

# Source gas

By spring gas we mean gas that springs directly from the ground or accompanies mineral waters, sometimes industrially produced food-grade CO<sub>2</sub> is also used. The spring gas acts vasomotorically, analgesic and improves tissue trophicity.

## Composition

Natural spring gas must contain at least 90% CO<sub>2</sub>, if we want to use it for gas injection application into the subcutaneous tissue, its volume must be at least 96%. Undesirable components of source gas include H<sub>2</sub>S, O<sub>2</sub>, N<sub>2</sub> and water in the form of water vapor.

## Usage in spa treatment

- **Total baths** patients sit comfortably in the pool, after which spring gas begins to flow into the pool, the duration of the procedure is approx. 30-45 minutes,
- **partial baths**' more often known as gas envelopes, the patient is wrapped in a plastic bag, then gas is blown into the bag with a gun, procedure time approx. 20-30 minutes,
- **bath in gas dissolved in water** is a classic bath with water enriched with CO<sub>2</sub>,
- **gas injection** is the application of a small amount of gas into the subcutaneous pacint,
- **pneumopuncture** is the application of a small amount of gas to acupuncture points.

## Indication

The spectrum of indications is wide, mainly diseases of the cardiovascular system (conditions after myocardial infarction, ischemic heart disease, ISCHDK, varicose veins) and then vertebrogenic algic syndrome or perhaps migraines.

## Contraindications

Contraindications mainly include local inflammation of the skin, bleeding disorders, fear and, in general carbon baths, hysteria.

## Links

### Related Articles

- Physical therapy in general
- Thermotherapy
- Peloids
- Heat and hydrotherapy procedures

### References

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