Naturopathy – 3
Hydrotherapy - II
Methods of Hydrotherapy
Methods of Hydrotherapy

External Use

Drinking Water


Internal Use

Enema

http://www.amazinghealth.co.uk/enema-kit.jpg
Methods of Hydrotherapy

External Use
- Baths
  - Daily Bath
  - Hip Bath
  - Spinal Bath
  - Sitz Bath
  - Foot Bath
  - Full Immersion Bath
  - Steam Bath

Internal Use
- Hot & Cold Bandages
  - Whole Body Wet Sheet Pack
  - Chest, Waist Pack
  - Neck Pack
  - Leg, Knee Pack

Methods of Hydrotherapy

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

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
Purpose & Benefits of daily bath

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

External Use
Types of Baths

External Use
Types of Baths

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

Daily Bath

Purpose & Benefits of Daily Bath

Daily Bath

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)

Daily Bath

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
**Daily Bath**

**Proper Method of daily bath**

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

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)
Daily Bath

Proper Method of daily bath

**Importance of Friction Bath**

1. Externally → Removes dirt & dead skin
2. Internally → More blood moves towards the skin
   \[ \downarrow \]
   Blood vessels dilate (vaso-dilation)
   &
   Skin pores open up

External Use
Types of Baths

Importance of Friction Bath

Skin pores open up

Toxins are removed in the form of sweat

Skin becomes free of diseases & glows

Daily Bath

Proper Method of daily bath

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

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)*
Daily Bath

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

Dr. Rakesh Jindal, “Prakratik Ayurvigyan (Hindi)”, Arogya Seva Prakshan:Modinagar, 2005.
Daily Bath

Precautions in daily bath

- Don’t use warm / hot water for head bath
  (weaken 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

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
How Does Hydrotherapy (External Use) Work?
How Does Hydrotherapy Work?

- 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
How Does Hydrotherapy Work?

Internal 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
Benefits of Hydrotherapy

http://www.burnie.net/html/images/waterfall_large.jpg
Benefits of Hydrotherapy

- 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

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

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
Hip Bath

Types

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

Some other varieties are also practiced, which are specific to certain problems
External Use
Types of Baths

(1) Cold Friction Hip Bath

http://balajinirogdham.com/cache/hipbath.JPG
Hip Bath

(1) Cold Friction Hip Bath

Given before going for a walk

1. Fill the tub with cold water (13°C to 18°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
Hip Bath

(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)

External Use Types of Baths


http://www.naturecureindia.info/1/hip_bath.htm
Hip Bath

(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

External Use

Types of Baths

http://www.ccryn.org/Full-Wet-Sheet-Pack.html

www.indianetzone.com/photos_gallery/15/morning-walk_11254.jpg
External Use
Types of Baths

Hip Bath

(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
Hip Bath

(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
External Use
Types of Baths

Hip Bath

(1) Hot & Cold Hip Bath

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

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

(2) Hot & Cold Hip Bath

1. Take 2 Hip Bath tubs
2. Fill one tub with hot water (38°C to 40°C)
3. Fill the other tub with cold water (13°C to 18°C)
4. Drink one glass cool water
5. Keep a wet towel on the head
External Use
Types of Baths

(2) Hot & Cold Hip Bath

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

www.urlwebservice.com/Vishwakalyan/images/Naturopathy/HipBath.jpg
External Use
Types of Baths

(2) Hot & Cold Hip Bath
Start with Hot Water & end with Cold Water

Durations (Sequence → 1-8)

<table>
<thead>
<tr>
<th>Hot Water</th>
<th>Cold Water</th>
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<tbody>
<tr>
<td>(1) 3 min</td>
<td>(2) 1 min</td>
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<tr>
<td>(3) 3 min</td>
<td>(4) 1 min</td>
</tr>
<tr>
<td>(5) 3 min</td>
<td>(6) 1 min</td>
</tr>
<tr>
<td>(7) 3 min</td>
<td>(8) 3 min</td>
</tr>
</tbody>
</table>

Total Duration → 18 min
Hip Bath

(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

cache4.asset-cache.net/x/57303284.jpg?v=1&c=IWSAsset&k=2&d=8A33AE939F2E01FFFFA76D4DFE245F489A4AFA0A1C8D7D1840CACEA015A36EE30A760B0D811297
Hip Bath

(2) Hot & Cold Hip Bath

How it Works?

It is started with hot water

↓

Hot water dilates the blood vessels in the hip region (vaso-dilation)
External Use
Types of Baths

(2) Hot & Cold Hip Bath

How it Works?

vaso-dilation

↓

Blood rushes towards hip region from legs & upper body
Hip Bath

(2) Hot & Cold Hip Bath

How it Works?

Next, when sitting in the cold water

↓

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

(2) Hot & Cold Hip Bath

How it Works?

vaso-contraction

blood returns back towards legs & upper body from the hip region

www.urlwebserver.com/Vishwakalyan/images/Naturopathy/HipBath.jpg
External Use
Types of Baths

(2) Hot & Cold Hip Bath

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/AAAAAAAALXU/_xBShSP0eiU/s400/vaso.jpg
Hip Bath

(2) Hot & Cold Hip Bath

How it Works?

Organs in abdominal region become healthy, strong & Recharged

↓

Stomach
Liver
Intestines
Spleen
Kidney
Pancreas, etc.

External Use
Types of Baths

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

http://www.indianetzone.com/photos_gallery/22/TypesGastric_20101.jpg
Reference Books

http://media.photobucket.com/image/nature/bsbermz101/nature.jpg
Reference Books (English)


Reference Books (English)

Reference Books (Hindi)

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


Reference Books (Hindi)


Websites

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• http://indianmedicine.nic.in/naturopathy.asp
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• http://punenin.org/
  (Indian Government – Bapu Bhavan)

• http://nccam.nih.gov/health/naturopathy/
  (US Government – Clinical trials and research papers)

• http://arogyamandir.org/
  (Arogya Mandir, Gorakhpur – Vitthaldas Modi)

• http://en.wikipedia.org/wiki/Naturopathy
Thank You