30. Държател: НБКМ – БИА.

Figure 7. Speech of Rada Kirkovich, delivered on 25 March 1868; F. 22, des. I, archival unit 595, f. 29v-30r. Source National Library Sts Cyril and Methodius – Bulgarian Historical Archive.

Любопитно се оказва, че ролята на българската учителка изпъква именно чрез публичния ѝ отказ от учителската длъжност. В

¹⁸ IANG 1911: 283.

¹⁹ Nalbantova 2001: 98.

словото си за патронния празник на пловдивското училище е явно изведено идентифицирането ѝ на „народна учителка“ като висша мисия, схващана в нейните просвещенско-романтически насоки. Пет години след явното обявяване на Р. Киркович във в. „Македония“, че престава да бъде учителка, на страниците на в. „Право“ в дописка „Пловдив, 28 март 1873“, подписана с инициали, тя заявява самоотвержено и патетично: „И тъй, като учителка и българка, моля ви, позволете ми да кажа една дума, която излиза от дълбочината на сърдцето ми, от опита, който имах чест да придобия на учи-

лищното поприще под ваше покровителство и най-после, който излиза от чистото онова високо народно чувство, удовлетворението на което превъзвисява и наметча всички частни загуби, злочестини, дори и щастието на човека. Тази дума е злата, тя е истинна, защото само истината и правото вечно блести и тържествува“²⁰.

В заключение, непубликуваните писма, спомените и публицистичните текстове на Р. Киркович разкриват българската жена като нов тип личност, търсеща развитие инепримира с постулатите и ограниченията на патриархалната власт.

БИБЛИОГРАФИЯ

Архиви / Archives

NBKM BIA. Фонд 22 (Найден Геров). [Fond 22 (Nayden Gerov)]. op. I, a. e. 595, 29–32b.

NBKM BIA. Фонд 22. [Fond 22]. op. I, a. e. 190, 1–29.

Извори / Primary sources

IANG 1911: *Iz arhivata na Nayden Gerov*. Писма, доклади и материали за възраждането на българския народ. Кореспонденция с частни лица. Кн. 1. Под ред. на Тодор Панчев. [Iz arhivata na Nayden Gerov. Pisma, dokladi i materialy za vazrazhdaneto na balgarskia narod. Korespondentsia s chastni litsa. Kn. 1. Pod red. na Todor Panchev]. Sofia.

D. G. 1873: *D. G.* [Initials of *Kirkovich*, Rada]. Gosp. Redaktore! na v. Pravo! [Госп. Редакторе! на в. Право]. – Право [Pravo], VIII, № 5, 14.04.1873, 3–4.

Kirkovich 1873: *Kirkovich*, Rada. Две писма. Мила Спаске. – В: Българский календар за 1874 година. [Dve pisma. Mila Spaske. – In: Balgarskiy kalendar za 1874 godina]. Plovdiv, 53–58.

Kirkovich 1927: *Kirkovich*, Rada. Спомени. [Spomeni]. Sofia.

Spaska 1874: *Spaska*. Две писма. Почитаема Г-же Радо. [Dve pisma. Pochitaema G-zhe Rado]. – Българский календар за 1874 година. [–Balgarskiy kalendar za 1874 godina]. Plovdiv, 50–52.

Литература / Secondary sources

Aretov 2006: *Aretov*, Nikolay. Национална митология и национална литература. Сюжети, изграждащи българската национална идентичност в словесността от XVIII и XIX век. [Natsionalna mitologia i natsionalna literatura. Syuzheti, izgrazhdashti balgarskata natsionalna identichnost v slovesnostta ot XVIII i XIX vek]. Sofia.

Bock 1991: *Bock*, Gisela. Challenging Dichotomies: Perspectives on Women's History. – In: *Writing Women's History: International Perspectives*. Bloomington, 1991, 1–24.

Gandhi 2005: *Gandhi*, Liyla. Постколониална теория. Критическо въведение [Postkolonialna teoria. Kriticheskovo vavedenie]. Sofia.

Damyanova 1995: *Damyanova*, Rumyana. Писмата в културата на Българското възраждане [Pismata v kulturata na Balgarskoto vazrazhdane]. Shumen.

Daskalova 1995: *Daskalova*, Krasimira. Феминизмът, историята на жените и рамките за тяхното осмисляне. [Феминизмът, историята на жените и рамките за тяхното осмисляне]. – Социологически проблеми [Sotsiologicheski problemi], № 4, 5–15.

Kalinova 2012: *Kalinova*, Maria. Детство и интелектуална история у възрожденските автори [Detstvo i intelektualna istoria u vazrozhdenskite avtori]. Sofia.

Kapralova 1999: *Kapralova*, Nedka. За етикета и зад него (какво разказват и разкриват писмата от запазен личен архив на семейство Караминкови). [Za etiketa i zad nego (kakvo razkazvat i razkrivat pismata ot zapazenia lichen arhiv na semeystvo Karaminkovi)]. – В: Майки и дъщери. Поколения и посоки в българския феминизъм. [– In: Mayki i dashteri. Pokolenia i posoki v balgarskia feminizam]. Sofia, 139–152.

Nalbantova 2001: *Nalbantova*, Elena. Възрожденският човек – утопии и реалности. [Vazrozhdenskiyat chovek – utopii i realnosti]. Veliko Tarnovo.

²⁰ D. G. [Kirkovich] 1873: 2.

Norm and Modernity in the Letters of Bulgarian Women during the Revival Period

Andriana Spassova

Interpreting individual texts by Rada Kirkovich, this article problematizes important aspects of women's epistolary and journalistic texts in the nineteenth century about the slow steps towards women's emancipation. In these appearances, the prominent role of the educated woman within the strictly regulated boundaries of Bulgarian Revival publicity becomes more apparent. Adherence to these patterns of opening helped to gradually shape the modern-minded individual with her new social role. The Revival woman is enthralled by a new model standing alien to the traditional patriarchal society. The analysis of the post-liberation book "Memories" (1927) by R. Kirkovich allows us to trace the more marginal place of the female figures about the visible role of prominent Bulgarian and Russian public figures during the Renaissance. Through her autobiography, the writer constructs women's history – exemplars of a new type of cultural presence in the 19th century.





Book of Changes – from Doubt to Fractality and Free Will

Nikola Pirovski, Bogomil Hristov, Radoslav Ginin

Faculty of Medicine, Trakia University, Stara Zagora

Abstract: *The Book of Changes is one of the oldest written sources for philosophy. The Bulgarian calendar is a unique part of our ancient intangible heritage. The connections of fractal geometry with various fields of science are expanding. Combining these elements into a logical system manages to use the common points of contact to enhance the understanding of each one, as well as to reflect on human doubt and free will.*

Key words: I Ching, Bulgarian, calendar fractal, doubt, free will,

Ключови думи: И Дзин, български календар, фрактал, съмнение, свободна воля



Dr Nikola Pirovski is Assistant Professor, head of the Anthropology Laboratory at the Department of Anatomy, Faculty of Medicine, Trakia University, Stara Zagora; morphologist, philosopher and Wushu trainer.

Bogomil Hristov is a medical student at the Faculty of Medicine, Trakia University.

Radoslav Ginin is an assistant professor at the Department of Medical Physics, Biophysics, Radiology and Radiology, Faculty of Medicine, Trakia University.

E-mail: pirovsky@abv.bg

INTRODUCTION¹

Life constantly confronts us with difficult situations and choices on which our adaptation depends. This process is inevitably accompanied by doubt. A feeling of uncertainty or lack of conviction is called doubt, and its mismanagement can impede decision-making and lead to procrastination and maladaptation, however its integration can help expand our notions of “methodology” and begin to discover, explain and use. The opposite of doubt is a belief or feeling that one can rely on someone or something. Doubt and confidence are normal feelings arising in the functioning of the human will: (phases: 1. choosing a goal, 2. decision after a struggle of motives and counter-motives, 3. implementation of the decision). The psychological maturation of a person stimulates him to see the world as an increasingly complex and difficult to explain system. This could lead to a loss of orientation and failure to function, or to a motivation to change. In the pursuit of knowledge and meaning, every tool is valuable, and different perspectives provide a better basis for understanding the whole system.

A system is a group of interacting or interrelated elements that operate according to a set of rules to form a unified whole. Each system

¹ Acknowledgment: Scientific project, Medical Faculty, Trakia University 16/2022 & 16/2024.

is described by its boundaries, structure and purpose and is expressed by its functioning. A complete picture of the system in which we live is impossible due to the limitations of human senses, which raises the question: How to make a decision when we cannot see the whole system. Gathering knowledge significantly reduces the risk of making a decision error. Knowledge is a multidimensional dynamic construct, inherently uncertain and requiring a flexible, context-driven approach to its discovery². Knowledge can be as an object or stream, as a personal construct achieved through meaning-making or wisdom. Some aspects of knowledge deal primarily with content, while others deal with context. Human knowledge is always incomplete and limited, which leaves room for doubt and difficulty in decision-making, especially in complex and chaotic situations. However, this feature also leaves room for the manifestation of free will.

Does a person have free will and what does it mean, can he choose and what is the best approach to find an adaptive solution. These are eternal questions that many people ask themselves, especially in interesting times that require difficult choices. Logic and systems thinking can facilitate this process. Without going deeply into the content of the term free will, we will try to look at modern and ancient systems of describing the world, in order to determine whether the idea of free choice is present in them at all or whether they are completely deterministic.

MATERIALS AND METHODS

Copies of the I Ching available; Ethnographic study of the Bulgarian calendar; Current scientific publications on doubt, fractals and free will. Systems thinking. Descriptive analysis and comparative analysis.

AIM

Localizing the idea of free will in Snowden's decision-making model, in the Book of Changes, fractal theory, the Bulgarian calendar and building synergy between different theories.

RESULTS

Modern models for system description

There are two well-known and widely developed models using narrative analysis to address the complexity of organizations: that of Wake, Michigan, and that of Snowden at the Cynefin Center for Organizational Complexity³. According to them, systems are divided into simple, complicated, complex and chaotic, and as they become more complex, the degree of freedom of choice increases.

ANCIENT MODELS FOR SYSTEM DESCRIPTION

Chinese Tradition: The Book of Changes (I Ching)⁴, is consulted to find an answer to a question. It has been used as a universal guide with a profound influence on the philosophy, religion, art, literature, politics, science, technology and medicine of various cultures throughout East Asia up to the present day. Modern physics, with quantum theory and fractal theory, largely explains in a scientific way the graph of the I Ching. The hexagram is the central component in it, as well as in Human Design and Gene Keys. Time measurement in the ancient Bulgarian calendar is also based on a hexadecimal positional number system⁵. Another important feature of that ancient source is a universal, heuristic inspiration for a closed system model, understandable even without the text accompanying the graphics. The process of divination involves tossing a coin or other objects that point to a particular hexagram. The explanation for it is interpreted as a possible option in relation to the past or the future, but a freedom for choice remains in the present and more precisely for a reaction to the situation.

The Bulgarian tradition: The Bulgarian calendar is an ancient system of time measurement used by Bulgarians and known for its antiquity, accuracy, practicality, complexity and uniqueness. It is distinguished by its complex structure and connection with

² Sturmberg, Martin 2008: 767-770.

³ Browning, Boudus 2005: 32-39.

⁴ Smith 2012.

⁵ Seidenberg 1965: 436-440.

astronomical phenomena⁶. Not only historians and astronomers, but also linguists and culturologists are interested in the Bulgarian calendar, as it provides valuable information about the cultural heritage and worldview of the Bulgarians. The Bulgarian calendar is lunisolar, meaning it combines elements of the lunar and solar cycles to measure time. This makes it similar to other ancient calendars such as the Egyptian, Chinese and Hebrew etc. The calendar is based on a 12-year cycle, with each year named after an animal, similar to the Chinese zodiac. In China, the 60-year circular calendar was introduced by Emperor Huang Di, known as the 'Yellow Emperor', who originated from the peoples living in the northwest of the Chinese principalities. This happened in 2636 BC. The Chinese lunar calendar is actually a continuation of the much older (about 2000 years old) Bulgarian Solar Calendar. Interestingly, each of the 12 annual cycles have almost the same names, the difference being that two of the animals have been swapped. Day zero in the Bulgarian calendar is a unique phenomenon that reveals the complexity and accuracy of this ancient time measurement system, and its meaning is subject to multiple interpretations. It is seen as a special day that does not belong to any month or year and has a specific purpose. Besides its corrective function (synchronization of the calendar year with the astronomical year) and its transitional function (transitional day between two calendar years or cycles), we see it as a symbol of free will superimposing physical constants and forces. Astronomically, day zero can be associated with specific astronomical phenomena such as solstices, equinoxes or lunar phases. Culturally, it can be associated with certain rituals or customs, as it is used for celebrations, religious rites or other important events. Modern studies of day zero in the Bulgarian calendar include many disciplines such as history, archaeology, astronomy and ethnography. Scholars seek to reconstruct and understand the role of this day through analysis of historical texts, archaeological finds, and comparisons with other

ancient calendar systems⁷. There is a similarity in the name between Ignazhden and Ednazhden (zero day, Eni, Sur, Young year, Surva year, Ignazhden, St Ignatius' day). It is currently celebrated on 12/21 or 12/22. At this time of the year we mark the beginning of the beginning, the shortest day of the year, coinciding with the winter solstice. The Bulgarian calendar does not count these days, but it contains them. This day and the other solstice 22.06 are 'zero' days, giving the idea of freedom of choice, exceeding even the sequence determined by the time. Through these 'zero' days, the Bulgarian calendar always has the same beginning of the year – Sunday (which is the first day of the week, according to the calendar) and every season always starts on Sunday. Dividing the calendar into 364 days and one zero is called the 'Golden Bulgarian calendar number'. Through it, every year an ending is formed – a cycle, leaving room for a day outside of time. Christianity declares the day before 'zero' day, the day of Saint Ignatius. It is necessary to note that, apart to the Roman calendar, which we use for administrative purposes, there is also a Bulgarian tradition in counting years, of which we are heirs and transmitters. As such, we are obliged to distinguish the ideas embedded in them, even more so when they are absent in analogous modern practices. One of the most important such ideas is that of free will expressed through the day in the calendar, free from the 'slavery' of deterministic time. This idea in Orthodoxy is reflected in the description of the Heavenly Eucharistic Liturgy, which, according to the unanimous testimony of the Holy Fathers, is permanent. It does not last 24 hours like the earthly one, for which it can be said that always and at every moment somewhere in the world the Holy Divine Liturgy is performed, but is outside of time⁸.

Bulgarian folk games remain an important source for ancient traditions⁹. From an early age, the child experiences the influence of the environment, and reacts actively, reflecting it in his games. This gives him the opportunity to get to know the world around him, to learn new

⁶ *Bulgarian calendar* 2024.

⁷ *History of the Bulgarians* 2024.

⁸ *Ivanova* 2005.

⁹ *Doncheva, Ilieva* 2014: 126-130.

forms of behavior characteristic of a person. The game problem has always occupied a certain place in the searches and researches of educators, psychologists, sociologists, logicians, doctors, physiologists, etc. A wide range of questions related to the essence of the game activity and its importance for the child's development have been developed. Games with different objects, 'chilik' and 'ashik', in all their varieties, are perhaps the most common in Bulgaria¹⁰. They closely resemble the 'game' of divination with the Book of Changes. We emphasize the possibility that it was used as a tool for understanding the world and an aid for decision-making in difficult situations, similar to modern models of systems organization and decision-making. In our opinion, the use for divination is a secondary function, perhaps due to an incomplete understanding of the main purpose of a philosophical description of a chaotic system. Bulgarian children's folk

games are part of the treasury of our intangible cultural heritage, and their roots and meaning need to be explored. Life is about receiving, processing and transmitting new knowledge about oneself and the surrounding world. The processes of self-knowledge and self-evaluation are constantly active and need to be directed beyond the difficulties of acquiring and integrating knowledge, despite constant uncertainty and doubt, to their final form in the daily rediscovery and realization of the free will of man. How the dice would fall is determined, but whether we will be happy or saddened by the game is a matter of choice.

Both modern systems models, as well as ancient Chinese and Bulgarian traditional models (between which there are numerous references), unequivocally indicate the presence of the idea of free will, giving it a special, controlling place. We have graphically depicted this in **Fig. 1**.

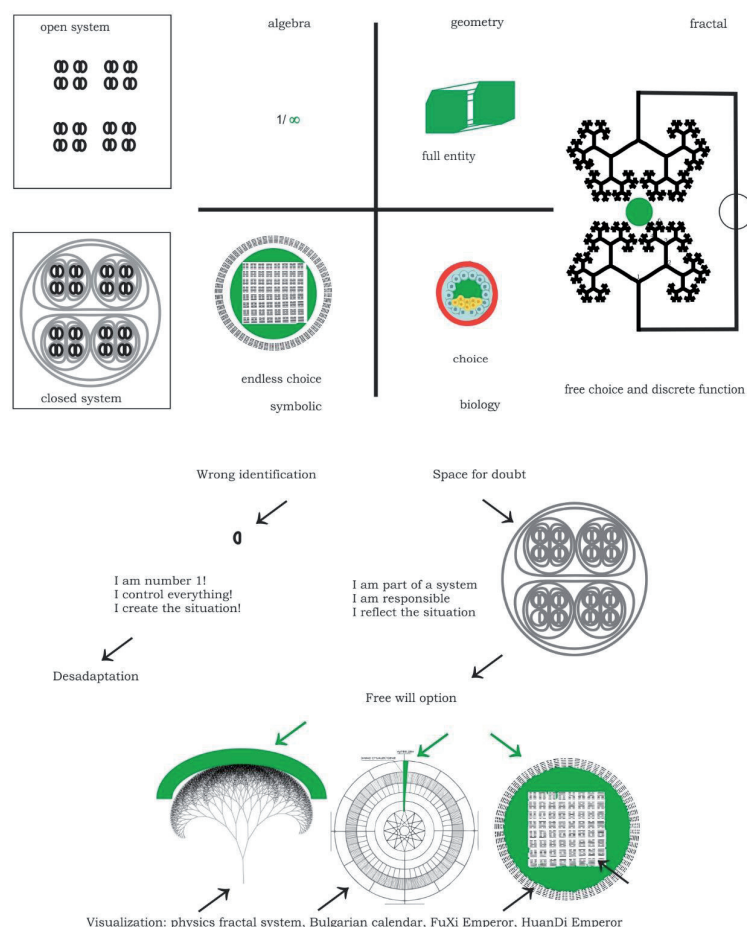


Figure 1. Comparative analysis with different methods and determination of place for free will in different models, marked in green. N. Pirovski, 2024.

And I Ching, mathematical, fractal and biological approaches have been used to describe a closed system model. The top part of the figure has seven areas. Layout of the comparison page: The left part is for the author's representation of the subdivisions of the scale in a closed system (lower square), for an open system (upper square). The four fields in the middle – for digital, geometric, traditional I Ching and biological image. The right part visualizes a fractal. Each approach to describing the hierarchy and transformations in the system has its advantages and disadvantages. The open system leaves room for the development of the Ego as a tool for interaction with the other parts in the system, but loses connection with the original source and the whole system. A closed system allows for an endless cycle, but limits the sense of freedom. Numerical expression is concentrated and the basis of algebra and graphical expression is the basis of geometry, but they are too abstract. The fractal emphasizes on hierarchy and bifurcations, but is limited by Planck space. The symbolic gives universality to the expression of ideas, but not to personal experience, and the biological is the basis for the development of the psyche and personality, but it is very difficult to distinguish through it the basic principles of organization. A synergy between mathematical, physical, psychological, biological, visual and other arguments is needed to formulate a reasonable approximation to the true design of our world.

The lower part of the figure reflects the place where free will manifests itself most strongly in the various models. On the far left is a model of a fractal system reaching the Planck distance, in the middle is a diagram of the Bulgarian calendar with the zero day marked in green, and on the right is the image of I Ching with three parts – an outer circle, an inner square and a middle empty area.

Zero as the empty set is a relatively new concept in mathematics, but not in philosophy. This is described as primordial chaos in Taoism, and in modern science as the quantum vacuum. In fine art, it is described as background or

negative space. It is the first scale that is a logical necessity but an intellectually impossible challenge. In geometry it is the definition of a point, and in biology it is the life-giving force, the beginning of the fractal system in physics. This phenomenon is not binary and in our opinion is a subject. In anthropology, it can be defined as an anthropological point.

A conscious person can understand much of this process, but only through personal experience can he go through it all. When the whole system is categorically organized, the worldview becomes complete, everything finds its place and calms down, despite the constant movement, and man becomes a closed system, as an element of the system he has realized. In this state, doubt is transformed into awareness, and only experience remains relevant. Confidence replaces doubt and respect replaces fear. Awareness does not change the situation, but the person, making him free.

The first and last stages of system development are chaotic. Cynefin model, I Ching and Fractal Theory point to the finite system as chaotic and it should be approached as such rather than as complex. I Ching is compatible with Fractal Theory and both lead ultimately to chaos, which is the only place where free will can be found in full.

FREE WILL AS A FUNCTION OF CHAOS

Both ancient and modern sources point to free will as being most strongly present in a system describing the universe as chaos. Today, chaos theory¹¹ is an interdisciplinary field of scientific study and branch of mathematics focused on the underlying patterns and deterministic laws of dynamical systems that are highly sensitive to initial conditions and were once thought to have completely random states of disorder and anomalies. In physics: a property of a complex system whose behavior is so unpredictable as to appear random, due to great sensitivity to small changes in conditions, or the formless matter assumed to have existed before the creation of the universe. In mythology, it is the first created being from

¹⁰ Bankova 2024.

¹¹ Britannica 2024.

which the primal deities Gaia, Tartarus, Erebus and Nyx are descended. In philosophy, chaos theory describes the qualities of the point at which stability turns to instability or order turns to disorder. Fractal geometry is a working geometric medium between the excessive geometric order of Euclid and the geometric chaos of general mathematics. Before the bifurcations (transformation) are completed, the fractal patterns of a system can look like a maze or a puzzle¹². Fractals are infinitely complex patterns that are self-similar at different scales¹³. Chaos is full of surprises, of the non-linear and the unpredictable. Recognizing the chaotic, fractal nature of our world can give us new insight, strength and wisdom^{14, 15}. The completed patterns appear to be completely determined and predictable unless we consider them as a discrete function. The monad at the beginning of the I Ching and Day Zero in the Bulgarian calendar point us to a system that is discrete (discontinuous) and chaotic in complexity. This is why we need to look for patterns, not to write plans¹⁶. The Yi Jing can also be seen as an ancient description of fractals¹⁷. The calendar system of dividing time also has a fractal progenitor in its infinity and the non-trivial self-similarity of the various cycles.

Free will is the ability to freely choose between different possible courses of action. Free choice – the ability and autonomy of the individual to perform an action chosen from at least two available options, without restrictions from external parties¹⁸. It is inevitable, as described by Thomas Aquinas¹⁹. A product of consciousness that manifests itself through decisions (actions, habits), fixed in the past as a model, actual in the present, desired in the

future. Free will is compatible with determinism insofar as we can choose our response to the situations in which we find ourselves. An opportunity for such action appears only on the scale of a conscious person²⁰. Freedom of choice (freedom to choose one's will) is logically separate from freedom to exercise that choice (freedom to do one's will). Thus, freedom is complete only after conscious choice and subsequent action.

DISCUSSION

Intangible heritage – architecture, culture, art – are valuable and their preservation is also related to a deep understanding of the meaning invested in them. It is also important the tradition to create, to recreate the beautiful in a new way, to adapt and win, for an intelligent growth. To be in sync with the ancestors, we need to understand them.

With over a thousand entries covering a diverse range of sources, including books, articles, unpublished dissertations, recorded lectures, devices, and software, the most comprehensive annotated bibliography of English works on the I Ching is published by Hacker and Moore²¹. Other authors also describe the structure of change in the I Ching²² and its benefit to ergonomics²³. I Ching's comparison to Human Design and Genomics is introduced as part of an 'activation sequence'²⁴. There are also a direct references to the I Ching as a fractal²⁵. The scientific value of the Book of Changes (the most accurate Chinese method of divination) increases by comparing it to a fractal and reinterpreting it from the perspective of chaos theory. 'I have seen many people who, when consulting the I Ching, pay attention to

¹² *Fractal foundation* 2024.

¹³ *Mandelbrot* 1989: 3-16.

¹⁴ *Rössler* 1976: 1664-1670.

¹⁵ *Fernández, Jelinek* 2001: 309-321.

¹⁶ *Bellavita* 2006: 1-21.

¹⁷ *Zheng, Cao* 2023.

¹⁸ *Carus* 1910.

¹⁹ *Hartung* 2013.

²⁰ *Vezenkov* 2015: 298-305.

²¹ *Hacker, Mur* 2023.

²² *Hershock* 1991: 257-285.

²³ *Walter* 1995: 1053-1057.

²⁴ *Rudd* 2013.

²⁵ *Xutong* 2024.

the changing lines while ignoring the overall situation. Thus, they simply see the trees and are blind to the forest'²⁶ said an eminent Bulgarian researcher of martial arts and their philosophy related to the Book of Change is Stefan Hinkov²⁷.

The astronomical and scientific soundness of the Bulgarian calendar is unequivocal. The measurement of time is an essential ethnographic and cultural question that can also point us toward the free will.

Our results do not support the claims of some authors²⁸ for total determinism and lack of free will. According to some authors, only the theological function could overcome metaphysics²⁹.

CONCLUSION

A synergy between mathematical, physical, psychological, biological, visual and other arguments is needed to formulate a reasonable approximation to the true design of our world.

BIBLIOGRAPHY

Secondary sources

Bankova 2024: *Bankova*, Petya.. Детски игри. Българска Етнография, <https://balgarskaetnografia.com/jiznen-cikal/detstvo/detski-igri.html>, [Detski igri. Balgarska Etnografia], Accessed 26 June 2024.

Bellavita 2006: *Bellavita*, Christopher. Changing homeland security: Shape patterns, not programs. *Homeland Security Affairs* 2.3: 1-21.

Britannica 2024: *Britannica*, The Editors of Encyclopaedia. 'Chaos theory'. *Encyclopedia Britannica*, 1 Jun. 2024, <https://www.britannica.com/science/chaos-theory>. Accessed 26 June 2024.

Browning, Boudus 2005: *Browning*, Larry, *Boudus* Thierry. The use of narrative to understand and respond to complexity: A comparative analysis of the Cynefin and Weickian models. E: CO 7.3-4: 32-39.

Bulgarian calendar 2024: Българският календар, <https://bgkalendar.com/kalendar-bg.php?lang=bg>, [Balgarskiyat calendar], Accessed 26 June 2024.

Doubt should be integrated as an element in decision-making and thus not considered an obstacle, but should remain a distal function for feedback and motivation for new discovery.

The Book of Changes has a fractal structure and is a valid model for describing structure and transformations in various fractal-focused systems, but free will is difficult to be localized and described by it.

Our perception of fully developed fractal systems is limited by the Planck distance. What lies beyond is chaos. The chaotic state allows and requires free will to make decisions.

Free will is the defining function of a fully developed (conscious) system in a chaotic state.

Different cultures have integrated free will into their beliefs and visualized it differently, with emphasis on their understanding. Day zero in the Bulgarian calendar is such an example.

Both modern and ancient models point to free will as the optimal, constant and infinite adaptation to chaos.

Carus 1910: *Carus*, Paul. Person and personality. In: Hegeler, Edward C. (ed.). *The Monist*. Vol. 20. Chicago: Open Court Publishing Company. p. 369.

Doncheva, Ilieva 2014: *Doncheva*, Julia, *Ilieva*, Iskra. Българските фолклорни игри в детската градина и началното училище. *Научни трудове на Русенския университет* 53: 126-130. [Balgarskite folklorni igri v detskata gradina i nachalnoto uchilishte.], [Nauchni trudove na Rusenskia universitet], Ruse, 2014.

Drumev 2017: *Drumev*, Dobromir. Бойни изкуства. Размисли на Сенсей Стефан Хинков. Кибее, София, страници 512, ISBN 9789544747749, [Boyni izkustva. Razmisli na Sensey Stefan Hinkov. Kibee, Sofia], Sofia, 2017.

Fernández, Jelinek 2001: *Fernández*, Eduardo, *Jelinek*, Herbert F. Use of Fractal Theory in Neuroscience: Methods, Advantages, and Potential Problems, Methods, Volume 24, Issue 4, Pages

²⁶ *Huang* 2010.

²⁷ *Drumev* 2017.

²⁸ *Harari* 2018.

²⁹ *Westphal* 2007: 253-278.

309-321, ISSN 1046-2023, <https://doi.org/10.1006/meth.2001.1201>.

Fractal foundation 2024: What are fractals? <https://fractalfoundation.org/resources/what-are-fractals/>, Accessed 26 June 2024.

Hacker, Moore 2023: *Hacker, Edward, Moore, Steve. I Ching: An Annotated Bibliography.* Routledge.

Hartung 2013: *Hartung, Christopher. Thomas Aquinas on free will.* Spring. Ph.D Dissertation, University of Delaware.

Hershock 1991: *Hershock, Peter D. The Structure of Change in the I CHING.* *Journal of Chinese Philosophy* 18.3: 257-285.

History of the Bulgarians 2024: История на българите, <https://historybg.info/>, [Istoria na Balgarite], Accessed 26 June 2024.

Huang 2010: *Huang, Taoist Master Alfred. The Complete I Ching—10th Anniversary Edition: The Definitive Translation by Taoist Master Alfred Huang.* Simon and Schuster.

Ivanova 2005: *Ivanova, Zlatina. Литургия след литургията, Двери на православие-то,* https://dveri.bg/component/com_content/Itemid,51/catid,63/id,508/view/article/, [Liturgia sled liturgiyata, Dveri na pravoslaviето], Accessed 26 June 2024.

Mandelbrot 1989: *Mandelbrot, Benoit B. Fractal geometry: what is it, and what does it do?.* *Proceedings of the Royal Society of London. A. Mathematical and Physical Sciences* 423.1864: 3-16.

Seidenberg 1965: *Seidenberg, A. The sixty system of sumer.* *Archive for History of Exact*

Sciences, 2(5), 436-440.

Smith 2012: *Smith, Richard J. The I Ching: A Biography,* Princeton: Princeton University Press, 2012. <https://doi.org/10.1515/9781400841622>

Sturmberg, Martin 2008: *Sturmberg, Joachim P., Martin, Carmel M. Knowing – in Medicine.* *Journal of Evaluation in Clinical Practice*, № 14: 767-770. <https://doi.org/10.1111/j.1365-2753.2008.01011.x>

Rössler 1976: *Rössler, Otto E. Different types of chaos in two simple differential equations.* *Zeitschrift für Naturforschung A* 31.12 (1976): 1664-1670.

Rudd, Dixon 2013: *Rudd, Richard, Dixon, Jennifer M. Gene Keys.* Watkins Publishing.

Vezenkov 2015: *Vezenkov, Stoyan. Свободният избор в контекста на проблема „език-тяло“.* *Философия* 24.3: 298-305. [Svobodniyat izbor v konteksta na problema „ezik-tyalo“], *Filosofia*, Sofia, 2015.

Walter 1995: *Walter, Katya. Nonlinear Computation in the I Ching.* *Advances in Human Factors/Ergonomics.* Vol. 20. Elsevier. 1053-1057.

Xutong 2024: *Xutong, LI, Object of i ching.* *Academia.edu*, Accessed 26 June 2024.

Zheng, Cao 2023: *Zheng, Xinqi, Cao, Yang. Big data reveals the change characteristics of 64 hexagrams and lines.* *Preprints* 2023080208. <https://doi.org/10.20944/preprints202308.0208.v1>

Westphal 2007: *Westphal, Merold. The importance of overcoming metaphysics for the life of faith.* *Modern Theology* 23.2: 253-278.

Книга на промените – от съмнение към фракталност и свободна воля

Никола Пировски, Богомил Христов, Радослав Гинин

Има много модели за описание на вселената. Авторите локализируют идеята за свободната воля в модела на Сноудън за вземане на решения, теория на фракталите, в Книгата на промените, Българският календар и изграждат синергия между различните теории. Комбинирането им в логическа система успява да използва общите допирни точки за подобряване на разбирането на отделните елементи. Правят се препратки между древните китайски и български традиции. На преден план се изтъква валидността на теорията за хаоса и свободната воля като системообразващ фактор в хаотични системи. Приноса на автора е в логическото подреждане на неговото изследване, водещо читателя от феномена на съмнението, през съвременни и древни модели за описание на вселената, до преоткриване на свободната воля и увереност в нейната значимост.





