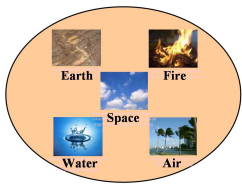
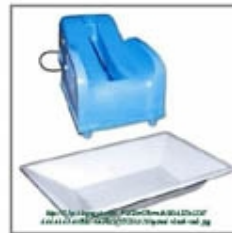


# Naturopathy – 3

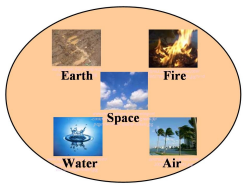
## Hydrotherapy - II



# Methods of Hydrotherapy



# Methods of Hydrotherapy



**External Use**

**Internal Use**

**Drinking Water**

**Enema**

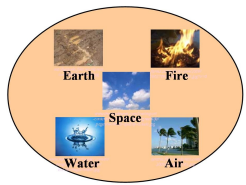


[http://www.dietsinreview.com/diet\\_column/wp-content/uploads/2008/07/drinking-water.jpg](http://www.dietsinreview.com/diet_column/wp-content/uploads/2008/07/drinking-water.jpg)



<http://www.amazinghealth.co.uk/enema-kit.jpg>

# Methods of Hydrotherapy



**External Use**

**Internal Use**



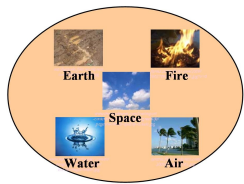
**Baths**

- Daily Bath
- Hip Bath
- Spinal Bath
- Sitz Bath
- Foot Bath
- Full Immersion Bath
- Steam Bath

**Hot & Cold Bandages**

- Whole Body Wet Sheet Pack
- Chest, Waist Pack
- Neck Pack
- Leg, Knee Pack

# Methods of Hydrotherapy



[http://img.metro.co.uk/i/pix/2009/03/baby REUTERS\\_450x300.jpg](http://img.metro.co.uk/i/pix/2009/03/baby REUTERS_450x300.jpg)

## Baths

- Daily Bath
- Hip Bath
- Spinal Bath
- Sitz Bath
- Foot Bath
- Full Immersion Bath
- Steam Bath

- ❖ Bath is the Primary Method of Hydrotherapy
- ❖ Different types and methods of taking Bath are found to be beneficial in various diseases

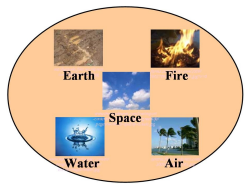
*“Akhand Jyoti – August 1962 (Hindi)”, Editor – Shriram Sharma Acharya, Harihar Press:Mathura, 1962.*

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[www.dsvv.ac.in](http://www.dsvv.ac.in)

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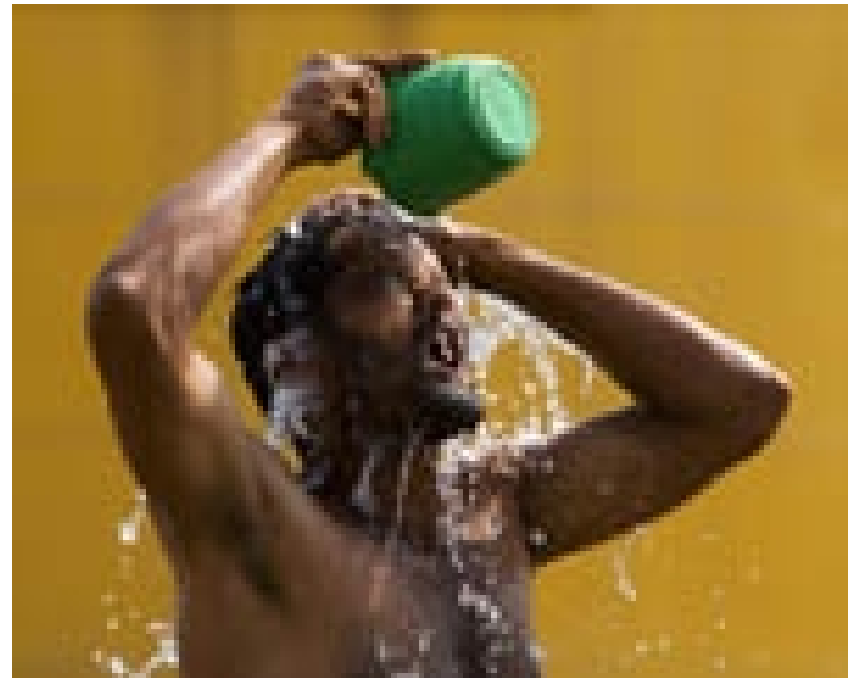
*Dr. Rakesh Jindal, “Prakratik Ayurvigyan (Hindi)”, Arogya Seva Prakashan:Modinagar, 2005.*



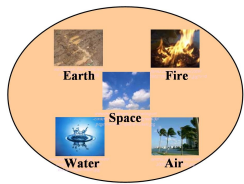
# External Use - Types of Baths

## Daily Bath

- **Daily Bath**
- **Hip Bath**
- **Spinal Bath**
- **Sitz Bath**
- **Foot Bath**
- **Full Immersion Bath**
- **Steam Bath**



<http://danrootphotography.lucita.org/images/folioPics/tsu/Tsunami05.jpg>



# Daily Bath

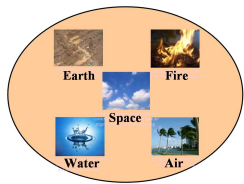
## Purpose & Benefits of daily bath

### External Use Types of Baths



- ❖ To remove impurities
- ❖ To provide necessary moisture & nourishment
- ❖ To reduce the internal heat & make the body cool (internal morbid matter creates heat)

[http://www.zrecommends.com/images/uploads/zrecommends/cache/scrubble\\_kid-450x450.jpg](http://www.zrecommends.com/images/uploads/zrecommends/cache/scrubble_kid-450x450.jpg)

