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Electrolyzed Water Steam Inhalation (ELWASTIN) Therapy: a novel complementary treatment for a variety of diseases including COVID-19

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Abstract: This research paper introduces and outlines the use of Electrolyzed Water Steam Inhalation (ELWASTIN) Therapy as a novel complementary treatment for a variety of diseases including COVID-19

I. MAIN CONTENT

Electrolysis of water is the process through which water is decomposed/separated into hydrogen gas and oxygen gas. It is performed through passing electric current through the waters – we find hydrogen gas being originating at the cathode(connected to + side of battery) and oxygen gas being originating at the anode(connected to - side of battery). Technically only a minimum of 1.3 volts is required to start the electrolysis of water, higher voltage will lead to faster electrolysis and hence faster evaporation of gases in larger volume.

This steam of electrolyzed water which contains hydrogen gas and oxygen gas in ratio of 2:1 and inhalation of this Electrolyzed Water Steam Inhalation (ELWASTIN) is proposed as ELWASTIN Therapy.

This ELWASTIN Therapy is proposed as a novel complementary treatment for diseases including COVID-19 because of the individual healing and medically beneficial qualities/properties of its' both the constituent gases i.e. Hydrogen and Oxygen

Hydrogen gas is proven to possess powerful antioxidant, anti-inflammatory and anti-apoptotic effects, and has also been found effective in reducing lung injury-associated inflammatory responses at both the local & systemic level. It has also been found to help cure various diseases including metabolic syndrome, organ injuries and cancer. [1]

Hydrogen gas inhalation has potential to improve mental disorders. [2] Mental disorders have become a very common co-morbidity in these times, especially due to ongoing COVID-19 pandemic.

It is also useful in prevention, treatment, and mitigation of various neurological disorders, such as cerebrovascular diseases, neurodegenerative disorders, neonatal brain disorders, and ischemic stroke (cerebral infarction). [3] [4] Neurological disorders are a common complication/outcome of COVID-19 and several other diseases.

Hydrogen inhalation also improves all cardiovascular and metabolic diseases, including atherosclerosis, vascular injury, ischemic or hypertrophic ventricular remodeling, intermittent hypoxia- or heart transplantation-induced heart injury, obesity and diabetes. [5] these are significantly common co-morbidities with severe COVID-19 cases and highly prevalent.

Low levels of oxygen saturation (SpO2) is a common complication of various respiratory diseases including COVID-19, and deaths through hypoxia are common in such cases. Inhalation of concentrated oxygen gas is the direct way to increase oxygen saturation in blood as to avoid hypoxia.

Elaborate discussion about health benefits of oxygen inhalation is not deemed required as they are already very well proven through a large number of scientific studies, researches and clinical trials, and oxygen inhalation is used currently as a benchmark treatment tool for severe COVID-19 patients.

Therefore, owing to the benefits of its aforementioned constituents, ELWASTIN Therapy should be considered as a novel complementary treatment especially for variety of diseases including COVID-19

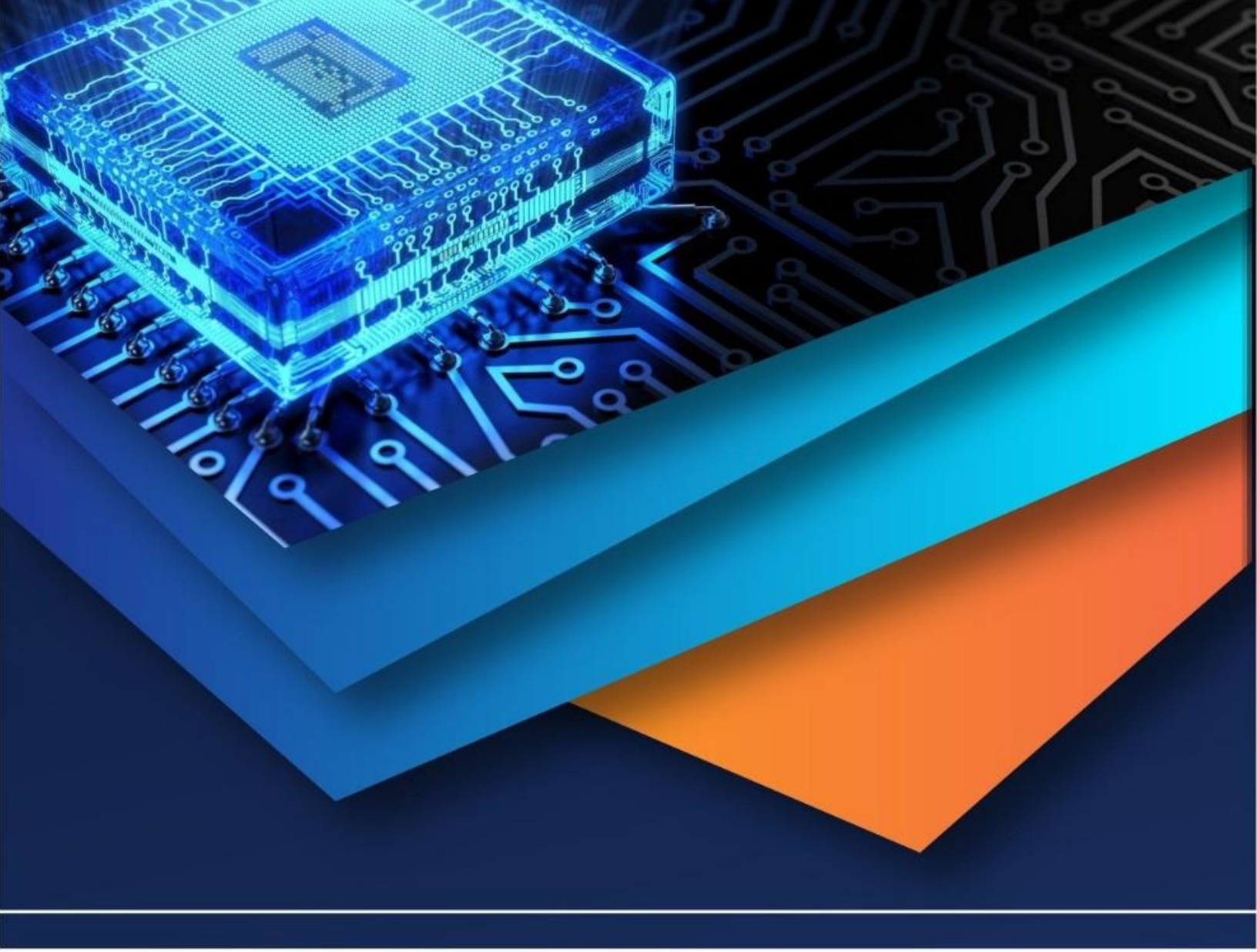
P.S. The name "ELWASTIN" and "ELWASTIN Therapy" is coined by the author.

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