

Treatment of respiratory pathology in Termas de Luso: renewal

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The pathology of the respiratory tract has long been one of the main reasons for seeking thermal treatments in different types of water. Natural mineral water has antimicrobial properties, antioxidants (decreased mucus viscosity) and anti-inflammatory properties (inhibition of IL-2 and INF-Gamma). In addition to the symptomatic improvement observed after thermal treatment, it is also frequent to improve the quality of life of these patients. Several studies have been carried out in this area. There are several pathologies to which thermal treatments are recommended, such as rhinitis, sinusitis, asthma, bronchitis, respiratory infections of repetition, among others.

The therapeutic properties of Luso water have been recognized since the 18th century.

It goes back to the year 1775 the first use of the "bath" for the treatment of skin diseases, by Dr. António Augusto da Costa Simões.

In 1893, Gustave Eiffel devised a work that would become a reference at European level, the thermal pool.

In 1850, the first physical-chemical analysis was carried out and the main characteristics of the Luso Thermal water were analyzed: hyossaline water, low mineralized, low sodium, silicate and chlorinated sodium.

These waters are indicated for: Chronic renal and urinary tract infections; Hypertension; Reduced cholesterol levels; Metabolism and locomotor disorders; Rheumatism; Chronic Respiratory Affections; Dermatological pathology.

The "Termas de Luso" recently invested in a renewed ORL and increased the number of treatment boxes. The quality is excellent and in this way it has managed to close an important gap and attract enough thermalists.

In health, more and more seek innocuous treatments and with few side effects. Treatment with mineral water (in contact with the body, inhaled or ingested) brought this benefit, and the Termas de Luso, center all these alternatives.

There is an improvement in the mean values of nasal symptoms after thermal treatment, which also contributes to the improvement of the quality of life of these

patients. Further studies should be carried out in this area, and it is on the basis of this that the Termas de Luso invested in the improvement of thermal treatments.

Within a short time the growth will be exponential and new agreements will be opened between several bordering institutions.

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