The Therapeutic Effects of Oral Intake of Hydrogen-Rich Water on Cutaneous Wound Healing in Dogs

What did the researchers do?

- Researchers created small skin wounds on 12 healthy dogs.
- Half of the dogs drank hydrogen-rich water (HRW) three times daily.
- The other half drank regular distilled water.
- Wound healing was monitored over 28 days.
- Researchers measured:
  - **Healing speed**
  - **Inflammation**
  - **New blood vessel formation**
  - **Antioxidant activity**
  - **Tissue repair markers.**

What did they find?

✅ **Wounds healed faster with hydrogen-rich water**

- Dogs drinking hydrogen-rich water showed significantly faster wound closure.
- Average healing time was reduced from approximately 22 days to 19 days.
- **Improvements were visible as early as day 3 and day 7.**

✅ **Less inflammation**

- The hydrogen group showed less redness, swelling, bleeding, and inflammatory exudate around the wounds.
- The wounds appeared healthier and cleaner during the healing process.

✅ **More blood vessel growth**

- Hydrogen-rich water stimulated the formation of new blood vessels.
- Improved blood flow helps deliver oxygen and nutrients needed for tissue repair.

✅ **Faster skin regeneration**

- The hydrogen group developed new skin tissue more quickly.
- Re-epithelialization (formation of new skin over the wound) occurred sooner.
- Wounds reached complete closure earlier than the control group.

✅ **Improved antioxidant protection**

- Hydrogen-rich water reduced markers of oxidative stress.
- Antioxidant enzyme activity increased.
- Researchers found activation of protective cellular pathways involved in tissue repair and healing.

Key Takeaway

This veterinary study found that dogs drinking hydrogen-rich water healed skin wounds faster, developed more new blood vessels, experienced less inflammation, and showed stronger antioxidant protection compared with dogs drinking regular water. Researchers concluded that hydrogen-rich water was a safe and effective support for wound healing.

To Read The Full Study CLICK HERE