

Abstract

Wellbeing by water: Science or Fiction?

Since the beginning of men, water is used in medicine. To quench the thirst arising from a shocking situation, to cool a inflamed or swollen joint or to reduce fever using a wet calf wrap. The overwhelming sensation of a warm bath

or the refreshing effect of a shower under a natural waterfall for thousands of years was reserved only for those who lived nearby natural hot springs or wild creeks. In the first century the Romans started to heat water for baths or steambaths to strengthen soldiers and gladiators, but soon not only citizens but

also slaves. In other cultures, where nature is more generous hot bathing is a very common pastime which is good for health, too. In the middle Age wooden hot

tubs were found more and more often and many communities opened public baths

up to the rise of new infectious diseases, but returned when the growth of population made it imperative. But there is much more behind these customs other than hygiene. Engaged pioneers often starting from a personal need developed effective procedures based on water applications to heal and improve

health. Why and how water applications in different variations work on a scientific basis and where the present limitations are seen is the topic of this speech.

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