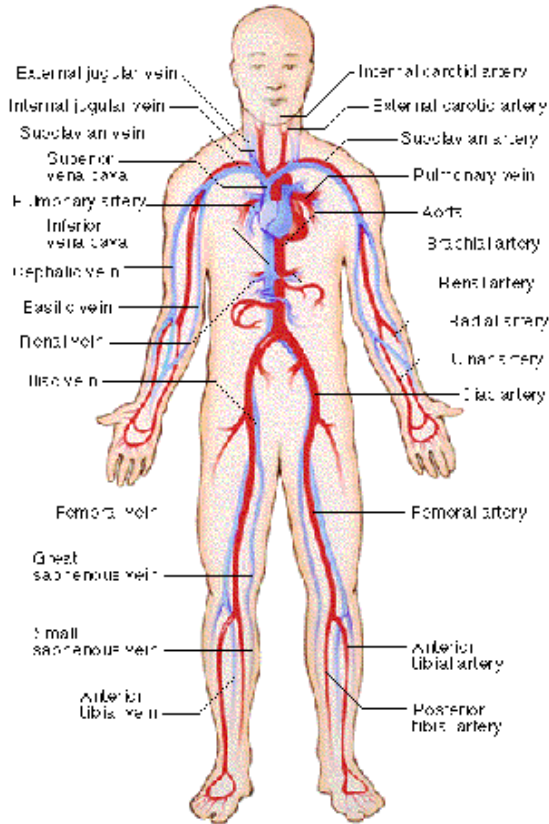


# Daily Bath

## Purpose & Benefits of daily bath

### External Use Types of Baths

- ❖ To facilitate proper blood circulation
- ❖ To strengthen the network of nerves & provide liveliness



[http://www.kidzfloor.com/images/human-body/circulatory\\_system.gif](http://www.kidzfloor.com/images/human-body/circulatory_system.gif)

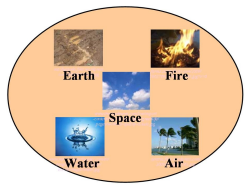
<http://www.applesandpeanutbutter.net/wp-content/uploads/2010/01/20100127-Lifestyle-changes-to-help-boost-your-immunity-POSTED.jpg>

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[www.dsvv.ac.in](http://www.dsvv.ac.in)

Dr. Rakesh Jindal, "Prakratik Ayurvedigyan (Hindi)", Arogya Seva Prakashan:Modinagar, 2005.





# Daily Bath

## External Use Types of Baths

## Proper Method of daily bath

❖ The water should be:

fresh

clean

cool

*(During cold weather, use normal temperature water)*  
*(In specific problems, warm water is also used)*



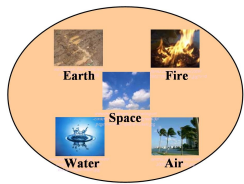
<http://www.photoeverywhere.co.uk/britain/snowdonia/river3156.jpg>

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Dr. Rakesh Jindal, "Prakratik Ayurvedigyan (Hindi)", Arogya Seva Prakashan:Modinagar, 2005.



# Daily Bath

## External Use Types of Baths

## Proper Method of daily bath

❖ Avoid using soap

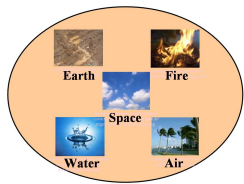
*(causes weakening of blood vessels; makes the skin dry)*

❖ Use natural things like:

- (1) Gram flour + water
- (2) Wheat flour + coconut oil /  
olive oil + lemon juice
- (3) Lemon juice + water



<http://www.skincare.pk/wp-content/uploads/2010/03/Haldi.jpg>



# Daily Bath

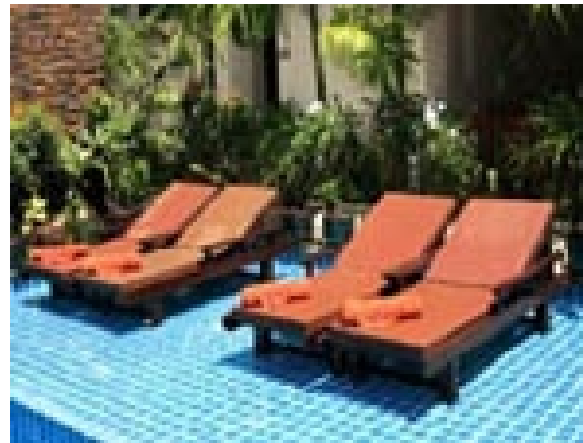
## External Use Types of Baths

## Proper Method of daily bath

❖ **Make the body slightly warm before taking bath (Friction Bath / Sun Bath / Light Exercise)**



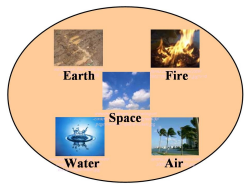
<http://ingraham.ca/resources/images/man-self-massaging.jpg>



[http://img.agoda.net/hotels/108856/OTHERS/OTHERS\\_108856\\_7.jpg](http://img.agoda.net/hotels/108856/OTHERS/OTHERS_108856_7.jpg)



[www.nhlbi.nih.gov/health/public/lung/copd/images/photos/man-stretching.jpg](http://www.nhlbi.nih.gov/health/public/lung/copd/images/photos/man-stretching.jpg)



# Daily Bath

## External Use Types of Baths

## Proper Method of daily bath *Friction Bath*

**Rubbing the body from head to toe by palms / sponge / cotton towel / soft brush**



**Rub properly so that entire body becomes warm**



**Total time: 10 – 15 min**

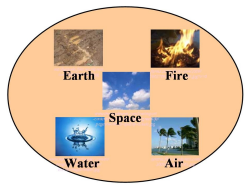
***(Next, take bath with cool water)***



<http://ingraham.ca/resources/images/man-self-massaging.jpg>



[www.vetiverbathbrush.com/home\\_images/pure\\_natural\\_herbal\\_bath\\_scrubber\\_made\\_from\\_vetiver\\_roots.jpg](http://www.vetiverbathbrush.com/home_images/pure_natural_herbal_bath_scrubber_made_from_vetiver_roots.jpg)



# Daily Bath

External Use  
Types of Baths

## Proper Method of daily bath

### *Importance of Friction Bath*

- (1) Externally → Removes dirt & dead skin
- (2) Internally → More blood moves towards the skin



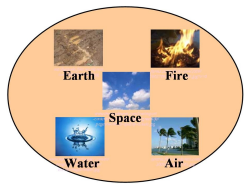
**Blood vessels dilate  
(vaso-dilation)**

