

Peloids

A peloid is a natural substance that is a mixture of inorganic and organic substances in different proportions. Thanks to this broad definition, they are divided into two basic groups, namely muds and humolites.

Mud

Unfortunately, mud does not have a large presence in the Czech spa industry, as there are not many natural resources like, for example, in our eastern neighbors. By mud we mean mainly inorganic matter with an admixture of dead bodies of algae and plankton.

We further divide mud into:

- **simple** mud,
- **thermal** mud, when the inorganic component is formed by dissolving rock in spring water,
- **sulfuric** mud that contains a high proportion of pure sulphur.

Humolites

By humolite we mean a mixture of mainly **organic substances with at least a 30% proportion of humic substances**. Humolites are didactically divided into bogs and peats..

Bog

It is created mainly by the smoldering of reeds and various grasses. The moor is also the most common peloid found in the territory of our republic, e.g. Františkovy Lázně, Lázně Bělohrad, Lázně Bohdaneč, Třeboň, Bohdaneč.

Peat

Peat is created by rotting and washing peat moss. Peat pH is 5–6 in fresh peat, with further storage the peat becomes more acidic pH 1–3. During further processing, the peat is ground and mixed with water.

Peat is divided into:

- **highland peat**, often referred to as simple peat, is created above water,
- **bog peat** is formed under water, contains admixtures of various elements, e. g. Fe, Ca, S.

Application of Peloids

- **total bath**, immersing the patient in a tub with peloid and water in a certain ration,
- **poultices, obklady** applied to a given segment of the body inside an envelope with a heated mixture of water and peloid or the peloid itself (mud) is spread on the patient's skin.

Effects of peloids

Peloids have extraordinary **thermal effects**, they slowly and gently warm the organism, they do not only act on the surface, but also warm the deeper organs. We must not forget the **anti-inflammatory** and **analgesic effect**.

References

Related articles

- Physical therapy in general
- Thermotherapy
- Source gas
- Thermal and hydrotherapeutic procedures

Literature

- JANDOVIÁ, Dobroslava. *Balneologie*. 1. edition. Praha : Grada, 2009. ISBN 978-80-247-2820-9.