

## “Positive Effects of Hydrogen-Water Bathing in Patients with Psoriasis and Parapsoriasis en Plaques” (2018)

**This study asked:** Could bathing in hydrogen-rich water help improve chronic inflammatory skin conditions like psoriasis?

First – what are psoriasis and parapsoriasis? Psoriasis is: A chronic inflammatory skin condition where skin cells build up too quickly.

This can cause: ● red patches ● dry, flaky skin 🔥 inflammation 😞 itching

**Many people struggle because:** Treatments don’t always work well – or side effects can be difficult.

**Researchers wondered:** Could hydrogen-rich water help calm inflamed skin?  
How was the study done? Researchers studied: 75 people with psoriasis

They compared:

**Group 1:** Hydrogen-water bathing

**Group 2:** Control group (no hydrogen bathing).

Participants bathed in:

Hydrogen-rich water regularly for 8 weeks while continuing their usual treatment.

Researchers measured: ● severity of psoriasis 😞 itching 📄 quality of life 📷 skin improvement.

**Main findings** ✅ Many patients improved noticeably

After: 8 weeks of hydrogen-water bathing researchers reported:

**24%** achieved about **75%** improvement

compared with:

Only **3%** in the control group.

**Even more interesting:**

**56%** achieved at least 50% improvement, compared with: **18%** in the control group.

**This study suggests:**

Hydrogen-rich water bathing may help support skin health in inflammatory skin conditions like psoriasis.

To Read The Full Study

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