**&**

**Skin pores open up**



<http://www.avastin.com/avastin/base/hcp/images/figures/hypertension-01-1.jpg>



# Daily Bath

## Proper Method of daily bath

### Importance of Friction Bath

**Skin pores open up**



**Toxins are removed in the form of sweat**

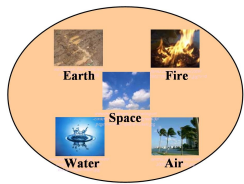


**Skin becomes free of diseases & glows**



[http://comps.fotosearch.com/comp/PHT/PHT415/barecheded-man-towel\\_~PAA415000049.jpg](http://comps.fotosearch.com/comp/PHT/PHT415/barecheded-man-towel_~PAA415000049.jpg)

External Use  
Types of Baths



# Daily Bath

## Proper Method of daily bath

### Importance of Friction Bath

After Friction Bath, take bath with cool water



Blood moves away from the skin inside the body



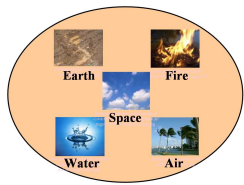
Too much body heat is not lost

***(Shower Bath is best for this)***

External Use  
Types of Baths



[www.furniturestoreblog.com/image/rain%20shower%20bathtub%20bathroom%20design.JPG](http://www.furniturestoreblog.com/image/rain%20shower%20bathtub%20bathroom%20design.JPG)



# Daily Bath

## External Use Types of Baths

## Proper Method of daily bath

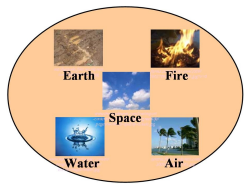
❖ After the bath, dry the body completely with cotton towel / palm of hand

*(If the body is left wet, it can cause various skin problems)*



cache4.asset-cache.net/xc/57303284.jpg?v=1&c=IWSAsset  
&k=2&d=8A33AE939F2E01FFFA76D4DFE245F489A4AF  
0A1CBC7D47BD1840CACEA015A36EE30A760B0D811297





# Daily Bath

## External Use Types of Baths

## Precautions in daily bath

- ❖ If the body is very **TIRED** or very **HOT**, then do not take cool bath
- ❖ Weak persons, babies and old age persons should not take cool bath



[www.caricatures-ireland.com/blog/wp-content/uploads/2008/11/sleep-cartoon.jpg](http://www.caricatures-ireland.com/blog/wp-content/uploads/2008/11/sleep-cartoon.jpg)



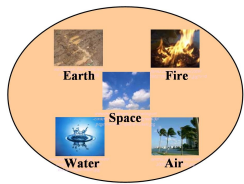
<http://www.goodeveningworld.com/wp-content/uploads/2009/06/fatigue.jpg>

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[www.dsvv.ac.in](http://www.dsvv.ac.in)

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Dr. Rakesh Jindal, "Prakratik Ayurvedigyan (Hindi)", Arogya Seva Prakashan:Modinagar, 2005.



# Daily Bath

## External Use Types of Baths



[www.itstime.com/wp-content/gallery/do-it-yourself/dyi-brahmi-amla-kesh-tail.jpg](http://www.itstime.com/wp-content/gallery/do-it-yourself/dyi-brahmi-amla-kesh-tail.jpg)



[www.gleneagles.com/media/35892/gleneagles\\_salon\\_women\\_hair\\_wash.jpg](http://www.gleneagles.com/media/35892/gleneagles_salon_women_hair_wash.jpg)

## Precautions in daily bath

❖ Don't use warm / hot water for head bath

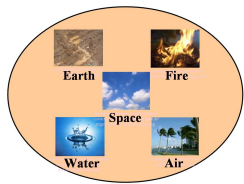
*(weakens eye sight  
weakens the roots of hairs)*

❖ Should not take bath for more than 20 min

*(body should not be in touch with cool water for so long*



*it hampers blood circulation)*



# Daily Bath

## External Use Types of Baths

## Precautions in daily bath

- ❖ Don't take bath immediately after OR immediately before the meals
- ❖ Bath can be taken:  
At least 30 min before OR 1 hr after breakfast  
At least 3-4 hrs after meal



[munfitnessblog.com/wp-content/uploads/2008/02/drink-water-during-meal.JPG](http://munfitnessblog.com/wp-content/uploads/2008/02/drink-water-during-meal.JPG)



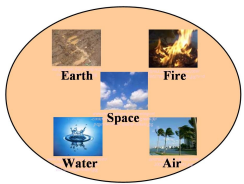
<http://danrootphotography.lucita.org/images/folioPics/tsu/Tsunami05.jpg>

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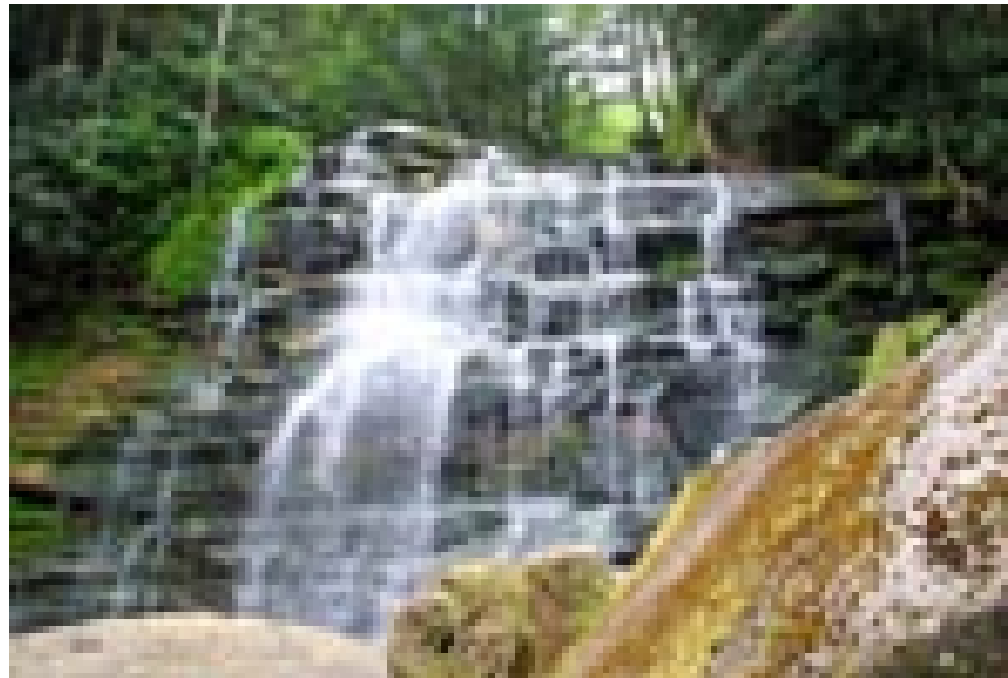
[www.dsvv.ac.in](http://www.dsvv.ac.in)

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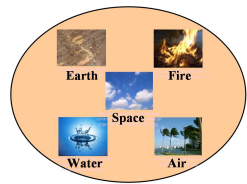
Dr. Rakesh Jindal, "Prakratik Ayurvigyan (Hindi)", Arogya Seva Prakashan:Modinagar, 2005.



