

ARE PELOIDS MEDICINES?

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Certain types of mud have been used worldwide for ages for healing and cosmetic purposes. To some of these types of mud the name peloid had been attributed for the first time in 1933 to encompass the different terms employed in different languages for the natural sediments that in an adequate wet state were used for therapeutic purposes. However, on the last decades the literature on therapeutic and cosmetic muds and peloids appears to be pretty confused, for some authors mud and peloid, and consequently mud therapy and pelotherapy are considered synonymous, for others they are not so. Therefore, effectively, what is a mud? What is a natural peloid? Is any type of mud a natural peloid? What is a peloid? What types of healing mud and natural peloids are known and how are they individually defined? What distinguishes mud therapy from pelotherapy? Are peloids medicines? These questions and the corresponding responses will be dealt with and discussed in the present paper. Peloids, as a rule, undergo a more or less complex manipulation or engineering process; therefore, their healing properties could be attributed not only to the natural components they bear, but also to any other natural or artificial compounds that could be created or added in order to respond to a particular function. Both natural peloids and peloids are being used under medical counseling and accompanying in Health Resort Medicine or Spa Therapy Centers. Although still requiring more scientific evidence there are sufficient clinical evidence on specialized literature, showing at least the short-term benefits of peloids. Such benefits are being attributed to a combination of factors, and within these mechanical, thermal and chemical effects. Clinical evidence based on epidemiological emphasizes the benefits of pelotherapy on degenerative and inflammatory rheumatism taking advantage of peloids analgesic, anti-inflammatory, anti-oxidant and anti-microbial there is evidence of positive effects of peloids on dermatological affections, especially on psoriasis and on skin care functions (cleansing, degreasing, exfoliating, hydrating, tonifying, and reaffirming).

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