

The useful effects for human body used by Fango, matured with hot spring water

～Focused on pain relief～

温泉を利用した Fango 施術によるヒトへの有効性 ～特に疼痛緩和について～

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Background and Objectives:

Fangotherapy is one of the popular treatments using peloids matured with hot spring water in Europe. Our research focused on Fango found in Abano, Italy, and modified into “Japanese style Fango” named Biofango® made by natural hot spring water with matured peloids. We already presented the data of hyperthermia and the medical benefits of Biofango® treatment as warm-temperature effect and produce a milder burden on the body compared with only hot spring water or with hot tap water. And, stress and skin beauty, and the pain reduction effect of chronic pain were evaluated on Biofango® treatment. In this presentation, the usefulness of Biofango® treatment, especially for pain relieving effect for osteoarthritis on the knee, was assessed.

Materials and Methods:

The pain relief effect of osteoarthritis on the knee by Biofango® treatment were investigated using crossover study with randomly selecting 2 groups (A group; Biofango® group, B group; usual treatment destination group) of 43 men and women (over 50 years old) who had osteoarthritic knee disease. Pain Visual Analog Scale (VAS), Performance in the 30-sec Chair-Stand Test (CS-30), Timed Up and Go Test (TUG) and Health-related QOL (SF-36) were described after treatment of Biofango®.

Results and Conclusion:

Fangotherapy is one of the best method using hot spring water for bathing, especially on the thermal effect. It is also a body-friendly bathing, like an equivalent to the load in less. In this presentation, there was no difference in the treatment order and no carryover effect. VAS, CS-30, TUG, QOL showed significant improvement effect compared to usual(conventional) treatment, and pain reduction effect was recognized.

It is clear that reducing pain can lead to improved quality of life and improved physical balance, which is expected to lead to withdrawal of elderly people and prevention of falls in the future.

Key words: Fango, Fangotherapy, Biofango®, Thermal effect, Pain relief