Shinrin-yoku/ Forest bathing: A natural way to promote health, prevention and cure diseases. The heritage of Master Peter Dunov in Forest Medicine

Tatyana Tomova, Diana Popova-Dobрева
National Sports Academy 'Vasil Levski'

Abstract: *Shinrin-yoku or Forest Bathing is a traditional Japanese practice that involves immersing oneself in nature and mindfully engaging all five senses. This practice was introduced by the Japanese government in the 1980s to help urban residents cope with work-related stress. There are currently 60 studies available in the medical database PubMed that are related to Shinrin-yoku. Publications can be divided into the following main areas: health promotion, disease prevention, and treatment. The effects of forest bathing on health include improved cardiac and vascular function, blood pressure-lowering effects, decreased blood glucose levels in diabetic patients, pain reduction, enhanced mental health, benefits for neurological rehabilitation, support for individuals with intellectual disabilities, and potential benefits for COVID-19 recovery. The research draws a parallel with the heritage of Teacher Dunov in forest therapy.*

Key words: Shinrin-yoku, Forest Medicine

Ключови думи: Shinrin-yoku, горска терапия



Tatyana Tomova is full time Chief Assistant, Ph.D in the Department of Sports Medicine, sector Sports Massage at the Faculty of public health, health care and tourism at the National Sports Academy 'Vasil Levski'.

E-mail: tomova.tatyana@abv.bg

Diana Popova-Dobрева, Ph.D, is full time Associate Professor in the 'Theory and Methodology of Kinesitherapy' department, in the Faculty of Public Health, Health Care and Tourism in National Sports Academy 'Vasil Levski'.

E-mail: dobrega_da@yahoo.com

1. FOREST BATHING

Forest medicine is a new interdisciplinary science belonging to the categories of alternative medicine, ecological medicine and preventive medicine that studies the effects of the forest environment (forest bathing/Shinrin-yoku) on human health. People have enjoyed the forest environment for centuries because of its quiet atmosphere, beautiful scenery, mild climate, pleasant scents and fresh, clean air. In recent years, a series of scientific studies have been conducted in Japan to investigate the effects of the forest environment on human health¹.

Tokyo's Arisugawa-no-miya Memorial Park offers such an environment, with its dense forests, hills, valleys, lakes and waterfalls, amidst natural beauty, providing a tranquil escape for stressed-out city residents. Walking along the streamside paths, amidst the sounds of chirping birds and bubbling water, brings the feeling of being deep in the mountains.

¹ Qing Li 2019.

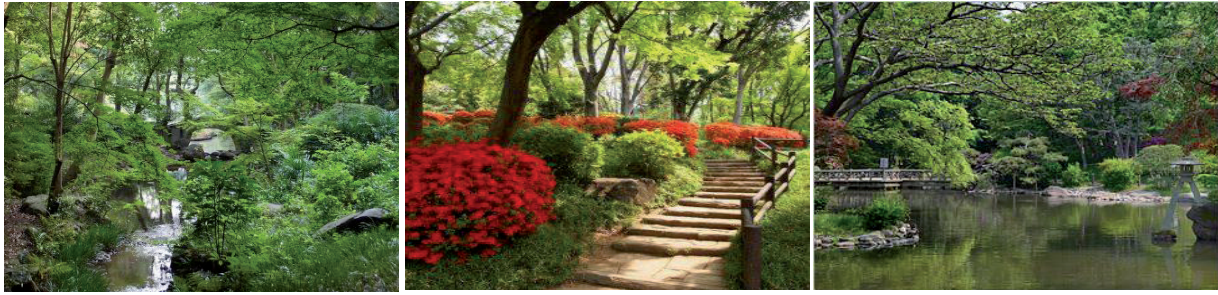


Figure 1, 2 and 3. Arisugawa-no-miya Memorial Park in Tokyo.

2. SCIENTIFIC RESEARCH IN PUBMED

We currently found 60 studies in the PubMed medical database that are related to Shinrin-yoku (Fig. 4). In Japan, serial studies have been conducted since 2004 to investigate the effects of forest environment on human

health (forest bathing/ Shinrin-yoku)². These studies investigate various aspects of health and potential benefits of incorporating Shinrin-yoku. Publications can be divided into the following main areas: health promotion, prevention and treatment of diseases.

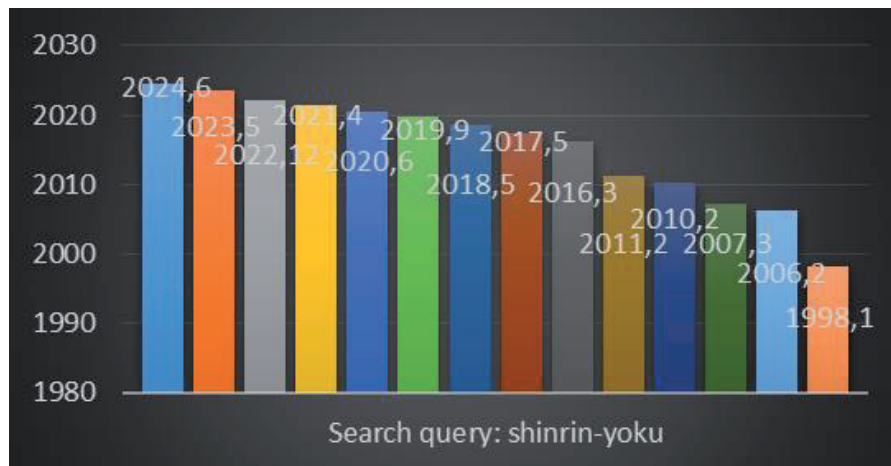


Figure 4. Scientific research in PubMed.

HEALTH PROMOTION

Includes activities and initiatives aimed at improving overall health and well-being. Health promotion also includes educating people about healthy lifestyles, promoting physical activity, good nutrition and mental health practices. The results of practicing SY have shown that the natural environment has significant benefits for the mind, body and soul in different age groups. Ongoing research is being promoted globally for short and long term health outcomes for all individuals³.

In their study, Song, C., et al. evaluated the physiological and psychological effects of short walks in the woods on young women. The experiments were conducted in 6 forests (test) and 6 urban areas (control). A total of 60 participants, average age: 21.0 ± 1.3 years, were instructed to walk in a forest and an urban area for approximately 15 min. Simultaneously, their heart rate variability, blood pressure and pulse rate were measured to quantify the physiological response from practice. Walking in the woods was associated with significantly

² Qing Li 2019.

³ Vermeesch et al. 2024.

higher parasympathetic nerve activity and lower sympathetic nerve activity as well as heart rate. Negative feelings, such as tension, anxiety, depression, despondency, anger, hostility, fatigue, and confusion, were significantly lower, as were general mood disturbance and measures of anxiety. Subjective ratings were generally consistent with physiological responses. In conclusion, the authors say that a short walk in the woods leads to physiological and psychological relaxation effects in young women⁴.

Other studies have tracked salivary amylase activity as an excellent indicator of changes in sympathetic nerve activity. After measuring salivary amylase activity before and after walking in urban and forest environments using a handheld monitor, results showed that circadian rhythm fluctuations in salivary amylase activity were much smaller than variations induced by a stressful environment. In conclusion, the forest is a good environment in which people can experience much less stress arising from the environment⁵.

DISEASE PREVENTION

Shinrin-yoku, or forest bathing, has received increasing attention from a preventive medicine perspective in recent years. These studies focus on measures taken to prevent the onset of diseases or to detect and treat diseases at an early stage. Disease prevention aims to reduce risk factors and eliminate causes of disease, thereby minimizing the frequency and impact of disease on individuals and communities.

Park, B. J., et al. review previous research on the physiological effects of Shinrin-yoku and present new results from field experiments conducted in 24 forests in Japan. Salivary cortisol, blood pressure, pulse rate, and heart rate variability were used as indices. The results showed that the forest environment promotes lower cortisol concentrations, lower heart rate, lower blood pressure, greater parasympathetic

nervous system activity, and lower sympathetic nervous system activity than the urban environment. These results will contribute to the development of a research area dedicated to forest medicine that can be used as a preventive medicine strategy⁶.

Another study aimed to investigate the effects of bathing in the woods on salivary or serum cortisol levels as a biomarker of stress to see if this method could reduce stress. The main results of the meta-analysis showed that salivary cortisol levels were significantly lower in forest groups compared to urban groups. Overall, forest bathing may significantly affect cortisol levels in the short term in such a way as to reduce stress, and the expected placebo effects may play an important role in this. Further research is recommended due to the limited data available⁷.

TRENDS IN THERAPEUTIC RESEARCH AND TREATMENT OF DIFFERENT DISEASES ARE CONCERNED WITH THE FOLLOWING TOPICS:

- Cardiovascular function. Blood pressure lowering effect;
- Lowering blood sugar levels in diabetic patients;
- Shinrin-yoku as a possible method to reduce stress and achieve mental health;
- Mental health
- The interconnection of Shinrin-Yoku and spirituality;
- Neurological rehabilitation;
- COVID 19

CARDIO-VASCULAR FUNCTION. BLOOD PRESSURE LOWERING EFFECT

Some studies report that the forest environment reduces blood pressure. However, little is known about the possibility of antihypertensive uses of Shinrin-yoku. The study by Yuki Ideno et al. specifically evaluated the preventive or therapeutic effects of the forest environment on blood pressure. This

⁴ Song 2019.

⁵ Yamaguchi 2006.

⁶ Park et al. 2010.

⁷ Antonelli, Barbieri & Donelli 2019.

systematic review showed a significant effect of Shinrin-yoku on reducing blood pressure. Systolic and diastolic blood pressure among forest environment was significantly lower than that without its application⁸.

Another study tracking the effects of forest bathing in adults suffering from prehypertension or hypertension so as to provide guidance for future interventions or research. Fourteen articles eligible for inclusion in this review revealed that forest bathing interventions were effective in reducing blood pressure, lowering pulse rate, increasing heart rate variability (HRV) power, improving cardiopulmonary parameters and metabolic function, inducing positive mood, reducing anxiety levels and improving quality of life of participants with prehypertension or hypertension. Forest walks and forest therapy programs were the two most effective forest bathing interventions. Studies have reported that practicing a forest walking or forest therapy program can result in short-term physiological and psychological benefits. It concludes that forest bathing, has physiological and psychological relaxing effects on middle-aged and elderly people with prehypertension and hypertension⁹.

REDUCING BLOOD SUGAR LEVELS IN DIABETIC PATIENTS

Ohtsuka, Y. Et al, investigated the effects of Shinrin-yoku (forest air bathing and walking) on blood glucose levels in diabetic patients. Eighty-seven (29 men and 58 women) non-insulin-dependent diabetic patients participated in the present study. The average blood glucose level as well as glycated hemoglobin level decreased after walking short and long distances, respectively. Because the forest environment causes changes in hormone secretion and autonomic nervous functions, it has been suggested that in addition to increased calorie consumption and improved insulin sensitivity, walking in a forest environment has

other beneficial effects in reducing blood sugar levels¹⁰.

SHINRIN-YOKU AS A POSSIBLE METHOD TO REDUCE STRESS AND ACHIEVE MENTAL HEALTH

There is a growing awareness that spending more time in nature is associated with improved human well-being, yet the prescription for SY/forest bathing is still limited. The aim of this systematic review was to examine the physiological and psychological benefits of different forest therapies on healthy and pathological adult populations (>60 years) to identify the most effective type, duration and frequency of these interventions. Walking in the woods, alone and in combination with other activities, is the most effective intervention. Selected studies reported positive effects on physical indicators, including reductions in blood pressure and heart rate and improvements in cardiopulmonary and neurochemical parameters. Beneficial changes have also been noted in the psychological domain, with improvements in depression, reduced stress levels and improved quality of life. In conclusion, the authors note that walking in the forest may play an important role in promoting physical and mental health in healthy and pathological adult populations. However, the lack of high-quality studies limits the power of the results, requiring more trials¹¹.

Other studies have also tracked the physiological and psychological benefits of the Japanese natural therapeutic practice SY. This review article has narrowed its focus to include recent literature on the beneficial effects of forest bathing on heart rate variability, expressed as an increase in InHF, indicating activation of the parasympathetic nervous system and also its effect on reducing anxiety¹².

Emi Morita's study aims to find out if walking more often in the forest is associated

⁸ Ideno et al. 2017.

⁹ Yau & Loke 2020.

¹⁰ Ohtsuka 1998.

¹¹ Piva et al. 2022.

¹² Farrow & Washburn 2019.

with better sleep quality. In conclusion, the results suggest that increasing the frequency of forest walks or Shinrin-yoku can be effective in preventing insomnia in women¹³.

The present study suggests that bathing in the forest may have potential preventive effects on depression (depressive status). The forest bathing program significantly increases serum serotonin levels and significantly increases the vitality score and decreases the fatigue score in the follow-up tests. The forest bathing program also improved alertness on rising in the morning and the feeling of refreshment (recovery from fatigue)¹⁴.

PSYCHOLOGICAL EFFECTS OF FOREST ENVIRONMENT ON HEALTHY ADULTS: SHINRIN-YOKU AS A POSSIBLE METHOD TO REDUCE STRESS AND IMPROVE MENTAL HEALTH

The study by E. Morita et al. reveals that the forest environment is beneficial in terms of acute emotions, especially in chronic stress conditions. Accordingly, they considered that shinrin-yoku could be used as a method of stress reduction, and the forest environment could be considered therapeutic. It can help reduce the risk of diseases associated with psychosocial stress¹⁵.

Good mental health helps people reach their full potential, cope more easily with the stresses of everyday life, and be more productive and communicative with others.

THE INTERCONNECTION OF SHINRIN-YOKU AND SPIRITUALITY

Besides the fact that Shinrin-yoku (SY/ bathing in the forest) improves people's physiological and psychological health and well-being through the conscious use of the five human senses while relaxing in a natural environment, in addition, it can be effective in enhancing or revealing human

spirituality. The World Health Organization defines an individual's well-being as realizing the fullest possible physical, psychological, social, spiritual and economic self¹⁶. Recent evidence suggests that nature promotes spiritual well-being. Reviewing the scope of the literature on the evidence of the SY/ nature-spirituality connection in order to identify knowledge gaps and to support further empirical research, the authors find that, despite differing research methodologies and publications, nature can have a positive effect on human spirituality and therefore enrich well-being. They conclude that SY is an integrative practice that can enhance and promote human spirituality. More research is needed to determine the relationship between SY and human spirituality in achieving the fullest possible self-development¹⁷.

COVID 19

In a review of the literature on finding non-medical strategies to reduce serum cortisol levels during COVID in medical professionals, author J. Pasioka recommends that everyone personally explore different therapies and incorporate some of them into their daily routine in the future as primary methods of prevention and recovery after illness. Some of these therapies include yoga practices, Shinrin-Yoku or 'bathing in the woods', music, art, etc¹⁸.

The human health benefits associated with immersion in nature continue to be researched. Longitudinal studies conducted globally are needed to generate new evidence on the links associated with Shinrin-Yoku and clinical therapeutic effects. Natural therapy as a method of health promotion and potential universal health model is associated with reducing the reported modern 'stress state' and 'technostress' contributing increasingly to increased disease¹⁹.

¹³ Morita 2024.

¹⁴ Li et al. 2022.

¹⁵ Morita 2007.

¹⁶ WHO 2010.

¹⁷ Hansen & Jones 2020.

¹⁸ Pasioka 2021: 171 (1), 94–95.

¹⁹ Hansen et al. 2017.

THE HERITAGE OF THE TEACHER PETAR DUNOV IN FOREST MEDICINE

‘Man must live according to the laws of nature’.

The problems of today’s society caused by increased levels of stress, overwork and exhaustion are lowering resilience and contributing increasingly to increased mental and somatic illness by reducing quality of life. This is increasing interest and attention in seeking a way out and finding adequate ways to maintain good physical and psycho-emotional health. More and more physicians, therapists, and scientists are attributing their observations and achievements to the natural lifestyle. Nature as a primordial and natural way of healing and preventing various diseases can contribute to keeping us healthy physically and mentally. It is a good alternative to reduce stress and tension which are the root of most diseases today. According to Master Peter Dunov, we can have a normal and healthy life only when we use our body’s energy properly and perceive the energies from the outside world, from the rational nature, correctly. He says, ‘Love the living nature, the plants, the

forests, in order to connect with the forces that are at work in them. They are a store house of energy from where man can draw what is needed for his organism’²⁰.

‘The first task of science is to provide such knowledge that will ensure man’s health’²¹

As early as the beginning of the last century, Peter Dunov puts forward a theory according to which regular physical activity is the key to man’s physical and mental health. He also believed that a lack of sufficient movement leads to worsening health, and that appropriate physical activity regulates blood circulation, supports the functions of the various systems in the body, strengthens the will, enhances thought and has a beneficial effect on the emotions. Peter Dunov recommends regular exercise and complexes, breathing practices, walks and excursions in nature to preserve health²². It can be said that Master Dunov gave in his speech ‘the key concepts of the holistic worldview of man and his health and laid the foundations of holistic medicine in Bulgaria’²³.

‘No pharmacy in the world can give man what nature gives him’.

PANEURHYTHMY



Figure 5. Paneurhythmy.

²⁰ Dunov 1949: 92.

²¹ Ibidem.

²² Chervenkova 2013: 46.

²³ Dunov 2010: 9.

²⁴ Jonov 2003: 13.

²⁵ Dunov 1938: 65; Dunov 1995: 5-13.

'Paneurhythmy is a reasonable exchange with the forces of living nature'.

The role and place of man in nature and his relationship to the origin of life finds its philosophical grounding in Paneurhythmy²⁴. Paneurhythmy is a unique Bulgarian system of motor exercises for health, performed to music, in pairs, arranged in a circle, in nature. The aim of Paneurhythmy is to contribute to the improvement of health, stimulate spiritual development and to achieve harmony of man with nature. It is a highly effective practice that takes care of both body and spirit. According to Master Dunov, Paneurhythmy is created to accurately reflect natural rhythms and cosmic rhythms. The activities of Paneurhythmy are rhythmic and very closely related to the rhythm of nature²⁵. It is the cyclicity of physiological processes that provides the regulation in the human organism²⁶. Paneurhythmy has a complex effect as it is built on the unity of movement, music and nature²⁷.

'Paneurhythmy is a science that regulates the physical, spiritual and mental functions of man'.

'While practicing Paneurhythmy one draws strength from the living energies of nature and gets in sync with the natural rhythm'.

GUIDELINES FOR SCIENTIFIC STUDIES RELATED TO EMPIRICALLY KNOWN BENEFITS OF THE PANEURHYTHMY

Practicing the exercises of Paneurhythmy creates prerequisites and conditions for achieving a positive effect in the following areas²⁸:

- Strengthening of the locomotory system and improvement of the posture, reversal of spinal curvatures and their correction, if present.
- Restores mobility and joint function.
- Improving general performance and physical condition.

- Prevention of cardiovascular diseases and metabolic diseases – stabilizes blood pressure and normalizes metabolic processes.

- Fine regulation at the level of the respiratory, nervous and endocrine systems.

- Reduces stress and increases resistance to it. Reduces depressive symptoms.

- Reports an improvement in mood and self-esteem.

- Improving the general mental tone and the body's defences.

- Impact on intellectual and emotional development

- Stimulating the creative activity of the personality and aesthetic education.

- The vigorous exercise regime is suitable for people with health problems, for recovery and health maintenance²⁹.

WHAT IS THE IMPACT OF PANEURHYTHMY?

Impact on the physical condition

Playing outdoors, in the fresh air and smooth deep breathing improves blood circulation³⁰. This has a healing effect on the respiratory system and normalizes blood circulation. Muscle tone, body fitness and blood circulation are improved, which eases the work of the heart. It also improves the functions of the cardiovascular, nervous and endocrine systems. Stabilization of blood pressure is reported. In patients with diabetes, metabolic processes are normalized. Peter Dunov points out that Paneurhythmy also promotes good physiological effects and balance of the 'respiratory, brain and digestive systems'³¹.

Impact on the mental and spiritual state

Mastering coordination in movements improves the ability to concentrate and provides stability of attention. The cognitive processes for imaginative and positive thinking, for emotional experience under the influence of music and text of individual exercises are enriched. Perceptions and representations

²⁶ Chervenкова 2013: 59.

²⁷ Kajkov 2007: 9.

²⁸ Jonov 2003: 15.

²⁹ Kajkov 2007: 17; Tilev 2007: 120-121.

³⁰ Dunov 2000: 59.

³¹ Dunov 2000: 52-54; Chervenкова 2013; Kajkov 2007, 14-15; Jonov 2003: 14-15, Tilev 2007: 131.

become more complete. The thinking process is improved. Mental resilience and perseverance are increased. Creativity is strongly developed. Willpower improves³².

‘Doctors have a high mission – to teach people to live properly, to apply the laws of rational nature!’

More and more authors are proving that Paneurythmy is not only a system for self-improvement and harmonious development of the personality, but also a superior healing method³³. Here are outlined the main distinct effects of Paneurythmy, which for us as researchers are a broad field for further research in search of methods and scientific approaches to prove and more fully clarify its all-round impact on the personality³⁴.

CONCLUSION

The new medical science called forest medicine includes all the beneficial natural influences that immerse a person in a relaxing and pleasant environment for the senses and spirit. In combination with moderate physical activity, they have a comprehensive and positive influence on many components of the psycho-physical state. This natural diversity gives us the choice of how to achieve health and harmony easily and affordably through nature’s richness. Paneurythmy is a valuable part of Bulgarian spiritual and cultural heritage and its good knowledge and application can contribute to effective maintenance of physical condition, mental health and well-being, social functioning and improved quality of life (Fig. 6).



Figure 6. Rila lakes.

BIBLIOGRAPHY:

Ancheva 2007: Ancheva, Daniela. Специализация за преподаватели по Паневритмия: условия, полезност, възможности. В: Трета научна конференция по Паневритмия. Институт за изследване и прилагане на Паневритмията, ISBN-10: 954-90922-5-9. ISBN-13: 978-954-90922-5-7. [Specializaciq za преподаvateli po Panevritmia: usloviq, poleznost, vyzmojnosti: Treta nauchna konferencia po Panevritmia]. Sofia, 2007, 100-108.

Chervenкова 2013: Chervenкова, Ludmila. Паневритмия здраве и благополучие. Един български модел за двигателна активност. София: УИ „Климент Охридски“. ISBN 978-954-07-

3575-7. [Panevritmia zdrave i blagopoluchie. Edin bulgarski model za dvigatelna aktivnost]. Sofia.

Dunov 1938: Dunov, Peter. Посока на растене. [Posoka na rastene]. MOK (1932 – 1933) I Том.

Dunov 1949: Dunov, Peter. Великата мъдрост. [Velikata mudrost]. MOK (1932 – 1933) I Том.

Dunov 1949: Dunov, Peter. Съразмерност в природата. [Syrazmernost v prirodata]. MOK (1932-1933) II Том.

Dunov 1993: Dunov, Peter. Паневритмия. [Panevritmia], Sofia.

Dunov 2000: Dunov, Peter. Окултни упражнения. [Okultni upravneniq]. Sbornik s izvadki ot lekci. Sofia.

³² Chervenкова 2013; Kajkov 2007: 14-15; Jonev 2003: 14-15.

³³ Lambova et al, 2006-2007: 117; Ancheva 2006-2007: 103; Chervenкова 2013.

³⁴ Milcheva 2003: 121-122.

Dunov 2010: *Dunov, Peter*. Абсолютната справедливост. [Absolutnata spravedlivost]. ОКК, 4 год. (1924 – 1925).

Jonov 2003: *Jonov, Jonko*. Паневритмията като система за хармонично развитие на човека и обществото. В: Втора научна конференция по Паневритмия. Сдружение Паневритмия, ISBN – 954-90922-3-2. [Panevritmiata kato sistema za harmonichno razvitie na choveka i obshtestvoto: Vtora nauchna konferencia po Panevritmia]. Sofia, 2003, 13-15.

Lambova, Ilieva 2007: *Lambova, Krasimira, Dimitrina, Ilieva*. Паневритмията – възможности за хармонично развитие на хора с напреднала възраст. В: Трета научна конференция по Паневритмия. Институт за изследване и прилагане на Паневритмията, ISBN-10: 954-90922-5-9. ISBN-13: 978-954-90922-5-7. [Panevritmiata – vyzmojnosti za harmonichno razvitie na hora s naprednala vyzrast: Treta nauchna konferencia po Panevritmia]. Sofia, 2007, 109-118.

Kajkov, Qnkova 2007: *Kajkov, Dimitar, Antoaneta Qnkova*. Здраве чрез движение сред природата. В: Трета научна конференция по Паневритмия. Институт за изследване и прилагане на Паневритмията, ISBN-10: 954-90922-5-9. ISBN-13: 978-954-90922-5-7. [Zdrave chrez dvijenie sred prirodata: Treta nauchna konferencia po Panevritmia]. Sofia, 2007, 8-17.

Qnkova 2001: *Qnkova, Antoaneta*. Паневритмията като система за хармонично развитие на човека и обществото. В: Първа научна конференция по Паневритмия. София: НСА ПРЕС. [Panevritmiata kato sistema za harmonichno razvitie na choveka i obshtestvoto: Pyrva nauchna konferencia po Panevritmia]. Sofia, 2001, 17-23.

Qnkova 2007: *Qnkova, Antoaneta*. Паневритмията като система за хармонично развитие на човека и обществото. В: Трета научна конференция по Паневритмия. Институт за изследване и прилагане на Паневритмията, ISBN-10: 954-90922-5-9. ISBN-13: 978-954-90922-5-7. [Panevritmiata kato sistema za harmonichno razvitie na choveka i obshtestvoto: Treta nauchna konferencia po Panevritmia]. Sofia, 2007, 56-59.

Tilev, Koleva, Milcheva 2007: *Tilev, Tilio, Koleva, Ivanka, Nadka Milcheva*. Оптимизиране на сърдечно-съдовата дейност чрез Паневритмията. В: Трета научна конференция по Паневритмия. Институт за изследване и прилагане на Паневритмията, ISBN-10: 954-90922-5-9. ISBN-13: 978-954-90922-5-7. [Optimizirane na syrdecho-sydovata dejnost chrez Panevritmiata: Treta nauchna konferencia po Panevritmia]. Sofia, 2007, 114-118.

Antonelli, Barbieri & Donelli 2019: *Antonelli, Michelle, Barbieri, Grazia, Donelli Davide*. Effects of

forest bathing (shinrin-yoku) on levels of cortisol as a stress biomarker: a systematic review and meta-analysis. *Int J Biometeorol*. 2019 Aug;63(8):1117-1134. doi: 10.1007/s00484-019-01717-x. Epub 2019 Apr 18. PMID: 31001682.

Farrow, Washburn 2019: *Farrow Marc R., Washburn, Kyle*. A Review of Field Experiments on the Effect of Forest Bathing on Anxiety and Heart Rate Variability. *Glob Adv Health Med*. 2019 May 16;8:2164956119848654. doi: 10.1177/2164956119848654. PMID: 31192052; PMCID: PMC6540467.

Piva et al. 2022: *Piva Giovanni, Caruso Lorenzo, Gymez Alberto Cruz, Calzolari Marta, Visintin Emilio Paolo, Davoli Pietromaria, Manfredini Fabio, Storari Alda, Spinozzi Paola, Lamberti Nicola*. Effects of forest walking on physical and mental health in elderly populations: a systematic review. *Rev Environ Health*. 2022 Oct 17;39(1):121-136. doi: 10.1515/reveh-2022-0093. PMID: 36239186.

Hansen, Jones, Tocchini 2017: *Hansen, Margaret, Mary, Reo Jones, Kirsten Tocchini*. Shinrin-Yoku (Forest Bathing) and Nature Therapy: A State-of-the-Art Review. 2017 Jul 28;14(8):851. doi: 10.3390/ijerph14080851. PMID: 28788101; PMCID: PMC5580555; DOI: 10.3390/ijerph14080851

Hansen, Jones 2020: *Hansen, Margaret Mary, Jones, Reo*. The Interrelationship of Shinrin-Yoku and Spirituality: A Scoping Review. 2020 Dec;26(12):1093-1104. doi: 10.1089/acm.2020.0193. Epub 2020 Sep 15.

Ideno et al. 2017: *Ideno Yuki, Hayashi Kunihiro, Abe Yukina, Ueda Kayo, Iso Hiroyasu, Noda Mitsuhiko, Lee Jung-Su, Suzuki Shosuke*. Blood pressure-lowering effect of Shinrin-yoku (Forest bathing): a systematic review and meta-analysis. *BMC Complement Altern Med*. 2017 Aug 16;17(1):409. doi: 10.1186/s12906-017-1912-z. PMID: 28814305; PMCID: PMC5559777.

Li 2019: *Li, Qing*. Effect of forest bathing (shinrin-yoku) on human health: A review of the literature. 2019 May 13; S1 (HS):135-143. doi: 10.3917/spub.190.0135.

Li 2022: *Li, Qing*. Effects of forest environment (Shinrin-yoku/Forest bathing) on health promotion and disease prevention -the Establishment of 'Forest Medicine'. PMID: 36328581 PMCID: PMC9665958 DOI: 10.1265/ehpm.22-00160

Li et al. 2022: *Li Qing, Ochiai H, Ochiai T, Takayama N, Kumeda S, Miura T, Aoyagi Y, Imai M*. Effects of forest bathing (shinrin-yoku) on serotonin in serum, depressive symptoms and subjective sleep quality in middle-aged males. *Environ Health Prev Med*. 2022;27:44. doi: 10.1265/ehpm.22-00136. PMID: 36328588; PMCID: PMC9665960.

Morita et al. 2006: *Morita Emi, Fukuda S, Nagano J, Hamajima N, Yamamoto H, Iwai Y, Nakashima T, Ohira H, Shirakawa T*. Psychological effects of

forest environments on healthy adults: Shinrin-yoku (forest-air bathing, walking) as a possible method of stress reduction. *Public Health*. 2007 Jan;121(1):54-63. doi: 10.1016/j.puhe.2006.05.024. Epub 2006 Oct 20. PMID: 17055544.

Morita et al. 2024: Morita Emi, Kadotani H, Yamada N, Sasakabe T, Kawai S, Naito M, Tamura T, Wakai K. The Inverse Association between the Frequency of Forest Walking (Shinrin-yoku) and the Prevalence of Insomnia Symptoms in the General Japanese Population: A Japan Multi-Institutional Collaborative Cohort Daiko Study. *Int J Environ Res Public Health*. 2024 Mar 15;21(3):350. doi: 10.3390/ijerph21030350. PMID: 38541349; PMCID: PMC10970638.

Ohtsuka et al. 1998: Ohtsuka Y, Yabunaka N, Takayama S. Shinrin-yoku (forest-air bathing and walking) effectively decreases blood glucose levels in diabetic patients. *Int J Biometeorol*. 1998 Feb;41(3):125-7. doi: 10.1007/s004840050064. PMID: 9531856.

Park et al. 2010: Park Bum Jin, Tsunetsugu Yuko, Kasetani Tamami, Kagawa Takahide, Miyazaki Yoshfumi. The physiological effects of Shinrin-yoku (taking in the forest atmosphere or forest bathing): evidence from field experiments in 24 forests across Japan. *Environ Health Prev Med*. 2010 Jan;15(1):18-26. doi: 10.1007/s12199-009-0086-9. PMID: 19568835; PMCID: PMC2793346.

Pasieka 2021: Pasieka, Janice L. Shinrin-yoku, yoga and other strategies in the fight against COVID-19. *Surgery*. 2022 Jan;171(1):94-95. doi:

10.1016/j.surg.2021.07.044. Epub 2021 Aug 31. PMID: 34548159; PMCID: PMC8405594.

Song et al. 2019: Song Chorong, Ikei Harumi, Kagawa Takahide, Miyazaki Yoshifumi. Effects of Walking in a Forest on Young Women. *Int J Environ Res Public Health*. 2019 Jan 15;16(2):229. doi: 10.3390/ijerph16020229. PMID: 30650572; PMCID: PMC6351942.

Vermeesch et al. 2024: Vermeesch Amber L, Ellsworth-Kopkowski Alexis, Prather Jenifer G, Passel Cheryl, Rogers Heidi Honegger, Hansen Margaret M. Shinrin-Yoku (Forest Bathing): A Scoping Review of the Global Research on the Effects of Spending Time in Nature. *Glob Adv Integr Med Health*. 2024 Feb 27;13:27536130241231258. doi: 10.1177/27536130241231258. PMID: 38420597; PMCID: PMC10901062.

WHO 2010: Global recommendation on Physical Activity for Health, WHO Library Cataloguing-Publication Data.

Yamaguchi et al. 2006: Yamaguchi M, Deguchi M, Miyazaki Y. The effects of exercise in forest and urban environments on sympathetic nervous activity of normal young adults. *J Int Med Res*. 2006 Mar-Apr;34(2):152-9. doi: 10.1177/147323000603400204. PMID: 16749410.

Yau & Loke 2020: Yau Ka-Yin Katherine, Loke Ailice Y. Effects of forest bathing on pre-hypertensive and hypertensive adults: a review of the literature. *Environ Health Prev Med*. 2020 Jun 22;25(1):23. doi: 10.1186/s12199-020-00856-7. PMID: 32571202; PMCID: PMC7310560.

