

## EFFECTIVENESS OF MINEROMEDICINAL WATERS OF TINTEIRO SOURCE IN BUCCO-DENTAL CRENOTHERAPY, OURENSE (SPAIN)

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### Abstract

#### Introduction:

On the right bank of Miño river and only at 4 km from the Ourense's main square, there is a minero-medicinal water spring, unique in its therapeutic virtues (bucco-dental and cicatricial crenotherapy). The number of people who daily visit this source is evaluated at 300, which emphasizes the importance of this water in oral cavity crenotherapy .

#### Material and methods:

##### I – First phase

An investigation-survey questionnaire was conducted among 200 people that visit the mineral water spring. The survey contains 50 questions, subdivided in various categories. This investigation allows to establish the local cartography, demographic situation and partner and professional status, material conditions of the cure, daily habits. At the end of the personal treatment, another survey is conducted to compare the results.

##### II – Search phase of bibliographic data and chemical composition

The work was realized by: Paul Couterier (France), Weissnfluh (Switzerland), Vergnes, in Casterá (France), Tsopikov in Sochi (Russia), Boulanger, in Aix-Thermes (France) were checked .

##### Data from the Tinteiro source

Temperature	44,9 °C	Sulphide Index	2,88 mg/L
$\alpha$ Radiactivity	3317,0 mBq/L	Baregina	YES

##### III - Experimental work phase

20 patients who presented a severe gingivitis process were selected. The treatment was a cure of an hour for 20 days with the minero-medicinal water from the Tinteiro source. Slides to evaluate the gingivitis were made in the clinic of the stomatologist, at the beginning and at the end of the treatment

**Results and conclusion:** A remarkable improvement is observed in 45% of the patients, some improvement in 35% of the cases, and no improvement in 20% of the cases.