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OP-2

Respiratory Hygiene in Health Resort Medicine

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WHO forecasts the subsequent increase of lung diseases worldwide, related to deteriorative ecological situation. To stop this tendency aerosol methods with physical factors are preferable. Adapting natural salt aerosol from salt caves for flexible and comfortable usage has lead to Halotherapy and HaloSpa technology with dry sodium chloride aerosol (DSCA).

The Aim of the Study: Evaluation of the efficacy of DSCA on defense system of the respiratory tract and clinical state of the patients with respiratory diseases. 193 patients with pulmonary diseases and at risk of them received a course of DSCA (10-20 sessions daily 45-60 min each in the rooms, equipped with dry salt aerosol generators). 67 matched patients were given a placebo. The effect of the treatment was evaluated by clinical, functional, cytomorphological, bacteriological, immunological examinations, rheological indices of the sputum.

Results: DSCA enhanced drainage of the bronchi, activated alveolar macrophages, improved biocenosis and local humoral immunity. Procedures resulted in improvement of clinical state in 85% of mild and moderate asthma cases, 75% - of severe asthma cases and 97% - of chronic bronchitis and bronchiectasis. The number of common cold cases during the cold season was reduced in half. Evaluation of respiratory symptoms and functional parameters by persons with risk factor of lung diseases confirmed their significant changes under the action of DSCA.

CONCLUSION. We look at positioning of DSCA as a main component of respiratory hygiene in Health Resort Medicine for prevention of respiratory diseases, as a relief of environment hazards and rehabilitation of chronic patients.