

[Hormonal, beta-endorphin and renin activity changes in man during partial immersion, as a therapeutic method, in water at 38 degrees C.]**Digiesi V; Cerchiai G; Forni S; Baldi E; Masi F; Giannotti P****Minerva Med 1987 Feb 15;78(3):135-9**

This research was carried out to define the effects on men of head-out water immersion in a bath at 38.41 +/- 0.04 degrees C (mean +/- S.E.) with a method similar to that used for therapeutical rehabilitation and time of immersion of 30 minutes. Beta-endorphin, renin activity, aldosterone, cortisol, HGH, FSH, LH, TSH, T3, T4 and prolactin haematic levels were analysed. Seventeen healthy subjects (fourteen males and three females), aged 21-65 years (mean age 29.8 +/- 2.6) were studied. Water immersion caused a decrease in FSH and LH haematic concentrations; no significant changes occurred in beta-endorphin, renin activity, aldosterone, prolactin, cortisol, HGH, TSH, T3, T4 and FTI values. Thirty minutes after the end of immersion, FSH and LH levels returned to pre-immersion values. The probable pathogenesis of these observations is suggested.

LA - Italian

RN - EC 3.4.23.15 (Renin); 0 (Endorphins); 60617-12-1 (beta-Endorphin); 9002-67-9 (LH); 9002-68-0 (FSH)