# How Does Hydrotherapy (External Use) Work?



<http://www.waterfall-wallpapers.com/bulkupload/Waterfall/Waterfall/Waterfall%20110.jpg>



# How Does Hydrotherapy Work?



## External Use



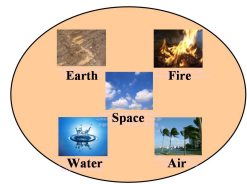
[3.bp.blogspot.com/\\_knMti5cfzko/SjS70ww9URI/AAAAAAAAAXI/\\_fE9T-2xyHw/s400/rain+\(3\).jpg](http://3.bp.blogspot.com/_knMti5cfzko/SjS70ww9URI/AAAAAAAAAXI/_fE9T-2xyHw/s400/rain+(3).jpg)

❖ Healing properties of hydrotherapy are based on its:

1. Mechanical effect
2. Thermal effect

❖ Hydrotherapy makes use of body's reaction to:

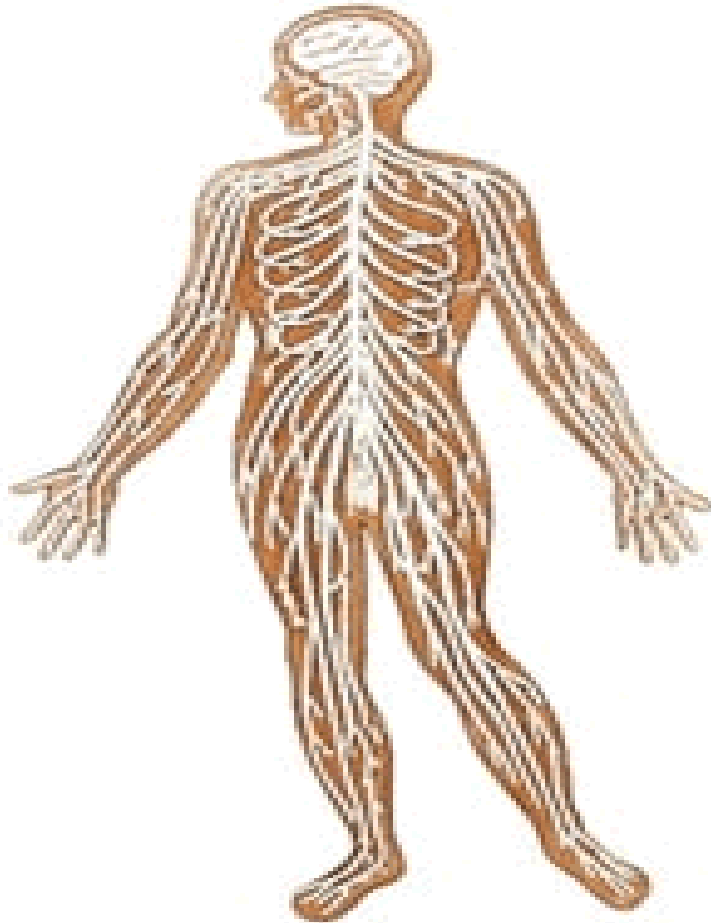
1. Pressure exerted by water
2. Hot and cold stimuli
3. Prolonged application of heat
4. Sensation of the water itself



# How Does Hydrotherapy Work?



## External Use



**The mechanical and thermal effect felt by the skin is carried by the nerves deeper into the body**

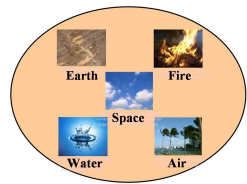
<http://www.factmonster.com/images/ency138nersys001.gif>

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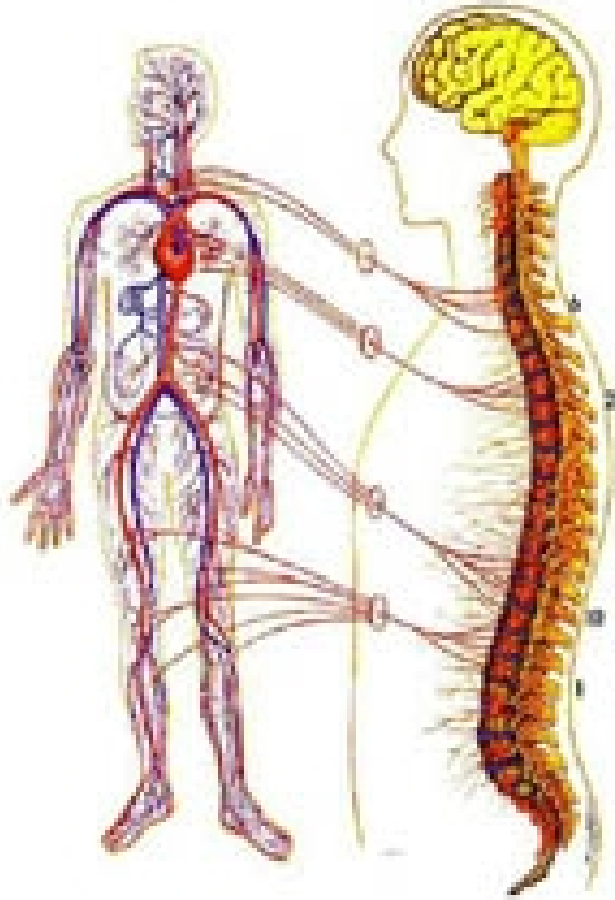
<http://www.naturaltherapypages.com.au/article/hydrotherapy>



# How Does Hydrotherapy Work?



## External Use



Inside the body, this effect is supposed to:

1. Stimulate immune system
2. Improves circulation & digestion
3. Encourages flow of blood
4. Reduces the body's sensitivity to pain

