

## Speleotherapy as an Effective Treatment of Chronic Obstructive Pulmonary Disease

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**Journal of Respiratory Medicine and Lung Disease** 2017 | Volume 2 | Issue 5 | Article 1029

### **Abstract**

**Objectives:** Chronic obstructive pulmonary disease (COPD) as a liberal illness requires constant anti-inflammatory therapy. As praise of conventional treatments, patients often turn to alternative therapy. Current study aimed to evaluate the first study in Iran emphasizing on halotherapy influence on improving lung function testing results and relieving symptoms of Chronic Obstructive Pulmonary Disease patients, presented at respiratory referral hospital, Tehran in 2016.

**Materials and Methods:** In this double-blind clinical study, 84 components suffering from COPD detached to two experimental and control groups. Following two months treatment with salitair or placebo, one month clearance phase was carried. Eventually, groups were treated with salitair and placebo for next two months. Influence was determined assessed 6-minute walk distant, arterial oxygen saturation drop of six minutes walking, CAT enquiry and spirometry FEV<sub>1</sub>, FVC and FEV<sub>1</sub>/FVC parameters.

**Results:** Current study revealed that halotherapy might exert a positive effect on 6-minute walk distant and arterial oxygen saturation drop of six minutes walking parameters, since has no effect on CAT enquiry and FEV<sub>1</sub>, FVC and FEV<sub>1</sub>/FVC parameters. **Conclusions:** Advice for containing halotherapy as a healing treatment for COPD is doubtful. More studies are recommended to be done, including a larger study group to supply the best evidence.

**Keywords:** Chronic obstructive pulmonary disease (C08.381.495.389); Spirometry (E01.370.386.700.750); Vaporizers (E07.605); Halotherapy; Speleotherapy; Salitair OPEN ACCESS

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**Date:** 23 Oct 2017