



SPELEOTHERAPY

Background:

Speleotherapy is a special kind of climate therapy that uses the specific microclimate of mines and caves to treat respiratory and skin related diseases in particular. Speleotherapy is relatively widespread in Europe. Speleotherapy facilities vary in their environmental conditions, including as regards radiation levels, temperature and humidity. Patients are advised to rest while spending time in most caves. Physical or breathing exercises, including salt aerosols, are recommended for some caves.

Studies of medical evidence:

- Indication: asthma (Beamon, Falkenbach, Fainburg & Linde, 2001): evidence level Ia
- Indication: childhood asthma (Gaus & Weber, 2010): evidence level Ib

Conclusion:

Little scientific evidence is available for speleotherapy. Caves and mines vary in their specific conditions: further research is therefore needed to evaluate the specific effects of speleotherapy.