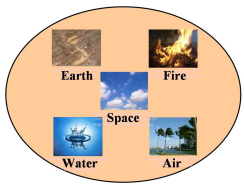
<http://www.labtechindia.net/product/Biology/bl-7.jpg>

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[www.dsvv.ac.in](http://www.dsvv.ac.in)

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<http://www.naturaltherapypages.com.au/article/hydrotherapy>



# Benefits of Hydrotherapy



[http://www.burnie.net/html/images/waterfall\\_large.jpg](http://www.burnie.net/html/images/waterfall_large.jpg)

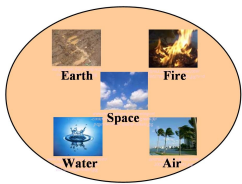
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[www.dsvv.ac.in](http://www.dsvv.ac.in)

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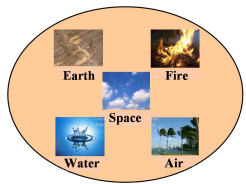
# Benefits of Hydrotherapy



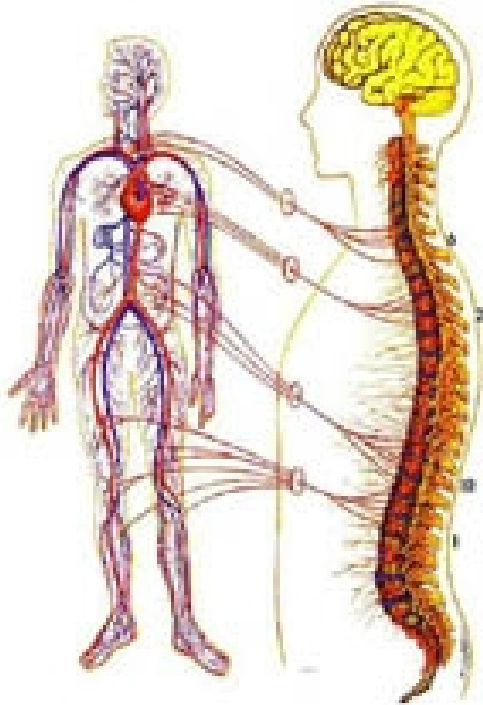
<http://www.encognitive.com/images/muscular-system.jpg>

- ❖ **Increasing the elimination of waste → assisting in detoxification**
- ❖ **Loosening tense/tight muscles & encouraging relaxation**
- ❖ **Increasing metabolic rate & digestion activity**

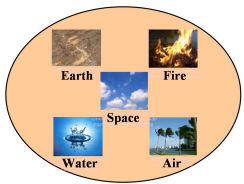
# Benefits of Hydrotherapy



- ❖ Hydrating the cells → improving skin & muscle tone
- ❖ Boosting the immune system, allowing it to function more efficiently
- ❖ Improving the function of internal organs by stimulating their blood supply



[www.labtechindia.net/product/Biology/bl-7.jpg](http://www.labtechindia.net/product/Biology/bl-7.jpg)



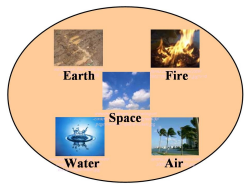
# External Use - Types of Baths

## Hip Bath

- Daily Bath
- Hip Bath
- Spinal Bath
- Sitz Bath
- Foot Bath
- Full Immersion Bath
- Steam Bath



<http://www.ccryn.org/Hip-Bath.html>

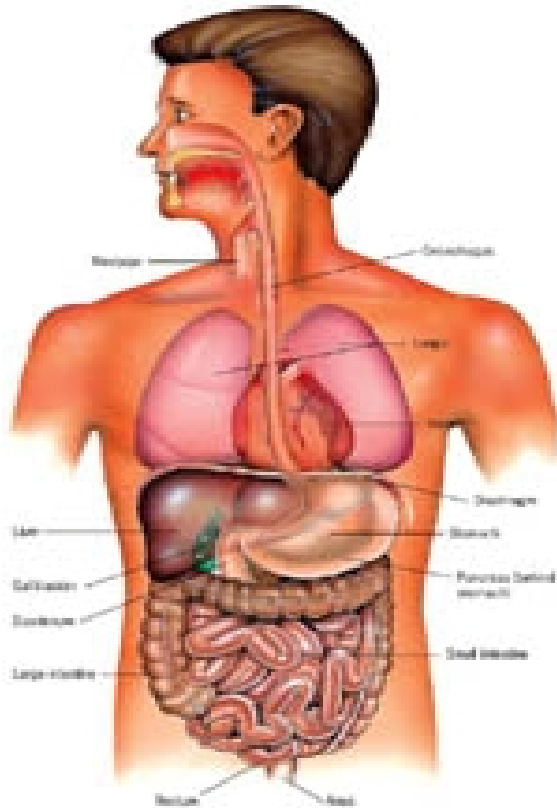


# Hip Bath

## External Use Types of Baths

## Introduction

- ❖ This is an extended form of cold / hot / hot & cold fomentation of the abdomen
- ❖ It strengthens the internal organs of the abdominal region, and keeps them healthy



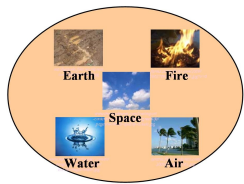
<http://intensivecare.hsnet.nsw.gov.au/five/images/abdominalorgans.jpg>

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*Class Notes, Gorakhpur School of Natural Therapeutics, Arogya Mandir, Gorakhpur (2007-2008).*



# Hip Bath

## Types

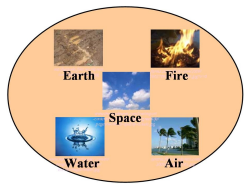
External Use  
Types of Baths



[www.ccryn.org/Hip-Bath-With-Hot-Foot-Eme.html](http://www.ccryn.org/Hip-Bath-With-Hot-Foot-Eme.html)