Shinrin-yoku / Горско къпане: естествен начин за промоция на здравето, профилактика и лечение на болести. Наследството на Учителя Петър Дънов в горската медицина

Татяна Томова, Дияна Попова-Добрева

Shinrin-yoku или къпането в гората е традиционна японска практика, която включва потапяне в природата и внимателно ангажиране на всичките пет сетива. Тази практика е въведена от японското правителство през 80-те години на миналия век, за да помогне на градските жители да се справят със стреса, свързан с работата. Понастоящем в медицинската база данни PubMed има 60 проучвания, които са свързани с Shinrin-yoku. Публикациите могат да бъдат разделени в следните основни области: промоция на здравето, профилактика и лечение на заболявания. Ефектите от къпането в гората върху здравето включват подобряване на сърдечно-съдовата функция, ефекти на понижаване на кръвното налягане, понижени нива на кръвната захар при пациенти с диабет, намаляване на болката, подобро ментално здраве, ползи при неврологична рехабилитация, подкрепа за хора с интелектуални затруднения и потенциални ползи за възстановяване от COVID-19. В изследването се прави паралел с наследството на Учителя Дънов в горската терапия.

Образователна ценност от двигателни въздействия на една от уелнес рекреативните практики – фитбол

Educational value of motor impacts of one of the Wellness recreational practices – Fitball

Ирина Нешева

Национална спортна академия „Васил Левски“

Абстракт: Уелнес масовите практики са различни форми на двигателна активност, насочени към големи групи от хора с холистичен характер на въздействие. Заниманията по фитбол формират у практикуващите умения и навици за ефективно използване на физическите упражнения и спорта в бита им. Рекреативните Уелнес програми са ефективни практики с висок социален и образователен импакт. Масовото обучение в системата на училищния спорт има своята ценност свързано с правилното физическо развитие и укрепване на здравето на „златния фонд на нацията – децата“ с шанс за достоен и пълноценен живот. Двигателните умения са голяма образователна ценност, като фитбол програмата дава изключително много функционални ползи за общия здравен статус на практикуващите я. Статията установява отношението и активността на учащи от групи по Fitball.

Ключови думи: уелнес програма, двигателна култура в образованието, голяма топка

Keywords: wellness programs, movement culture in education, large ball



Irina Nesheva, Ph.D, Associate Professor at the Faculty of Public Health, Health Care and Tourism, National Sports Academy 'Vasil Levski'.

E-mail: nesheva.irina@nsa.bg

ВЪВЕДЕНИЕ

„Европейската Уелнес индустрия е наясно, че за да запази водещите си позиции и качеството на услугите е необходимо осигуряването на специализирано обучение на кадри със средно и висше образование (в Национална спортна академия „В. Левски“ има от 2014 година) като критичен фактор за успех. Въз основа на проучване на Dimitrova (2019)¹ се счита, че са необходими не само съвместни действия, в сътрудничество с професионалните асоциации и неправителствени организации, но и разработване и приемане на държавни регулаторни инструменти както в българското образование, така и в българския нишов туризъм“.

Във време на модерни технологии все повече нараства необходимостта от физически занимания не само за младото поко-

¹ Dimitrova 2019: 143-149.

ление, но и за всякаква възраст хора/туристи. Една от най-популярните и съвременни форми на умерено физическо натоварване с терапевтичен характер са Уелнес рекреативните практики на двигателни занимания с т.н фитбол (Fitball).

Упражненията с големи швейцарски топки (**Фиг.1**) са изключително полезни за подобряване на равновесието, както и за провеждане на профилактика при различни, състояния, свързани с болки в гръбначния стълб (много често провокирани от неправилен и продължителен седеж). Името на двигателната програма произлиза от английските думи *fitness* и *ball*, фитнес чрез упражнения с топка, която подпомага стягането и тонизирането на мускулатурата, като същевременно се укрепват костите и ставите.



Фигура 1. Фитбол уред.
Figure 1. Fitball appliance.

За пръв път големите надуваеми топки се появяват в Швейцария, като упражненията с тях се прилагат единствено с терапевтична цел. Понятието „фитбол“, от английски *fit* означава способен, годен, да си във форма и *ball* – способността да се играе с топка за подобряване на общото физическо и здравословно състояние, т.е. да се съчетава едновременно аеробна и силова тренировка с помощта на специална голяма топка. Създава се предпоставка за т.нар. **активен седеж**, който не само създава свобода на движенията,

но и значително улеснява процеса на дишане, функцията на вътрешните органи, подобрява кръвообращението и редуцира натоварването на междупрешленните дискове, като подобрява храненето им.

Заниманията с фитбол се характеризират с развиване и усъвършенстване на равновесната устойчивост, подобряване на подвижността на гръбначния стълб, подобряване силата на мускулите на горни и долни крайници, както и на цялото тяло.

Според Хьойзинха играта е дейност или занимание, извършвано доброволно. Тя предизвиква наслада от съзнанието, че се извършва нещо различно от всекидневния живот. Играта с топка или без топка е свобода на човека да се изразява като творческа личност (Нешева, 2009)².

Група автори³ разглеждат двигателното въздействие на статичното равновесие в позиция „планк нагоре“ върху три различни топки във физическите дейности на учаци, като изследването е насочено към подчертаване на капацитета на стабилността и двигателното въздействие при развитието на равновесието и на общата сила чрез намаляване на опорната повърхност. Техните резултати от изследването потвърждават, че по-високата еластичност на топката влияе положително върху резултатите по отношение на физическите изпълнения, насочени към статично равновесие.

През 1909 година в Швейцария д-р Сузане Клайн Вогълбак открива, че опитът да се поддържа „перфектна“ стойка на кръгла движеща се повърхност е истинско предизвикателство за мускулите (Dr S. Klein-Vogelbach, 1909)⁴. С прилагането на терапевтична програма с голяма топка се ражда идеята за създаване на нова система от упражнения с топка като безопасен и ефективен начин за насърчаване на функционалните движения за подобряване гъвкавостта и за развиване пълния обхват от движения в травмирани стави. Тази нова уникална Уелнес фитнес програма е за превенция относно

² Nesheva 2009: 153-156.

³ Badau et al. 2021: 2043.

⁴ <https://www.hankadufter.com/english/exercise-therapy-and-analysis/>

но нарушения в опорно-двигателния апарат, има възстановителен характер след травми и е предизвикателство за здрави хора както в Европа, така и в България.

Авторите⁵ в свои изследвания представят възможностите за използване на Fit ball за превенция и лечение в кинезитерапията. Според тях упражненията по фитбол имат комплексно въздействие върху целия организъм. Комплексите допринасят за подобряване не само на функциите на дихателната и сърдечносъдовата система (ССС), но и за нормализиране на кръвното налягане. Влияе се и върху работата на храносмилателната система, бъбреците и черния дроб. Увеличава се мускулната сила, подобряват се координацията, равновесието, стойката, намалява се теглото (както при деца с наднормено тегло, така и при възрастни), като не на последно място, фитболът влияе върху психоемоционалния тонус на пациента, като намалява напрежението и стреса.

В своя дисертационен труд Brent⁶ разглежда ефективността на базовите упражнения с швейцарска топка спрямо базовите упражнения със стабилна повърхност върху възприеманата нетрудоспособност при възрастни хора с хронична болка в кръста. Направен е мета – анализ за оценка на въздействието на изпълнението на базови упражнения върху швейцарска топка в сравнение с базови упражнения на стабилна повърхност. Резултатите от това проучване доказват, че упражненията с швейцарска топка показват по-голямо намаление на възприеманата частична инвалидност, спомагат за намаляване болките в кръста, като е необходимо да бъдат включени в практиката на кинезитерапевтите.

Учени⁷ разкриват, че модифицирането на обичайните упражнения с швейцарска топка повлияват мускулната активност на торса което предполага, че тренировъчните програми могат да бъдат разработени така, че да увеличават или намаляват натоварва-

нето на мускулатурата в зависимост от нуждите на трениращите.

Автори⁸ в свои изследвания чрез тест за издръжливост на Bierring Sorensen потвърждават ефективността на упражненията с фитбол топка при изпълнение на упражнения за гръбните мускули разгъвачи, като по този начин се предотвратява болката в гърба.

Целта на нашето проучване е установяване отношението и активността на учащи занимаващи се с фитбол. Анализира се степента на ефективност на програмата при подрастващи.

МЕТОДОЛОГИЯ

Методологията на двигателната програма с фитбол включва систематичен подход към изпълнението на упражненията с цел подобряване на физическата подготовка, баланса, координацията и гъвкавостта.

Организацията и методиката на изследването е проведено в 107. СОУ „Хан Крум“, гр. София. Основният метод на изследване е вариант на анкетния – научно интервю, насочено към получаване на директен отговор от изследваните лица при предварително подбрани въпроси, на които отговаряха с кратки отговори – „Да“ и „Не“. Контингент на изследването са 100 ученици от IV до VI клас – момичета и момчета.

РЕЗУЛТАТИ

От анализа на получените резултати се определи процентното съотношение на активността, свързана с двата пола, представени чрез колонна диаграма (Фиг. 2).

Продължителността на заниманията по фитбол са два пъти седмично по един учебен час в рамките на един срок, като се установи че момчетата преобладават (70 %) в сравнение с момчетата (30 %), което показва по-голяма активност при женския пол. Според младежите тази програма е по-подходяща за момчетата, тъй като се счита, че

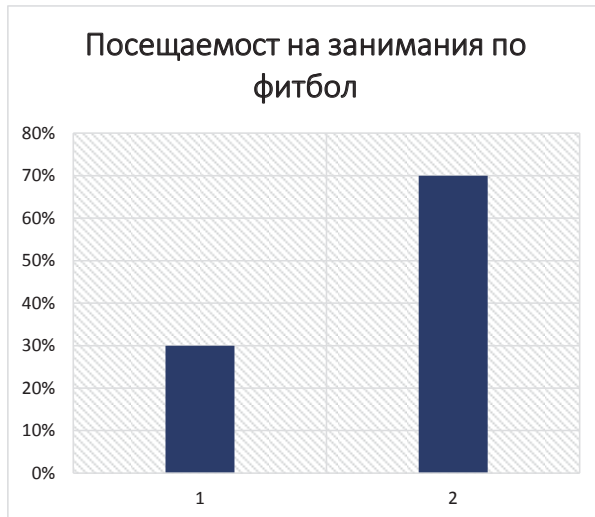
⁵ Ivanova et al. 2016: 166-169.

⁶ Brent 2016: D.P.T.

⁷ Lehman, Hoda,, Oliver 2005.

⁸ Das, Kumar, Dutta 2016: 445-450.

използването на този уред моделира ханша, бедрата и равновесната устойчивост, а на мъжете им трябва сила и издръжливост.



Фигура 2. Активност на занимания по фитбол в (%).

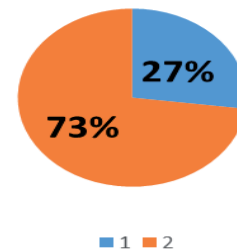
Figure 2. Activity of fitness classes in (%).

Фигура 3 дава сведение за емоционалния характер на програмата фитбол, като с „Да“ са отговорили 73 % от изследваните лица от двата пола, с „Не“ са отговорили 27 %. Това предполага психологическата нагласа на занимаващите се. По-затворените деца не намират тази двигателна практика за забавна и интересна, а по-скоро за тях е тежест, полагане на големи усилия при изпълнението на упражненията.

Наднорменото тегло и затрудненията относно изпълнения на балансови упражнения може да са причина за техните отрицателни отговори. Немалка част от децата имат притеснения как ще се справят с даденото упражнение, дали няма да станат за смях, ако изпуснат топката. А част от децата имат затворен характер, те не са общителни, трудно комуникират, в повечето време стоят на пейката и отказват да изпълняват трудни за тях упражнения. Тези обективни причини не бива да омаловажават ефектите, които се получават при заниманията с фитбол, а именно здравословният и емоционален ефект.

По отношение на забавния характер, ползите и има ли успех тази програма, изследваните ученици дават следните отговори в процентно съотношение, представени чрез кръгови диаграми (Фиг. 3 и 4).

Забавна ли е програмата Фитбол ?



Фигура 3. Мнение за емоционален характер на фитбол.

Figure 3. Opinion about emotional nature of fitball.

Фигура 4 представя мнението на изследвания контингент по отношение на ползите от програмата фитбол. От изследваните лица 83 % са на мнение, че програмата фитбол е полезна и дава своите ефекти върху здравето на подрастващите, като само 17 % от тях са категорични, че програмата не дава ползи.

Мнението на учителите по ФВС, е че малка част от децата нямат никаква мотивация за спорт, независимо каква двигателна програма се предлага в училищата. Те считат, че обективните причини за това са дигиталните технологии (компютрите, интернет игрите и семейната среда от ниско интелигентни хора).

Учени твърдят⁹, че швейцарската топка и създадената двигателна програма фитбол има изключителни ползи и успешно повлияват редица ортопедични и неврологични състояния, но конкретната методика на упражненията се определя само и единствено от специалист инструктор, който може да оцени вярно индивидуалните особености на занимаващите се. Същото твърдят преподавателите от 107 СОУ.

⁹ <https://www.hankadufte.com/english/exercise-therapy-and-analysis/>



Фигура 4. Мнение за ползите от фитбол.
Figure 4. Opinion about the benefits of Fitball.

ДИСКУСИЯ

Фитбол двигателната практика може да се използва сред учаци за разнообразяване на тренировъчната програма и за поддържане на мотивацията на трениращите. Тази програма би могла да се включи в учебния план на ученици и студенти от основните, средните и висшите училища. Тя включва кардио- силови и упражнения за гъвкавост, което я прави универсален инструмент за постигане на различни фитнес цели. Подчертава се нейното значение като средство за подобряване на основната стабилност и координация. Упражненията с голяма топка са отлични за активиране на дълбоките мускули на корема и гръбначния стълб, които често се пренебрегват при традиционните занимания. Фитболът предлага уникално предизвикателство поради нестабилната си повърхност, което увеличава ефективността на упражненията за равновесие. Тази програма се характеризира с динамика и интензивност, което помага за подобряване на гъвкавостта и мускулния тонус, като упражненията с фитбол са особено полезни за подобряване на постуралната стабилност и коригирането на грешки в стойката. Фитбол двигателната програма може да бъде използвана за постепенна рехабилитация след травми на гръбначния стълб, коленни и други стави. Ключовият аспект на фитбол е неговата способност да предоставя умерена, но предизвикателна стабилност, което е

особено полезно за учаци нуждаещи се от възстановяване на мускулна сила, координация и баланс.

ТРАНСФЕР НА ОПИТ И ЗНАНИЯ

Фитбол може да се практикува както във физкултурен салон, фитнес зала, така и в домашна среда при подходящи условия. Техниката за сядане върху швейцарската топка изисква предварителна концентрация, като основният акцент е поставен върху **контрол на торса и начинът на сядане** – гърбът е изправен, коремът прибран, а краката образуват прав ъгъл при свиването между бедра и подбедрици, като стъпалата обикновено са в проекция на коленете, т.е на една линия.

Комплексите от упражнения са изцяло насочени към оформяне на правилна стойка, поддържане на равновесието и координацията на движенията. Програмата е подходяща както за жени, така и за мъже (**Фиг. 5**). Упражненията за баланс в статично и динамично положение, кара тялото да е в пълна активация на мускулатурата.



Фигура 5. Равновесни упражнения, за баланс и сила.

Figure 5. Balance and strength exercises.

Заслужава да се подчертае, че упражненията по фитбол имат холистично въздействие т.е. развиват мускулите на тялото комплексно, цялостно. Тази програма се прилага и в часовете по гимнастика в подготовителната част, като разгриване по нестандартен метод, както и в магистърска програма по Мо СПА IV.4 – фитбол в НСА (**Фиг. 6**).



Фигура 6. Фитбол разгръване.
Figure 6. Fitball warm-up.

Комплексите от упражнения обхващат всички части на тялото, като се спазва принципът за последователност, базиран на основната гимнастика. Използва се поточният метод за по-голяма плътност и ефективност на разгръването. Едни от упражненията за коремна мускулатура се изпълняват не само на пода, но и върху топката, като от „тилен лег“ изпълняващият отпуска коремната мускулатура след изпълнението на определен брой упражнения „коремна преса“ (Фиг. 7). За

по-добра стабилност упражненията за сила на коремната стена се изпълняват в „разк-рачен тилен лег“ със свити крака и стъпала на пода. Меката повърхност на топката облекчава болките в гърба и кръста, което има терапевтичен ефект. Повторенията се задават от водещия учител/преподавател или инструктор. Необходимо е след натоварване на дадена мускулна група да има разтягане, след което се работи за противоположната, например гръбната (Фиг. 8).



Фигура 7. Упражнения за коремна мускулатура.
Figure 7. Abdominal muscle exercises.



Фигура 8. Упражнения за гръбни мускули.
Figure 8. Back muscle exercises.

УПРАЖНЕНИЯ, ПРИЛАГАЩИ СЕ ПРИ ХОРА С ДИСКОВА ХЕРНИЯ

- **Упражнения за дискова херния на шиени прешлени**

Първото упражнение е от изходно положение (и.п.) „свит тилен лег върху топка, с ръцете зад тила“. Задържа се 15, 30 сек.1

мин. (или до отказ в тази поза при тренирани), като е необходимо да има напрежение в мускулите на врата (**фиг. 9**). **Второто упражнение** е от същото изходно положение, като ръцете са до тялото, а главата се обръща наляво и надясно с дозирано натоварване (2 серии по 10 повторения; 3 серии по 15 повторения) и т.н.



Фигура 9. Ефективно упражнение при херния на врата.
Figure 9. Effective exercise for neck hernia.

Упражненията, които се прилагат при херния на врата трябва да се изпълняват внимателно и под ръководството на медицински специалист, физиотерапевт, а в домашни условия с голямо внимание. Важно е да се избягват движения, които могат да влошат състоянието. Силовите упражнения е необходимо да бъдат съпроводени с упражнения за разтягане. Натоварването е всекидневно с постепенно увеличаване на повторенията.

ЗАКЛЮЧЕНИЕ

Актуалността на изследването произтича от възможността за използване на големи топки в условията на позициониране и стойка на тялото с намалена опорна площ с цел подобряване на физическата подготовка, насочена към функционална, вестибуларна и нервно-мускулна профилактика или рехабилитация след травми.

Двигателната програма „фитбол“ намира широко приложение в рекреативните уелнес практики, в аеробната гимнастика, фитнеса и в различни програми за изправителна гимнастика, като системните занимания от своя страна водят до подобряване функцията на дихателната и сърдечно-съдовата система, подобрява се телодържанието, гъвкавостта и общата издръжливост на занимаващите се.

Тези резултати биха могли да имат практическа конотация по отношение на разширяването на комплексите от упражнения за подобряване на равновесието чрез използване на швейцарска топка в двигателната програма – фитбол.

Програмата доказва положителни ефекти върху занимаващите се изследвани лица с благоприятно въздействие на заниманията върху организма, техните жизнени функции, както и върху двигателната им уелнес култура и настроение.

БИБЛИОГРАФИЯ

- Badau et al.* 2021: *Badau Dana, Adela Badau, Gabriel Manolache, Mircea Ion Ene, Adriana Neofit, Vlad Teodor Grosu, Virgil Tudor, Radu Sasu, Raluca Moraru, and Liviu Moraru.* The Motor Impact of the Static Balance in the Up Plank Position on Three Different Balls in Physical Activities of Physical Education Students. *Int. J. Environ. Res. Public Health* 18(4), 2043, Available at: <https://doi.org/10.3390/ijerph18042043> (1.07.2024)
- Brent* 2016: *Brent Little.* Effectiveness of Swiss ball core-exercises versus stable surface core-exercises on perceived disability in adults with chronic low back pain. Health and Medical Sciences – Occupational therapy. PhD Dissertation, Degree Level – Doctoral, College Health and Human Services, Department Physical Therapy, 2016-10-14T23:45:30Z. Available at: <http://hdl.handle.net/10211.3/179720> (1.07.2024)
- Das, Kumar, Dutta* 2016: *Das Subhanjan, Kumar C K Senthil, Dutta Abhijit.* A comparative study to know the effectiveness of prone back extension exercises and swiss ball exercises on back extensor muscles performance. *IJPHY*, 2016-08-01T00:00:00Z. *International Journal of Physiotherapy*, Vol 3, Iss 4. Available at: DOI: <https://doi.org/10.15621/ijphy/2016/v3i4/111052>
- Dimitrova*, 2019: *Dimitrova Bistra.* Quality assessment about standards for wellness services and certified skills of specialized staff. DOI: 10.15547 / tjs.2019.02.007. *Trakia Journal of Sciences*, Vol. 17, No 2, 143-149, ISSN: 1313-3551 (online). Available at: <http://tru.uni-sz.bg/tsj/Vol.17,%20Suapl.2,%202019/7.pdf> (20.06.2024)
- Ivanova et al.* 2016: *Ivanova, Elena, Bogomilova, Stanislava, Nikolova, Donka.* Advantages and opportunities of Fitball for prevention and treatment in kinesitherapy. Proceedings from the scientific conference Sliven 2016 contemporary trends in nursing and midwifery; 166-169; Varna Medical Forum; Vol 5, Suppl 3. Available at: DOI: <http://dx.doi.org/10.14748/vmf.v5i0.1996>
- Nesheva* 2009: *Nesheva Irina.* Фитболът като фитнес дисциплина и предизвикателство за децата. Сб. „Оптимизация и иновации в учебно-тренировъчния процес. Уни изд. „Св. Кл. Охридски“. Научна конференция посветена на 80 години спорт в Алма Матер – Департамент по спорт. София, 153-156. [Fitbolat kato fitnes distsiplina i predizvikelstvo za detsata. Sofia, 153-156], ISBN: 978-954-07-2987-9
- Lehman, Hoda, Oliver* 2005: *Lehman Gregory, Hoda Wajid, Oliver Steven.* Trunk muscle activity during bridging exercises on and off a Swissball. Springer Science and Business Media LLC. *Journal-article Chiropractic & Osteopathy*, Vol 13, Iss 1, ISSN 1746-1340. Available at: <https://doi.org/10.1186/1746-1340-13-14>.

Educational Value of Motor Impacts of One of the Wellness Recreational Practices – Fit-ball

Irina Nesheva

Mass wellness practices are different forms of physical activity aimed at large groups of people with a holistic impact. Fitball classes build the skills and habits of practitioners to effectively use exercise and sport in their everyday lives. Recreational Wellness programs are effective practices with high social and educational impact. Mass education in the school sports system has its value related to proper physical development and health enhancement of the “golden fund of the nation – children” with a chance for a dignified and fulfilling life. Physical skills are of great educational value, with the fitball program providing tremendous functional benefits to the general health status of its practitioners. This paper establishes the attitudes and activity levels of students in Fitball groups.

Benchmarking of Anthropometric Indicators Based on Swimming Activities

Darinka Ignatova

Sofia University 'St Kliment Ohridski'

Department of Information and Teacher Training

Abstract: *The study aimed to evaluate the level of motor development, based on the monitoring of anthropometric indicators: height, weight, and chest circumference by organizing systematic swimming lessons for children in the initial stage of the basic educational level. The benchmarking analysis of the learning results was carried out within one academic year. The subject of the analysis is the influence of primary swimming training on children's health condition and motor development in the initial stage of the basic educational level. The object of research is the dynamics of anthropometric indicators in the process of swimming training, as well as the tracking of specific indicators measured with objective instruments, their systematization, and analysis. Scientifically based conclusions will allow us to establish the influence of motor training of students on the dynamics of their anthropometric indicators: height, weight, and chest circumference through systematic swimming activities. An analysis of the dynamics through mathematical-statistical processing was applied to derive the interrelationship between the indicators.*

Keywords: motor development, benchmarking analysis, anthropometric indicators, training swimming activities

Ключови думи: двигателно развитие, бенчмаркинг-анализ, антропометрични показатели, учебно-тренировъчни плувни занимания



Darinka Ignatova is Assistant Professor, DSc in the Department for Information and In-Service Training of Teachers at SU 'St. Kliment Ohridski'. She is a researcher category R3, part of the National Sports Academy 'V. Levski' scientific team – partner under project BG05M2OP001-1.001-0001 'Building and developing a center of excellence 'Heritage BG'. E-mail: darinka_bg68@yahoo.com

INTRODUCTION

The question of the morphological and functional features of the growing organism has excited scientists since ancient times. The growth and development of the human organism is a process in which quantitative accumulation (increase in the number of cells, body mass, and body proportions) leads to new structural and functional changes^{1, 2, 3}. Changes occur in the biological composition and structure of muscle tissue. The properties of the neuromuscular apparatus in the process of growth are constantly being improved. The rate of growth and development of the body as a whole and of its organs and systems is different. Certain dynamics in the rates of growth and development of the organism are observed, expressed in periods of increased

¹ Angelova 2023: 420-424.

² Angelova 2021: 29-32.

³ Angelova 2021a: 654-658.

and periods of slow growth^{4, 5, 6}. In the periods of delayed growth, qualitative changes are made at the structural level in the composition and functions of the organism, and changes are being prepared, ensuring a new quantitative increase of the structural elements^{7, 8, 9}. This general biological law of gradual and uneven development is the result of inherited prerequisites the influence of the environment and the influence of endocrine glands^{10, 11, 12}.

The sports-pedagogical practice is based on anatomical, physiological, and psychological features in childhood and school age, conditionally divided into the following periods:

- o preschool age (3-6 years);
- o primary school age (7-11 years);
- o secondary school age (12-16 years);
- o upper school age (17-19 years).

The subject of the present study is primary school age (7-11 years).

METHODOLOGY

The study aimed to determine the level of motor development, based on monitoring the dynamics of anthropometric indicators: height, weight, and chest circumference by organizing systematic swimming lessons for students in the initial stage of the basic educational level. A benchmarking analysis was carried out in the conditions of the educational and training process in the level of motor development from the end of the school year. The subject of the analysis is the dynamics in the indicators and the influence of initial swimming training, on the health condition and motor development of 7-8-year-old students, between the collected empirical data from the beginning of the research period and their comparison with empirical data from the end of the research period. Scientifically based conclusions will allow us to establish the influence of motor training of students on the dynamics of anthropometric

indicators, through systematic swimming activities. From 01.09.2023 to 01.05.2024, the motor potential was measured at the initial stage of a basic educational degree swimming training activities. Organized swimming sessions were held three times a week. The program includes the study of preparatory exercises preceding swimming training in the swimming styles of crawl, back crawl, and breaststroke in elements and coordination. Basic, auxiliary, and additional exercises are provided. If mistakes are made when learning basic, auxiliary, and additional exercises, the program includes corresponding exercises for their elimination and correct learning. Each workout lasts forty-five minutes. Venue – covered swimming pool *V-Gym Fitness & SPA* – Sofia. The studied contingent was divided into two target groups:

- ⊗ Control group – who are not subjected to systematic swimming activities;
- ⊗ Experimental group – who will be engaged in systematic swimming activities based on initial swimming training.

RESULTS

A study was conducted with thirty children from the first grade of a metropolitan school aged 7-8 years, who were divided into two groups Control and Experimental for the study. The experimental group was trained according to a standard methodology approved and developed for the study, applicable to the requirements of initial swimming training. The control group of students did not participate in swimming activities. The motor load for them takes place only in the hours provided for the subject of physical education and sports and established by the curriculum. The study aimed to trace the dynamics of their anthropometric parameters by establishing and comparing the changes that occurred in the growth of the

⁴ Dimitrova 2020: 143-149.

⁵ Dimitrova 2019: 143-149.

⁶ Dimitrova 2019a: 36-39.

⁷ Ignatova & Iliev 2023: 08-14.

⁸ Ignatova 2018: 207-212.

⁹ Ignatova 2021: 867-873.

¹⁰ Nesheva 2023: 560-572.

¹¹ Nesheva 2023a: 231-235.

¹² Nesheva 2022: 22-27.

results of the motor tests conducted to establish changes in the motor capacity of the students. The main method for realizing the goal and achieving the tasks in the present study is the use of specialized, scientific-methodological literature. From a large number of morphological and functional signs for evaluating the motor

development of adolescents, different criteria are applied for each age. In the current study, the emphasis falls on one main group of indicators for establishing changes in motor capacity, namely tracking the dynamics of anthropometric indicators, in particular – height, weight, and chest circumference.

Table 1. Anthropometric indicators

№	Indicators	Units of measurement	Accuracy of measurement	Direction of increase
1.	Height	Centimeters	0,5	+
2.	Body mass	Kilograms	0,1	+/-
3.	Chest girth	Centimeters	0,5	+

Quantitative and qualitative analysis of anthropometric indicators

For the study, anthropometric measurements were carried out to establish the current state of motor development of the tracked research contingent, and to establish

dynamics in the data of the studied indicators, as a consequence of the applied swimming training methodology. The results of the applied variation analysis for anthropometric indicators of the two target groups are presented in Tables 2 and 3.

Table 2. Anthropometric indicators CG – beginning

№	Height/cm	Body mass/kg	Chest girth/cm
1.	134	25	61
2.	125	35	74
3.	124	24	58
4.	118	20	59
5.	124	20	56
6.	128	24	59
7.	126	30	64
8.	142	47	78
9.	120	20	59
10.	137	38	71
11.	116	18	57
12.	129	25	60
13.	144	50	81
14.	128	29	63
15.	128	23	56

Table 3. Anthropometric indicators EG – beginning

№	Height/cm	Body mass/kg	Chest girth/cm
1.	132	25	61
2.	125	36	75
3.	127	24	58
4.	120	22	58
5.	124	21	55
6.	127	23	55
7.	126	30	64
8.	137	47	78
9.	120	20	59
10.	137	38	71
11.	116	18	57
12.	128	24	59
13.	143	50	80
14.	127	29	63
15.	128	25	57

It can be seen from Chart 1 and Chart 2 that the indicators of height, weight, and chest circumference define the control and experimental groups as homogeneous. No difference was observed beyond the standard

deviations. The following diagrams give us a clear idea that the research contingent of the experimental group started systematic swimming lessons with similar values of anthropometric indicators to the contingent of the control group.

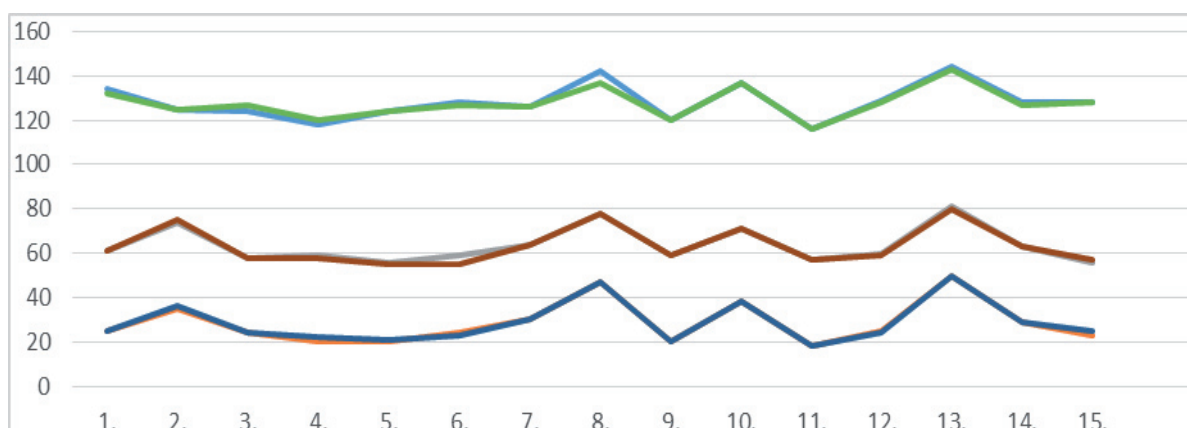


Chart 1. Anthropometric indicators – differences.

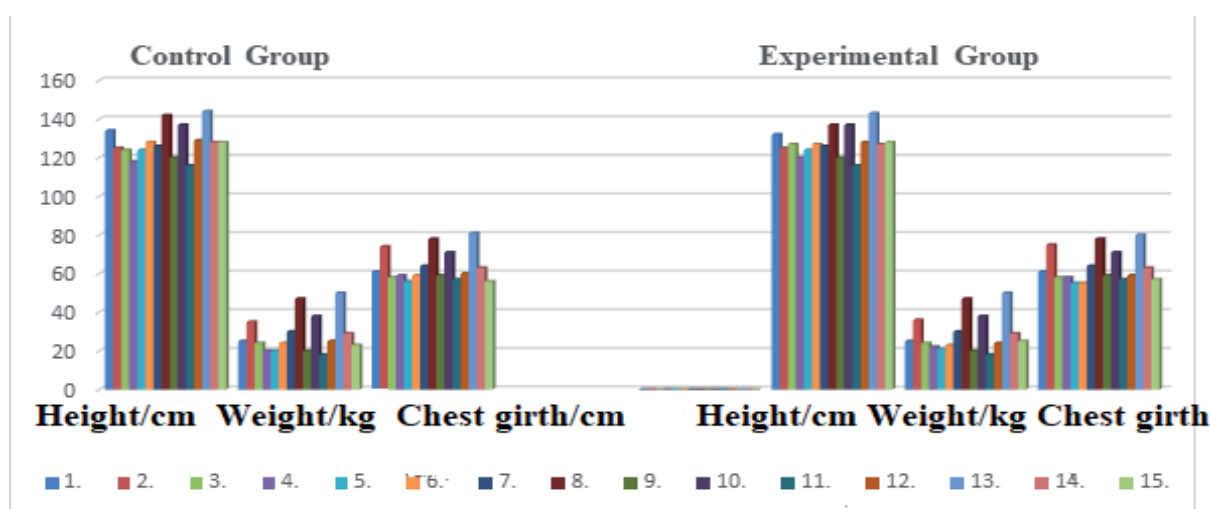


Chart 2. Indicators of height, weight, and chest circumference.

