

09-Alternate Therapies

Your attention is drawn to Preface to Medical section. Kindly read the same before you read this section.

Air-Bath

- Air is of prime importance for life. It is impossible to survive even for a minute or two without air.
- Oxygen is essential for the process of combustion taking place in all the various cells of the body. When we inhale, oxygen of the air dissolves in the blood and is carried to every cell in the body.
- Carbon dioxide formed in the cells as end products of combustion, dissolves in the blood. When this impure blood carrying carbon dioxide reaches the lungs, carbon dioxide is released in to the air present in the lungs and is exhaled with it. In other words, this process purifies blood.
- The main source of oxygen on the earth is trees, shrubs and other green plants.
- Walk in the open spaces covered with greenery such as fields, gardens is highly beneficial when accompanied by deep breathing to ventilate the lungs.
- Some recommendations for Air-bath.
 - i) Always breathe through the nose.
 - ii) Always take deep breaths.
 - iii) Do not cover the face while sleeping.
 - iv) In winter, protect yourself from cold with blanket as necessary but keep the windows open.
- Morning walk gives 3 benefits namely Sunbath, Air-bath and fast exercise.

Clay / Mud Therapy

❖ **The benefits of clay therapy are:**

- i) Accelerating the process of healing.
- ii) Providing relief to the patient from the painful symptoms of the disorder.

❖ **The following benefits are desired from mudpacks.**

- i) Cooling the affected part (use - fever)
- ii) Absorption of toxins (use - boils)
- iii) Reduction of swelling. (Use - swollen feet etc.)
- iv) Relaxation of tension.
- v) Relief from pain.

❖ **Clay pack can be local or whole body.**

❖ **Clay:** It should not contain harmful materials or chemicals. The clay should be sieved to remove pebbles, stones & other coarse materials. It should be then dried in the sun. When preparing the clay for application as a paste or pack, just add enough water to it to give the consistency of butter. It should be spread over the affected part, to a thickness of about an inch. Preferably it should be spread on the fine cloth.

❖ Clay pack if left uncovered has a cooling effect on the affected part. Clay pack covered with thick cotton or woolen cloth develops warming effect.

❖ Normally clay should be taken off after 30 minutes. If necessary fresh clay can be applied. After clay is removed, the affected part should be wiped clean and brought to normal temperature by rubbing with palms. If it has been used for warming the part, then the said part should be wiped clean with cloth wrung in cold water.

❖ The clay once used should be thrown out. The same clay can be reused after drying in bright sunlight for at least 7 days, followed by grinding. Alternatively, the said clay can be submerged in water for few days before it is dried. However water should be changed every day.

❖ **The clay therapy can be successfully in following diseases.**

Fever, constipation, diarrhea, piles, stomachache, boils wounds, skin diseases, swelling etc.

Color Therapy

◆ **Sunlight (white light) is made up of 7 colors.**

- i) Violet, Indigo, Blue colors give coolness to our body.
- ii) Green color is neutral.
- iii) Yellow, Orange, Red colors give heat to our body.

◆ **Each color has a remedial use in case of specific diseases.**

- i) Violet: Bones, Tumors, Baldness, Cataract, and Blindness.

- ii) Indigo: ENT, Facial paralysis, lungs disorder, asthma, TB, Indigestion, nervous system, fits insanity.
 - iii) Blue: Throat problems of any kind, fever, typhoid, chicken pox, Small pox, mouth ulcers, cholera, sleeplessness, spinal cord.
 - iv) Green: Heart problems, low & high BP, skin diseases, cancer, Influenza, pain in the eyes.
 - v) Yellow: Digestion problems, liver trouble, Diabetes, spleen.
 - vi) Orange: Chronic asthma, bronchitis, RA, swelling, kidney problem.
 - vii) Red: Anemia, cold, paralysis, white patches, OA, TB.
- ◆ These color rays can be obtained from sunrays by putting a required color glass before sunrays, so that the colored rays can fall on the desired part of the body.
 - ◆ These color rays can also be obtained by putting color gelatin paper before lamp shed.
 - ◆ Water can be filled in color glass bottle and kept under the Sun for 4 hours (between 10 a.m. to 3 p.m.) The said water can be drunk in the evening.