- (1) Cold Friction Hip Bath
- (2) Hot & Cold Hip Bath

***Some other varieties are also practiced, which are specific to certain problems***



# Hip Bath

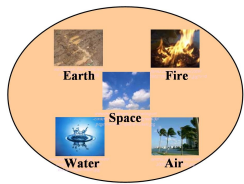


External Use  
Types of Baths

## (1) Cold Friction Hip Bath



<http://balajinirogdham.com/cache/hipbath.JPG>



# Hip Bath

External Use  
Types of Baths

## (1) Cold Friction Hip Bath Given before going for a walk

1. Fill the tub with cold water  
( $13^{\circ}\text{C}$  to  $18^{\circ}\text{C}$ )
2. Remove all the clothes & sit in the tub. Level of water should touch the navel
3. Feet should be outside the tub & abdomen & part of thighs submerged in water



<http://salafirogdam.com/cache/hipbath.JPG>

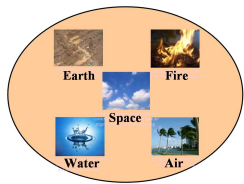


[lh5.ggpht.com/\\_rhdddplL5c/Snoth-z3XdgI/AAAAAAAAADXE/FjXYp17NvXI/IND02\\_DSC\\_2977%5B2%5D.jpg?imgmax=800](http://lh5.ggpht.com/_rhdddplL5c/Snoth-z3XdgI/AAAAAAAAADXE/FjXYp17NvXI/IND02_DSC_2977%5B2%5D.jpg?imgmax=800)

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# Hip Bath

## External Use Types of Baths



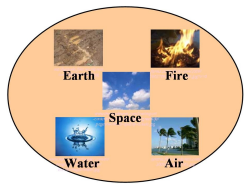
[www.urlwebsserver.com/Vishwakalyan/  
images/Naturopathy/HipBath.jpg](http://www.urlwebsserver.com/Vishwakalyan/images/Naturopathy/HipBath.jpg)

## (1) Cold Friction Hip Bath

**4. Take a rough towel & rub the abdomen from right to left**  
*(Rub gently so that the skin is not scraped)*  
*(Do not apply too much pressure during rubbing)*

**5. Duration → 3 – 10 min**  
*(Depending upon weather / physical condition of person)*





# Hip Bath

## External Use Types of Baths

## (1) Cold Friction Hip Bath

**After the bath,  
dry the body with a towel,  
wear the clothes  
& immediately go for a walk**

**Those who cannot go for a  
walk, should lie down and  
cover themselves with a  
blanket to regain body heat**



[www.indianetzone.com/photos\\_gallery/  
15/morning-walk\\_11254.jpg](http://www.indianetzone.com/photos_gallery/15/morning-walk_11254.jpg)

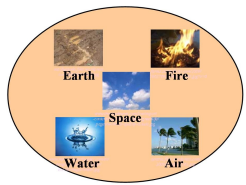


<http://www.cryn.org/Full-Wet-Sheet-Pack.html>

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[www.dsvv.ac.in](http://www.dsvv.ac.in)

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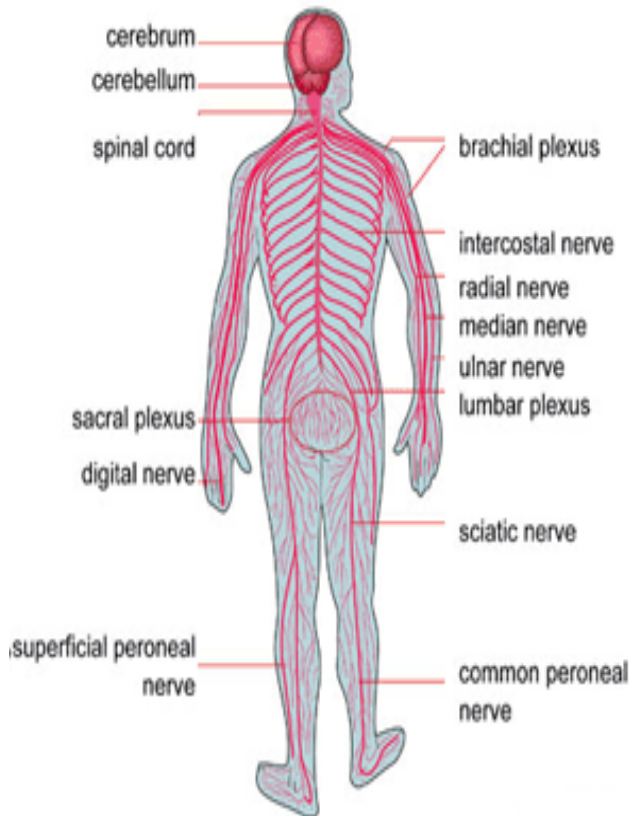
# Hip Bath

## External Use Types of Baths

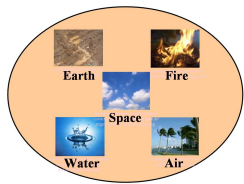
## (1) Cold Friction Hip Bath

### Benefits

- ❖ It stimulates the network of nerves (*there is a cluster of nerves at Mooladhar Chakra, called sacral plexus*)
- ❖ It increases the blood circulation in the internal organs of abdominal region & strengthens them



[www.lapictures.co.uk/images/nervous.gif](http://www.lapictures.co.uk/images/nervous.gif)



# Hip Bath

External Use  
Types of Baths

## (1) Cold Friction Hip Bath

### Who should not take it?

- ❖ Very weak persons, whose vital energy is extremely low
- ❖ Those who have knee problem (*arthritis*), and hence cannot sit in the tub
- ❖ During pregnancy / periods

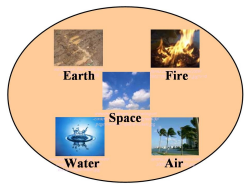


[distancedemons.homestead.com/files/tired\\_and\\_weak.jpg](http://distancedemons.homestead.com/files/tired_and_weak.jpg)

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# Hip Bath

## (1) Hot & Cold Hip Bath

External Use  
Types of Baths



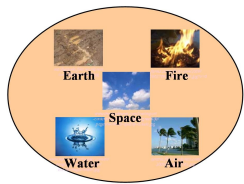
<http://images.clipartof.com/small/14157-Hot-Water-Boiling-In-A-Pot-Food-Clipart-Illustration.jpg>



[www.urlwebsvserver.com/Vishwakalyan/images/Naturopathy/HipBath.jpg](http://www.urlwebsvserver.com/Vishwakalyan/images/Naturopathy/HipBath.jpg)



<http://www.ayushveda.com/dietfitness/wp-content/uploads/2009/03/cold-water-vs-hot-water.jpg>