In the initial testing, after the end of the pedagogical experiment on 01.05.2024, we again collect data regarding the current state of the anthropometric indicators of the two target groups.

Table 4. Anthropometric indicators CG – end

№	Height/cm	Weight/kg	Chest girth/cm
1.	135	24	62
2.	125	36	74
3.	125	26	58
4.	118	21	59
5.	126	24	57
6.	128	26	59
7.	127	31	64
8.	142	49	78
9.	121	22	59
10.	137	39	71
11.	117	18	57
12.	129	25	60
13.	145	50	81
14.	128	30	63
15.	129	24	57

Table 5. Anthropometric indicators EG – end

№	Height/cm	Body mass/kg	Chest girth/cm
1.	134	25	62
2.	125	33	77
3.	130	26	60
4.	124	24	62
5.	125	22	58
6.	127	22	56
7.	128	32	68
8.	145	47	81
9.	121	21	60
10.	139	37	74
11.	119	20	58
12.	132	25	60
13.	147	50	84
14.	131	31	67
15.	134	27	61

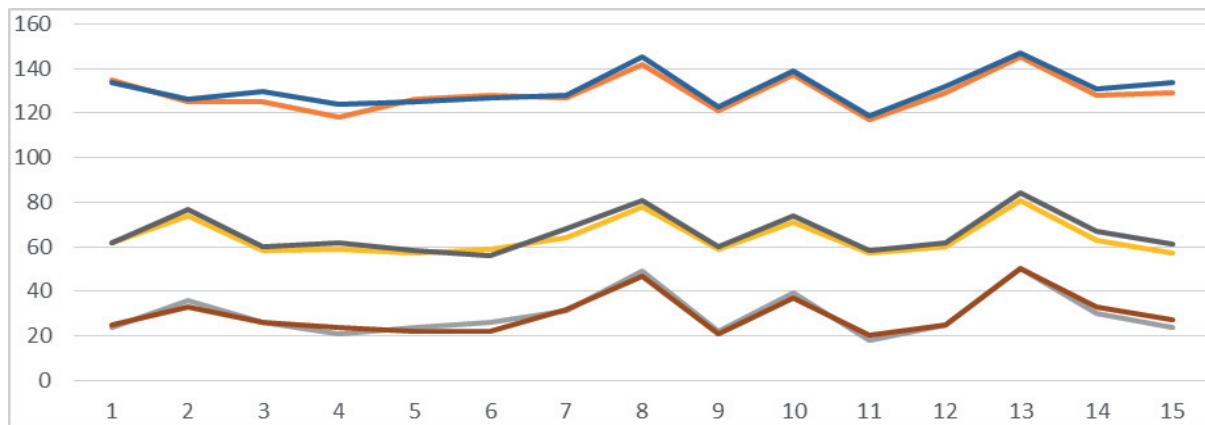


Chart 3. Benchmarking analysis of CG and EG results – end.

DISCUSSION

To prove the research hypothesis, namely whether systematic swimming activities could improve health and motor development at this age, we will benchmark the obtained results of the anthropometric indicators in the experimental group. According to data from Chart 3, it is clear that the lines showing the dynamics in anthropometric indicators are quite close. A small difference is noticeable in the growth indicator. The values growth index shows a minimal increase compared to the control group. In the next measure of weight, the values showed an even rise in both groups. There were no significant weight changes in the two target groups. Inspiratory chest girth results also showed a small increase in the experimental group. However, a trend towards a massive rise in chest girth is not noticeable.

The biggest difference between the growth indicators was found in the experimental group. These results show that swimming from an early age has the greatest impact on height development and a minimal increase in chest girth, resulting in improvement in breathing, lung, and heart function. A positive effect was also found in the rise of muscle mass in the experimental group. In the benchmarking analysis between the two target groups, a statistically significant difference was observed for each period studied.

From the obtained results, it can be concluded that swimming activities have a beneficial effect on the children's body, developing muscle mass. In the following Chart 4, we apply a benchmarking analysis of empirical data to the control group.

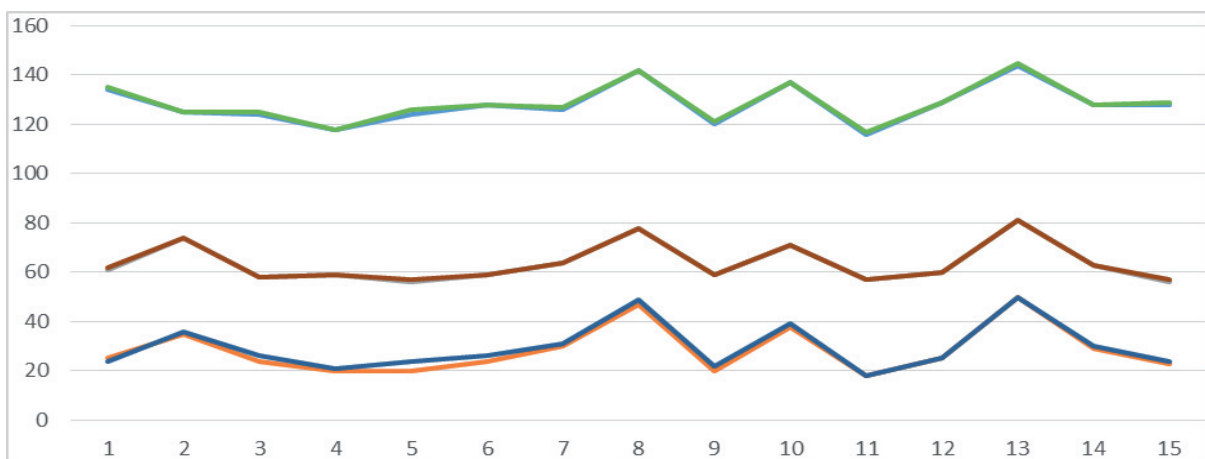


Chart 4. Anthropometric data – start/end – CG.

Height and chest girth values for the control group remained unchanged over the eight months of the experiment. A minimal difference was observed in the body mass values. At the end of the experiment, an increase in body mass was found compared to the results at the beginning of the experiment. The minimum deviations vary in small values, therefore they should not be leading and subject to in-depth analysis. Based on the benchmarking analysis of the results of the anthropometric indicators for the motor development of the experimental group, graph 4 shows a statistically significant difference in the dynamics of the three tracked indicators. The first and most important indicator is height. It shows an increase with

a tendency to accelerated growth, expressed in the lengthening of the limbs. Pronounced pectoral musculature is noted, reflected in chest girth indicators, reflected in growth, compared to the initial data of the study. In the monitored contingent, increased values of chest girth during inhalation are noted. Body mass is the most dynamic indicator in the experimental group. In the two stages of the study, certain dynamics were observed, expressed in an increase and a slight decrease in weight. Based on the benchmarking analysis of the empirical data so far, it can be argued that the other two indicators have increased values, with the weight maintaining standard values.

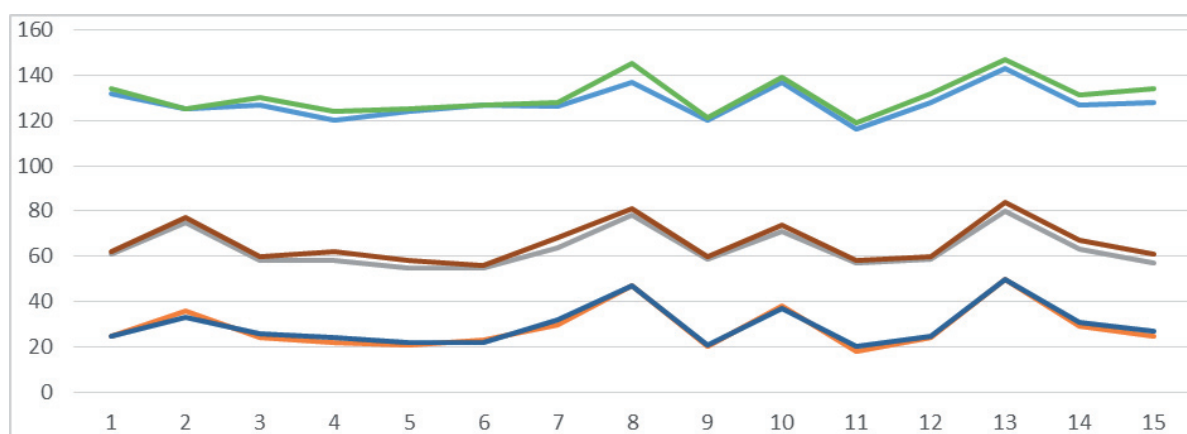


Chart 5. Anthropometric data – start/end – EG.

Table 6 shows average anthropology values according to World Health Organization.

Table 6. Average values and standard deviation of anthropometric indicators

	Group I norm - average value		Group II - extended norm		Group III - over the norm			
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
7 years	Height		Height		Height		Height	
	119-131	120-131	131-137	131-136	below ↓	below ↓	above ↑	above ↑
			113-119	113-119	113	114	137	135
	Body mass		Body mass		Body mass		Body mass	
	21-30	21-29	30-34	29-33	below ↓	below ↓	above ↑	above ↑
8 years			17-21	17-21	17	17	34	33
	Chest girth on inhalation		Chest girth on inhalation		Chest girth on inhalation		Chest girth on inhalation	
	60,8-69,6	59-68	69,6-74	68-72,4	below ↓	below ↓	above ↑	above ↑
			56,4-60,8	54,6-59	56,4	54,6	74	72,4
	Height		Height		Height		Height	
8 years	123-138	123-136	116-123	116-123	below ↓	below ↓	above ↑	above ↑
			138-145	136-142	116	117	145	142
	Body mass		Body mass		Body mass		Body mass	
	23-33	22-33	18-23	17-22	below ↓	below ↓	above ↑	above ↑
			33-38	33-38	18	17	38	38
8 years	Chest girth on inhalation		Chest girth on inhalation		Chest girth on inhalation		Chest girth on inhalation	
	61,9-72,7	60,5-70,9	72,7-78,1	70,9-76,1	below ↓	below ↓	above ↑	above ↑
			56,5-61,9	55,3-60,5	56,5	55,3	78,1	76,1

The evaluation of the anthropometric indicators was made based on the average values (\bar{x}) and the standard deviation (s) of the same by age and sex, forming the following groups:

- Group I norm ($\bar{x} \pm 1s$) – includes children whose indicators are within the limits of the average value
- Group II extended norm – children whose anthropometric indicators are between ($\bar{x} \pm 1s$) and ($\bar{x} \pm 2s$)
- Group III outside the norm – children whose anthropometric measurements are below ($\bar{x} - 2s$) and above ($\bar{x} + 2s$)

After the results made at the end of the study of the experimental group and considering the average values of the anthropometric indicators according to the World Health Organization (WHO). Two eight-year-old children fall into the second group – extended norm with height and weight indicators. And an eight-year-old child who, according to the indicators of height and weight, falls into the third group – outside the norm. All other seven- and eight-year-old children who participated in the experimental study according to the three indicators: height, weight, and chest girth fall into the Group I norm.

CONCLUSIONS

The analysis of literary sources, a questionnaire survey with specialists in the

field of swimming, and the conducted research experiment give us the basis to make the following findings:

❖ It is necessary to organize and plan swimming training for this age group following the age characteristics, and the selection of methods and means should be by motor capabilities and level of mastered motor skills.

❖ Findings from the survey conducted with swimming specialists' show that they would engage with children of this age group to build skills and habits. And their improvement at club level.

❖ According to pediatricians, swimming is a suitable motor activity that improves: the state of health; acts as a health booster; and prevents the most common problems in the development of the child's body.

❖ The conducted research experiment proved that regular activities with a structured swimming training organization: reduce fat accumulation and develop height and chest, which leads to improved functions of the lung, heart, and respiratory system; and provides a favorable development of the body, harmoniously developing it, motor strengthening and improving the functions of the organs; increases the quality of life by improving the motor, functional and mental state and has a practically life-saving effect.

BIBLIOGRAPHY

Angelova 2023: Angelova, Petia. Overview of the research activity of the department of physical education and sports at trakia university *Trakia Journal of Sciences*, Vol. 21, Suppl. 1, 420-424, Trakia University, Available online at: <http://www.uni-sz.bg> ISSN 1313-3551 (online) doi:10.15547/tjs.2023.s.01.070

Angelova 2021: Angelova, Petia. Role of respiratory rehabilitation in patients recovering from coronavirus infection covid-19 *Trakia Journal of Sciences*, Vol. 19, Suppl. 2, 29-32, Copyright © 2021 Trakia University Available online at: <http://www.uni-sz.bg> ISSN 1313-3551 (online) doi:10.15547/tjs.2021.s.02.006

Angelova 2021a: Angelova, Petia. Study and comparative analysis of body weight indicator data in women students *Trakia Journal of Sciences*, Vol. 19, Suppl. 1, 654-658, Copyright © 2021 Trakia University Available online at: <http://www.uni-sz.bg>

ISSN 1313-3551 (online) doi:10.15547/tjs.2021.s.01.100

Dimitrova 2020: Dimitrova, Bistra. Relationships between education and innovations in the recreation Industry in Bulgaria. DOI: 10.15547 / tjs.2019.02.007. *Trakia Journal of Sciences*, Vol. 18, No 2, 2020, 143-149, ISSN: 1313-3551 (online). Available at: <http://tru.uni-sz.bg/tsj/Vol.18>

Dimitrova 2019: Dimitrova, Bistra. Quality assessment about standards for wellness services and certified skills of specialized staff.. DOI: 10.15547 / tjs.2019.02.007. *Trakia Journal of Sciences*, Vol. 17, No 2, 2019, 143-149, ISSN: 1313-3551 (online). Available at: <http://tru.uni-sz.bg/tsj/Vol.17>

Dimitrova 2019.a: Dimitrova, Bistra. New smart educational model 'Wellness instructor'. Monograph. Ed. Avangard Prima, Sofia, first edition. ISBN: 978-619-239-150-8

Ignatova 2018: Ignatova, Darinka. The effects of swimming on preschool children with spinal abnormalities, 17th International Balkan Society for Pedagogy and Education /BASOPED/ Conference 'Traditions and innovations in the education of the Balkan countries', ISBN 978-954-326-370-7, Sofia, 207-212.

Ignatova 2021: Ignatova, Darinka. Specificity of the motor potential for achieving Scholar Wellness, *Trakia Journal of Sciences*, Vol. 19, Suppl. 1, 867-873, ISSN 1313-3551 (online), Trakia University doi:10.15547/tjs.2021.s.01.136, Available online at: <http://www.uni-sz.bg>

Ignatova & Iliev 2023: Ignatova, Darinka, Alexander Iliev. Current methods and models combining nutritional regimes with motor activity. *International Scientific Journal of Innovation "Smart Innovations in the Recreational (Wellness) Industry and Niche Tourism"*, ISSN: 2603-4921, 05 (1-2), 08-14, [https://scjournal.globalwaterhealth.org/wp-](https://scjournal.globalwaterhealth.org/wp-content/uploads/2024/02/2.IGNATOVA_ILIEV_p.7-13_2023.pdf)

[content/uploads/2024/02/2.IGNATOVA_ILIEV_p.7-13_2023.pdf](https://scjournal.globalwaterhealth.org/wp-content/uploads/2024/02/2.IGNATOVA_ILIEV_p.7-13_2023.pdf)

Nesheva 2023: Nesheva, Irina. A wellness tool to perform healthy lifestyle practices In the Bulgarian school system. Национално издателство Аз Буки МОИ Сп. „Стратегии на образователната и научната политика“ С. том 31, номер 5, 560-572, ISSN 1314-8575 (Online); ISSN 1310-0270 (Print) – 0.2 (2022) Impact factor/ Q4 (2022) Rank by JCI, <https://doi.org/10.53656/str2023-5-7-wel>

Nesheva 2023a: Nesheva, Irina. Pregnancy and wellbeing. *Trakia Journal of Sciences*, Sofia. Volume 21, Supplement 1, Series Social Sciences, 231-235, doi:10.15547/tjs.2023.s.01.039 ISSN 1313-7069 (print), ISSN 1313-3551 (online)

Nesheva 2022: Nesheva, Irina. Social benefits of Wellness motor activities for women with normal pregnancy. *International Scientific Journal of Innovation "Smart Innovations in the Recreational (Wellness) Industry and Niche Tourism"*. Vol. 4, Is. 1-2, ISSN: 2603-4921, 22-27.

Бенчмаркинг на антропометрични показатели, базиран на плувни занимания

Даринка Игнатова

Цел на проучването бе установяване и оценка нивото на двигателно развитие, базирайки се на проследяване на антропометрични показатели: ръст, тегло и гръдна обиколка чрез организиране на системни занимания по плуване на деца в начален етап на основната образователна степен. Бенчмаркинг-анализът на резултатите от обучението е осъществен в рамките на една учебна година. Предмет на анализа е влиянието на началното обучение по плуване, върху здравословното състояние и двигателно развитие при 7 – 8-годишни деца. Обект на изследване е динамиката в антропометричните показатели в процеса на обучение по плуване, както проследяване на специфични индикатори, измерени чрез обективни инструменти, систематизирането и анализа им. Изследователски контингент са 30 деца, на 7 – 8-годишна възраст, редовно посещаващи занимания по плуване на басейн „V-Gym Fitness & SPA“ в гр. София. Научно обосноваването изводи позволяват да бъде установено влиянието на двигателната подготовка на учениците върху динамиката на антропометричните им показатели: ръст, тегло и гръдна обиколка посредством системни плувни занимания. В периода от 01.09.2023 до 01.05.2024 г. бе проведено измерване на двигателния потенциал на ученици от начален етап на основната образователна степен в условията на учебно-тренировъчни плувни занимания. За извеждане взаимовръзката между индикаторите е приложен анализ на динамиката чрез математико-статистическа обработка.

Possibilities and Perspectives of Modern SPA Therapies for Developing a Healthy Lifestyle

Mariana Angelcheva

National Sports Academy 'Vassil Levski'

Abstract: This article draws attention to the possibilities of applying modern spa therapies in order to reduce the risk of socially significant diseases, perspectives for the development of wellness education and future research. The results of recent studies on the effectiveness of spa and wellness programs in influencing psycho-emotional state, overweight, cellulite and health in users of these services are analyzed.

Keywords: spa therapies, certified spa and wellness centres, wellness, education.



Mariana Angelcheva is a doctor in physical and rehabilitation medicine, Ph.D, and full-time Associate Professor at Department of 'Health Care', Faculty of Public Health, Healthcare and Tourism, at National Sports Academy 'Vassil Levski'. She is member of the Bulgarian Medical Association.

E-mail: drangelcheva67@gmail.com

INTRODUCTION

Medicus curat, Natura sanat.

Hippocrates, c. 460-377 BC

I. HEALTH STATUS OF THE BULGARIAN

There is a trend of ageing population in the European Union (EU) countries and Bulgaria is no exception. According to Eurostat (2021), Bulgaria is ranked first among the EU member states with the highest overall mortality rate (21.7 per thousand) compared to the average for the EU (11.9 per thousand). Compared to the average life expectancy in the EU (80.1 years), the estimated average life expectancy in Bulgaria is lower.

The National Health Risk Factor Survey (2020) of Bulgarians shows: *insufficient physical activity; deficit of health education information; poor nutritional status; high levels of daily stress.*

The worsened health of the Bulgarians, the high morbidity and mortality rates, the reduced life expectancy place ever more demanding requirements on the healthcare system. These trends require the search for new alternatives to improve health and quality of life. In this sense, spa and wellness practices offer effective coping strategies, such as health risk prevention.

Fortunately, we live in a country with abundant nature. Bulgaria is among the first countries in Europe in the variety and richness of hydrothermal waters and resorts with balneoclimatic treatment.

II. POSSIBILITIES OF SPA THERAPIES FOR IMPROVING THE HEALTH STATUS OF THE BULGARIANS

From a medical point of view, spa therapies are considered as complex health and/or aesthetic programs for restoring the physical, mental and psychological health and beauty of a person, using natural healing resources or their artificial analogues in combination with psychotherapeutic methods. Spa methods are pleasant, non-invasive, painless; they provide increased comfort to the client through additional impact on the senses of sight (natural landscapes), hearing (composition of sounds and silence, music), smell (aromatherapy), touch (warm, cold, tactile impact), taste (herbal and detox teas, fresh, etc.). They can have different durations (1, 3, 5/10 days).

Depending on their **goals**, spa therapies are aimed at **detoxification** of the body, **relaxation** of the nervous system, **anti-cellulite** and **figure re-modelling** effect, **revitalizing** and **slowing aging** effect, **analgesic** and **prophylactic** effect when included and Medical Spa sector (courses of more procedures).

Scientific research on the effects of different spa treatments and spa programmes, both in the short and long term, is still lacking.

II. 1. AIM

Analyzing the results of some of the latest studies on the effectiveness of spa therapies aimed at influencing **stress**, **weight reduction** and **cellulite**. The presented scientific evidence

should be compared with the results of our own research in the field of the scientific subject.

II.2 RESULTS AND ANALYSIS

II.2.1. Anti-stress and relax SPA therapies

Spa therapies provide an opportunity to improve both the physical, emotional and mental adaptation of the body. The most frequently offered relaxing procedures are different types of **massages** – relaxing, aromatherapeutic, reflex, hydro massage with mineral or fresh water; **masks** – hydrating, cleansing, revitalizing; **heat-treatment procedures** – Finnish and infrared sauna, steam bath, laconium, tepidarium, Turkish bath; **water procedures** – baths, showers, baths, bathing in a mineral pool; **aeration and heliotherapy**.

II.2.1.1. Massage therapy

In the last two decades, there has been an increased interest in massage therapy for spa and wellness prevention of various diseases. Research has shown that massage therapy positively affects anxiety^{1,2}; depression³; pain⁴; stress⁵ and improves quality of life^{6,7}.

Spa package 'Anti-stress' (aromatherapy massage; hydro massage bath with warm mineral water; full body mask with pure chocolate; underwater shower massage, relaxing massage (with a background of quiet music and aromatic candles) is applied to 45 persons (18 men and 27 women) with the possibility of additional use of the sauna park (Finnish and infrared sauna, laconium, tepidarium, steam bath with mint and eucalyptus, relaxation room, ice fountain and ice pool).

The SAN test applied to the examined persons showed a positive attitude in 85 % with an improvement in a number of indicators (feeling of freshness; feeling of burst of strength; better self-esteem; satisfaction; good mood)⁸.

¹ Bauer et al. 2010: 70-75.

² Andonova 2014c: 103-107.

³ Moyer 2008: 3-5.

⁴ Marinova 2019: 581-585.

⁵ Nikolovska et al. 2012: 694-697.

⁶ Wändell et al. 2012: 8-15.

⁷ Marinova 2018: 205-213.

⁸ Pavlova et al. 2016: 336-341.



Picture 1. Relaxing massage.



Picture 2. Point massage.

There is still a lack of studies in Bulgaria investigating the impact of combined physical and mental relaxation methods.

The combined effects of anti-stress massage and an individual combination of Dr. Bach's flower essences were applied to 57 individuals (43 women and 14 men) aged 20 to 50 years. There was also an increased interest in relaxation treatments in males, as a health prevention option; the combined effects attracted people of active working age (40-50 years), with the likely cause being accumulated higher stress levels on one hand and better financial opportunities on the other. 65% of respondents would repeat the treatments⁹ (Fig. 1).

The combined impact of the relaxing massage and Dr. Bach's anti-stress elixir provides deeper psychophysical relaxation.



Picture3. Bach elixirs.

Analysis of recent research data shows an expansion of the therapeutic uses of rose oil by demonstrating a number of its pharmacological effects: antioxidant and antiviral (herpes virus); analgesic, anxiety and depression reducing; antimicrobial; bronchodilator and antitussive effects; anti-inflammatory; antidiabetic; laxative and anti-aging effects^{10,11}. Certified spa and wellness centres in the country, where there is a comprehensiveness of digital presentability of services, have developed special aromatherapy rituals. The average number of aromatherapy treatments is approximately between four for wellness centres and six for SPA centres¹².

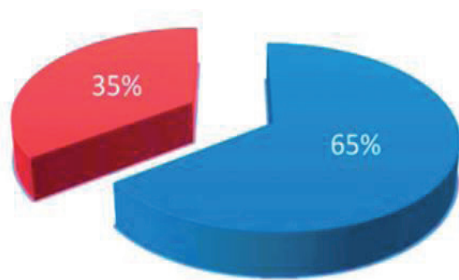


Figure 1. Respondents' preference for repeating the procedure.

II.2.1.2. MODERATE ANTI-STRESS PHYSICAL ACTIVITY

In recent years, there has been an increased interest in **moderate physical anti-stress activities** such as yoga, tai-chi, qigong, sacred architecture, paneurythmy, eurythmy and others. These are practices aimed at restoring the balance between mind and body, between

⁹ Angelcheva, Petkova 2019: 348-352.

¹⁰ Popova-Dobrev 2023: 74-81.

¹¹ Popova-Dobrev, Gencheva 2012: 135-141.

¹² Popova-Dobrev 2022: 98-103.

the spiritual and the physical in the human personality, in which the client actively and consciously participates in stimulating his or her own healing mechanisms.

Clinical evidences are presented for the use of *yogic breathing* in the treatment of *depression, anxiety, post-traumatic stress disorder, as well as for the treatment of victims who have experienced mass disasters*, as the yoga system enables *to increase the body's resilience against stress. to improve well-being, mood, attention, intellectual focus, and stress tolerance* by increasing parasympathetic tone and calming stress response systems via neuroendocrine pathways¹³.



Picture 4. Yoga practice.

The study of 76 women (42 yoga practitioners and 34 physically inactive) showed that the **leading coping strategies** for women who *do not play sports are passive*; they have more difficulty solving their problems in stressful situations and become frustrated. *For women practicing yoga, the leading strategies are active*. The studied individuals react immediately in stressful situations, concentrate on the problem and actively deal with it¹⁴.

II.2.1.3. BALNEOTHERAPY

Five-month hot mineral water spa therapy in 500 clinically healthy volunteers, showed significant relief of complaints related to sleep disturbance; mental stress and general health problems; joint pain, leg or foot cramps; blurred vision in subjects in the experimental group compared to the control group; significant

reduction in waist circumference in women under 55 in the experimental group¹⁵.

II.2.2. SPA TREATMENTS FOR CELLULITE REDUCTION.

Successful spa treatments for cellulite reduction require: long-term complex application of an appropriate diet and exercise regime, combined with an individual approach to treating problem areas. The orientation of consumers towards an environmentally friendly healthy lifestyle in recent years has made natural products more and more preferred as anti-cellulite, remodelling and detox treatments: honey, chocolate, essential oils, seaweed, milk, wine and others.

Anti-cellulite massage with honey was applied to 20 women (25-35 years, 10 treatments of 30 minutes, twice a week) with 2-5 drops of suitable essential oils in individual combinations (grapefruit, orange, lemon, lavender, juniper, rosemary, sage, geranium, etc.). Statistically significant reductions were reported for all measured circumferences. Combined with thermo-zone treatments, honey therapies are a very good detoxifying and revitalizing procedure¹⁶.

The analysis of the exported Internet information in the digital applications of the certified centres in Bulgaria shows that honey treatments occupy a significant place in Bulgarian SPA-centres and are less present in wellness centres and massage studios in Sofia. It is noticeable that there is a tendency to develop and apply both independent and combined rituals and concepts based on the use of Bulgarian products – honey, wine, milk, rose oil and herbs¹⁷.

Apparatus methods for aesthetic correction and remodeling of the figure, based on reshaped physical factors: *ultrasonic cavitation; pressotherapy; radiofrequency lifting; exercises on a vibrating platform* were included in a 3-month program of figure modelling in 45 overweight

¹³ Brown's, Gerbarg 2005b: 711–717.

¹⁴ Marinov et al. 2017: 57-63.

¹⁵ Bei Yang et al. 2017: 261-272.

¹⁶ Tomova 2022: 88-93.

¹⁷ Angelcheva, Tomova 2023: 66-73.

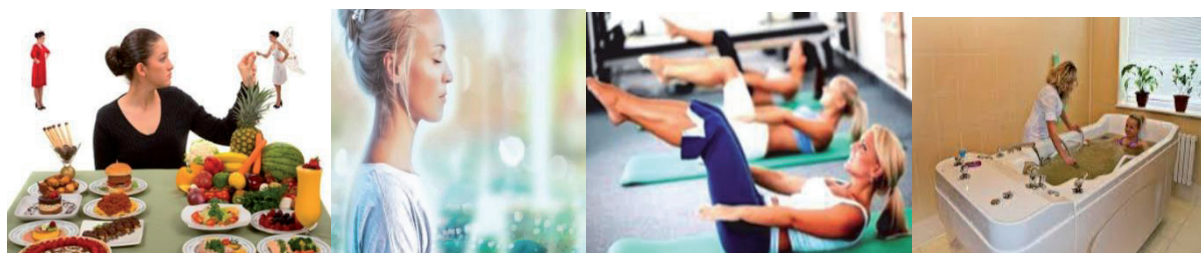
women with cellulite (second degree), aged 34-45 years. The combination of *diet* and *aesthetic physiotherapy* applied to the studied individuals showed a statistically significant reduction of their BMI to the healthy norm (BMI below 25)¹⁸.

II.2.3. SPA THERAPIES FOR WEIGHT REDUCTION

Spa therapy combined with **practical workshops** is **more effective** in weight loss programs for obesity at a young age and for metabolic syndrome in adults. A two-week author's complex spa program (appropriate diet and exercise regimen, anti-cellulite and underwater-shower massage, relaxation techniques and healthy lifestyle discussions) applied to 25 clinically healthy pre- or post-menopausal women (40-50 years) had a positive effect not only on weight reduction but also on the level of mental well-being in the studied individuals¹⁹.

Comparable in design to our study is a prospective controlled study conducted at a center (the thermal facility of Bryd le-Bain, France) with 340 obese and overweight volunteers enrolled and divided into two groups. The study monitored the long-term effects of a standard weight loss spa therapy (intake of 600 ml of mineral water; individual baths, showers and underwater massages, consultation with a nutritionist, a practical nutrition workshop, physical activity with or without a trainer) applied alone and in combination with a therapeutic education program to the studied individuals. The results showed that while Spa therapy carried out alone led to weight reduction, increased physical activity and improved quality of life, the inclusion of therapeutic training increased the durability of these effects²⁰.

Few studies have examined the effects of aqua practice in overweight women. The application of a 6-month adapted aqua



Picture 5. Elements of a complex weight reduction program.

gymnastics program in obese women, combined with underwater-jet massage of problem areas, showed statistically significant weight reduction and improved psycho-emotional tone, compared to the change in these indicators in the group with massage procedure applied alone²¹.

Similar results were reported in a three-month study of women (up to 30 years of age) involving twice-weekly attendance at an aqua spinning program, combined with underwater

shower massage of problem areas, compared to those in the massage-only group²².

Such adapted programs have proven their effect in maintaining a healthy weight and good psycho-emotional tone also during pregnancy in healthy women²³.

Stress and obesity are mutually determined conditions whose biological relationship has been established by the disturbances of the levels of the main hormones regulating appetite²⁴.

Modern trends require Spa practices to

¹⁸ Nikolovska 2013: 188-191.

¹⁹ Angelcheva 2023: 556-560.

²⁰ Schnebelen-Berthier et al. 2019: 492-498.

²¹ Aleksandrova 2019: 49-53.

²² Trendafilov, Dimitrova 2013: 454-460.

²³ Nesheva 2015: 210-214.

²⁴ Haleem 2014: 384-97.

include both treatments and techniques aimed at influencing metabolism and reducing the effects of stress.

A scientific project has been developed to demonstrate the effectiveness of these practices by assessing heart rate variability, methods to assess cardiac re-modelling and function, electrodermal activity, blood markers, anthropometric profile, body mass composition, bone parameters, psychological assessment²⁵. The Obesi Stress Protocol offers a new Spa program to manage stress in addition to the procedures to influence obesity in the thermal zone.

II. 3. DISCUSSION

The accumulated global and Bulgarian experience shows that there is a need for more research aimed at proving the effectiveness of combined Spa programs for stress management in overweight and obesity.

II. 4. OUTCOMES

Developing successful strategies to deal with everyday stress, overweight and obesity as an element of modern lifestyles through the integration of practices in Spa and Wellness culture would have significant benefits as health risk prevention. This in turn requires the

need for continuous and ongoing training of qualified personnel to respond to the challenges in this rapidly evolving field.

II. 5. RECOMMENDATIONS

1. For the purposes of research in the field of spa and wellness practices in our country, it is necessary to introduce tools for evaluation and documentation of the obtained databases of the results of the analysis of experiments not only at the end of the therapeutic course, but also with the possibility of long-term follow-up

2. This research can serve as a basis for the design of new, more effective Spa and Wellness products and programs, combining both new and non-traditional methods for the prevention of risk factors of socially significant diseases.

