

The effect of mineral radon water applied in the form of full baths on blood pressure in patients with hypertension

Amila Kapetanović^{1*}, Samiha Hodžić¹, Dijana Avdić²

¹RC Fojnica, Banjska bb, Fojnica, Bosnia and Herzegovina.

²Faculty of Health Studies, University of Sarajevo, Bolnička 25, Sarajevo, Bosnia and Herzegovina

ABSTRACT

Introduction: Due to patients' safety, increased blood pressure often restricts wider use of mineral water for therapeutic purposes in rehabilitation practice. The aim of this study was to examine the effect of radon mineral water applied in the form of full baths on blood pressure in people with hypertension.

Methods: A total of 27 patients, average age 58.10 years with hypertension were included in the study. Balneotherapy was applied in the form of full baths with mineral radon water of neutral temperature. Values of systolic and diastolic blood pressure were measured before and after twenty minutes therapy on the first and fifth day of treatment.

Results: On the first day of treatment there was no significant change in blood pressure after the application of full baths with mineral radon water of neutral temperature (systolic pressure $t = 0.697$, not significant; diastolic pressure $t = 0.505$, not significant). On the fifth day of treatment there was no significant changes in blood pressure after the application of medical baths with mineral radon water of neutral temperature (systolic pressure $t = 1.372$, not significant; diastolic pressure $t = 1.372$, not significant).

Conclusion: The significant increase of blood pressure in patients with mild and moderate hypertension is not expected when Fojnica water (radioactive mineral water) is being used in the form of full baths of neutral temperature, which allows a broader application of this balneo procedure in rehabilitation practice.

Keywords: blood pressure, mineral radon water