# Hip Bath

## External Use Types of Baths

## (2) Hot & Cold Hip Bath

1. Take 2 Hip Bath tubs
2. Fill one tub with hot water  
( $38^{\circ}\text{C}$  to  $40^{\circ}\text{C}$ )
3. Fill the other tub with cold water  
( $13^{\circ}\text{C}$  to  $18^{\circ}\text{C}$ )
4. Drink one glass cool water
5. Keep a wet towel on the head



[product-image.tradeindia.com/00448351/b/1/Hip-Bath-Tub.jpg](http://product-image.tradeindia.com/00448351/b/1/Hip-Bath-Tub.jpg)

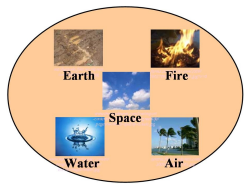


[www.urlwebsrvr.com/Vishwakalyan/  
images/Nature%20Bath/HipBath.jpg](http://www.urlwebsrvr.com/Vishwakalyan/images/Nature%20Bath/HipBath.jpg)

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# Hip Bath

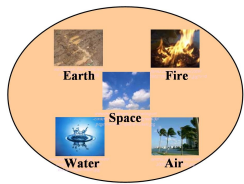
## External Use Types of Baths

## (2) Hot & Cold Hip Bath



[www.urlwebservice.com/Vishwakalyan/images/Naturopathy/HipBath.jpg](http://www.urlwebservice.com/Vishwakalyan/images/Naturopathy/HipBath.jpg)

6. Take off all the clothes & sit in the tub. Level of water should be 1- 1.5 inch above the navel
7. Feet should be outside the tub & abdomen & part of thighs submerged in water



# Hip Bath

**External Use  
Types of Baths**

## (2) Hot & Cold Hip Bath

**Start with Hot Water & end with Cold Water**

**Durations (Sequence → 1-8)**



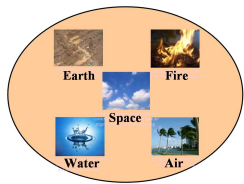
<http://images.clipartof.com/small/14157-Hot-Water-Boiling-In-A-Pot-Food-Clipart-Illustration.jpg>



[talk2thedoc.com/sitebuildercontent/sitebuilderpictures/DrinkingWater.gif](http://talk2thedoc.com/sitebuildercontent/sitebuilderpictures/DrinkingWater.gif)

Hot Water	Cold Water
(1) 3 min	(2) 1 min
(3) 3 min	(4) 1 min
(5) 3 min	(6) 1 min
(7) 3 min	(8) 3 min

**Total Duration → 18 min**



# Hip Bath

External Use  
Types of Baths

## (2) Hot & Cold Hip Bath

**After the hip bath,  
either take a bath or wipe the  
body with wet towel,  
& wear the clothes**



[www.globalpov.com/images/towelie.jpg](http://www.globalpov.com/images/towelie.jpg)



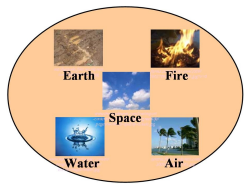
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# Hip Bath

## (2) Hot & Cold Hip Bath

External Use  
Types of Baths

### How it Works?

It is started with hot water

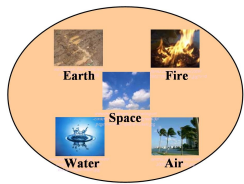


Hot water dilates the blood vessels in the hip region (vaso-dilation)



<http://images.clipartof.com/small/11157-Hot-Water-Boiling-In-A-Pot-Food-Clipart-Illustration.jpg>

<http://www.avastin.com/avastin/base/hcp/images/figures/hypertension-01-1.jpg>



# Hip Bath

## (2) Hot & Cold Hip Bath

External Use  
Types of Baths



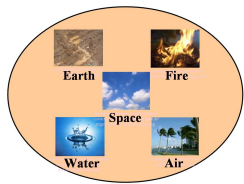
[www.urlwebservice.com/Vishwakalyan/  
images/Naturopathy/HipBath.jpg](http://www.urlwebservice.com/Vishwakalyan/images/Naturopathy/HipBath.jpg)

How it Works?

vaso-dilation



**Blood rushes towards hip  
region from legs & upper  
body**



# Hip Bath

## (2) Hot & Cold Hip Bath

External Use  
Types of Baths

### How it Works?

Next, when sitting in the cold water

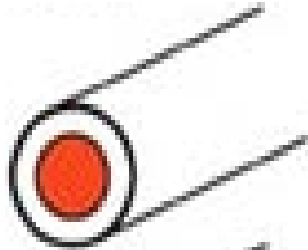


**Cold water constricts the blood vessels in the hip region (vaso-constriction)**



[talk2thedoc.com/sitebuildercontent/sitebuilderpictures/DrinkingWater.gif](http://talk2thedoc.com/sitebuildercontent/sitebuilderpictures/DrinkingWater.gif)

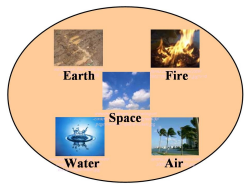
Normal  
Vascular Tone



Vasoconstriction



[3.bp.blogspot.com/\\_QCi9Dq-9d4Q/TDRxa3xpSGI/AAAAAAAAALXU/\\_xBShSP0eiU/s400/vaso.jpg](http://3.bp.blogspot.com/_QCi9Dq-9d4Q/TDRxa3xpSGI/AAAAAAAAALXU/_xBShSP0eiU/s400/vaso.jpg)



# Hip Bath

## (2) Hot & Cold Hip Bath

External Use  
Types of Baths



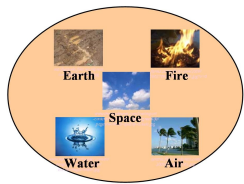
[www.urlwebservice.com/Vishwakalyan/  
images/Naturopathy/HipBath.jpg](http://www.urlwebservice.com/Vishwakalyan/images/Naturopathy/HipBath.jpg)