Hydrotherapy

- ❖ Hydrotherapy occupies important role in Nature-cure. Water is an integral factor of our life process. Actually water makes up 70 % of the human body.
- ❖ Hydrotherapy is the remedial procedure external to the body and the same has been designed to achieve **two aims**.
 - i) Accelerating the process of healing and
 - ii) Providing relief to the patient from the painful symptoms of the disorder.
- ❖ **There are two common uses of water: drinking and bathing**
- ❖ **Drinking**: Everyone should drink at least 5/6 glasses of water in a day. Best results are obtained if water is taken on an empty stomach just after getting up and cleaning the teeth, half an hour before each meal & 2 hours after each meal. In addition water should be taken as & when required. The temperature of the water should preferably be neither too high nor too low. A glass of water with a little lemon juice, taken early in the morning on an empty stomach, is highly beneficial. Magnetized water would be even better. Drinking water in quantities smaller than those indicated above leads to constipation and has adverse effect on the functioning of the kidneys.

- ❖ **Bathing:** Bathing has a special importance in our daily life. A bath washes away the dirt from the body. The skin is rendered clean & glowing and its pores are opened up which facilitates the elimination of toxins through perspiration.

The friction on the body caused by bathing and drying the body stimulates circulation and imparts a blissful feeling of freshness. A good scrubbing relieves fatigue. Cold water bath is stimulating.

Soap should be used rarely. Soap washes away the beneficial oils of the skin, rendering the skin dry and reducing its glow. Multani clay, cream, turmeric powder, herbo powder occasionally.

- ❖ **The widely accepted methods of water-therapy are:**

Enema: It is a short-term measure. Benefits- relief from constipation.

Hipbath: It is effective in stimulating the stomach, liver, spleen, intestines, kidneys and other digestive organs and in maintaining their efficiency.

Full sheet wet pack: It is very effective means of eliminating the toxins from the body through active perspiration. BP is not affected greatly. Local wet packs can also be taken.

Steam bath: It is taken to eliminate poisons from the body by inducing profuse perspiration. Abnormally High BP or Low BP patients should not take steam bath.

Hot footbath: It is an effective means of reducing congestion of blood or water in the upper parts of the body. BP should be checked before and after hot footbath. It should not be taken in case of varicose veins, swelling, wound, fever etc.

Spinal bath: It strengthens, stimulates and nourishes the spine, thus indirectly benefiting the whole nervous system and the entire body.

Wet or dry fomentation: If done with hot water, is useful for relief of localized pain or for improving the circulation in an affected part.

Jalaneti: It is useful and beneficial for cleaning of the upper parts of the respiratory systems. i.e. the nose and the throat.

Irrigation of the stomach (Vomiting): It relieves acidity, asthma, poison food intake etc.

Inhalation of salt water vapor (Steam): It is useful in colds & all types of disorders of the respiratory system. Toothache is also relieved. The fomentation caused by the steam is useful in curing pimples on the face. It also provides relief in cough & asthma.

- ❖ Salt can be added to the water before boiling. Salt increases the boiling point of water & hence water cannot become cold easily.

Massage Therapy

- ❖ Massage as a remedial procedure occupies important role in Naturopathy.
- ❖ **Massage has a good effect on the organs & systems of the body.**
 - i) **Skin:** The pores of the skin are opened up and thus it helps the elimination of toxins from the body through perspiration.
 - ii) **Muscles:** Massage reduces the tension in the muscles and relieves muscular pain.
 - iii) **Circulation of blood:** The circulation of blood to affected part is speeded up after massage and helps in reducing swelling.
 - iv) **Nerves:** Slow and gentle massage with light pressure relieves tension of the nerves and soothes them. Vigorous massage increases the efficiency of nerves.
 - v) **The digestive system:** It can be stimulated by massaging the abdomen. The restive powers of the body are strengthened due to the increase in the efficiency of the liver.
 - vi) **The Urinary system:** It is activated by massage.
 - vii) **The Heart:** The systematic massage will reduce the burden of the heart and thus increase its efficiency.
- ❖ Normally dry palms are used but if skin is too dry or body is excessively weak, then wet cloth or soothing oil (Mahanarayan oil) may be used. Talcum powder should not be used because the pores of the skin get clogged up.
- ❖ Process of massage should be done in following order -- arms, legs, chest, abdomen, back, buttocks, face and head.
- ❖ Direction of the massage should be towards the heart. However stomach should be massaged from down to up on right side, then horizontally to left side and then to down on left side. (In the direction of large intestine)
- ❖ In case of BP patients, the process of massage should be from head to foot.
- ❖ **Massage in case of following situations should be avoided.**
 - i) Fever
 - ii) Pregnancy
 - iii) Diarrhea, gastric ulcers, tumors in the abdomen, appendicitis.
 - iv) Skin diseases.