III. CONCLUSION

The holistic approach is the key to the future of SPA and Wellness Centres as a serious institution for health prevention. Incorporating therapeutic programs with educational objectives to be conducted within the Spa and Wellness treatment course will enable the current passive client to transform from a mere consumer into an active creator of their own health and well-being.

BIBLIOGRAPHY

Alexandrova 2019: *Alexandrova, Velichka*. Ефективни уелбиинг методи във водна среда при жени със затлъстяване в средна възраст.[Efektivni uelbiing metodi vav vodna sreda pri zheni sas zatlastyavane v sredna vazrast]. Смарт иновации в рекреативната (Wellness) индустрия и нишов туризъм. Международно научно списание. Рекреативна & Wellness Индустрия и Нишов Туризъм, (1), ISSN: 2603-493X, 49-53.

Andonova 2014c: *Andonova, Tatyana*. Методика за намаляване на стреса и тревожността. [Metodika za namalyavane na stresa i trevozhnostta]. Спорт и наука, (4), 103–107.

Angelcheva, Petkova 2019: *Angelcheva, Mariana, Petkova, Simona*. Effects of combination between relax massage and Bach flower remedies on everyday stress, Proceedings book, International Scientific Congress 'Applied Sports Sciences', Balkan Scientific Congress 'Physical Education, Sport, Health', 15-16 November 2019, Sofia, Bulgaria, www. icass 2019.com, ISBN(Online):

978-954-718-601-9, ISBN(Print): 978-954-718-602-6, 348-352.

Angelcheva 2023: *Angelcheva, Mariana*. Complex SPA program effect on overweight women's physical condition and well-being. Trakia Journal of Sciences. Series Social Sciences. ISSN 1313-3551, 21(1). Vol. 21, Suppl.1, 556-560.

Angelcheva, Tomova 2023: *Angelcheva, Mariana, Tatyana Tomova*. Apitherapeutic Heritage – Application and Innovation in the Spa and Wellness Industry of Bulgaria, Bulletin 'Heritage BG' – Research Announcements 5/2023, ed. Emmanuel Moutafov, Year 3rd, issue 5th, ISSN (Print): 2815-3138 // ISSN (Online): 2815-3316, Sofia, 3(5), 66-73.

Bauer et al. 2010: *Bauer Brent, Susanne Cutshall, Laura Wentworth, Deborah Engen, Penny Messner, Christina Wood, Karen Brekke, Ryan Kelly, Thoralf Sundt*. Effect of massage therapy on pain, anxiety, and tension after cardiac surgery: a randomized study. Complement. Ther. Clin. Pract, 16, 70-75.

Bei Yang et al. 2017: Bei Yang, Qi-Zhong Qin, Ling-Li Han, Jing Lin, Yu Chen. Spa therapy (balneotherapy) relieves mental stress, sleep disorder, and general health problems in sub-healthy people. *International Journal of Biometeorology*. 62(5), 261-272.

Brown's, Gerbarg 2005b: Brown's, Richard, Gerbarg Patricia. Sudarshan KriyaYogic breathing in the treatment of stress, anxiety, and depression — part II: clinical applications and guidelines. *Journal of Alternative and Complementary Medicine*. 11(4), 711–717.

Dutheil, Chaplais, Vilmant, Courteix, et al. 2019: Dutheil, Frédéric, Elodie Chaplais, Audrey Vilmant, Daniel Courteix et al. Stress management in obesity during a thermal spa residential programme (Obesi Stress): protocol for a randomized controlled trial study, *BMJ Open*, 9, e027058, 1-10.

Haleem 2014: Haleem, Darakhshan. Investigations into the involvement of leptin in responses to stress. *Behav Pharmacol*, 25, 384–97.

Marinova 2018: Marinova, Denka. Влияние на традиционния китайски масаж (туйна) върху качеството на живот при пациенти с множествена склероза, [Vliyanie na traditsionniya kitayski masazh (tuyna) varhu kachestvoto na zhivot pri patsienti s mnozhestvena skleroza]. Електронно списание Манас, Център на източни езици и култури „Св. Климент Охридски“, София: 4(2), ISSN 2376 -6256 (online), 205-213.

Marinova 2019: Marinova, Denka. Проучване ефекта на терапевтичния масаж при пациенти с хронична болка в шийния дял, [Prouchvane efekta na terapevtichniya masazh pri patsienti s hronichna bolka v shiyniya dyal]. Сборник с доклади, Международен научен конгрес „Приложни спортни науки“. НСА ПИЕС, ISBN: (Online): 978-954-718-601-9, ISBN: (Print): 978-954-718-602-6, 581-585.

Marinov, Gencheva, Angelcheva, Ignatov, Dimitrov 2017: Marinov, Todor, Nezabavka. Gencheva, Mariana Angelcheva, Ignat Ignatov, Vasil Dimitrov. Influence of Yoga Practices on Stress Coping Strategies. *Journal of Medicine, Physiology and Biophysics*. ISSN 2422-8427. An International Peer-reviewed Journal, 39, 57-63.

Moyer 2008: Moyer Christopher. Affective massage therapy. *Int. J Ther. Massage Bodyw*, 1, 3-5.

Nesheva 2015: Nesheva, Irina. Benefits of the physical activity and the elaborated program mental prevention gym for women with normal pregnancy. *Research in Kinesiology*, 43(2), 210-214.

Nikolovska, Andonova, Kraydjikova, Peeva 2012: Nikolovska, Lence, Tatyana Andonova Leyla Kraydjikova, Penka Peeva. Massage methods for psychoemotional recovery in female athletes. *Sport & Science*. Extra issue 2012, VI International Scientific Congress “Sport, Stress Adaptation”, 17-

19 may 2012, 694-697.

Nikolovska, Krstev, Megova, Mihaylova 2013: Nikolovska, Lence, Toshe Krstev, Tanya Megova, N. Mihaylova. Двигателна програма за редукиране на масата на тялото при избыточна тежест и целулит. [Dvigatelnaya programma dlya reduktsii masyi tela pri zbyitochnom vese i tsellyulite]. Материали на II Всероссийской научно-практической конференции с международным участием: „Лечебная физическая культура: достижения и перспективы развития“ (27-28 МАЯ 2013г.). 88-191.

Pavlova, Paskaleva, Ivanova 2016: Pavlova, Vanya, Ruska Paskaleva, Violeta Ivanova. Application of spa and wellness procedures for prevention of stress. Proceedings of the fifth scientific session for teachers and students of Medical College – Varna, October 13 – 14, 2016, 5(4), 336-341.

Popova-Dobreva 2022: Popova-Dobreva, Diana. Wellness innovations and good aromatherapy practices in Bulgaria. Bulletin ‘Heritage BG’ – Research Announcements 3/2022, ed. Emmanuel Moutafov, ISSN (Print): 2815-3138 // ISSN (Online): 2815-3316. Sofia, 2(3), 98-103.

Popova-Dobreva 2023: Popova-Dobreva, Diana. Wellness Innovations Based on Bulgarian Rose, Bulletin ‘Heritage BG’ – Research Announcements 5/2023, ed. Emmanuel Moutafov, Year 3rd, issue 5th, ISSN (Print): 2815-3138 // ISSN (Online): 2815-3316, Sofia, 3(5), 74-81.

Popova-Dobreva 2012: Popova-Dobreva, Diana, Gencheva, Nezabavka. Литературен преглед на публикации свързани с Уелнес & Ароматерапия; Спорт и наука, София, Извън. Бр.1, 135-141, [Literaturen pregled na publikacii, svazani s Wellness & Aromatherapy; Sport i nauka], Sofia, 135-141.

Schnebelen-Berthier et al. 2019: Schnebelen-Berthier, Coralie, Nathalie Negro, Arnaud Jaruga, Christian-Francois Roques, Jean-Michel Lecerf. Long term effect of spa therapy combined with patient education program on subjects with overweight and obesity – A controlled study. *Obes Res Clin Prac.*, 13(5), 492-498.

Tomova 2022: Tomova, Tatyana. Традиции и иновации в мануалните въздействия за Рекреация и Уелбийнг. Лечебен масаж с пчелен мед при целулит [Traditions and innovations in the manual impacts in Recreation and Wellbeing. Lecheben massaj pri celulit]. Година II, брой 3, ISSN (Print): 2815-3138 // ISSN (Online): 2815-3316, БЮЛЕТИН „НАСЛЕДСТВО БГ“ – НАУЧНИ ИЗВЕСТИЯ“ 2/2022, ed. Emmanuel Moutafov, Sofia, 88-93.

Trendafilov, Dimitrova 2013: Trendafilov, Dimitar, Dimitrova, Bistra. Aqua spinning as anti-stress health prevention. Acts of conference ‘physical education and sport’. Montenegro, 2013,

no 37-39 / XI, ISSN: 1451-485 (9771-4517-48001), 454-460.

Wändell, Carlsson, Gefvells, Andersson, Törnkvist
2012: Wändell, Per, Axel Carlsson, Catharina Gefvells,

Katarina Andersson, Lena Törnkvist. Measuring possible effect on healthrelated quality of life by tactile massage or relaxation in patients with type 2 diabetes Complement. Ther. Med., 20, 8-15.

Възможности и перспективи на съвременните спа терапии за изграждане на здравословен стил на живот

Мариана Ангелчева

Настоящото проучване се фокусира върху възможностите на съвременните СПА и Уелнес програми за повлияване на стрес, редукция на наднормено тегло и целулит при потребителите на тези услуги. Очертани са основните насоки за развитие и необходимостта от бъдещи научни изследвания относно ефективността и качеството на СПА практиките и предлаганите програми. Особен акцент се поставя върху необходимостта от включването на здравно-образователни програми, насочени към промяна в начина на живот чрез създаване на трайни навици за здравословно хранене, физическа активност и стил на живот, в рамките на престоя в СПА и Уелнес центрите.



The Usage of Mineral Waters in Bulgaria as a Factor for the Development of the Municipalities

Zhelyu Vladimirov, Sonya Mileva

Faculty of Economics and Business Administration
Sofia University 'St Kliment Ohridski'

Abstract: *The main goal of this study is an analysis of the use of mineral waters in Bulgaria as a factor for the development of municipalities, increasing the quality of life of local residents and the development of mineral water-related tourism. The research is based on data from strategic documents of municipalities, interviews with their representatives, local residents and local business representatives. The relevance of the topic stems from the fact that the management of mineral waters faces a number of problems that create obstacles to their rational use. The results show that these problems are mainly related to administrative procedures and institutions responsible for mineral waters, as well as to regulatory requirements. The main recommendation is that in order to make full use of the mineral water resource, a national strategy, policy, comprehensive management approach and investment is needed to solve the identified problems at both macro and local levels.*

Key words: mineral waters, municipalities, Bulgaria, health tourism, problems

Ключови думи: минерални води, общини, България, здравен туризъм, проблеми



Zhelyu Vladimirov is Professor at the Faculty of Economics and Business Administration at Sofia University 'St Kliment Ohridski'. His main interests are in the field of small business competitiveness, entrepreneurship and the integration of cultural heritage in socio-economic development. Email: jeve@feb.uni-sofia.bg

Sonya Mileva is Professor at the same Faculty at Sofia University 'St Kliment Ohridski'. Her research interests are in the field of tourism. She has a key role in developing a conceptual framework for understanding the attitude of society towards the socialist heritage in Bulgaria. Email: smileva@feb.uni-sofia.bg

INTRODUCTION

The main goal of this study is an analysis of the use of mineral waters in Bulgaria as a factor for the development of municipalities, increasing the quality of life of local residents and the development of mineral water-related tourism. The relevance of the topic is caused by the fact that a significant part of the municipalities is in dire need of funds for the rehabilitation of the existing mineral water infrastructure, exploration and discovery of new wells. A number of administrative difficulties and regulatory requirements are cited as obstacles to drilling. The National Plan for Recovery and Sustainability does not provide for such funds. There is no National strategy for the use of mineral waters in Bulgaria.

At the same time, in the EU countries possessing hydrothermal resources, the respective municipalities have a leading role in the management of the potential of mineral waters and ground heat. For example, over 90 % of spa centres and bottling industry enterprises in Italy are developed and managed

by associations of business entities with the participation of the respective municipalities. Similar is the legislation and practice in France, Germany, Spain, Hungary and other countries rich in mineral waters and geothermal energy.

The present research is based on data from strategic documents of municipalities, interviews with their representatives, local residents and local businesses. The results show that in order to make full use of the mineral water resource, a national strategy, a comprehensive management approach and investments are needed to solve the identified problems at both the macro and local level.

1. LITERATURE REVIEW

1.1. *Studies of mineral springs in Bulgaria*

The first more serious geological and hydro chemical studies began at the end of the 19th and the beginning of the 20th century. Already in 1908, there was a significant number of baths that were known and available for bathing by the general public. There are numerous publications dedicated to the various mineral water deposits, including a description of the intended use and benefits of mineral waters, as well as part of the development of the resort industry. Most of these publications make a number of recommendations for improving infrastructure and public access to water. During the times of socialism, many health spas were built all over the country to provide affordable treatment. A number of small villages are turning into lively resorts with developed public infrastructure.

The years of transition after 1989 radically changed the development of mineral baths and the resort business. Financial problems are deepening, those related to ownership and management t appear, which in some cases lead to the total ruin of the built baths. The new institutional environment and the possibility of privatization give way to new and different interests in the built infrastructure, often even with a change in their purpose. '... private hotels are emerging from among the

abandoned buildings of spa complexes, and parks of mineral baths – monuments of culture, pending restoration, are divided into plots, ready for sale and construction.'¹. The period after 1990 is characterized by a drastic reduction in drilling activities and reduction of geological exploration enterprises.

1.2. *Legal regime for the use of mineral waters*

The use and management of water resources in the R of Bulgaria is regulated by the Water Law (WL)². According to Art. 6 of the WL and Ordinance No. 1 of 10.10.2007³ on exploration, use and protection of groundwater, water bodies and water management systems and facilities in the country may be owned by the state, municipalities, individuals and legal entities. Mineral waters, included in a special list (Appendix No. 2 of WL), are exclusive state property. With regard to mineral waters – exclusive state property and public municipal property, the Law provides for two types of use by third parties for commercial purposes – concession and permit. Permit mode is when the purpose of water use is for treatment and prevention, recreation, hydropower, etc. The granting of a concession for the extraction of mineral waters is provided for in accordance with the Law on Concessions, when the water intake is intended for bottling, extraction of valuable substances and other purposes. Mineral water extraction concessions, exclusive state property, are not the subject of this study.

For mineral water deposits that are public municipal property, a permit regime is applied in accordance with the Law on Concessions and the Law on Municipal Property. The rights of use are in the form of a concession contract or a water intake permit issued by the mayor of the municipality. Municipalities can make decisions on free use, including setting a fee for water intake.

1.3. *Management of mineral waters*

The great variety of mineral waters in Bulgaria enables them to be used for various purposes and economic activities – for drinking

¹ From 'God's bath' to the spa.

² Water Law.

³ Ordinance No. 1 of 10.10.2007.

and household purposes, treatment, spa, recreation, heating, etc. The operating resource is estimated at 1979.99 l/s, of which 1415.19 l/s, or 71.47 %, represent a free resource⁴. Despite the traditions of using mineral waters in Bulgaria, there is still a huge unused resource. According to the data of the Ministry of the Environment and Waters as of 09.08.2023 in our country there are: 102 mineral water deposits of exclusive state property; 51 deposits of public municipal property; 57 municipalities have mineral deposits provided for management, and 13 of them do not have permits issued⁵. According to the data of the National Concession Register (as of 08.2023)⁶, there are a total of 15 state-owned concessions, and a total of 18 municipal concessions.

The mineral waters used for heating and cultivation also fall under the purview of the Ministry of Agriculture for registered producers for cultivation of agricultural crops (vegetables) in heated greenhouses.

The Ministry of Health is the principal and owner of a significant part of the building fund in places, including 'Specialized Rehabilitation Hospitals – National Complex' EAD ('SBR – NK' EAD), which includes 13 specialized rehabilitation hospitals, located in established spa resorts. The list of resorts includes 19 spa resorts of national importance and 35 of local importance⁷.

The development of tourism and, more specifically, health, medical and spa tourism is the responsibility of the Ministry of Tourism. Of total,⁷ balneology and spa destinations have been developed. Health tourism (spa, wellness, balneology, medical) is part of the National Strategy for the Sustainable Development of Tourism in the R of Bulgaria 2014-2030, and the Health Tourism Development Plan (2022-2025) has also been adopted.

1.4. Mineral waters and the development of tourism

The importance of mineral waters for the development of tourism (domestic and international) is widely advocated in publications⁸. In Bulgaria, spa tourism continues the traditions of balneology. The sector became part of the Law on Tourism, and a number of municipalities owe the development of tourism to the mineral waters of their territory. In 2022, over 13 % of tourist registrations in Bulgaria were in municipalities with mineral waters. In most municipalities, the share of Bulgarian tourists exceeds 90 %. There is interest in spa tourism from all age groups. Younger people usually associate spa tourism with recreation and relaxation, while older people often travel to improve their health.

In 2018, the Ministry of Tourism developed a total of seven balneology and spa destinations, which, however, do not fit into established tourist areas. At the same time, spa tourism and health tourism are the main channels for obtaining economic and social benefits from mineral waters for the respective municipalities, local residents and local businesses. The mere availability of mineral water without appropriate tourist infrastructure and easy access for visitors is not sufficient for the development of the relevant settlement⁹.

The Health Tourism Development Plan (2022–2025)¹⁰ includes 4 strategic goals related to the imposition of the country's image as a health tourism destination; creation of competitive health tourism products; marketing and balanced development of healthy tourism. There is no data on monitoring and/or implementation of this plan, which remains yet another wishful document.

⁴ Lichev 2011: 15.

⁵ Ministry of Environment and Waters.

⁶ National Concession Agreement (as of 08.2023),

⁷ Council of Ministers Decision No. 153 of February 24, 2012.

⁸ Bennett et al. 2004; Cohen & Bodeker 2008; Smith & Puczko 2008; Tabacchi 2010, and others.

⁹ National Strategy for Sustainable Development of Tourism in the Republic of Bulgaria 2014-2030: 57.

¹⁰ Health Tourism Development Plan (2022-2025).

1.5. Results of interviews with experts

For the purposes of the research, two in-depth interviews were conducted with representatives of the Bulgarian Groundwater Association and the Bulgarian Thermal Heritage Association. Engineer Velichko Velichkov from the Bulgarian Groundwater Association points out the following: there are administrative problems related to a lack of adequate solutions, common “slackness, lack of capacity bordering on criminal negligence”; difficult and complex procedures for obtaining a concession or permit regime; need for a strategy to ensure that mineral water will be used as intended; lack of a legally prescribed mechanism for new explorations, repairs and recovery of wells; most drilling was done in the 1950s and 1960s. Similar considerations were expressed by Prof. P. Penchev, chairman of the Bulgarian Groundwater Association.

In an interview with Ivo Anev and Nadia Ivanova from the Bulgarian Association for Thermal Heritage (07.05.2023), the following problems were highlighted: the good examples of using mineral waters are generally in municipalities where tourism is not developed. There, the resource is not ‘eaten’ by investors chasing profits and returns; in settlements such as Kresna and Zheleznitsa, they do not want investors, but that the water ‘stay’ for the local people; problems with long-term concessions, which are a form of privatization, where the concessionaire is mainly monitored to pay for

the concession; problems with the ownership of the baths, as there are municipal and private ones or part of ‘Specialized Rehabilitation Hospitals – National Complex’ EAD (such as Momin Prohod and Kostenets); only 30 % of the bathrooms have been rehabilitated for their purpose. The overall conclusion is that there is no adequate policy for the management of mineral waters as a resource for local development.

The need for unified management of mineral deposits and the development of a law or a national strategy for mineral waters are the subject of a number of discussions, round tables and debates¹¹.

2. RESEARCH METHODOLOGY

2.1. Formation of a sample of municipalities

During the initial selection of municipalities for analysis, the following factors were taken into account – established routes for balneology and spa destinations developed by the Ministry of Tourism. From a total of seven routes, municipalities were selected considering their material and technical base (including accommodation) and degree of tourism development from the point of view of the life cycle theory of the destination¹². After an interview with a representative of the Bulgarian Groundwater Association, taking into account the expert knowledge of the actual state of exploitation, flow rate, technical characteristics and development potential of the mineral waters, the initial grouping of the municipalities was changed as follows (**Tab. 1**):

Table 1. Regrouping of the municipalities subject to analysis

Developed	Developing	Not well developed	Sunset
Varshets	Chiflik	Rudozem	Starozagorski baths
Velingrad	Belchinski mineral baths	Kresna	Sliven baths
Hisarya	Ognyanovo	Kazanlak (Ovoshtnik)	Banya (Nova Zagora)
Sandanski	Haskovski mineral baths	Kostenets	
Pavel banya	Dobrinishte	Dolna banya	
Sapareva banya	Kranevo	Maglizh (village Yagoda)	
Banya (Karlovsko)	Banya (Razlog)	Yakoruda	
	Rupite, Marikostinovo (Petrich)	Burgas mineral baths (Burgas)	

¹¹ Stoyanov 2023; Ivanova 2023; Dineva 2022; Zhikov 2023; Aleksandrova 2023; Explica – Global Metrics 2019; Bilyarska 2018.

¹² Butler 1980.

2.2. Research toolkit

Data collection was based on a combination of quantitative and qualitative methods. Quantitative data were taken from analysis of documents, reports and other publications, while qualitative data resulted from observation and semi-structured interviews. From the strategic documents of the municipalities data on changes in the number of populations, the demographic and educational structure, the number and size of local companies, schools and universities; road infrastructure, the quality of streets and sidewalks; green areas, access to sites with mineral springs, etc., have been extracted. The questions for the interviews refer to an assessment of the social and economic effects of the use of mineral waters in the respective municipalities. The field research was conducted by a team led by PhD student Margarita Boeva.

3. ANALYSIS OF THE RESULTS

3.1. Analysis of the results of the review of strategic documents of the municipalities

At the municipal level, a detailed review of strategic documents of the selected municipalities was made, including their Plans for integrated development (PIDM) or other municipal plans (where no PIDM has been adopted), as well as analysis of media publications on the subject. The strategic documents related to mineral waters of all investigated municipalities (26) or settlements (27) were analysed. Among these municipalities/settlements are 63 % of all balneological resorts of national importance (total 12 out of 19), as well as 29 % of balneological resorts of local importance (10 out of 35). Thus, the sample of municipalities and settlements includes the majority of balneological resorts of national importance and almost a third of balneological resorts of local importance.

The studied municipalities have different degrees of development and different priorities in the use of mineral waters. Nevertheless, there are some common *macroeconomic* and social problems such as the following:

□ Unfavourable demographic trends – population aging and migration to other regions of the country and abroad;

□ Reduction of the available labour resource, which will continue in the future;

□ Relatively high levels of unemployment in a number of municipalities, which are above the average for the country;

□ Lack of a sufficient number of medical personnel, unavailable or insufficient quality healthcare;

□ Poor condition of the municipal road and street network, as well as poor transport connectivity, especially for smaller settlements (Ognyanovo, Yakoruda, Rudozem, etc.);

□ Outdated water supply network as a cause of significant losses of drinking water (60–90 %). Exceptions are Rupite and Marikostinovo (Petrich municipality);

□ Lack of sewage system and treatment plants in many of the settlements;

□ Difficulties in household waste management;

□ Lack of good jobs in order to retain young people, as well as conditions for training and retraining;

□ Insufficient efficient use of mineral waters – exclusively state property, handed over to the municipality for use;

Regardless of the potential of mineral waters as a resource for the development of tourism, and more specifically – spa, health, medical, etc., not all municipalities recognize it as a strategic goal for development.

The data on the demographic profile by municipalities (there are no data for individual settlements and/or villages) show negative values and a demographic decline in 2021 compared to the previous census in 2011. The demographic collapse is between -1.82 % for the municipality of Maglizh to -19.05 % for Velingrad, where in 2014, with the separation of 3 settlements from the municipality of Velingrad, a new municipality was formed – Sarnitsa. There is a general trend for the growth of the population aged 65+, with this ranging from +6.69 % for the municipality of Maglizh to +45.03 % for the municipality of Rudozem.

Unemployment levels are lowest in the municipalities of Pavel Banya, Kostenets (because of labour migration), Hisarya and Sandanski, and at the other extreme with

extremely high levels of unemployment are Yakoruda 36.2 %, Varshets 15.7 % and Velingrad 14.2 %. The average gross monthly salary varies between BGN 871 in Haskovski mineral baths to BGN 1,249 in Dolna Banya, with an average of BGN 1,879 for the country in 2022.

In the context of the availability of mineral waters and medical facilities, established destinations with traditions in balneotherapy stand out – Velingrad and Hisarya, respectively, with 6 and 4 hospitals, while most municipalities and surveyed settlements do not have hospitals. According to data from the Ministry of Tourism, the most certified spa centres are in Velingrad (24) and Hisarya (9). There are balneotherapy centres in Velingrad (11), Pavel Banya (10), and the most wellness centres (3) in Hisarya.

There are mineral baths in almost all destinations (with the exception of Chiflik, Troyan, Kranevo and Rupite, which fall into the so-called developing destinations). The baths in the municipality of Kostenets are non-working and in bad condition, as well as the private baths that have already been sold, but without realized investments, such as in Belchinski mineral baths. The baths in Varshets, Dobrinishte, Yakoruda and the village of Yagoda have been renovated and are well managed.

The accommodation base in terms of number of guest houses, hotels, family hotels, villas and holiday villages stand out first in Sapareva Banya (141), followed by Velingrad (106), Kranevo (86) and Sandanski (84). Velingrad (44) and Kranevo (29) take the top spot in terms of number of hotels. In terms of number of family hotels, Sandanski (31) takes the leading place, while Marikostinovo, Burgas mineral baths and Kresna have the most modest development.

According to the category of number of accommodation places in the high category segment (4-5 stars), Velingrad stands out sharply with a total of 24 objects, followed by Kranevo (8) and Sandanski (8). According to data from 'Capital'¹³, prices in 4- and 5-star hotels during the weekend vary from

BGN 189 to BGN 366, with peaks of BGN 500 per night (Velingrad). In recent years, there has been significant investor interest in the construction of high-class hotels in smaller settlements such as Ovoshtnik (Kazanlak), Banya (Razlog) and Belchin Banya. There are not a few settlements and municipalities without a high-class base.

These data show that mineral waters as a resource are a prerequisite, but not a guarantee, for the successful development of health and spa tourism and the respective municipalities. Investments in spa tourism are mainly in high-class hotels, often outside established resorts, in settlements with insufficiently developed technical and tourist infrastructure. Different investor interests and changes in ownership are often associated with a change in the purpose of the mineral baths, which in the past were public and widely accessible.

3.2. Analysis of the results of interviews with representatives of municipalities with mineral waters

The questionnaires for the representatives of the municipalities were tested with a small non-representative sample. Representatives of 24 municipalities with mineral water deposits were interviewed. One representative per municipality was interviewed, only two from Banya (Razlog) municipality. Among them are chief experts on the environment, municipal property, deputy mayor and mayor, head of the 'European Projects' office, secretary of the municipality, senior experts on ecology, directors of different departments, etc.

Of all these municipalities, only 8 have adopted a strategic document for the development and/or use of mineral water deposits. Among the reasons why other municipalities have not adopted a similar document, the following are stated: 'The deposits do not have sufficient flow' (Kresna); 'The qualities and characteristics of the water are not good enough' (Sliven baths); 'There is a lack of investor interest in the waters' (Burgas Mineral Baths, Sliven Baths, Yakoruda); 'There is

¹³ Gencheva 2023.

a lack of a national strategy for mineral waters' – indicated by 10 municipalities. In the free answers it was shared that some municipalities are in the process of obtaining a certificate (Rudozem); the waters are state property (Belchinski mineral baths, Starozagorski mineral baths); no regulatory requirements (Chiflik); work is being carried out under the Water Law (Rupite, Marikostinovo – Petrich municipality).

The investigated municipalities have a different number of mineral water deposits – from one (Dolna Banya, Rudozem, Sapareva Banya, Slivenski Bani and Yakoruda) to 24 (Hisarya). In most cases, almost all deposits are exploited. Only in Kranevo, out of 13 deposits, only 3 are exploited; in Banya (Karlovsko), 7 out of a total of 11 deposits are exploited; in Haskovo mineral baths, out of 7 deposits, 5 are exploited. In the majority of these municipalities, mineral waters are included in the relevant PIDM for the period 2021–2027, with the exception of 6 municipalities. The responsible units in the structure of the municipality for the activities related to the use of mineral waters are various departments and directorates – for environment; municipal property; GRAO; finance; specialized administration, etc.

According to the answers, in 20 municipalities free public access to mineral water in various forms is ensured for local residents, while there is no such access in four municipalities: Kranevo, Maglizh (Yagodovo village), Ognyanovo and Sapareva Banya. In 16 of the municipalities this access is made through public fountains with mineral water, in 8 of them there are public baths, and in 4 also municipal swimming pools. When asked whether people in the municipality have the opportunity to use mineral water in their homes, the representatives of all 24 municipalities answered negatively.

Only two municipalities share that they have public-private partnerships for water

exploitation – Kresna and Yakoruda. One partnership is for a concession (Kresna) and the other for a municipal company (Yakoruda). The concession has been for heating since 2020, and the municipal company has been for maintenance since 2015. Neither municipality has a special investment program nor funding through calls for other municipal financial instruments to support water use projects. Such projects are financed by other programs such as the Tourism Development Program or infrastructure programs. With the exception of four municipalities (Kresna, Yakoruda, Rupite and Marikostinovo (Petrich) and Hisarya), all others declare that there is no sustainable mechanism for financing mineral water activities.

To the question of whether the municipality received financial support from the state for the management of mineral water deposits for the period 2019–2023, 22 representatives of municipalities answered negatively. Only 2 municipalities were supported with Council of Ministers decision (Rudozem and Sapareva Banya), while the Haskovo Mineral Baths won a competition for such support. For the program period 2014–2021, two municipalities have implemented projects for the use of mineral waters (2 projects from Haskovo mineral baths and 1 project from Rudozem). Two of the projects are for exploration drilling and working drilling and one is for the creation of mineral paths between Bulgaria and Greece.

Twenty-three of the 24 representatives of the municipalities responded affirmatively to the question of whether there should be a National Strategy for mineral waters. According to them, the priority should be the provision of targeted national support for more efficient use of mineral waters, followed by a change in legislation, the development of local and national strategies, the creation of capacity through personnel training, etc. (**Tab. 2**).

Table 2. What do you think are the activities and measures that should be implemented as a priority for the efficient use of mineral waters? (Up to three answers)

Activities and measures	No of municipalities
Change in legislation	15
Development of local and regional strategies for mineral waters, especially in regions where they have a proven economic contribution	13
Capacity building through education and training	11
Development of partnership between public authorities, scientific and educational institutions	9
Providing funding for integrated national support (targeted)	20
Support for regional brand registration and mineral water quality certification	10
Others	3

Out of all the municipalities, 18 have received a different number of applications for water intake in the last 5 years, and in most cases, they have been approved. A large discrepancy is observed only in the Municipality of Banya (Razlog), where only 6 of 50 such requests were approved, and in the Municipality of Banya (Karlovsko), where 12 of 30 requests were approved. 6 municipalities did not have such requests.

Of all the municipalities, 15 have no revenue in the municipal budget from concessions/permits for water use, while four municipalities have 1 % revenue in the budget per year. Municipality of Banya (Razlog) has 2 % of such revenues; Sapareva bath – 3 %; Hisarya – 4 %, Maglizh (Yagodovo village) – 5 % and Kazanlak (Ovoshtnik) – 10 %.

Five municipalities declare that they have concluded contracts for concessions for the use of mineral waters. These concessions are for bottling (Dolna Banya and Hisarya); balneotherapy (Belchinski mineral baths); heating (Kresna); according to the Water Law "Other Purposes" (Maglizh – village of Yagodovo). When asked what the reasons are if no such contracts have been concluded, 9 municipalities indicate a lack of investor interest and 3 municipalities indicate administrative restrictions. The free answers also state that the waters are state property (Sapareva bath); legislation (Pavel Banya); the deposit is not intended for drinking and has no concession capacity (Starozagorski baths; Banya – Karlovsko); permit regime (Sliven baths), etc. After the expiration of the water use permits of 5 or 10 years, these permits are renewed in 17 of the interviewed municipalities. As the representative of the Municipality Pavel Banya

shared, in 80 % of cases they are renewed. In some cases, the municipality extends the term, as is the case in Sapareva Banya, from 5 years with an additional 11 years (Decision of municipality Council 01.09.2023). Most of the interviewed municipalities share that the revenues from concessions and permits are regular, with only 4 municipalities expressing disagreement.

