

Summary history of Brazil spas

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In Brazil, since 1540, there are mentions about mineral water. But only in 1808, with the coming of the Royal family to Brazil, did the scientific research of our mineral waters begin. The visit of Princess Isabel to the hydromineral resorts of southern Minas Gerais in 1860, contributed to the development of Brazilian thermalism (Alvisi, page 101). Although the majority of Brazilian mineral waters present little concentration of dissolved solids, which gives them a neutral and pleasant sensation of lightness and palate, the proven therapeutic action of Brazilian mineral waters still needed explanation (Caetano, 2005).

At the Congress of Chemistry in 1922, the minimum limit of 10 Maches established by Europeans for a medicinal mineral effect to have a medicinal effect (Lopes, 1931, p.22), would prove the therapeutic power of Brazilian mineral waters, which, despite almost always from radioactive or weakly radioactive sources. In addition, the separation of the Hydromineral Stations by climatic stations and not necessarily by the temperature of the water at the source allowed the cold, radioactive Brazilian mineral waters to gain space in the "Thermalism", a concept that had its extension extended to any treatment station mineral water, regardless of the temperature of the water at the source, since, in the hydromineral resorts of cold water sources, the thermal baths were routine and took place through the artificial heating of the mineral water.

A historical survey of Brazilian hydromineral resorts in the recent past may encourage Brazilian medical institutions to recover the culture of Crenology through the return of this discipline to the curriculum of medical courses in Brazil.