

**COVID-19 is an emerging, rapidly evolving situation.**

[Public health information \(CDC\)](#)

[Research information \(NIH\)](#)

[SARS-CoV-2 data \(NCBI\)](#)

[Prevention and treatment information \(HHS\)](#)



FULL TEXT LINKS



[Review](#) > [Orv Hetil.](#) 2015 Oct 11;156(41):1643-52. doi: 10.1556/650.2015.30267.

## [Theoretical basis and clinical benefits of dry salt inhalation therapy]

[Article in Hu]

[László Endre](#)<sup>1</sup>

Affiliations

PMID: 26551167 DOI: [10.1556/650.2015.30267](#)

### Abstract

Dry salt inhalation (halotherapy) reproduces the microclimate of salt caves, with beneficial effect on health. Sodium chloride crystals are disrupted into very small particles (with a diameter less than 3  $\mu\text{m}$ ), and this powder is artificially exhaled into the air of a comfortable room (its temperature is between 20-22 °C, and the relative humidity is low). The end-concentration of the salt in the air of the room will be between 10-30 mg/m<sup>3</sup>. The sick (or healthy) persons spend 30-60 minutes in this room, usually 10-20 times. Due to the greater osmotic pressure the inhaled salt diminishes the oedema of the bronchial mucosa, decreases its inflammation, dissolves the mucus, and makes expectoration easier and faster (expectoration of air pollution and allergens will be faster, too). It inhibits the growth of bacteria and, in some case, kills them. Phagocyte activity is also increased. It has beneficial effect on the well being of the patients, and a relaxation effect on the central nervous system. It can prevent, or at least decrease the frequency of the respiratory tract inflammations. It produces better lung function parameters, diminishes bronchial hyperreactivity, which is the sign of decreasing inflammation. Its beneficial effect is true not only in inflammation of the lower respiratory tract, but also in acute or chronic upper airways inflammations. According to the international literature it has beneficial effect for some chronic dermatological disease, too, such as psoriasis, pyoderma and atopic dermatitis. This treatment (called as Indisó) is available under medical control in Hungary, too.

**Keywords:** alternative medicine; alternatív kezelés; dry salt inhalation therapy; légúti betegségek megelőzése; prevention of airways diseases; szárazsó-belégzés.

### Related information

[MedGen](#)

[PubChem Compound \(MeSH Keyword\)](#)

### LinkOut - more resources

Full Text Sources

[Sheridan PubFactory](#)

FOLLOW NCBI



Follow NLM

National Library of Medicine  
8600 Rockville Pike  
Bethesda, MD 20894

Copyright  
FOIA  
Privacy

Help  
Accessibility  
Careers

NLM NIH HHS USA.gov