The representatives of 4 municipalities answered the question of whether there is data on what percentage of the volume of mineral water is used for drinking by the population in public and private places. There is no such data according to the remaining 20 municipalities. Seven municipalities answered about the share of mineral water used for recreation and balneotherapy, while 17 municipalities did not have such data. This share is 1 % (Sliven mineral baths), 4 % (Kazanlak – Ovoshtnik), 31 % (Haskovski mineral baths), 90 % (Kresna), 99 % (Starozagorski baths) and 100 % (Maglizh – Yagodovo village and Pavel Banya). In only one municipality, 10 % of the mineral water is also used for heating public and private buildings (Sapareva Banya). In Kresna, 20 % of the mineral water is used for heating vegetable greenhouses and 8 % in Banya (Nova Zagora).

The presence of mineral waters contributes to the development of the settlement as a balneology/spa/wellness destination according to the representatives of 19 of the municipalities, with 5 municipalities expressing disagreement. The presence of these waters also helps to increase the quality of life of the local residents according to the representatives of 11 municipalities, while 13 do not support this statement, i.e., regarding the effect of mineral waters on the quality of

life, opinions are almost divided. For 15 of the representatives interviewed, the mineral waters have turned the municipalities into a more attractive place to live and attract new residents, while the representatives of 9 of the municipalities do not agree with this statement (Banya – Nova Zagora, Burgas mineral baths, Kostenets, Ognyanovo, Rudozem, Sapareva Banya, Slivenski Bani, Starozagorski Bani and Chiflik). Only 2 municipalities answered the question about the effects of mineral waters on the development of the settlement in terms of local business, tourism, hotels, guest houses. From Banya (Nova Zagora) they say that ‘there is a closed society there’, while the mayor of Rudozem expresses hope for good development in this direction.

To the question of whether the municipality has implemented measures to overcome the consequences of the insufficient use of mineral

waters, 15 municipalities answered that they do not have such measures, in one municipality there is no such problem (Dolna Banya), and from the municipality of Petrich they answer that the waters are state property and there are restrictions on such measures. However, in 6 municipalities, some activities such as ‘water drainage’ were carried out (Banya – Karlovsko); ‘contract with A1 for flow meters in real time and monitoring’ (Kazanlak – Ovoshtnik); ‘constructed collection shaft and reservoir’ (Haskovski mineral baths); ‘control and monitoring every year’ (Banya – Nova Zagora), etc.

For 5 of the interviewed representatives of municipalities, the technical condition of the deposits from the point of view of their construction and maintenance of the catchments is not good, for another 6 municipalities this condition is partially good, partially bad, while for 13 of the municipalities, for the most part, the deposits are in good condition (**Tab. 3**).

Table 3. Technical condition of the deposits

Technical condition - construction and catchments	Municipalities
It's not good	Pavel Banya, Rupite and Marikostinovo (Petrich), Sandanski, Starozagorski Bani and Hisarya
Partly good, partly not good	Banya (Razlog), Dolna Banya, Kresna, Sapareva Banya, Chiflik and Yakoruda
For the most part good	13 municipalities

When asked what are the lost benefits from the insufficient use of mineral waters, 12 municipalities say that there are no lost benefits and everything is used. Other 12 municipalities share some gaps, such as the following: ‘There is no spa treatment, more hotels with mineral pools are being built’ (Banya – Razlog), etc. The Municipality of Maglizh shares that ‘within a few years, the municipality renovated the public bath in the village of Yagoda. The building is a cultural monument. In 2022, the bath was put into operation, which increased tourist interest and made mineral water easily accessible to the population.’

The majority of the surveyed representatives of the municipalities claim that in their municipalities the exploitation resources of the mineral water deposits have been assessed and the relevant orders for the confirmation of the resources have been received from the Ministry of Environment

and Water. Only a larger share disagrees with the statement that the municipality provides free drinking water for the local population and those mineral waters are advertised widely.

The majority of respondents agree with the statement that the financial assistance from the state for mineral waters is insufficient (19 municipalities) and to some extent with the statement that there is a lack of administrative capacity and financial means for additional research and design of mineral water deposits (13 municipalities). In contrast, a larger share of them disagrees with the statements that there are no clear procedures for issuing water intake permits, that the conditions for the development of the mineral water business are not good, that local residents are not interested in the development of mineral water deposits and that the motivation of the municipal administrations to develop the deposits is weak. (**Tab. 4**).

Table 4. To what extent do you agree with the following statements?
(One answer per line, 1 – ‘strongly disagree’, to 5 – ‘strongly agree’)

	1	2	3	4	5
1. There is a lack of administrative capacity and financial resources for additional research and design of mineral water deposits	6		5	1	12
2. Poor condition of water sources, requiring high initial capital investments	9	1	4	4	6
3. Insufficient financial assistance from the state	3	1	1	1	18
4. There is no clear concept of priorities in the use of mineral water	9	1	5	4	5
5. There are no clear procedures for issuing water abstraction permits	14	2	1	1	6
6. Unfavourable conditions for the development of the mineral water business	13	3	4	2	2
7. Disinterest of local residents in the development of mineral water deposits	16	2	4		2
8. There is a lack of investor interest and strategic partners for the development of mineral water sites	11	1	7	3	2
9. Weak motivation of the municipal administration for the development of these deposits	16	1	4	2	1
10. Insufficient advertising of mineral water deposits	8	1	10	1	4

In the free answers, one of the interviewed representatives points out that state-owned mineral water deposits are provided to municipalities without being properly maintained, and subsequently municipalities are required to incur management costs that cannot be compensated by revenues. Another municipal representative emphasized the confused legislation (the law was last operational in 1956) and the lack of a clear state strategy. A third respondent shared that in a concession for bottling mineral water from a deposit, not all the water is used, because only one concessionaire can bottle from one deposit. For example, the deposit has 100 cubic meters of water per year, and the concessionaire uses 1 cubic meter per year. The remaining 99 cubic meters remain unused in most cases.

CONCLUSIONS

On the subject of the benefits of mineral waters for municipalities, local residents and local businesses, the following contradictions emerge:

- Competition and conflict regarding the purposes of application – recreation, balneotherapy, tourism, attractions, heating, etc. Competition between investor interests at the deposit level, with no clear rules for evaluation in the allocation of debit and water

intake. Evidence for this is the number of unissued/unsatisfied requests for water intake permits and unrealized investment projects, for which it is difficult to collect statistics at the municipal administration level.

- Contradiction between public and private interests regarding access and use of mineral waters. The problems here are related to the restoration of mineral baths, public pools, fountains and free access to water resources, as high-end hotels and spa tourism are in the high price segment. Initiatives in this regard have a number of associations foundations (Bulgarian Water Association, ‘Geya’ Foundation, ‘Association for Kniazhevo’, Civic Initiative ‘Kniazhevets’, ‘Sofia Team’ and many others). The opening of the spa resorts to the insurance systems of the EU countries fills this segment and narrows the circle of potential consumers from the country according to their ability to pay.

- There are not a few problems related to administrative procedures and institutions responsible for mineral waters, as well as regulatory requirements.

- The main recommendation is that in order to make full use of the mineral water resource, a national strategy, comprehensive management approach, policy and investment is needed to solve the identified problems at both the macro– and local level.

BIBLIOGRAPHY

- Aleksandrova* 2023: *Aleksandrova, Nina*. От едно водно находище в София се изливат по 8 литра в секунда в канализацията [From one water body in Sofia, 8 litters per second are poured into the sewer], 22.03.2023. Available at: <https://kmeta.bg/%d0%be%d1%82-%d0%b5%d0%b4%d0%bd%d0%be-%d0%b2%d0%be%d0%b4%d0%bd%d0%be-%d0%bd%d0%b0%d1%85%d0%be%d1%89%d0%b5-%d0%b2-%d1%81%d0%be%d1%84%d0%b8%d1%8f-%d1%81%d0%b5-%d0%b8%d0%b7%d0%bb%d0%b8%d0%b2/>
- Bennett et al.* 2004: *Bennett, Michelle, King, E.M. Brian, Milner, Laura*. The health resort sector in Australia: A positioning study. *Journal of Vacation Marketing*, 10(2), 122-137. DOI: 10.1177/135676670401000203
- Bilyarska* 2018: *Bilyarska, Radostina*. Експерти: Необходим е Закон за минералните води и инвестиции за стопанисване на изворите. [Experts: A law on mineral waters and investments for the management of springs are needed] Available at: <https://bnr.bg/horizont/post/100950466/eksperti-po-vodite-neobhodim-e-zakon-za-mineralnite-vodi-i-investicii-za-stopanisvane-na-izvorite>
- Butler* 1980: *Butler, W. Richard*. The concept of a tourist area cycle of evolution: Implications for management of resources. *Canadian Geographer*, XXIV, 1, 1980, 5-12. DOI: <https://doi.org/10.1111/j.1541-0064.1980.tb00970.x>
- Cheshemdzhiev* 2021: *Cheshemdzhiev, Krassimir*. Геотермална енергия в България? Да, но внимавайте с минералната вода [Geothermal energy in Bulgaria? Yes, but be careful with mineral water], 12.08.2021 г. Available at: <https://www.bloomberg-tv.bg/a/57-bloomberg-tv-bulgaria-intervyu/96759-promyana-v-temperaturata-na-termo-mineralnite-vodi-do-promeni-fizikohimichniya-sastav>
- Cohen & Bodeker* 2008: *Cohen, Mar, Bodeker, Gerard* (Eds.). *Understanding the Global Spa Industry*. Amsterdam: Elsevier.
- Dineva* 2022: *Dineva, Detelina*. Обсъждат разработване на стратегия за използването на минералните води в България [They discuss the development of a strategy for the use of mineral waters in Bulgaria]. 19.07.2022. Available at: <https://www.iskra.bg/obsazhdan-razrabotvane-na-strategia-za-izpolzvaneto-na-mineralnite-vodi-v-bulgaria/>
- Explica – Global Metrics* 2019: Експлика-Глобал Метрикс ДЗЗД (2019). Здравен туризъм. Продуктов анализ. *Health tourism. Products' analysis* (In Bulgarian): Available at: https://www.tourism.government.bg/sites/tourism.government.bg/files/uploads/2019_gg/produktov_analiz_-_zdraven_turizam.pdf
- Gencheva* 2023: *Gencheva, Boriyana*. Звезден сезон за българските спа курорти – нови луксозни хотели, повече туристи и по-високи цени [Star season for Bulgarian spa resorts – new luxury hotels, more tourists and higher prices], В-к Капитал, май 2023 г. Available at: https://www.capital.bg/biznes/turizum/2023/05/20/4480414_zvezden_sezon_za_bulgarskite_spa_kurorti_-_novi/
- Ivanova* 2023: *Ivanova, Venelina*. България може да се издържа само от минералните ни води, [Bulgaria can support itself entirely from our mineral waters], 15.07.2023. Available at: <https://www.bta.bg/bg/news/economy/490238-balgariya-mozhe-da-se-izdarzha-samo-ot-mineralnite-ni-vodi>
- Smith & Puczko* 2008: *Smith, Melanie, Puczko, Laszlo*. *Health and Wellness Tourism*. London: Routledge.
- Stoyanov* 2023: *Stoyanov, Nikola*. Съдбата на минералните бани беше обсъдена на кръгла маса [The fate of the mineral baths was discussed at a round table] 26.01.23. Available at: <https://bnr.bg/sofia/post/101770479/sadbata-na-mineralnite-bani-beshe-obsade%adna-na-kragla-masa>
- Tabacchi* 2010: *Tabacchi, H. Mary*. Current Research and Events in the Spa Industry. *Cornell Hospitality Quarterly*, 51(1), 102-117. <https://doi.org/10.1177/1938965509356684>
- Zhikov* 2023: *Zhikov, Georgi*. Държавна стратегия за минералните извори поиска видински депутат [A Vidin deputy requested a state strategy for mineral springs]. 17.01.23. Available at: <https://bnr.bg/vidin/post/101765572/diskusia-za-mineralnite-izvori-se-provede-v-narodnoto-sabranie>

ON-LINE DOCUMENTS

Council of Ministers Decision No. 153 of February 24, 2012 (In Bulgarian): Решение на МС № 153 от 24 февруари 2012 г. за обявяване Списък на курортите в Република България и определяне на техните граници. Available at: www.dv.parliament.bg/DVWeb/showMaterialDV.jsp;jsessionid=0C41648713E083B226F9BED3CA87772E?idMat=62122

From 'God's bath' to the spa (In Bulgarian): От „божата баня“ до балнеолечебницата. Available at: www.palacesofhealth.com/bg/%D0%B4%D0%B2%D0%BE%D1%80%D1%86%D0%B8/D0%BA%D0%BE%D0%BD%D1%82%D0%B5%D0%BA%D1%81%D1%82

Health Tourism Development Plan (2022-2025) (In Bulgarian): План за развитие на здравен

туризъм за периода 2022-2025 г. Available at: https://www.tourism.government.bg/sites/tourism.government.bg/files/documents/2021-12/plan_zdraven_turizum_2022_-_2025.pdf

Ministry of Environment and Waters (In Bulgarian): Министерство на околната среда и водите. Available at: <https://www.moew.government.bg/bg/vodi/mineralni-vodi/mineralni-vodi/>

National Concession Register (as of 08.2023) (In Bulgarian): Национален концесионен регистър, Available at: <https://nkr.government.bg/Concessions>

National Strategy for the Sustainable Development of Tourism in the R of Bulgaria 2014-

2030 (In Bulgarian): Национална стратегия за устойчиво развитие на туризма в Република България, 2014-2030 г. Актуализирана версия 2017 г. Available at: https://www.tourism.government.bg/sites/tourism.government.bg/files/documents/2018-01/nsurtb_2014-2030.pdf

Ordinance No. 1 of 10.10.2007 (In Bulgarian): Наредба № 1 от 10.10.2007 г. за проучване, ползване и опазване на подземните води. Available at: <https://lex.bg/laws/ldoc/2135569070>

Water Law (In Bulgarian): Закон за водите. Available at: <https://lex.bg/laws/ldoc/2134673412/>,

Използването на минералните води в България като фактор за развитие на общините

Желю Владимир, Соня Милева

Основна цел на това проучване е анализ на използването на минералните води в България като фактор за развитие на общините, повишаване качеството на живот на местните жители и развитие на свързания с минералните води туризъм. Изследването се основава на данни от стратегически документи на общини, интервюта с техни представители, местни жители и представители на местния бизнес. Актуалността на темата произтича от факта, че управлението на минералните води се сблъсква с редица проблеми, които създават пречки пред рационалното им използване. Резултатите показват, че тези проблеми са свързани главно с административните процедури и институциите, отговорни за минералните води, както и с нормативните изисквания. Основната препоръка е, че за да се използва пълноценно ресурсът на минералните води, са необходими цялостен управленски подход, национална стратегия, политика и инвестиции, които да решат идентифицираните проблеми както на макро-, така и на местно ниво.



Wellness Cluster and Knowledge-Based Economy

Bistra Dimitrova, Bogomil Angelov

Faculty of Public Health, Health Care, and Tourism
National Sports Academy 'V. Levski'

Abstract: *The objective of this material is to analyse the complete content of the Bulgarian Wellness cluster and its connection to the social environment for building a knowledge-based economy. The necessity for the widespread dissemination of Wellness culture within society has been established. Our focus on the Wellness Cluster divides the structural elements into reactive and proactive procedures and Wellness impacts. We explain how Niche practices and impacts stand out from the conventional healthcare sector (also known as the disease industry). The standardization of tools and definitions in the research is crucial for scientific progress in creating a knowledge-based economy in Bulgaria.*

Keywords: Wellness culture, Cluster, Business environment, Tourism, Wellbeing index

Ключови думи: Уелнес културата, Клъстер, Бизнес среда, туризъм, Уелбийнг индекс



Bistra Dimitrova, Prof., DSc Aquatic Sports Chair, Faculty of Public Health, Health Care and Tourism, National Sports Academy 'Vassil Levski', Email: dimitrova.bistra@yahoo.com Web of Science Researcher ID: X-2218-201 / <https://orcid.org/0000-0003-3152-983>

Bogomil Angelov, Head Assistant, Ph.D Aquatic Sports Chair, Faculty of Public Health, Health Care and Tourism, National Sports Academy 'Vassil Levski'.

Email: bogomil.todorov.angelov@gmail.com
ORCID: 0000-0002-3510-1915

INTRODUCTION

Over the past five years, the topics of Wellness tourism and benchmarking nations through the Wellbeing index have been widely discussed as specialised terms, yet they still seek scientifically grounded definitions^{1,2}. The business environment for Wellness tourism has not established its international standards and struggles to ensure a sustainable competitive environment, particularly in Central Europe, due to a significant shortage of specialized personnel^{3,4,5}. The demand for Wellness tourism has increased, with over 4.7 million people practicing it globally in 2023^{6,7}. Leading authors associate the development of polyvalent Wellness culture with recreational physical activity both on land and in aquatic environments. Unanimously, they all demonstrate and acknowledge its positive impact on the health

¹ Dimitrova 2019.

² Polimenov 2022.

³ GWI 2019.

⁴ Dimitrova 2020.

⁵ Ignatova 2022.

⁶ Ignatova, Iliev 2020.

⁷ Ignatova, Iliev 2022.

and quality of life of clients^{8/9/10}. Finding highly qualified personnel for Wellness centers is a major problem in the business environment^{11/12}. The industry is facing a 'war for talents,' and the situation is not improving. Many owners of Wellness centers report difficulties in finding the right combination of experience and skills in their employees. The demand for specialized

packages is growing, requiring more staff than what is currently available. This has led to an increased focus on educational, training, and certification programs for employees in the industry. The global Wellness tourism market is valued in billions of dollars, with 36 % generated by Europe, and six of the top 10 destinations are also located in Europe (see Fig. 1).

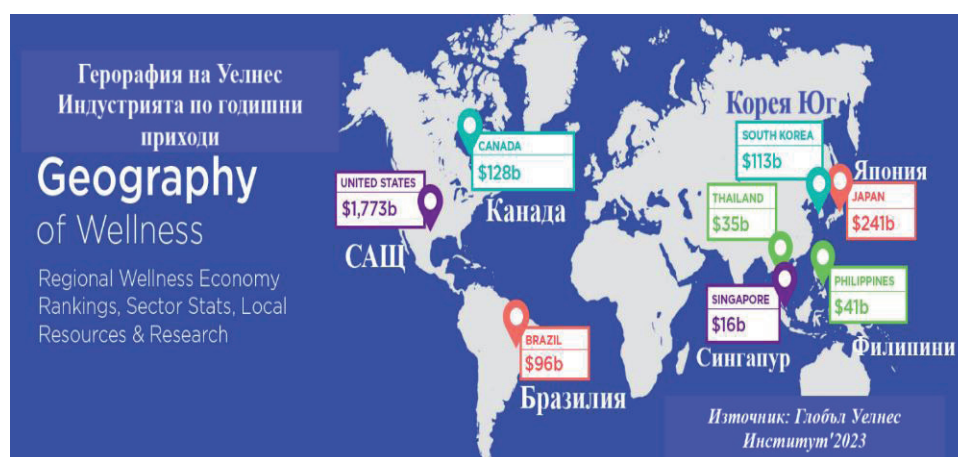


Figure 1. Geography of the Wellness industry by revenue and regions as of 2023.

The European Wellness industry recognizes the importance of scientific centers and the education of specialized personnel to ensure high-quality services¹³. To restore societal happiness, it is crucial to enhance individual life capacities through recreation in a sustainable business environment and maintain high-quality procedures. Currently, the sectors of the Wellness industry and Niche tourism (Wellness, Spa, Thalasso) still lack a clear vision, concept, regulated requirements, and/or standards¹⁴. Our many years of experience have established that the widespread dissemination of Wellness culture, through the initiatives and products of the Bulgarian Center of Excellence 'Heritage BG', transforms the business environment for niche tourism, providing inclusive smart growth¹⁵.

⁸ Chipeva 2019: 51.

⁹ Nesheva 2023.

¹⁰ Tomova 2021.

¹¹ Tsanov 2015.

¹² Nesheva 2019.

¹³ Harizanova 2022.

¹⁴ Ignatova 2022.

¹⁵ Dimitrova 2023.

METHODOLOGY

The objective of this study is to analyze the full content and scope of the Wellness cluster in relation to the social environment for building a knowledge-based economy. To diagnose the cultural and health content of our Wellness concept regarding the content and structure of the Wellness Cluster, we applied:

- **Data Analysis** from our previous studies and/or comments on opinions in the works of global organizations;
- **Theoretical Modeling** (heuristic, prognostic, normative, evriprogrammatic, and pragmatic);
- **Modeling of Subjective Assessments** to convert them into cognitive concepts and values;
- **Systematisation and Ranking of Expert Assessments** for the purpose of subordination.

The schematic and graphical data characteristic of the global Wellness market provide a real-time in-depth view of the global state of Wellness culture, as well as best practices in the Recreational industry

and niche tourism. Awareness of Wellness culture and achieving a good level of Wellbeing by citizens on a global scale ensures comparability at international, continental, regional, and national levels. Concurrently, the understanding of the dimension concerning community, governmental level, and nationality is developed.

RESULTS

To analyse the Wellness Cluster as a summarising structure is quite complex, decomposed by hierarchical subordination of difficulty. As seen from the structure presented below, the term includes a rich variety of indicators (Fig. 2). Most of the elements that constitute it are entirely niche procedures and directions.

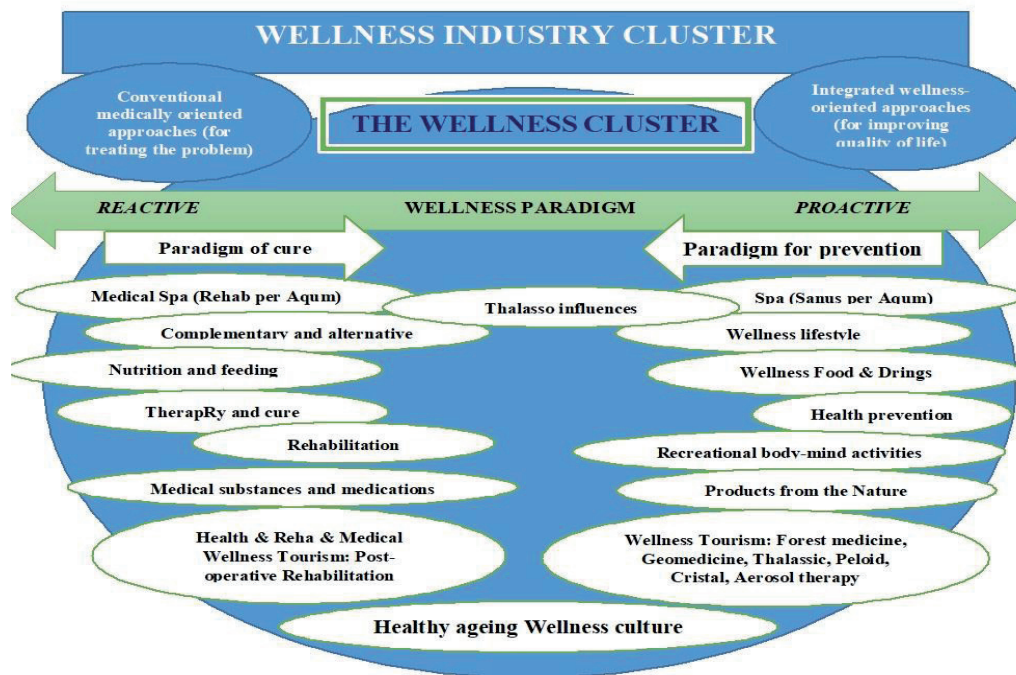


Figure 2. Reactive and Proactive Elements in the Subordination of the Wellness Cluster Content.

Each of these elements operates using different natural resources. This makes it challenging to be objectively registered and interpreted over time. Standardisation is

possible in the duration of procedures and the natural heritage that influences therapy. We make a first attempt to analyze this dynamic state using the indicators presented below (Fig. 3):



Figure 3. Subordination and Scope of Wellness Culture Indicators. Source: <https://www.linkedin.com/pulse/positive-psychology-work-robert-eiq-2-jerus-sphr>, accessed: 29.06.2024.

- Living life to its fullest and having pleasant experiences;
- Achieving balanced health parameters as a personal state;
- Achieving Wellness (Wellness) optimum through the directions listed as controlled variables: functional, intellectual, spiritual, emotional, professional, organizational, financial, social (interpersonal), ecological/planetary, cultural, health;
- Professional Wellness (Wellness) balance, motivation, achieving goals.

1. This involves life as a subjective assessment, accompanied by the functional balance of the physical body, with numerous objective evaluations in accordance with achieving professional Wellness (Wellness). These complex indicators are connected not only with subjective evaluation but also with the dynamics of each one over time, as well as the interactions between them. They do not change the fact that modern people primarily define Wellness as the new health prevention for good well-being and quality of life. The reason for such an understanding is not complicated: the general perception, and even some definitions of Wellness, are associated with achieving and maintaining a psycho-physical and emotional health balance. In this material, we clarify and enrich the substantive elements of the Bulgarian Wellness Cluster due to the great diversity of natural heritage in our country. This is the main reason for applying:

1. *Forest medicine* and therapy [forest: art, hammam, air bath, elephant eyes, forest nutrition];

2. *Geomedicine* and therapy [salt impacts, minerals, vitaminization, amino acids, gravity, hyperbaric chamber, oxygen therapy];

3. *Thalasso medicine* and therapy [sea water, sand, lye, peloid mud, algae, iodine vapors, aerosol impacts, deep breathing];

4. *Water therapy* and impacts [mineral, spring, and mountain waters, impacts through drinking, soaking, water jet with pressure, apparatus impacts in water];

5. *Manual therapy* and impacts [massage techniques, pressotherapy, acupuncture, adjustments, extensions];

6. Apparatus therapy and impacts [near-infrared light, low-current waves, ultraviolet light, vibrations];

7. Herbal therapy and impacts [essential oils, tea, extracts, cold infusions, decoctions, aerosol inhalations];

8. Healthy ageing Wellness concept (Recreational body-mind activities, wellness bio Foot)

9. Virtual therapy and impacts [VR added reality to various therapies through content from filmed Bulgarian protected natural areas].

The second term in the phrase “Wellness culture” refers to the significant aspects of humans and their environment that do not exist independently in nature. Culture is a product of human activity. In this context, we understand that wellness culture utilizes natural products and processed natural resources applied in procedures and interventions aimed at achieving a healthy way of life. It represents a collection of artificial structures and objects created by humans as supplements to natural ones, manifested through learned forms of human behavior and activities. All these elements are acquired through knowledge, self-awareness, and education and are expressed through a wealth of images and symbols in the surrounding environment.

Culture in the recreational industry and niche tourism manifests as human activities for self-expression, self-awareness, and accumulation of healthy habits and skills directed towards maintaining and controlling health (**Fig. 3**). Complete physical, mental, emotional, and social wellness ensures balanced health and the achievement of a healthy lifestyle. An excellent example is that nowadays wellness culture represents a wealth of goals pursuing enjoyable experiences for psycho-physical harmony, vitality, happiness, and creative thinking.



Figure 4. The architecture of personal health care for achieving a Wellness lifestyle.

We conducted a psychometric experiment to prove the social significance of an authorial innovative Wellness Cluster. We used new Wellness procedures and treatments applying Bulgarian products from natural heritage. We recorded the opinions of men and women, regular users of Wellness and restorative products and services. These opinions were statistically processed using specialized methodology to determine the weight of significance for each factor/indicator. The results obtained from the preference matrices and the ranking of factors determining the social impact and internationalization of the developed innovative Wellness Cluster (as a product) are presented in Table 1 and Figures 5, and 6. Table 1 presents the number of individuals and the corresponding weight of the factor for its ranking position through the

final sum of points collected from the total of all recorded opinions horizontally. The users' opinions on the question: "Do you believe that the innovative Wellness Cluster improves its effectiveness and quality through the inclusion of natural products from Bulgarian natural heritage?" are distributed as follows:

1. Positive opinions place the factor 'natural essential herbal and rose oils' in the first position, with 69 out of a total of 75 surveyed individuals expressing this view;

2. The percentage expression for the certainty of this factor is 76 %, which is a sufficiently high value, giving scientific credibility to the established ranking;

3. The maximum number of disagreements is only 3 people, which does not exceed a 12 % fluctuation, and does not change the stated ranking from the majority.

Table 1. Preference Matrix Based on Client Opinions Regarding the Social Significance of the Newly Developed Innovative Wellness Brand Product

<i>Indicators</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>Sum</i>	<i>Rang</i>
	<i>/6/</i>	<i>/5/</i>	<i>/4/</i>	<i>/3/</i>	<i>/2/</i>	<i>/1/</i>		
1. Do you think that the innovative Wellness Cluster improves its efficiency and quality by including natural products from the Bulgarian Natural Heritage?	69	3	1	2			75	I
	414	15	4	6	-	-	439	
2. Do you think that an innovative Wellness Cluster improves its efficiency and quality by including rituals with herbal teas and herbal juices?	3	70		2			75	II
	18	350	-	6	-	-	374	
3. Do you think that an innovative Wellness Cluster improves its efficiency and quality by including a Geomedicine ritual «Relaxation in a bio-energizing crystal or salt room»?	1		68	1	2	3	75	III
	6	-	272	3	4	3	288	
4. Do you think that an innovative Wellness Cluster improves its efficiency and quality by including a Forest Medicine ritual «Aroma therapy with fresh herbs»?	1	1	1	70	2		75	IV
	6	5	4	210	4	-	229	
5. Would you support the inclusion of a separate package of Wellness Rituals for Two?	1		3		71		75	V
	6		12	-	142	-	160	
6. Do you think that an innovative Wellness Cluster improves its efficiency and quality taking into account the time commitment of its clients (no more than 1 hour and 30 minutes for the whole package)?		1	2			72	75	VI
	-	5	8	-	-	72	85	

The registered opinions on the question in the survey card 'Do you think that an innovative Wellness (Wellness) Brand improves its efficiency and quality by including rituals with herbal teas and juices with herbs?' are distributed as follows:

1. Positive opinions determine the second place of the factor 'herbal teas and juices (fresh) with herbs' and their quantitative expression is 70 out of a total of 75 respondents;

2. The percentage expression for the certainty of this factor is 80 %, which is a sufficiently high value, giving scientific credibility to the established ranking;

3. Disagreement is only 3 people putting it first and does not exceed a 12 % swing, therefore does not affect the stated majority ranking.

The opinions on the question in the survey card 'Do you believe that the innovative Wellness Cluster improves its effectiveness and quality through the inclusion of a geomedicine ritual 'Relaxation in a bioenergizing crystal or salt room?' are distributed as follows:

1. Positive opinions place the factor 'inclusion of a geomedicine ritual' in the third position, with 68 out of a total of 75 surveyed individuals expressing this view.

2. The percentage expression for the decisiveness of this factor is 72 %, which is a sufficiently high value, providing scientific credibility for the established ranking.

3. Disagreement comes from 1, 2, and 3 individuals who rank it first, fourth, fifth, and sixth, with hesitation ranging between 4 % and 8 %, which does not affect the ranking indicated by the majority.

DISCUSSION

By definition, Wellness culture in the context of healthy and safe working conditions refers to a series of policies, ideas, customs, beliefs, values, and peer support that guide the workforce and are applied within a specific company or organization. The focus of Wellness culture is to promote a health-oriented lifestyle and working environment that are purposefully developed. Attention must be given to contemporary trends such as cyberculture and cultural practices in a digital environment. In the coming decades, this will be the place where mass cultural practices and activities most frequently emerge. Today,

people attribute to the computer the status of a real management information system, which serves as a physical and emotional anchor in their efforts to navigate the sea of information and help each other. It is a place for rapid adaptation syndrome, but not necessarily with a higher quality of life. It is a favorite place for sharing health-promoting programs and demonstrations of recreational physical activity. We convincingly present the "human-computer" subculture as a real perspective that to some extent coincides with and complements the real health and safety culture. New communities with their own rules are being created and developed; a new communication atmosphere arises. This creates conditions for a shift from biomorphism¹⁷ to technomorphism¹⁸ and the resulting cultural processes.

CONCLUSION

The analysis specified and enriched the substantive elements, as well as their subordination to the Bulgarian Wellness Cluster. Due to the great diversity of natural heritage in our country, it is important to publish the specifics of a complete substantive structure. At the same time, we established that the Wellness culture has its new territory for digital development. It is not difficult to predict that it will have increasing importance not only for health-conscious, ambitious people but also for the recreational business. We clarified and anticipated that it is part of the cyberculture of users and professionals. Today and in the future, it is taken into account by the recreational business, management, economics, and politics. Based on the analysis of the results and the constructed conclusion, we formulate the following conclusions:

1. The data from the psychometric experiment proved the need to develop various purpose-oriented and price-forming Wellness rituals with Bulgarian products from the Natural heritage;

2. The analysis of the respondents' opinions showed a clear trend of transitioning from individual procedures to comprehensive rituals;

3. To improve the quality of Niche tourism, it is necessary to introduce requirements for Bulgarian product manufacturers and the competence of specialized personnel.