❖ **For doing massage following seven processes are used.**

1 Touch: To start with, the masseur gives this treatment. The touch can be soft in the beginning due to which the temperature balance occurs and patient feels comfortable and he gets ready for the treatment. The soft touch also gives soothing effect.

Pressure: It also comes under the touch process but here it is not the soft touch but pressure is given with fingers, thumb or palm. This is used for soothing, relieving pain. Pressure on nerves near the vertebral column is used for many chronic diseases like asthma, back pain, sciatica, spondylitis etc.

2 Stroking: It is the combination of touch and speed. This treatment is given in the direction opposite to heart. The speed of stroking should not be more than 2 inches / sec. Depending on the intensity of stroking required there are different types like digital stroking, palmer stroking, knuckle stroking and reflex stroking.

3 Friction: It improves blood circulation. Friction treatment is given either in the direction of heart or away from heart depending on the required effect.

4 Kneading: The two types are superficial kneading and deep kneading. This process of massage helps to improve the internal combustion in the cell and the efficiency of excretion. Also it gives massage to internal organs.

5 Vibration: It gives the excitation to internal organs, muscles and nerves. Due to this gentle shock the working of these organs become efficient.

6 Percussion: It is stroking with more intensity. It gives excitation to internal organs and nerve points.

7 Joint Movement: This is the treatment in which various bone joints are moved. This treatment is useful in diseases like arthritis, gout, sprain etc.

➤ **Caution: Massaging should be got done from experienced masseur only.**

Sun-bath (Solar Therapy)

◆ Sun light is of prime importance for perfect health. The Sun showers 3 types of rays upon us.

i) **Rays of visible (white) light:**

The white light is made up of 7 different colors as seen in rainbow. Each color has its specific effect on the body.

ii) **Infra- red rays impart heat.** These rays relax and soothe the muscles, Reduce swelling and relieve pain.

- iii) **Ultra- violet rays are instrumental for producing vitamin D.** These rays are essential for healthy condition of skin.

◆ **Benefits of Sun-bath:**

- i) Exposure to sunlight improves health and increases the resistance power of the body.
- ii) Sunlight helps nourish the muscles.
- iii) Sunlight promotes the proper formation of teeth, speedy growth of hair and quick and & breathing.
- iv) Blood pressure is brought down.
- v) Kidneys become more efficient.
- vi) Skin diseases are cured, blisters are burst and wounds are healed more speedily.
- vii) Sunlight maintains and even increases the amount of alkali in the blood.
- viii) Even pregnant lady gets relief from the usual discomforts of pregnancy such as fatigue, backache, nausea etc.

◆ **Precautions to be followed regarding Sunbath.**

- i) Minimum possible cloths should be worn.
- ii) It is desirable that the head should be covered and the eyes closed While taking a sin-bath. Do not cover the face and never look at the Sun.
- iii) The mild sunlight of the morning or the evening is beneficial. (Sunrise till 8.30 AM or 1 hour before sun-set.)
- iv) Sunbath should be taken for 5 to 10 minutes for both the parts of the body. i.e. front and back. The time can be gradually increased.
- v) A feeling of giddiness, fatigue or discomfort experienced during the sunbath or burning sensation, is an indication of excessive exposure to sunlight.
- vi) After sunbath, a cold water bath should be taken or the body wiped with a piece of cloth wrung out in cold water.