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[The promising directions for the further development of halotherapy in pediatric medicine]

[Article in Russian]

[M A Khan](#)¹, [K V Kotenko](#)², [N B Korchazhkina](#)², [A V Chervinskaya](#)², [N A Mikitchenko](#)³,
[N A Lyan](#)¹

Affiliations

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This article is focused on the modern possibilities for the application of halotherapy with a view to prevention, treatment and rehabilitation of the children with special reference to the main biophysical properties of the principal active factors of halotherapy including dry finely-dispersed sodium chloride aerosols and specific features of the mechanism of their therapeutic action. The extensive studies have been underway in the recent years for the purpose of development of the new effective methods for the reconstitution of the aerodispersive environment. Halotherapy can be provided either on an individual (haloinhalation) or a group (exposition in the halochambers and halorooms basis. Halotherapy has been shown to produce well apparent anti-inflammatory, draining, mucolytic, immunomodulatory, and sanogenetic action. The high effectiveness of halotherapy for the prophylactic application in the frequently ill children is emphasized together with the possibility of its extensive use for the treatment of acute respiratory diseases and combined medical rehabilitation of the children presenting with chronic ENT disorders, respiratory and skin diseases. The optimal technologies for the clinical application of various types of halotherapy are discussed.

Keywords: children; halotherapy; medical rehabilitation; physiotherapy; prevention.**Related information**[PubChem Compound \(MeSH Keyword\)](#)**LinkOut – more resources****Other Literature Sources**[scite Smart Citations](#)**Medical**[MedlinePlus Health Information](#)**Miscellaneous**[NCI CPTAC Assay Portal](#)