BIBLIOGRAPHY

Chipeva 2019: Chipeva, Maya. Авангард Прима: Канго джъмпис Аеробика. София. [Avangard Prima: Kango dzhūmps Aerobika, Sofia], ISBN 978-619-239-131-7

Dimitrova 2019: Dimitrova, Bistra. Quality assessment about standards for wellness services and certified skills of specialized staff. Original scientific paper. DOI: 10.15547 / tjs.2019.02.007. Trakia Journal of Sciences, Vol. 17, No 2, 2019, 143-149, ISSN: 1313-3551 (online) / <http://tru.uni-sz.bg/tsj/Vol.17>

Dimitrova 2020: Dimitrova, Bistra. Relationships between education and innovations in the recreational Industry in Bulgaria. Original scientific paper. DOI: 10.15547 / tjs.2019.02.007. Trakia Journal of Sciences, No 18 /2, 143-149, ISSN: 1313-3551 (online) / <http://tru.uni-sz.bg/tsj/>

Dimitrova 2023: Dimitrova, Bistra. Educational policy, specialised staff, innovations and recreational industry. Strategies for Policy in Science and Education, Volume 31, Number 5, 532-546, 2023. <https://doi.org/10.53656/str2023-5-6-imp>

GW2021: Global Wellness Institute. The Global Wellness Economy: Looking Beyond COVID. Ed. Global Wellness Institute, December 2021. Available at: <https://globalwellnessinstitute.org/industry-research/the-global-wellness-economy-looking-beyond-covid/>

Harizanova 2022: Harizanova, Olya. New scientific infrastructure for innovations on the creative and recreation industries. Smart innovations in the Recreational, Wellness Industry and Niche Tourism Journal, 4 (1-2), 17-21.

Ignatova, Iliev 2020: Ignatova, Darinka, Alexandar Iliev. Motor qualities and their influence on children's development. International Scientific Journal: Smart Innovations in Recreation, Wellness Industry and Niche Tourism, No 2 (1-2), p: 16-44. ISSN: 2603-4921 (online). Available at: <https://scjournal.globalwaterhealth.org>.

Ignatova, Iliev 2022: Ignatova, Darinka, Alexandar Iliev. Benchmarking for the development of speed and power characteristics. Strategies for

Policy in Science and Education, 30 (4), 411-421. <https://doi.org/10.53656/str2022-4-6-ben>

Ignatova 2022: Ignatova, Darinka. Надеждни инструменти при оценка на училищен Уелнес в начален етап на основната образователна степен [Nadeshdni instrumenti pri otsenka na uchilishten Uelnes (Wellness) v nachalen etap na osnovnata obrasovatelna stepen. Strategies for Policy in Science & Education, 30 (1), 70-81. <https://doi.org/10.53656/str2022-1-4-rel>

Nesheva 2020: Nesheva, Irina. Information system for inclusion of women with normal pregnancy in gymnastics program. 'Smart Innovations on the Recreative & Wellness Industries and Niche tourism', Sofia, No 2 (1), 33-39. eISSN: 2603-4921. Available at: <https://scjournal.globalwaterhealth.org/>

Nesheva 2023: Nesheva, Irina. Study of results between initial and final specific tests In women with normal pregnancy. Trakia Journal of Sciences, Sofia. No 17 (2), 135-142. Available at: <http://tru.uni-sz.bg/tsj/Vol.17,%20Suppl.2,%202019/6.pdf>

Polimenov 2019: Polimenov Mincho. Transfer of innovation in the service technology for increasing the restaurant quality product. International Scientific Journal Smart Innovations in Recreational, Wellness Industry and Niche Tourism. Vol.1, Issue 2, 29 -35, ISSN 2603-4921 (online). Available at: <https://scjournal.globalwaterhealth.org/>

Polimenov 2022: Polimenov Mincho. Политики в образованието по туризъм, компетенции и стимули за развитие [Politiki v obrasovaniето po turisūm, kompetentsii i stimuli sa rasvitie]. Strategies for Policy in Science and Education, 30 (3), 133-145. Available at: <https://doi.org/10.53656/str2022-3-7-tou>

Tomova 2021: Tomova, Tatiana. Менструални нарушения – разпространение и проявление [Menstrualni narusheniya – rasprostranenie i proyavlenie]. Meshdunarodno nauchno spisanie Smart Innovations in Recreational, Wellness Industry and Niche Tourism. 3(2), 33-38. [In Bulgarian]. eISSN 2603-493X (online). Available at: <https://scjournalbg.globalwaterhealth.org/>

Tsanov 2015: Tsanov, Ivan. Икономика на спорта [Ikonomika na sporta], Sofiya, BAK, 17-26.

Уелнес клъстер и икономика, основана на знанието

Бистра Димитрова, Богомил Ангелов

Цел на материала е да анализира пълното съдържанието на българския Уелнес клъстер и обвързаността му със социалната среда за изграждане на икономика основана на знанието. Установена е необходимост от широко разпространяване на Уелнес култура сред обществото. Концентрацията ни за Уелнес Клъстер разделя структурните елементи на реактивни и проактивни процедури и Уелнес въздействия. Разясняваме как се открояват Нишовите практиките и въздействия от конвенционалния сектор на здравеопазването (или наричан още – болестната индустрия). Стандартизацията на инструментите и дефинициите в изследването е от съществено значение за научния прогрес за създаване на икономика, основана на знанието в България.



Intangible cultural heritage, cultural landscape, synergy...

(The example of the Polish inscription (2021) of the tradition of the colorful carpet for Corpus Christi processions on the World Representative List of Intangible Cultural Heritage)

Mila Santova

Institute of Ethnology and Folklore Studies
with National Ethnographic Museum
Bulgarian Academy of Sciences

Abstract: Polish nomination file for the Corpus Christi procession is an outstanding example of a document related to the intangible cultural heritage, which takes into account both the creative force of the human factor and the existing natural assets, as actively involved in modelling the integral value of the element, related to identification processes.

Keywords: Intangible cultural heritage, cultural landscape, synergy, nomination file for the Corpus Christi

Ключови думи: Нематериално културно наследство, културен пейзаж, синергия, номинация на Corpus Christi



Prof. Mila Santova, DSc, is Correspondent member of the Bulgarian Academy of Sciences, National expert of Intangible Cultural Heritage, and works at the Institute of Ethnology and Folklore Studies with National Ethnographic Museum.
E-mail: mila_santova@yahoo.com

On December 14th, 2021, at its 16th session in Paris, France, the Intergovernmental Committee of UNESCO for the Safeguarding of the Intangible Cultural Heritage adopted its Resolution 16.COM 8.b.3 on inscribing on the Representative List of the Intangible Cultural Heritage of Humanity the Polish nomination of 'Flower carpets tradition for Corpus Christi processions'. Its inscription, of course, means that the Evaluation Body of the Convention for the Safeguarding of the Intangible Cultural Heritage (the 2003 Convention) has recognized the element as deserving a place on the World List. It also means – which is the important point in this case – that the Committee has appreciated the actual quality of the nomination file. Item 4 of the above cited Resolution of the Intergovernmental Committee of UNESCO for the Safeguarding of the Intangible Cultural Heritage (No. 16.COM 8.b.33) explicitly states that '[The Committee] Commends the State Party on the preparation of a well-elaborated file and on a well-prepared video that demonstrates

strong community participation.’ (LHE-21-16-8b_Rev.2+Add.3-En, p. 55).

The wording of Item 4 is not at all accidental. It directly relates to the way in which the element is presented in the nomination file and the manner in which its characteristic features have been outlined. I should recall here that the Evaluation Body of the 2003 Convention formulates its opinion based upon the way an element has been presented in the nomination file, and the facts about it that have been included in that file, rather than on any direct or general familiarity with it. In the case described, Item 4 refers to nothing other than the presentation of the element in the nomination file.

The assessment of the nomination file of the element (the laying of a carpet of flowers for the annual Corpus Christi procession) is widely available for perusal. Together with the remaining documents of the 16th session (2021) of the Intergovernmental Committee of UNESCO for the Safeguarding of the Intangible Cultural Heritage, it is published on the relevant page (LHE-21-16.COM-8.b_Rev.2+Add.3-En) of the UNESCO website, dedicated to the intangible cultural heritage. In item 3 of that assessment, which already refers directly to the actual element, the decision is formulated as follows: ‘[The Committee] Decides to inscribe **Flower carpets tradition for Corpus Christi processions** on the Representative List of the Intangible Cultural Heritage of Humanity (LHE-21-16-8b_Rev.2+Add.3-En, p. 54).

Of interest here are the expert analyses in support of Resolution No. 16.COM 8.b.33, similarly published on the web page. In those, one can find some connections being made, such as a mention of the fact that *the flowers* from which the colorful carpet is made *are picked from the surrounding fields or from family gardens* (p. 60), that *the collection of the flowers for the carpet is done by the actual families participating in its preparation, etc.* According to the file, the making

of the colorful carpet amounts to an ephemeral collective work related both to an aesthetic perception and to the building of a *local identity, one that is also nourished by traditional forms of diachronous transmission.*

From its very beginning, the assessment, which is built upon the text of the case file, underscores the presence of an all-embracing *cultural environment*: the participation of nature, the collective act of creation, the modelling of identity as the overarching theme – this is a *cultural environment* with its tangible and intangible sets of values. We are talking about an integrated whole based upon two key points of reference: nature and man. This actually leads towards a newly-realized essence of things, that has been persistently referred to in recent decades as a *cultural landscape*.

If we try to look at the nomination file of the element and the manner in which it is structured in the broader context in which (and the approach applied in it) it is situated, we are bound to notice some interesting connections.

The Council of Europe provides in the *European Landscape Convention* (Florence, 2001) the following definition: *Landscape’ means an area, as perceived by people, whose character is the result of the action and interaction of natural and/or human factors.*¹

The emphasis is on how the human individual and the community perceive a given environment, and thence the resultant link between the role of the landscape for the self-identification of the human being or the community with the inclusion of the respective natural environment. To this we should add the understanding that the natural environment and the human individual interact with, and influence each other. This how a new, integral value is born².

From its very first clause (Art. 1), the *Convention Concerning the Protection of the world Cultural and Natural Heritage* (1972) speaks

¹ Art.1.a: European Landscape Convention. – <http://www2.ecolex.org/server2neu.php/libcat/docs/TRE/Full/En/TRE-001326.txt>;

Art.1.a: European Landscape Convention. – <http://www2.ecolex.org/server2neu.php/libcat/docs/TRE/Full/En/TRE-001326.txt>.

² In this part of the text, I proceed from a set of systematizations and interpretations published by the participants in a collection of articles in *Krastev* 2009, and, specifically, the study included in it: *Velkov* 2009, on which this text is largely based. [3.11.2022].

about natural and human creations and their place within the landscape, and their expanded interpretation within the text of the Convention leads towards the concept of cultural landscape³. A vector takes shape according to which *cultural landscapes* emerge thanks to the interaction between natural phenomena and anthropogenic (attributable to human activity) factors. The natural factors are essentially processes taking place in the natural world that end up serving as the background for human expression, usually through activities related to a natural setting⁴. For their part, the anthropogenic factors come from various spheres of human activity. The encounter between the two types of factors causes the emergence of a homogeneous integral environment⁵.

Seen in that light, the Polish file for '*carpet for Corpus Christi processions*' offers a solid image of an integral environment borne by the active interplay of natural and anthropogenic factors. But there is more than that. The evaluation of the element's nomination file ((LHE-21-16.COM-8.b_Rev.2+Add.3-En) referred to herein above contains a host of important aspects and actional and semantic details such as the claim that the element ('*carpet for Corpus Christi processions*') is an original form of re-affirmation of communal relations; that by being a collective practice is also points towards opportunities for transmission between generations within the bosom of the family; and that its being practiced by the community re-invigorates respect for the local traditions while highlighting the viability and the sustainability of the element... Etc., etc. As is well stated in the file, the element constitutes a complex pattern of a series of formal (actional) and content-related parameters functioning in an integral unity.

Here I will also recall the conceptuality developed and proposed by the well-known 'Summit Meeting' at Rio de Janeiro 1992 (Rio

'92, as well as its follow-up, Rio '20+), related to the active placement in circulation of a term like 'sustainable development', which assigns to the landscape a primary role as a factor of balance between cultural and natural heritage⁶.

Thus, the example of the *Corpus Christi* nomination file demonstrates in practice that cultural landscapes are made up of series of structure-defining elements, a whole that is more than the sum of its parts but amounts to a system whose constituent parts are bound together into a single whole by visual, semantic, historical, functional relations at different hierarchical levels. They constitute a cultural heritage of integral value. The cultural landscapes comprise natural and anthropogenic traces, integrating them into a qualitatively new value⁷.

Thus, we find ourselves in the fields of the nature of integral values, the cumulative value of which exceeds the sum total of each one of them taken separately. This leads us towards synergy, one of the most popular definitions for which is 'the kind of relationship whose resultant effect is bigger than the sum of individual effects'. (Aristotle wrote that 'the whole is larger than the sum of its parts'⁸). 'Synergy' comes from the Greek συνέργια, meaning 'things that work together'⁹.

And if thus far we have been looking at the nomination file for the element of *Corpus Christi*, which situates in a certain way inherent content-related characteristics identified for the element itself, the perspective presented by modern methods of analysis/interpretation and thence, the cultural policies applicable to those elements, may add a few more strokes to the picture painted thus far.

In 2013, the specialized UNESCO services for evaluation/audit and governance in connection with the conventions of the international organization for safeguarding

³ Convention Concerning the Protection of the World Cultural and Natural Heritage, 1972. Art.1. <https://whc.unesco.org/en/conventiontext/>.

⁴ See footnote no. 2.

⁵ Ibid.

⁶ Picard 2002.

⁷ See footnote No. 2.

⁸ See: <https://bg.awordmerchant.com/hol-stico> [3.11.2022].

⁹ <https://bg.Wikipedia.org/wiki/D0%A1%D0%B8%D0%BD%D0%B5%D1%80%D0%B3%D0%B8%D1%8>

of the cultural heritage¹⁰ conducted a series of inspections, and the assessment contained in the documentation may suggest aspects in addition to the above¹¹. The documents presenting the findings of the 2013 audit: *Evaluation of UNESCO's Standard-setting Work of the Culture Sector* (Evaluation of UNESCO's Standard-setting Work of the Culture Sector – https://ich.unesco.org/doc/src/IOS-EVS-PI-129_REV-EN.pdf) and, particularly, *Audit of the Working Methods of Cultural Conventions* (Audit of the Working Methods of Cultural Conventions – <https://ich.unesco.org/doc/src/IOS-AUD-2013-06-EN.pdf>), feature and make active use of notions like *synergy* and *sustainable development*, as seen in the light of a discussed approach of the theory of change. It may be assumed that these documents, in a certain sense, formalize those notions with respect to the subject matter of safeguarding of the cultural heritage.

Those documents logically emphasize exactly the preservation and safeguarding of the cultural heritage, which means that they focus of the cultural policies developed and applied with respect to that heritage. The determinant factor here is that in recent years, the idea has been taking shape of the joint application of the cultural heritage conventions, of the need for uniformity in their implementation. An even bolder idea is being put forward: of merging those conventions into one. This would imply imposing the vision of joint efforts for the safeguarding of the cultural heritage in its different forms; it would mean identifying a suitable mode of operation within whose parameters the collective operational toolbox of the cultural conventions developed and adopted by the international community in the past several decades would start working in synchronicity. This brings us into the domain of a concept of synergy developed at the level of methods and approaches of safeguarding. It is logically accompanied by the process of research and exploration.

It can safely be said that today, synergistic processes are taken into account both in characterizing the essence of (an) element/s, and in identifying the manner of safeguarding it/them as heritage.

Even by solely merging the targets of the 1972 Convention (tangible and natural cultural heritage) and the 2003 Convention (intangible cultural heritage), we are bound to arrive at the concept of synergy already present in the documents, at the level of methods and



¹⁰ <http://www.Unesco.org/culture/ich/fr/evaluations-audits-et-gouvernance-00717> [6.11.2022].

¹¹ Another such large-scale audit was carried out in 2021 – Ibid.

¹² See also: <https://ich.unesco.org/fr/recherche-00795?q=audit> [6.11.2022].

About the work carried out in this field since 2013, see: <https://ich.unesco.org/fr/valuations-audits-et-gouvernance-00717>.

approaches of preservation and safeguarding, and thence, of the study of the heritage. The internal interactions of the ingredients, both in the texture of the element (human individual-landscape-cultural landscape) and in the approach towards preserving it as cultural heritage (the combined toolbox of the different Conventions), seen through the notion of synergy (in relationships with sustainable development), appear to paint a clear enough picture of the status of vitality of the element and its safeguarding as a means of ensuring its sustainability. It seems to me that it is in that sense that it would be appropriate to also interpret Item 4 of Resolution 16.COM 8. b.33 of the Intergovernmental Committee for

the Safeguarding of the Intangible Cultural Heritage.

Thus, the Polish nomination file for the *Corpus Christi* procession is an outstanding example of a document related to the intangible cultural heritage, which takes into account both the creative force of the human factor and the existing natural assets, as actively involved in modelling the integral value of the element. In in, the cultural landscape participates as a significant structural element in the processes of identification.

The pictures for this article are taken by Janusz Tatarkiewicz, Poland, 2018, and are available at <https://ich.unesco.org/en/RL/flower-carpets-tradition-for-corpus-christi-processions-01743>

BIBLIOGRAPHY

Convention Concerning the Protection of the World Cultural and Natural Heritage, 1972. Art.1. – <https://whc.unesco.org/en/conventiontext/>

Krastev 2009: Cultural Heritage: Education – Science – Preservation, integrated in tourism (Heritage: ESPRIT), ed. Todor Krastev. Varna: LiterNet, 2009.

Picard 2002: Picard, Robert G. European cultural heritage (Volume II): a review of

policies and practice, ISBN 92-871-4867-8.

Velkov 2009: Velkov, Miroslav. Cultural landscapes – a type of integral heritage (Chapter 3.5.). – *Cultural Heritage: Education – Science – Preservation, integrated in tourism* (Heritage: ESPRIT), ed. Todor Krastev. https://litternet.bg/publish25/m_velkov/kulturnite.htm, © LiterNet Online Publishing House.

Нематериално културно наследство, културен пейзаж, синергия

Мила Сантова

Статията се занимава с примера на полската кандидатура (2021 г.) за традицията на килима от цветя по повод процесията за *Corpus Christi* в Световната представителна листа на нематериалното културно наследство.

Полското досие за *Corpus Christi* е прекрасно доказателство за свързан с нематериалното културно наследство документ, в който се отчита както креативната субстанция на човешкия фактор, така и природната даденост като участващи активно в моделирането на интегралната ценност на елемента, свързани с процесите на идентификация.



Protection and Promotion of Immovable Cultural Heritage of Local Importance in the Municipalities of Sandanski, Balchik, Kavarna and Garmen

Vanya Ivanova

Institute of Ethnology and Folklore Studies with Ethnographic Museum
Bulgarian Academy of Sciences

Abstract: *In the process of decentralisation of cultural heritage management in Bulgaria, it is a challenge for local authorities to develop and implement effective local policies for the protection and promotion of the immovable cultural heritage of local importance. To what extent do the municipalities manage to cope in the changed environment, what issues do they face, and what are the characteristics of the context in the municipalities – these are some of the questions that are analysed, based on focus group discussions, conducted within the ethnological study in the period May-June 2022 in four municipalities in Bulgaria – Sandanski, Balchik, Kavarna, and Garmen.*

Keywords: immovable cultural heritage, local actors, local management, Bulgaria.

Ключови думи: недвижимо културно наследство, местни актьори, управление на местно ниво, България.



Vanya Ivanova, Ph.D, is Assistant Professor at the Balkan Ethnology Department, Institute of Ethnology and Folklore Studies with Ethnographic Museum at the Bulgarian Academy of Sciences.
E-mail: vanya.ivanova@iefem.bas.bg

INTRODUCTION

Since the 1990s, with the changes taking place in Bulgaria and the decentralisation processes that are slowly being established with the new democratic political and economic system, the protection of the immovable cultural heritage of local importance is gradually being entrusted to the municipalities. Within the broader legal framework of cultural policy and management, decentralisation is enshrined as a principle in the *Law on the Protection and Development of Culture*¹ from 1999. In the following years, the harmonisation of Bulgarian legislation with the European one has given rise to a wide-ranging discussion related to state policy and cultural governance. Analysing the state policy on cultural and historical heritage in Bulgaria, St. Denchev and S. Vassileva identify as key problems in the field of cultural heritage the following: 'limited state capacity for financing and control; insufficient

¹ *Law on protection and development of culture 1999.*

incentives for the absorption of new sources of funding; imperfect legislation in the field of conservation; highly centralised management system; insufficient use of cultural heritage as a resource for development, etc.² Thus, in the process of European integration and the following years of reforms, the search for the best options for the development of a cultural heritage management policy in Bulgaria continues, the first step being the creation of new legislation.

The current *Cultural Heritage Act* is adopted in 2009³. Concerning the policies for the protection and promotion of the immovable cultural heritage of local importance, which is the focus of this article, it is important to draw attention to Article 17 of the law. It stipulates that the mayors of the municipalities 'shall organise and coordinate the implementation of the policy for the protection of the cultural heritage on the territory of the respective municipality', and the following activities are specifically described in the law: '1. (supplemented, SG No. 52/2016) assist in carrying out activities for the search, study, preservation, and promotion of cultural values in accordance with their powers, as well as carry out other activities specified in this law; 2. establish a public council for the protection of cultural heritage as an advisory body to the municipality; 3. (new – SG No. 96 of 2017, in force from 02.01.2018) exercise the powers of a concessionaire in the award of concessions for immovable cultural heritage – municipal property'. The Municipal Councils are those that: '1. adopt a strategy for the protection of cultural heritage on the territory of the respective municipality in accordance with the national strategy referred to in Article 12, paragraph 2; 2. (amend. – SG 96/2017, in force from 02.01.2018) 3. establish a municipal fund 'Culture' under the conditions and according to the procedure of the Law on the Protection and Development of Culture; 4. adopt regulations on the structure and activities of municipal museums, in coordination with the Minister of Culture; 5. provide funding through earmarked

funds in the municipal budget for the activities under par. (3) (New – SG 52/2016, amend. – 21 of 2020, in force from 13.03.2020)'.

RESEARCH METHOD

To what extent did the municipalities cope with the delegated management of the cultural heritage sites of local importance, what challenges did they face, and to what extent did they develop their own model of work on the protection of cultural heritage on their territory or there is no such model, what are the specificities of the context in the municipalities, are some of the questions that were asked during the focus group discussions held in the period May-June 2022 in the four municipalities. Chronologically, they happened first in the town of Sandanski on 10 May 2022, then in the town of Balchik and the town of Kavarna – on 12 May and 13 May 2022, and in the village of Garmen on 3 June 2022. These are the municipal centres of the four municipalities studied within the project 'Policies for conservation and promotion of immovable cultural values of local importance in Bulgaria. Ethnological analysis on the examples of the municipalities of Balchik, Kavarna, Garmen and Sandanski'. The focus of the discussions was on how the immovable cultural heritage of local importance is integrated into the strategic documents of the municipalities, such as the Integrated Municipal Development Plan, for example. Other questions were whether the municipalities have Public Councils (advisory bodies) working towards the protection of cultural heritage; has the Municipal Council of the respective municipality adopted a Cultural Heritage Protection Strategy; what are the municipality's priorities regarding immovable cultural heritage; who, in their opinion, is best placed to look after the immovable cultural heritage of local importance; what is the most significant immovable cultural heritage in their municipality; are these sites included in existing cultural and tourists routes. The profile of participants in the discussions included deputy

² Denchev, Vassileva 2010: 367.

³ *Cultural Heritage Act* 2009.

mayors and experts from the municipalities, directors from the local history or archaeology museums, representatives from community centres (chitalishte), representatives from tourist information centres, journalists and local citizens.

GENERAL FINDINGS

The discussions showed that on a local governmental level, in the four municipalities, there was no prior information for some of the sites, their number and type⁴, thus the research itself increased the attention of the municipalities' experts about the listed immovable cultural heritage of local importance. An important initial remark is that in each of the municipalities, there are sites of immovable cultural heritage of national importance and the priority of preservation and popularisation is generally put there. This is also due to the fact that these objects are recognisable and attract tourists, which means that they bring in revenue, although not evaluated as significant. The four municipalities are also small in size and capacity⁵ and this is given as a reason why there are no appointed specialists to their teams on the subject of immovable cultural heritage, but it can be said that there are local specialists, namely the directors of archaeological and historical museums and their teams of experts, albeit small in number.

During the focus group discussions, local experts onsite showed, on the one hand, knowledge of the law, and, on the other hand, they themselves identified the need for the same mechanisms (council, strategy) as lacking, but also as those that would contribute to the better functioning of the work for the preservation and popularisation of the sites. The keywords in the discussions were: 'lack of coordination', 'need for more dialogue', 'lack of funding', 'other priorities on local level', 'doing what we can', 'commitment and search for solutions mostly

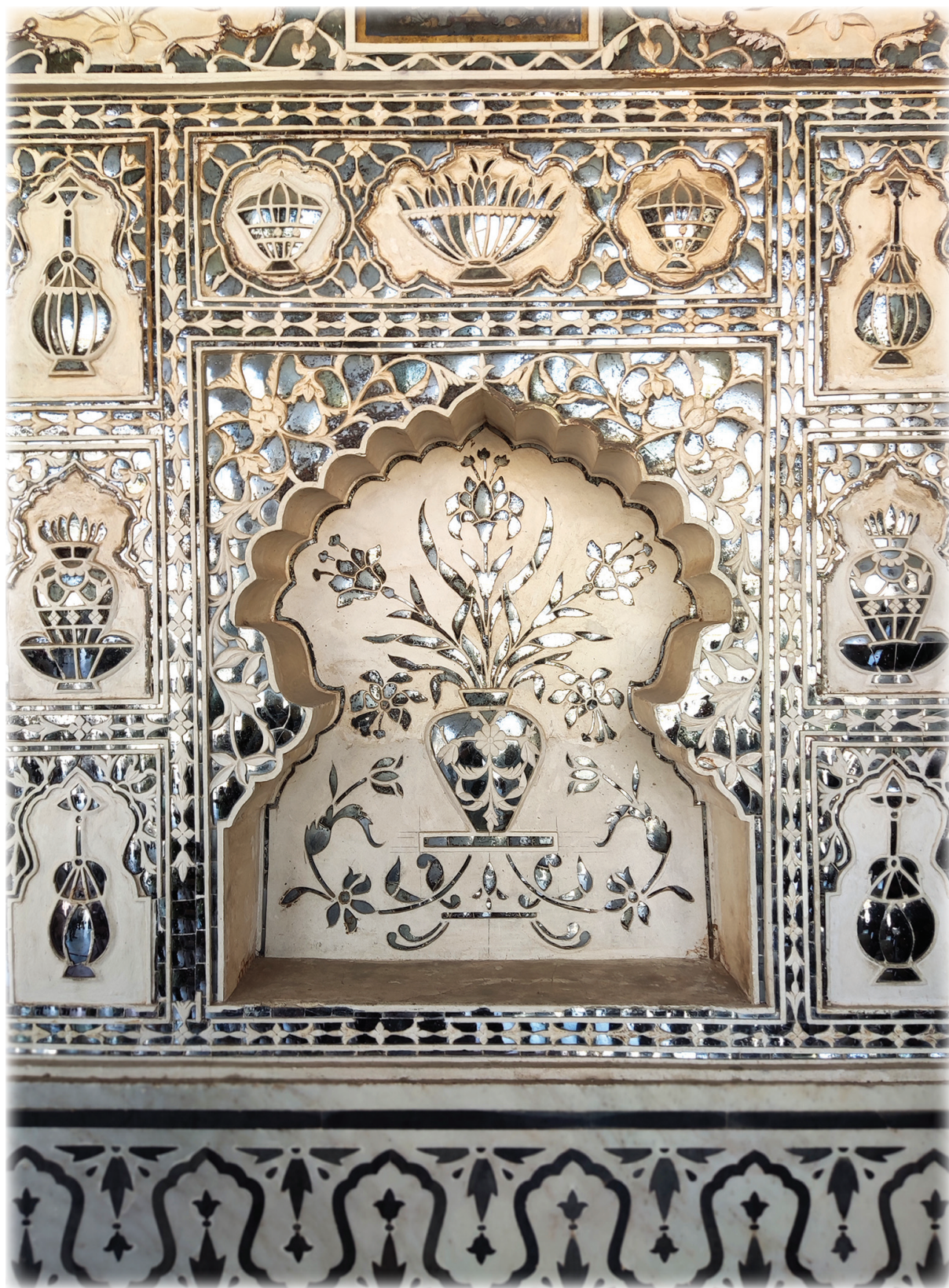
based on personal initiative', 'opportunities and search for synergies, both with the business and NGO sector', 'community centres as a resource', 'citizens themselves, who self-organise and in some cases contribute with donations and voluntary work for the preservation of certain monuments and the places around them'. In regard to budget, most of the money spent in the municipalities on cultural heritage tends to go towards festivals, events, promotional materials, and infrastructure maintenance, even when it comes to laying asphalt on a street that reaches a site.

Three general strengths could be synthesised and stand out: (1) Strong expert units in the local museums: History Museum, Balchik; History Museum, Kavarna; Archeological Museum, Sandanski; and the experts – animators in the Ancient Roman City 'Nikopolis ad Nestum', the village of Garmen. From the meetings held it can be concluded that the directors and local experts are erudite, competent and have a view on the conditions and real situation of the immovable cultural heritage of local importance, i.e. the expert factor, although limited in number and supported by a few resources, is present onsite. (2) In each of the studied municipalities, there are at least a few listed immovable cultural heritage of local importance that have the potential to be developed, and after further study, development and socialisation, to become cultural tourism sites and a source of development for the respective places; (3) The existence of Tourism Advisory Councils within the municipalities could be a starting point to increase the focus on the immovable cultural heritage of local importance.

The following key challenges and gaps were recognised in the discussions: There is a strong preponderance for the conservation and promotion of the immovable cultural heritage of national importance, which also indicates the

⁴The data was provided upon request to the research team by National Institute of Immoveable Cultural Heritage. 64 sites on the territory of Sandanski Municipality; 17 sites on the territory of Balchik Municipality; 11 sites on the territory of Kavarna Municipality; 16 sites on the territory of Garmen Municipality.

⁵ More information about each of the municipalities could be found in the separate articles devoted to them.



rather pragmatic approach of the municipalities because these sites are an opportunity for fundraising in the form of tickets. All four municipalities have one significant site, which attracts attention to it and stands out in relation to the immovable cultural heritage of local importance: in the municipality of Sandanski, it is the Early Christian complex in the town of Sandanski; in the municipality of Garmen, the Ancient Roman City 'Nikopolis ad Nestum', in the village of Garmen; in the municipality of Kavarna, this is the Archaeological Reserve 'Kaliakra', in the municipality of Balchik, these are the Architectural Park Complex 'The Palace' next to the town of Balchik, and Akyazili Baba Tekke in the village of Obrochishte. For example, one of the participants of the focus group discussion in Kavarna explains why a site of national importance is more visited than one of local importance which is the local symbol of the town: 'Kaliakra is of the greatest tourist importance, in principle, not only because of its location, access is much easier, now the road has been recently repaired. My thought is that it is easy to access for a larger number of tourists, buses, it is used by tour operators very often as one of the points on their routes. So that is why it is more developed, more visited. But generally locally for the town, I think Chirakman is the undisputed favourite in my perception and again we go to the old problem, access, road, infrastructure, and getting on top are generally key issues that prevent it from being'.

Another challenge and current lack of local governance is that in all four municipalities, there are no Public Councils (advisory bodies) yet established by the mayors to discuss the issues of immovable cultural heritage and the formation of such would improve the coordination, cooperation, and quality of the protection and promotion of cultural heritage of local importance. Additionally, the Municipalities would improve and benefit if their Municipal Councils adopted strategies for the protection of the cultural heritage of each of them. Such strategies exist in other

municipalities, for example, the Municipality of Avren and the Municipality of Peshtera.

It is noteworthy that in the four municipalities, most of the immovable cultural heritage of local importance were legally declared in the 1960s and 1970s (as in all of Bulgaria), for which there is currently no up-to-date knowledge and financial resources for research and conservation. The *Local Taxes and Fees Act*⁶ from 1998 and the *Patronage Act*⁷ from 2005 offer opportunities to incentivise the owners of such values, but there are no examples to show that these are actually being put into action. Rather, there are volunteer campaigns among local residents to raise funds and care for locally important properties that citizens consider significant to the community. This shows that the local community identifies with this cultural heritage, and considers it important and part of the local cultural and historical memory and identity. Such examples were observed in the municipality of Garmen.

The participants in the focus group discussions also emphasised key risks regarding the protection and promotion of the immovable cultural heritage of local importance. In the first place, these are the bureaucracy and lengthy administrative procedures that affect the conservation of cultural heritage that is being destroyed, because, by the time an expert opinion is requested from the National Institute of Immovable Cultural Heritage, the monument may have collapsed. Another issue is that, in the case of some archaeological sites that are difficult to locate in situ, the question arises as to what would be the best thing to do, especially if they are on private property and their value has already been removed and obliterated. In one of the focus group discussions, an important question was raised concerning the lack of a well-established 'culture of cultural tourism' or a so-called new generation of tourists who have no interest in acquiring new knowledge about the history of the particular place they visit. This applies to both domestic and foreign tourists, who, in many cases, spend their holidays in

⁶ *Local Taxes and Fees Act* 1998.