**How it Works?**

**vaso-constriction**



**Blood returns back towards  
legs & upper body from the  
hip region**



# Hip Bath

## (2) Hot & Cold Hip Bath

External Use  
Types of Baths

### How it Works?

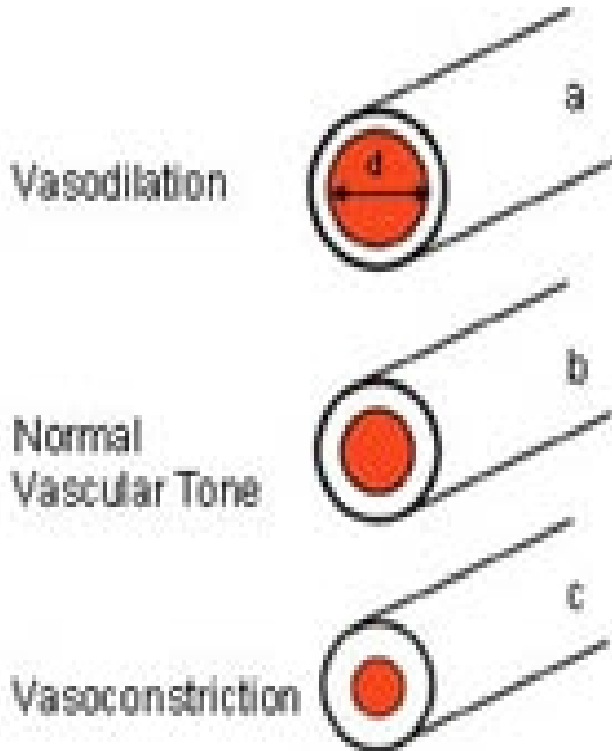
Thus, there are alternate processes of vaso-dilation & vaso-constriction



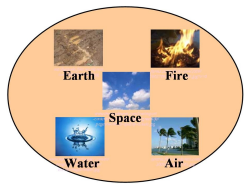
Blockages in the blood vessels are removed

&

Toxins in the body are moved towards the excretory organs more efficiently



[3.bp.blogspot.com/\\_QCi9Dq-9d4Q/TDRxa3xpSGI/AAAAAAAAALXU/\\_xBSHSP0eiU/s400/vaso.jpg](http://3.bp.blogspot.com/_QCi9Dq-9d4Q/TDRxa3xpSGI/AAAAAAAAALXU/_xBSHSP0eiU/s400/vaso.jpg)



# Hip Bath

## (2) Hot & Cold Hip Bath

External Use  
Types of Baths

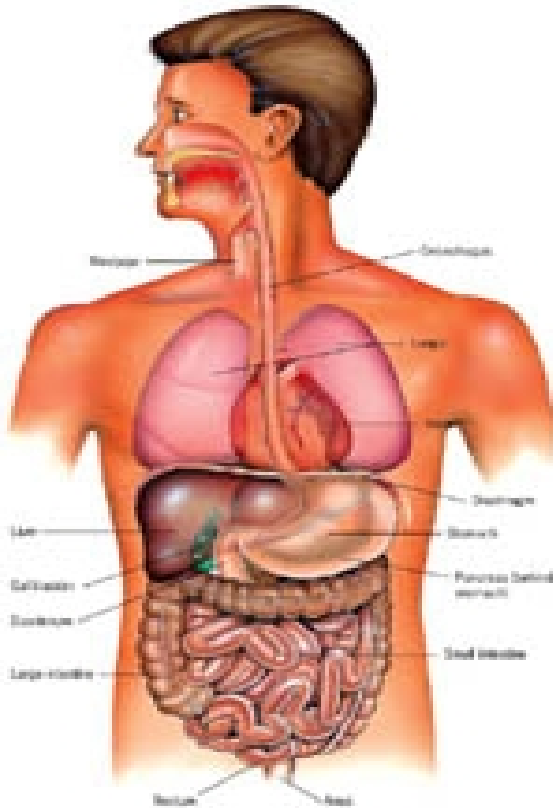
### How it Works?

Organs in abdominal region  
become healthy, strong &  
Recharged



**Stomach**  
**Liver**  
**Intestines**

**Spleen**  
**Kidney**  
**Pancreas, etc.**

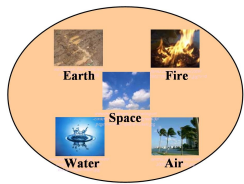


<http://intensivecare.hsnet.nsw.gov.au/five/images/abdominalorgans.jpg>

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# Hip Bath

## (2) Hot & Cold Hip Bath

### Who should not take it?

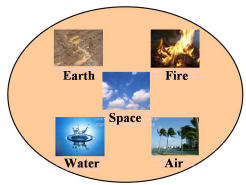
- ❖ During pregnancy / periods
- ❖ At least 3 months after surgery
- ❖ High blood pressure
- ❖ Hyper acidity
- ❖ Peptic ulcer
- ❖ Bleeding piles
- ❖ Diarrhea
- ❖ Acute renal failure

External Use  
Types of Baths



[http://www.indianetzone.com/photos\\_gallery/22/TypesGastric\\_20101.jpg](http://www.indianetzone.com/photos_gallery/22/TypesGastric_20101.jpg)

# Reference Books



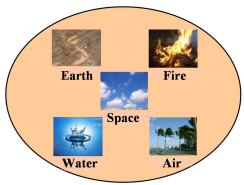
May 26, 2012

[www.dsvv.ac.in](http://www.dsvv.ac.in)  
<http://media.photobucket.com/image/nature/bsbermz101/nature.jpg>

48

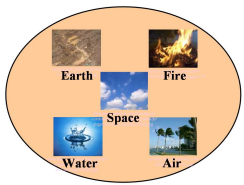


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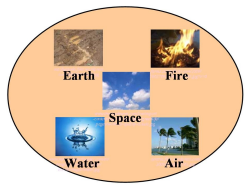


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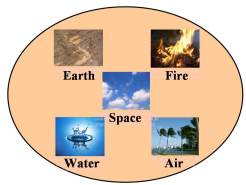
- Sebastian Kneipp, “**My Water-Cure**”, Kessinger Publishing:LLC, 2010.



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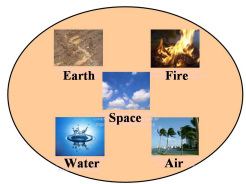
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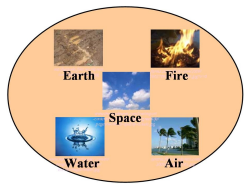
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(*Indian Government – Bapu Bhavan*)
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- <http://arogyamandir.org/>  
(*Arogya Mandir, Gorakhpur – Vitthaldas Modi*)
- <http://en.wikipedia.org/wiki/Naturopathy>

**Thank You**