

“Hydrogen/Oxygen Mixed Gas Inhalation Improves Disease Severity and Dyspnea in Patients with Coronavirus Disease 2019 in a Recent Multicenter, Open-Label Clinical Trial”

This study asked: Could breathing a hydrogen/oxygen gas mix help people with COVID-19 breathe more easily and recover faster? First – why hydrogen for COVID?

COVID can affect the lungs and airways, causing: 😞 shortness of breath (dyspnea)

😞 coughing 🫁 chest tightness 📉 lower oxygen levels 🔥 inflammation in the lungs.

How was the study done?

This was a: ✅ Multicenter human clinical trial ✅ Conducted across 7 hospitals in China during the early COVID outbreak.

Researchers studied: 90 patients with COVID-19 who had: Breathing difficulties (dyspnea).

They compared:

Group 1: Standard COVID treatment

Group 2: Standard treatment + hydrogen/oxygen inhalation

The hydrogen group inhaled: A gas mixture of about 66% hydrogen and 33% oxygen through a nasal cannula until hospital discharge. (A later correction clarified the flow rate was 3 L/min, not 6 L/min.)

What did researchers measure? They tracked: 🫁 breathing difficulty (dyspnea) 😞 cough severity 😞 chest tightness 📈 disease severity scores 🩸 oxygen saturation.

Main findings

✅ People breathing hydrogen/oxygen improved faster

Researchers found: More patients improved in disease severity in the hydrogen group.

Some improvements were seen: As early as days 2–3.

Simple version: Patients appeared to recover respiratory symptoms more quickly.

✅ Less shortness of breath. One of the strongest findings was: Improvement in dyspnea (breathing difficulty).

People generally found it easier to breathe.

✅ Improvements in cough and chest discomfort

Researchers also reported: ⬇️ less coughing ⬇️ less chest distress ⬇️ less chest pain.

Think of it like: Helping calm irritated, inflamed airways.

✅ Better oxygen levels

Patients inhaling the hydrogen/oxygen mix also showed:

Improved oxygen saturation. Meaning:

The body appeared to be getting oxygen more effectively.

This study suggests:

Hydrogen/oxygen inhalation may help some COVID patients breathe easier and recover respiratory symptoms faster.

To Read The Full Study

[CLICK HERE](#)

