

Summary of the 2017 Study on Sulfur Water

Written by: Assoc. Prof. Dr. W. Marktl

Sulfur thermal waters are among the most potent medicinal waters. The sulfur thermal waters of Bad Deutsch Altenburg differ from other sulfur waters in Austria in two respects: they exhibit the highest sulfur concentration of all Austrian medicinal waters, and they also contain iodine. They are therefore referred to as iodine-sulfur thermal waters. Medicinal waters of this type are relatively rare and thus represent a distinctive feature.

The medicinal effects of sulfur therapeutic waters have been well-researched and scientifically proven. During a bath in sulfur therapeutic water, various effects occur in the skin. These form the basis of the medically desirable effects of sulfur therapeutic waters. The indications for treatment with sulfur therapeutic water baths include: Degenerative joint diseases such as osteoarthritis of the large and small joints, as well as spinal disorders.

Rheumatic diseases such as localised pain syndromes, diseases of the subcutaneous connective tissue, tendons, tendon sheaths and bursae, and fibromyalgia syndrome.

Injuries and post-operative treatment following spinal disc surgery, meniscus surgery, and orthopedic procedures.

A second group of therapeutic indications includes certain skin diseases such as psoriasis, neurodermatitis, acne vulgaris, seborrheic dermatitis, ichthyoses, prurigo, impetigo, folliculitis, and eczema.

In the therapeutic indications concerning the musculoskeletal system, the connective tissue is also affected. Iodine also plays a role in the functions of connective tissue. Sulfur and iodine also have an antiseptic effect, which can be relevant in the treatment of skin diseases.

Therefore, the iodine-sulfur thermal waters of Bad Deutsch Altenburg offer a highly effective remedy, particularly for rheumatic diseases and skin conditions. Therapeutic bathing treatments with the iodine-sulfur thermal waters of Bad Deutsch Altenburg have a scientifically proven effect on the aforementioned conditions, and these effects are long-lasting, meaning they persist for months after the treatment.

Assoc. Prof. Dr. W. Marktl

President of the GAMED-Vienna International Academy for Holistic Medicine