⁷ *Patronage Act* 2005.

closed resorts. The need to seek opportunities to turn these places into attractions also shifts their focus from places of memory, history, and identity to those of entertainment. In general, a change is observed in the type of tourist who is harder to get out of the “all-inclusive” complexes. In such cases, the role of the tour operators becomes even more important in attracting the interest, especially of the group tourists.

On the basis of the conducted four focus group discussions, the following characteristics of the municipalities’ ‘model’ of working on cultural heritage as a whole can be synthesised: (1) partial activities; (2) a supportive function; (3) working from project to project with no vision and strategy. All municipalities lack an overall vision and strategy for cultural heritage and in particular for the immovable cultural heritage of local importance. The example of the municipality of Garmen, where it was said ‘we only pay salaries’, in this case referring to the salaries of the animators who work at Nikopolis ad Nestum, while the other sites are left in the hands of donations and the voluntary work of local residents. ‘For the last two years, we have no budgeted funds in this area, excluding the salaries of the people we pay in this sector, but we have no budgeted expenses related to purely investment intentions in this sector’. Thus, to a large extent, everything that happens on the sites is actually entrusted to the responsibility and conscientious attitude of the specialists who work there. The project-based work and funding are the key ways of funding in the cultural heritage sphere, highlighting the cross-border cooperation projects that have carried out repair and improvement work in the municipalities, with some short-lasting results and effects.

However, in each of the municipalities, there are examples of sites of immovable cultural heritage of local importance that could serve as examples that are preserved and popularised

to a certain extent. In the case of Balchik municipality, this is the Akyazlō Baba Tekke⁸ in the village of Obrochishte that was renovated within a project. In Sandanski municipality, one such site is the Hadzhisimeonov barn⁹ in the village of Goleshevo which is maintained by a political party (VMRO, Bulgarian National Movement). In the Municipality of Garmen, this is St Archangel Church, in the village of Dubnitsa, restored with donations and voluntary work of the villagers. In the Municipality of Kavarna, this is Chirakman¹⁰, which for local experts and residents is the symbol of the town of Kavarna, which is in ongoing reconstruction and with interest to be restored by various business initiatives in the town.

CONCLUSION

It can be summarised that although recognised as an economic development resource¹¹ and potential tourist attraction, the sites of the immovable cultural heritage of local importance are not a priority for any of the four municipalities. There are no formally established community heritage protection councils as advisory bodies to the municipality as envisioned in the Cultural Heritage Act at the time of the discussions, and there are no developed Cultural Heritage Protection Strategies adopted at the municipal level. If to some extent the former happens informally in practice, due to the fact that in smaller towns people know each other, municipal experts and those from museums interact frequently on different cultural heritage topics, the lack of a strategy and vision for the protection and promotion of the immovable cultural heritage of local importance is already a problem. In 2020, in an analysis of the state of the legal infrastructure in the field of cultural heritage, Ivan Kabakov emphasises that: ‘Municipalities and municipal councils, as the bodies of the local authority that are closest to the problems of citizens and are called upon to meet their expectations to

⁸ Erolova 2023, 95.

⁹ Hristova 2023.

¹⁰ Popcheva 2023.

¹¹ Read more in: Vladimirov 2021, 9-15; Vladimirov 2023.

the maximum extent, are also entrusted with the responsibility to “organize and coordinate the implementation of the policy for the protection of cultural heritage”. However, the lack of financial resources that are being devoted to other urgent priorities prevents the municipalities from fully expanding the potential of those cultural heritage sites. It is also very important when working on the preservation and popularisation of cultural heritage sites to have in mind the socialization of the individuals to local history and culture

as explained by Zhelyu Vladimirov that “the well-socialised individuals openly identify with their belonging to certain society and culture – they praise the significant cultural events, places and symbols related to their identity. The not well-socialised individuals are those, who identify weaker (or not at all) with the dominant culture”¹². Thus, all policies and practices established on both local and national levels should be thought of in the interrelation between the sites and the people.¹³

BIBLIOGRAPHY

Denchev, Vasileva 2010: Denchev Stoyan, Sofia Vasileva, Държавната политика за културно-историческото наследство на България 1878 – 2009. Лекции. Второ допълнително и преработено издание [Darzhavnata politika za kulturno-istoricheskoto nasledstvo na Balgariya 1878 – 2009. Lektsii. Vtoro dopolnitelno i preraboteno izdanie]. 2010. Sofia: Izdatelstvo “Za bukвите – O pismeneh”.

Erolova 2023: Erolova, Yelis. Изследване на недвижимите културни ценности с категория „местно значение“ в община Балчик [Izsladvane na nedvizhimite kulturni tsennosti s kategoria „mestno znachenie“ v obshtina Balchik] – Research Announcements. Bulletin ‘Heritage BG’, ed. Emmanuel Moutafov, No 5, 92–101.

Hristova 2023: Hristova, Mina. Everyday Nationalism and Identity Narratives: The Case of the Built Environment in the Sandanski Municipality. – Research Announcements. Bulletin ‘Heritage BG’, ed. Emmanuel Moutafov, No 4, 74–88.

Kabakov 2020: Kabakov, Ivan. Правна инфраструктура на професионалното развитие в областта на културното наследство [Pravna infrastruktura na profesionalното развитие v oblastta na kulturnoto nasledstvo]. In: Законодателство и професионално развитие в областта на културното наследство. историческа реконструкция и актуално състояние в република България. [Zakonodatelstvo i profesionalno razvitie v oblastta na kulturnoto nasledstvo. istoricheska rekonstruktsiya i aktualno sastoyanie v republika Balgariya]

2020 (Ed. Ivan Kabakov). Sofia: St. Kliment Ohridski University Press.

Popcheva 2023: Popcheva, Julia. Unknown, Forgotten and (Re)discovered: A Possible New Life for Three Fortresses near the Town of Kavarna. – Research Announcements. Bulletin ‘Heritage BG’, ed. Emmanuel Moutafov, No 5, 92–101.

Vladimirov 2021: Vladimirov, Zhelyu. Културното наследство като ресурс за местно развитие. [Kulturnoto nasledstvo kao resurs za mestno razvitie] – Research Announcements. Bulletin ‘Heritage BG’, ed. Emmanuel Moutafov, No 1, 9–15.

Vladimirov 2023: Vladimirov, Zhelyu. Културното наследство като ресурс за местно развитие. [Kulturnoto nasledstvo kao resurs za mestno razvitie]. Sofia: St Kliment Ohridski University Press.

LAWS

Cultural Heritage Act 2009: Cultural Heritage Act 2009. Available at: <https://lex.bg/laws/ldoc/2135623662> (22.11.2023)

Law on protection and development of culture 1999: Law on protection and development of culture 1999. Available at: <https://lex.bg/laws/ldoc/2134664704>

Local Taxes and Fees Act 1998: Local Taxes and Fees Act 1998 Available at: <https://lex.bg/laws/ldoc/2134174720> (22.11.2023)

Patronage Act 2005: Patronage Act 2005. Available at: <https://lex.bg/laws/ldoc/2135514206> (22.11.2023).

¹² Kabakov 2020: 102.

¹³ Vladimirov 2023: 169.

Защита и промоциране на недвижимото културно наследство от местно значение в общините Сандански, Балчик, Каварна и Гърмен

Ваня Иванова

В процеса на децентрализация на управлението на културното наследство в България местните власти са изправени пред предизвикателството да разработват и прилагат ефективни местни политики за опазване и популяризиране на недвижимите културни ценности от местно значение. Доколко общините успяват да се справят в променената среда, с какви проблеми се сблъскват, какви са характеристиките на контекста в общините – това са част от въпросите, които са анализирани въз основа на дискусии във фокус групи, проведени в рамките на етноложкото проучване в периода май-юни 2022 г. в четири общини в България – Сандански, Балчик, Каварна и Гърмен. Целта на статията е да се анализират събраните данни в сравнителна перспектива и да се очертае дискусията за недвижимите културни ценности с местно значение в четирите общини.



Дигитализацията на киноленти в Музикалнофолклорния архив на Института за изследване на изкуствата – погледът на етномузиколога

The Digitalization of Films in the Folk Music Archive
at the Institute of Art Studies – the Ethnomusicologist's point of view

Горица Найденова

Институт за изследване на изкуствата
при Българската академия на науките

Абстракт: Докладът представя етап от работата по разкриването и осъществяването на връзката между филмови теренни записи и звук при дигитализирането на кинолентите в Музикалнофолклорния архив на Института за изследване на изкуствата. Възникващите проблеми се разкриват като резултат от използваните при документирането устройства, от видовете екипност в теренната работа на учениците от Института за музика и от установения от тях тип архивиране на материалите (т.е. от структурата на самия Музикалнофолклорен архив).

Ключови думи: етномузикология, етнохореология, теренна работа с филм, теренни филми, звук, синхронизиране

Keywords: ethnomusicology, ethnochoreology, fieldwork with camera, folkloristic film archive, sound, synchronization



Dr Goritza Naydenova is an ethnomusicologist, Professor, head of the National Academic Research Center for Preservation of Cultural Heritage at the IAS, Editor in-Chief of the Bulgarian Musicology Journal. E-mail: goritzanaydenova@abv.bg

Настоящият доклад е част от по-голям текст, посветен на документирането с филми в българската музикална фолклористика между 1953 и 1965 и на създадения чрез него музикалнофолклорен филмов архив в тогавашния Институт за музика¹. Вече неведнъж съм изтъквала, че достъп до информацията в тези киноленти получихме единствено благодарение на проекта „Изграждане и развитие на ЦВП „Наследство БГ“ и доставения със средствата от него видеоскенер. Подчертавала съм и важноста на тази стъпка, досега – най-вече като спасително действие (чрез цифровизация) по отношение на съдържанието на едни силно застрашени носители².

¹ Naydenova 2024.

² Вж. напр. Naydenova 2021.

Цялостното ми изследване обаче има ролята на първи подстъп към проблемите на следващите етапи от обработката на цифровизирания материал, в това число и неговата дигитализация. В една идеална представа (каквито, признавам, бяха мечтите ми в началото и каквито са и обществените очаквания към нас) финалните резултати от дигитализацията на кинолентите би трябвало да бъдат цялостни аудио-визуални единици с ясна, точна и еднотипна идентификация. За съжаление обаче реалността е доста по-различна.

Оттук нататък ни чака усилна работа по преодоляване на множество проблеми. Всеки един от тях изисква специално проучване и сериозно контекстуализиране и затова в моето изследване са проследени множество посоки, някои от които само ще маркирам тук: 1) състоянието и приоритетите на самата научна дисциплина в момента на документиране. Известно е, че етнологичните науки сами създават документите, с които работят, и методите на теренна работа се определят от актуалната за периода научна методология и това води до специфики в документирането в различните научни традиции (американски, западноевропейски, източноевропейски, сред последните – и българската), което има пряко отношение към вида на снимания материал; 2) достъпните в разглеждания период технически възможности за документиране, т.е. наличното оборудване, и 3) избория от музикалните фолклористи в съответното време тип архивиране, т.е. структурирането на информацията в самия архив. Всичко това – заедно с историята и премеждията на този архивен масив в последните десетилетия – означава чести проблеми с идентификацията на заснетото. За да се достигне до нея, се работи с два вида архивни носители – самите киноленти и информационно различни варианти на

хартиени материали. При една дигитализация ще наречем данните от хартиените материали – в случаите, в които можем да ги изречем с думи, – метаданни.

Проблемът, върху който ще обърна внимание днес, е само един от тези, които етномузикологът вижда в процеса на разкриване на кинолентите, но пък е първият, който се явява пред него. Става дума за разкриването и синхронизирането на звука към кинолентите.

Въпросът за звука при филмирането на терен има много измерения. Практиката на документиране на звук към заснетите филми (както всъщност и изобщо методологията на теренната работа) не е осветлявана в публикациите на българските теренисти³, не се открива информация за нея и в административните документи от периода. За нея можем да съдим единствено от вида на теренните материали, т.е. тук процесите на идентификация, проблематизация и дигитализация са в неразделимо единство. След дълги (може би вече над година) издирвания от страна на етнохореолога гл. ас. д-р Ивайло Първанов (чийто задача е да цифровизира и обработва кинолентите), д-р Мария Кумичин (основният специалист в обработката на магнетофонни ленти) и самата мен, бих могла да представя обобщено видовете съответствие между филмови записи и звук в Музикалнофолклорния архив. Ще започна с уточнението, че те се изменят в течение на разглеждания период и тази промяна следва както увеличаването на звукозаписната техника в Института за музика, така и възможността за сформирание на по-големи екипи при теренната работа, която идва с появата на нови сътрудници⁴.

За разлика от случаите със Словакия (където започват филмовото документиране на фолклорна музика през 1956 ди-

³ Проучване на етномузикологичната литература от същия период показва, че активното проблематизиране на теренната работа с филми в световен мащаб започва някъде от средата на 60-те години. Вж. напр. *Feld 1976; Elschek 1989; Naydenova 2024*. Въпросът е, че в България така и не се достига до такова проблематизиране, причините за което са разгледани в *Naydenova 2024*.

⁴ Фактологията е проследена детайлно в *Naydenova 2024*.

ректно с камера със синхронен звук)⁵ и Унгария (където от 1955 година подготвят при самата теренна работа последващото синхронизиране на звука)⁶, доставената през 1957 в българския Институт за музика киноснимачна техника във всички случаи не притежава функцията за записване на звук⁷. Много дълго време музикалните фолклористи не са разполагали и с допълнителна приставка за синхронен запис на кинолента и магнетофонна лента – за това свидетелства в разговори Анна Илиева⁸.

Първата трудност, която се появява пред етномузиколога по пътя към пълната дигитализация на съдържанието на кинолентите, е този с **идентификацията на свързания с него звук**. Този въпрос е пряко свързан с въпроса за устройството на екипите при теренната работа, който също е разгледан подробно в цялостната разработка и тук ще бъде представен тезисно. Във всички случаи, както отбелязва Оскар Елшек⁹, теренната работа с филмиране – за разлика от тази с аудиозапис – задължително налага екип от поне двама души в периода, който разглеждам: самият теренист като ръководител – и оператор (става дума за техника, която изисква специализирани познания, особено при принципно нестандартните и некомфортни ситуации на терена). Естествено е да се очаква ако от една командировка с филмиране има звук, той да е на носител, записван от научния сътрудник в екипа.

Все пак още в 50-те години благодарение на комплексните научни експедиции вече наблюдаваме и друг тип екипност – когато водещият филмирането и записващият звука са различни хора. Този тип екипност се разгръща значително след 1960. Първо това става в институтските експедиции. При тях по правило група музикални фолклористи са „обикаляли“ избрания регион по различни маршрути с цел побързото му обхващане. Но ако се съди по Родопската експедиция от 1960 (всъщност най-вече от кадри в самите филми от нея), към Райна Кацарова и оператора е включен и Тодор Тодоров с магнетофон, тоест в рамките на големия екип на експедицията за целите на комплексното документиране (филм+звук) са се сформирали подекипи. Подобна е била и структурата на екипите, документиращи съборите – надпявания, чието движение започва от 1960 и в следващите години значително се разраства. Тук обаче е необходимо да се изпише какво точно означава в онези години „екип, документиращ събор“. Като пример ще приведа откъс от доклада на Райна Кацарова за първата такава командировка с филмово документиране: „Със заповед № 2 от 5 януари 1961 г. бе командирована малка фолклорна бригада в състав: Р. Кацарова, ст.н.с., Николай Кауфман, мл.н.с., и Тодор Джиджев, музиколог, в с. Микре, Ловчанско, за записване и изследване на местния музикален и танцов фолклор. Към групата бе

⁵ Elschek 1966: 192.

⁶ Karácsony 2016. Посочвам научните традиции, спрямо технологичен елемент от чиято работа (синхронът филм-звук) българската наука през периода закъснява. Но е редно и да изтъкна, че това са само две от източноевропейските музикални фолклористики. Всъщност не само спрямо останалите страни от тогавашния Източен блок, но и спрямо европейската етномузикология като цяло България тогава концептуално е напълно в крак с времето си (дисциплината в САЩ тогава все още има различна траектория на развитие).

⁷ Първите запазени киноленти в Музикалнофолклорния архив на ИИИЗк обаче са от 1953 и във времето до 1957 Райна Кацарова – основателката на киноархива – работи със заети камери. Вж. напр. SA – BAS 1955: 5a.

⁸ Първите киноленти с отбелязано наличие на синхронен запис са едва от юли 1981 (с магнетофон НАГРА), а системно започват да се появяват в Инвентарната книга на кинолентите в Музикалнофолклорния архив на ИИИЗк от март 1982. Няколко ленти със звукова пътека се откриват сред късните (след 1986), невключени в основните инвентарни списъци носители, но на тях няма записан звук.

⁹ Elschek 1989: 24.

причислен и Йосиф Григоров, кинооператор (...). От 7 до 9 януари в общината в с. Микре се проведеха фолклорни тържества. (...) Записи на песни, инструментални мелодии и заснемания на танци правехме след провеждане на програмата¹⁰. И този документ, и съдържанието на магнетофонните ленти (а и на кинолентите) показват, че документираното всъщност не е самият събор – той се използва като място за среща с информатори и за подбор. Тези, които биват разпознати на сцената като надеждни информатори, са записвани след сценичната им изява с цел да се извлече максималното от собствения им традиционен репертоар, преминавайки (при звукозаписите) през колкото може повече функционални групи песни или свирни¹¹. При този тип екипна работа ако водилият заснемането не е уточнил в теренната си тетрадка кой от останалите е записвал звука към сниманите танци, се налага понякога цифровизиране, идентификация и пълна обработка на целите комплекти от магнетофонни ленти на всички членове на екипа. В някои случаи това може да значи обработването на повече от 15 магнетофонни ленти без никаква гаранция за резултат. Само от общинския събор в Ихтиман през 1961 например има по няколко магнетофонни ленти на Тодор Тодоров, Елена Стоин, Николай Кауфман и Тодор Джиджев.

Известно облекчение е, ако водещият заснемането е дал някакви индикации в това отношение, но такива индикации означават различни неща. Най-куриозният случай е бележка в теренна тетрадка на Анна Илиева „музиката – при Тошко“ (а в екипа са били Тодор Тодоров и Тодор Джиджев, всеки с по няколко записани ленти). А понякога препратката на водещия заснемането води до нотограма, а не до звукозапис, и това съвсем директно показва задачите

на тогавашното филмиране. Извън това обаче в много случаи в теренните тетрадки на филмиращия изобщо не става дума за звукозапис по време на снимките, особено при терените на Райна Кацарова.

Обобщението в този етап от проучванията ни трябва да бъде по линията **„наличие – липса на записан звук“** към филмите. В това отношение поне досега **не е открит звук от случаите на сниманите „в действие“ обреди през 1950-те години** (които, както показах по-горе, преобладават – така е при сниманите маскарадни обреди в Момина баня (Хисаря), Сушица и Вресово, при Задушница и пролетни игри във Факия и Желязково през 1955; не се открива звук към лазаруванията в Казичене и Враждебна от 1957, към маскарадните игри във Въбел, Никополско, през 1958, в Пъдарево и Лесново през 1959, към сватбата и кукерите в Лесичово през 1960 и т.н. Случаи на снимани танци, без да е документиран звук към тях, също има – така е със снимките в с. Рудник, Варненско, през 1963.

Когато при дадена теренна работа е записван звук, той в разглеждания период не съдържа целия звук през времетраенето на снимките, т.е. във всички случаи има звук само към част от филмите/документираните обекти при командировката. Възможностите са следните:

1) Звук (мелодии) към снимани танци е записан отделно, не по време на снимането. Тук също има различни варианти:

а. Звукозаписите в командировката (при снимани танци) са правени независимо от снимането на кинолента. В хода на една „разкачена“ екипност, при която документиращите звук следват собствена програма, сред звукозаписаните единици (песни или инструментални мелодии) може да се яви и музиката към снимано в същата коман-

¹⁰ SA – BAS 1961: 1.

¹¹ Например в магнетофонните ленти на Тодор Джиджев от надпяването в с. Граматиково през 1960 са записани 50 песни от информатори от с. Варвара, Тодор Тодоров записва също толкова от участници от самото Граматиково и т.н. (в сценичните програми на съборите е имало времево ограничение за представянето).

дировка хоро. Тази музика може да е изпята/изсвирена от информатори, различни от участвалите в снимането (например възрастна жена пее песен „на хоро“, докато в кинолентата са снимани група играещи същото хоро момичета). При този вариант почти винаги има значителни отклонения в ритмиката, темпото, структурата; музиката в звукозаписа е с енергиен тонус, различен от този на играта. Тук трябва да се имат предвид и междинните случаи, при които „музикалните“ теренисти с цел точно документиране записват музиката, карайки информаторите да играят, докато пеят. Последното обаче също по никакъв начин не гарантира бъдещо съвпадение с независимо снимания на филм танц, особено ако информаторите са различни.

б. Звукозаписите в командировката (при снимани танци) са правени отделно от филмирането, но с цел да осигурят максимална близост до снимането на филма. Сериозен фактор са възможностите на наличната техника в съответния период. Документирането през 50-те години почти изцяло минава под знака на това, че филмът изисква светлина, а звукозаписът – тишина. Тук също има различни варианти, ето два от тях: 1. звукът да се запише от същите информатори, които са свирели при заснемането. Вероятно така е с наличния звук на грамофонна плоча от Добруджанската комплексна експедиция и още по-вероятно – със също фиксирания на грамофонни плочи звук при заснемането в Хлевене през 1953. В тези случаи успехът на последващото насладване на музика и танц в голяма степен зависи от това дали инструменталистът може да поддържа сам енергията на танца или липсата на другия елемент от синкретичната цялост променя тонуса му. 2. да се направи едно „проиграване“ навън при заснемането и второ – от същите участници в пълен състав вътре в затворено помещение заради звукозаписа. Тук също възможностите за пълно съвпадение не са гарантирани. Такъв е случаят вероятно с хората в село Връв от 1965 и със сигурност при сниманите и записани хора в Койнаре през 1960.

2) Звукът е записван едновременно с филмирането. Тези случаи са изключително редки през разглеждания период и се отнасят до конкретни снимани единици (танци), а не до цяла кинолента или цяла командировка. Това със сигурност е свързано също с възможностите на използваната техника и когато е правено подобно усилие за преодоляването на несвършенствата ѝ, е ясно, че документираните обекти са били от особена важност за терениста. Доколкото мога да преценя, такива са случаите със сниманите от Райна Кацарова „в момента“ хора в Махалата в Гоце Делчев през 1956 и игрите на калушарите в Гигенска махала през 1957. Следващите такива опити (поне доколкото сме навлезли в процеса на идентификация) са свързани с документиране на събори – надпявания след 1962, което обаче е съдържателно друга ситуация.

Изборите в това отношение ясно показват известна йерархия при документирането и не можем да не забележим, че през разглеждания период отношението „звук/музика – танц“ е по-важно за записвачите от отношението „звук/музика – обред“.

От този период (1953 – 1965) нямаме нито една кинолента, която да можем да „покрием“ изцяло със звук от същата командировка.

Всички изброени по-горе варианти предполагат различни не/възможности за **днешното постигане на синхрон между звука и картината**. Най-лесен, сигурен и безпроблемен той би трябвало да бъде в последния описан случай – когато звукът е записван едновременно със снимането.

Както може обаче да се види от всички изброени дотук варианти на звукозаписно поведение при или около заснемането, една от важните характеристики на теренната работа с филм през разглеждания период е, че теренистите като цяло не са се надявали в някакво бъдеще документираният от тях материал да се превърне в онзи свършен аудиовизуален резултат, който ни се иска днес – дори и по отношение на отделните заснети единици. При сниманите обреди това е изцяло



ло така, а „запечатването“ на танца трябва да съхрани най-вече самия танц, посочването на музиката към него е в повечето случаи с мнемонична цел (понякога буквално изглежда като подсказване какво да си тананикаш, докато гледаш играещите на екрана или докато се опитваш сам да го заиграеш). Това е и причината за често явяващите се в лентите от тези години съвсем кратки фрагменти от някои танци – сякаш заснети дотолкова, доколкото да може да се извлече кинестенограма за публикуване в статия. Разбира се, тук главно значение има наличната документираща техника и най-вероятно връзката е обратна, т.е. не представата за това какво и как трябва да бъде документирано определя вида на документирането, по-скоро технологичните и логистични фактори предопределят неговите приоритетите.

Необходимостта от ограничаване и избор във всички случаи се отнасят до самото снимане на терена. Но когато говорим за днешните ни опити да съберем ведно звук и филм, всъщност трябва да се има предвид, че съхраняваното видео в носителите от този период (особено от ранните) не е суровият сниман материал, а е монтирано впоследствие. С други думи, от вероятно сниман по-дълъг материал от даден танц в монтираната лента са оставени подобрени фрагменти, които в реалното му изиграване може и да не са били един след друг. Например – вижда се началото на хорото и се скача в много по-късен момент от развоя му, когато фигурата на веригата играещи се променя. Музиката в собствения си носител обаче върви цялостно и се налага да се търсят моментите, в които са се явили оставените в кинолентата фрагменти от танца. Така при синхрона танцът се разкъсва и различните части от снимания танц се появяват във видеото понякога доста раздалечени във времето. Монтаж на музиката спрямо монтажа във видеото не е уместен: между сниманите фрагменти в музиката постепенно се променя темпото, преминава се към друга фаза в изграждането на мелодията, постепенно нараства енергийното

напрежение и т.н.). Така е в материалите от документирането в Махалата в Гоце Делчев през 1956. По-различно е в лентата с калушарите в Гигенска махала – там някои от танците (но не всички) са снимани и звукозаписани изцяло.

Във всички тези случаи обаче синхронът между звука и видеозаписа среща проблеми „на средно структурно ниво“ – идентифициране на момента от звукозаписа, с който съвпада съответният заснет откъс. Често тук Ивайло Първанов се опира на слухововизуални ориентири: чуващо се тропане от стъпките, за което се търси съвпадение със стъпките във видеоматериала и по времетраене, и по интензивност/сила; провиквания и (при калушарите) команди, които могат да се видят в мимиката на играещите и т.н. Темповите разминавания между звук и видео в тези случаи са по-малки, свързани са с деформация на аналоговите носители и понякога са лесно поправими с проста промяна на скоростта на възпроизвеждане на звука или на видеото. Понякога обаче твърде специфичните отношения между ритъма на танца и ритъма на музиката в традиционните хора (нееднократно коментирани в литературата) изискват много внимателен подход и се е стигало даже до ситуации, в които се налага от звуковата лента да се отстрани музиката и да се оставят шумовите ефекти (стъпки, тропане), за да се намери реалното съвпадение между звук и видео. Но тук се сблъскваме с още един проблем – липсата на синхрон между отделните играещи в лентата. Това тласна Ивайло Първанов към проучвания в областта на кинезиологията, невропсихологията, физиологията и теорията на увличането.

Случаите, в които звукът е записан не по време на снимките, поставят други проблеми пред синхронизирането на звук и картина. „Изпълнението на една народна песен или инструментална мелодия се явява, от една страна, пренасяне (пресъздаване) на съществуващата сред народа музикална информация, а от друга – конкретно и еднократно реализиране на определена музикална творба“ – казва Ботушаров за

аудиозаписите¹², а тази единственост и еднократност на реализирането създава сериозен проблем в нашия случай, в който имаме единство на два вектора – този на музикалното протичане и този на танцовото протичане. Неедновременното документиране на едното и на другото, когато говорим за синкретично явление в устно разпространявана култура, практически значи „две различни протичания“. Все пак по-голяма е близостта, когато звукът е записван в изцяло „повторена“ ситуация (същите играещи, същите свирещи), отколкото когато е записан само същият свирещ (без игра) – самото „дишане заедно“ и протичащият обмен на енергии е важен. Това е съотношението между убедителността при обединяването на аудио и видео при танците от Койнаре (1965), от една страна, и при тези от Хлевене (1953) или от Добруджанската комплексна научна експедиция (1954).

Наслагването в едновременност на две неедновременно протекли документирания е винаги спорно, винаги условно и винаги неточно. Разликите могат да бъдат и на медиониво (цялостното развитие на музикалотанцовия поток, чиито понякога чисто енергийни – и от там структурно-елементни – промени могат да се явят в различни етапи от разгръщането при двата отделни случая), могат да бъдат и на микронивото на отделния такт (в музиката) или на отделния танцов мотив. При размина-

ванията на микрониво при упорито желание все пак да се добави музика към снимания танц ще трябва да се стигне до делене на звуковия файл на различни сегменти и времево-височинното им изменение спрямо същия времеви сегмент от видеото един по един. Проблемът тук ще дойде от необходимостта във всеки отделен случай да се избира каква да бъде времевата единица при делението. Веднъж поради много честото несъвпадане между музикални и танцови микроединици в българския фолклор. Втори път – поради споменатата по-горе липса на синхрон между самите играещи. И трети път – поради разликата между реално и психологическо време, върху която обръща внимание Стоян Джуджев, когато коментира въпроса за механичното записване при теренна работа¹³.

Всичко това поставя проблеми не само пред обработката на отделните заснети единици (в това число и решения за допустимост на манипулациите върху материала), но и пред архивното им систематизиране. Необходимостта да се държи под внимание различната степен на съответствие между звук и картина при всяка от тях ще наложи и нови принципи на систематизиране на файловете при съхраняването им и на формулиране на техните метаданни, което общо взето обхваща целия процес на дигитализация. Възможни решения ще бъдат предложени в следваща публикация.

БИБЛИОГРАФИЯ

Botuscharov 1973: *Botuscharov*, Luben. Въпроси на каталогизацията на музикалния фолклор в архива на Института за музикознание при БАН [Vaprosi na katalogizatsiyata na muzikalniya folklor v arhiva na Instituta za muzikoznanie pri BAN]. Sofia: Institute of Musicology, manuscript.

Djoudjeff 1980: *Djoudjeff*, Stoyan. Българска народна музика. Том 1 [Balgarska narodna muzika. Tom 1]. Sofia: Muzika.

Elschek 1966: *Elschek*, Oskár. Methodological Problems in Slovak Ethnomusicology. – *Ethnomusicology*, Vol. 10, No. 2, 191-198.

Elschek 1989: *Elschek*, Oskar. Film and Video in Ethnomusicological Research. – *The World of Music*, Vol. 31, No. 3, 21-37.

Feld 1976: *Feld*, Steve. Ethnomusicology and Visual Communication. – *Ethnomusicology*, Vol. 20, No. 2, 293-325.

Karácsony 2016: *Karácsony*, Zoltán. Filmtár. In: Fügedi János, Karácsony Zoltán, Máté Zsuzsanna, Varga Sándor. Az MTA BTK Zenetudományi Intézet Néptánc Archivuma. https://zti.hu/files/folk_neptanc/101772.pdf (15.05.2024).

¹² *Botuscharov* 1973, 34. Цитирам по направения от мен компютърен препис на ръкописа и пагинацията не отговаря на оригинала.

¹³ *Djoudjeff* 1980, 65.

Naydenova 2021: *Naydenova, Goritza*. Теренни видеозаписи от 50-те години на XX век в Музикалнофолклорния архив на Института за изследване на изкуствата: стъпки към представянето им в дигитална среда [Terenni videozapisi ot 50-te godini na XX vek v Muzikalnofolklorniya arhiv na Instituta za izsledvane na izkustvata: stapki kam predstavyaneto im v digitalna sreda]. – Research Announcements. Bulletin “Heritage BG” 1/2021, ed. Emmanuel Moutafov. Sofia: Centre of Excellence ‘Heritage BG’, 82-89.

Naydenova 2024: *Naydenova, Goritza*. Теренните видеозаписи на традиционни обреди, му-

зика и танц в България и развоят на българската музикална фолклористика между 1954 и 1965 [Теренните видеозаписи на традиционни обреди, музика и танц в България и развоят на българската музикална фолклористика между 1954 и 1965]. Sofia: IAS, manuscript.

ИЗТОЧНИЦИ

SA – BAS 1955: HA – БАН, ф. 83, оп. 1, а.е. 41 [Scientific Archives, BAS, f. 83, op. 1, a.e. 41].

SA – BAS 1961: HA – БАН, ф. 83, оп. 1, а.е. 89 [Scientific Archives, BAS, f. 83, op. 1, a.e. 89].

The Digitalization of Films in the Folk Music Archive at the Institute of Art Studies – the Ethnomusicologist’s point of view

Goritza Naydenova

This text presents part of a more extensive study on theory and practice of ethnomusicological fieldwork with camera in Bulgaria between 1953 and 1965. The article seeks to outline one of the first ethnomusicological problems during the digitalization of stored rites and dances recorded without sound cameras and integrated synchronic sound recorders: identification of the sound associated with the footage, the various relations between picture and sound in the every single record, and hence – the possible options for their synchronization in the digitalization process. The paper places the problem in the field of the inextricable connection between the dominant research methodology and the available audio- and filming technologies in the ethnomusicological fieldwork during the considered period, with which it also presents a part of the history of Folk Music Archive at the Institute of Art Studies.

