



## Mineral waters—importance for human health

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### Abstract

**Introduction.** The Romanian scholar researchers made many clinical studies and established which type of water is beneficial for every specific pathology which can be treated by this method. All types of studied waters came naturally from springs and their elements develop through a natural process, without human intervention whatsoever.

**Results and Discussion.** Oligo-mineral waters, depending on their temperature, can drink the hotter ones (acrato-thermal water) for digestive and renal-vesical conditions because this water has antalgic and antispastic properties and the colder ones specially for renal lithiasis.

Alkaline waters, which contain a minimum of 1 gram of sodium and potassium bicarbonate per liter of drinkable water, can be drunk as therapy for digestive ailments, and its effect may differ depending on the moment of ingesting the water reporting to the meals: if ingested 1 hour and ½ before the meal it inhibits gastric secretion if ingested during the meal it stimulates the gastric secretion and if ingested after the meal it has a double effect – initial inhibition of the gastric secretion, followed by stimulation through sodium chloride and carbon dioxide which interacts with the chlorohydric acid in the digestive tract. Alkaline waters also fluidify and eliminate mucus secretion from the stomach, reduces inflammation in the urinary tract mucosae, accelerates the evacuation of the gastric content, and alkalinize the urine pH. Chlorate sodium waters are waters that contain sodium chloride over 1 gram per liter and its use in crenotherapy is mostly for the digestive system condition, where the purpose is to increase secretion and motility.

Carbonaceous waters are mineral waters that contain a minimum of 1 gram of dissolved CO<sub>2</sub> in 1 liter of water and also because it is naturally produced, it may contain chlorate sodium, iron, or sulfur in its composition. Carbonaceous waters are used in crenotherapy for their properties to stimulate saliva and gastric secretion, activate gastric motility, stimulate gastric acidity, stimulates pancreatic and biliary secretion, and influence urinary pH.

Sulfurous waters are mineral waters that contain a minimum of 1 gram of sulfur (in form of H<sub>2</sub>S, HS, or sulfurous colloidal complex) and because of the instability of the compound, once the sulfurous water comes in contact with air and changes its color and smell, it is recommended that this type of water should be drunk directly at the stream without transporting it. Sulfurous mineral waters can increase gastric secretion, stimulate intestinal peristalsis, has a cholagogic effect, and decrease blood glucose.

**Conclusions.** Water is essential for the entire planet and also indispensable for the survival of the human body. It can destroy solid rock and plants if it overflows, but it can also nurture and grow all living things on the planet. It has memory and magnetic properties. It can drown a human being, or it can save him from various diseases through its wonderful healing effects. It comes from the depth of the earth, evaporates, rises to the sky and then comes back down again to ensure life on this planet. Drink water! Water is life!