
SPELEOTHERAPY, HALOTHERAPY, HALOAEROSOL THERAPY: DEFINITIONS, MECHANISMS OF INFLUENCE, PERSPECTIVES OF USAGE (PART II)

O.I. Lemko, I.S. Lemko

Abstract

Objective of the study is to carry out an analysis of current developments of treatment methods using rock salt or sodium chloride solutions in conditions on the surface on the earth and to evaluate their effectiveness, as well as to determine the most correct terms for the definition of these methods.

The review includes data on the history of origin and development of treatment methods associated with the reproduction of some factors of curative effects of speleotherapy in salt mines. An analysis of halotherapy varieties and terms used to denote these methods is given. It is substantiated that today the term «halotherapy» has lost its significance as one that determined a type of therapeutic procedure using dry aerosol of rock salt. The usage of dry aerosol media of rock salt with a certain concentration of haloaerosol (not less than 2–3 mg/m³) and the corresponding characteristic of dispersion in the form of group inhalation should be defined as «haloaerosol therapy». The individual inhalations with dry aerosol of rock salt must be named «haloinhalation therapy».

Conclusions. The use of the term speleotherapy in any medical procedures performed on the surface on the earth is incorrect and indicates an inappropriate professional level of such reserches. In publications concerning haloaerosol therapy and haloinhalation therapy, the concentration of haloaerosol and its dispersion, peculiarities of the procedures regime must be indicated. Any methods of influence at patients using rock salt that do not contain such characteristics can not be considered as treatment methods.

Key words: speleotherapy, halotherapy, haloaerosol therapy, haloinhalation therapy.

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O.I. Lemko, doctor of medical science, professor, leading researcher

GI «The Scientific-practical Medical Centre «Rehabilitation» of the Ministry of Health of Ukraine»

10, Velykokamyana str., Uzhgorod, Ukraine, 88000; tel.: + 38 (0312) 63-74-62; e-mail: o.i.lemko@gmail.com