Section 14 | Climatotherapy and thalassotherapy

14-3 Climatotherapy in the world and the potential of Japanese climate and geographical features to health promotion and disease prevention

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Objective: To review the related articles and consider the potential of Japanese climate and geographical features to health promotion and disease prevention in the context of health resort medicine.

Method: To summarise the studies concerning climatotherapy in the world, PubMed database was searched from 1965 to 2014. Additional references were identified from bibliographical searches of included studies.

Results: One hundred thirty-five articles were included. These articles were sorted according to the place of health resort and the objective: 1) At the Dead Sea, of maritime climate with natural sunlight and salt water, climatotherapy for psoriasis, atopic dermatitis, rheumatic diseases, vitiligo, uveitis, mycosis fungoides and hypertension; 2) At the Canary Islands, of subtropical maritime climate, climatotherapy for psoriasis, cerebral palsy and atopic dermatitis; 3) At the Alpine mountain area, of moderate- and high-altitude mountain climate, bronchial asthma, atopic eczema, chronic obstructive pulmonary disease (COPD), circulatory diseases, osteoporosis and metabolic syndrome; 4) At the North Sea, climatotherapy for bronchial asthma and atopic dermatitis; 5) At the Baltic Sea, climatotherapy for bronchial asthma, chronic bronchitis, psoriasis, pulmonary silicosis and children after rheumatic disease; 6) At the Island of Jerba in Tunisia, of the Mediterranean maritime climate, climatotherapy for fibromyalgia; 7) At the Adriatic Sea shore in Croatia, climatotherapy for bronchial asthma; 8) At the Black Sea shore, including Evpatoria health resort (Crimea), Azov Sea zone, Black Sea health resort and Sochi health resort, climatotherapy for chronic dermatoses, atherosclerosis, coronary heart disease, rheumatic heart disease, after lung resection in children and non-organized vacationers; 9) At the west coast of Caspian Sea shore, climatotherapy for cerebrovascular disorder; 10) At the mountain hospital in Kyrgyz, of high-altitude mountain climate, aplastic anaemia and idiopathic thrombocytopenic purpura; 11) At the north shore of Sea of Japan, climatotherapy for the children with oncological disease.

In Japan, the total length of coastline is 35,558 km, and the total number of islands is 6,852. The percentage of forest area is 66.4%, moderate-altitude mountain area (250–1,000 m above sea level) is 45.0% and high-altitude mountain area (1,000–3,000 m) is 6.4%. Climatic region distributes from the subtropical zone to the subarctic zone. Most of the coastal area is close to the mountain area. There are many health resorts for the forest therapy, balneotherapy and thalassotherapy.

Conclusions: There would be a high potential of Japanese climate and geographical features as a health resort of climatotherapy and terrain kur to health promotion and disease prevention.
**Keywords:** Climatotherapy, Terrain Kur, Mountain climate, Maritime climate, Health resort medicine

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