

The Cisca Saltpipe: salt therapy in your home

The rise in pollution, especially air pollution, means that we are constantly inhaling invisible contaminants into our lungs. In industrial countries in particular, there has been an increase in the number of people suffering from respiratory illnesses, such as asthma and hayfever. Salt therapy is a nondrug therapy that can help

Oxygen is the most essential element for human life. Oxygen inhaled in air diffuses into the blood in the lungs and is carried by the red blood cells throughout the body to every cell, where it is required for cell metabolism. Insufficient oxygen can affect our health both physically and mentally. Therefore if the respiratory system is tainted by impurities in inhaled air, our ability to absorb oxygen in the body decreases, leading to tiredness, depression, fatigue and a decrease in immune system function.

Asthma, allergy, hayfever and other respiratory-related diseases are all associated with problems with the immune system. Although there are numerous drugs available that can be used to manage these conditions, this can be a double-edged sword, as the drugs used to tackle the symptoms may eventually spoil the immune system they are trying to help. Continued use of drugs can lead to resistance and increasing doses to get the same effect. The ultimate outcome is that we put more and more drugs into our bodies.

Salt therapy is a nondrug therapy that can be used to treat respiratory illness. In fact, salt therapy to treat respiratory illness is not a new concept – inhaling the salt steam from heating a salt solution was recommended by Hippocrates.¹ Salt treatment is known in Europe as halotherapy (“halos” is the Greek for salt) and speleotherapy (“speleo” is the Greek for cave, as the salt is usually harvested from caves). It is popular in places such as Praid in Romania, Wieliczka in Poland and Teufelshohle in Germany, where salt cave therapy is available for people suffering from bronchitis, chronic obstructive pulmonary disease (COPD), asthma, and so on.

The Cisca Saltpipe is a salt therapy device invented by two Hungarians and was originally known in Hungary as the “Sopipa”. The device comprises a ceramic pipe containing several types of salt crystals harvested from caves in Eastern Europe. It is a convenient way of



The Elipipe for children (left) and the Saltpipe (right)

receiving the benefits of salt therapy. Within the pipe the natural process of salt crystallisation occurs, so that microcrystals of salt, $<5\mu\text{m}$ in diameter and invisible to the human eye, can be inhaled and are able to penetrate deep into the lungs. The Cisca Saltpipe uses only natural salt taken from salt caves and left untreated by processing technology.

Inhaling salt crystals cleans out our respiratory system and helps our lungs absorb more oxygen. Clinical studies of salt therapy have shown that the inhaled salt has bactericidal, mucokinetic, hydrophilic and anti-inflammatory properties.²⁻⁶ It reduces inflammation in the whole respiratory tract, absorbing oedema from the mucosa lining of the airway passages, leading to widening of the airway passages, restoring the normal transport of mucus and unclogging blockages in the bronchi and bronchioles, leading to rapid elimination of the residual tar and allergens. Oedema of the nasal mucosa and the oropharynx and soft palate causes nasal obstruction. By widening the airway passages and tubes of the sinus, salt therapy improves sinus drainage and reduces snoring.

The Cisca Saltpipe can relieve breathing problems such as shortness of breath, wheezing, chronic cough and nasal catarrh that may be caused by:

- Asthma.
- Hayfever and other respiratory allergies.
- Bronchitis.
- Sinus infection, chest infection, colds, flu and sore throat.
- Allergies to industrial and household pollutants.
- Smoker's cough.

Salt therapy is a natural therapy – we all know the benefits obtained from breathing in the fresh salty air at the seaside. It relieves existing symptoms and also helps to prevent further respiratory problems. The Cisca Saltpipe can bring the benefits of salt therapy to you in the comfort of your own home at any time. ❖

The Cisca Saltpipe

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