

HYDROTHERAPY

Presented by:

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WATER – HYDROTHERAPY



- Use the therapeutic properties of water.
- Water has great healing properties and exhibits different properties at different temperatures.
- The temperature of the water for any treatment depends on the effect desired.
- Kellogg is considered to be the Father of Hydrotherapy.
- Water is used internally and externally in all its forms- steam, liquid or ice, to cleanse and restore health.
- It is used in the form of Baths, Jets/Douches, Packs, Compresses and Immersions to name a few.

Therapeutic effects of drinking a specific amount of water

- Helps maintain hydration of the body.
- Helps in proper secretion of body fluids.
- Aids digestion and prevents constipation
- Improves skin condition.
- Helps in detoxification

General Rules

- At least two liters of **WATER** should be taken every day.
- The Interval between meals and the treatments should be at least 3 hours.
- Clean and pure water is used for treatments.
- No reuse of Water for treatment.
- Cloths should be washed in hot water & dried.
- The treatment rooms should be well ventilated, clean and comfortably warm.
- Very weak Patients should not take prolonged hot or cold water treatments, etc.

- During the Menstrual Period women should not take any treatment. If necessary, they may take enema, cold water bath and other minor treatments only on doctor's advice.
- During Pregnancy till the completion of third month, women can take cold hip bath and thereafter only cold towel packs are advised. Other treatments should be taken only under a doctor's advice.

Cold Compress

- A cold compress is a local application of cold cloth wrung from cold water.
- Hand towels / ordinary cotton cloths may be used.
- It may be applied on head, neck, chest, abdomen, spine etc.,
- The compress must be frequently renewed, before it is warmed.
- Duration:- 3 to 5 min
- Temperature: - 45° To 60° F

Heating Compress

- A heating compress consists of an application of heat to the body by means of $\frac{3}{4}$ thickness of cotton cloth.
- It should be covered with dry cloth to prevent circulation of air.
- On removal of the compress, the part should be rubbed with cold water and dried with towel.
- Duration:- 3 to 5 min
- Temperature: - 100° To 102° F

Benefits

- Helps in detoxification of areas which are swollen, blocked or sensitive.
- Excellent for tight sore muscles, edema.
- Stimulates the blood stream.
- Gives soothing, refreshing, calming and decongesting qualities.

Foot Bath:-

- The foot bath is one of the most useful measures in hydrotherapy, where the foot is immersed in the tub of water.
- Tubs used are about 16 inches long, 8 to 10 inches deep.
- When the feet taken out of the water, dry them thoroughly



Cold foot bath

- The feet should be immersed in a tub of cold water.
- During the bath, feet are rubbed with hands / one foot by the others.
- Duration: - 3 to 5 min
- Temperature:- 45 ° to 60° F

Hot foot bath

- The feet should be immersed in a tub of Hot water.
- When the feet taken out from the water, it should be given cold pour and then dried thoroughly.
- Cold compress to head is given
- Duration: - 3 to 5 min
- Temperature:- 102 ° to 105 ° F



Benefits

- Relieves localized pain and inflammations
- Relieves congestive headaches
- Relieves the spasms of the bronchioles and facilitates easy breathing as in asthma and bronchitis
- Excellent for relieving the numbness and tingling in the extremities as in diabetes mellitus

Full Immersion Bath

Full immersion bath should be long enough 6 feet, $2\frac{1}{2}$ feet wide and $1\frac{1}{2}$ feet depth, so that the body may be completely immersed. The head should rest on an air pillow.



Hot Immersion Bath

- The patient should be immersed in a tub of hot water.
- Head is covered with cold compress.
- Cold water drinking should be taken before the bath.
- After the immersion bath, cold bath should be given.
- Duration :- 2 to 20 min
- Temperature: - 100° To 102° F

Cold Immersion Bath

- The patient should be immersed in a tub of cold water.
- The body should be rubbed at frequent intervals.
- Duration :- 5 to 7 min
- Temperature: - 55 ° To 60 ° F

Neutral Immersion Bath

- The patient should be immersed in a tub of warm water.
- Head is covered with cold compress.
- Cold water should be given taken before the bath.
- After the immersion bath, dry the body immediately.
- Duration :- 15 to 30 min
- Temperature: - 92° To 96° F

Graduated Bath

- The patient should be immersed in a tub of warm water then the temperature should be gradually by 2° F at every 5 min to about 98° F
- The skin must be warm to begin with the bath.
- Head is covered with cold compress.
- The body should be rubbed at frequent intervals.
- After the immersion bath, dry the body immediately.
- Duration :- 20 to 30 min
- Temperature: - 2° To 98° F

Benefits

- It is one of the hydrotherapeutic techniques where the body locally or wholly is immersed in water of different temperatures. Helps improve the circulation to the part immersed and also the peripheral circulation
- Helps relieve edema
- Useful in treating skin disorders
- Helps to relieve congestion of the reflex regions thereby relieving symptoms of asthma, migraine, insomnia, etc

Hip Bath

- A common tub may be used or specialized tub - a back support elevate it 5 to 6 inches, sides sloping gradually to support the arms, bottom elevated 2 to 3 inches.
- Depth should be as common wash tub so that the patient can comfortably sit inside with legs outside.
- Water in a tub should be sufficient enough to cover the hip, reaches navel when patient sits inside it.



Cold Hip Bath

- The patient should be in a Hip bath tub filled with cold water.
- The abdomen should be rubbed at frequent intervals.
- Other parts should not be cooled.
- Duration :- 5 to 7 min
- Temperature: - 55° To 75° F

Hot Hip Bath

- The patient should in a Hip bath tub filled with hot water.
- Cold pack to head.
- Duration:- 5 to 10 min
- Temperature: - 100 ° To 102° F

Benefits

- Stimulates the circulation towards the pelvic and digestive organs relieves constipation, flatulence and indigestion
- Helps set right the menstrual disorders like dysmenorrhea, menorrhagia, leucorrhoea
- Helps strengthen the hips and lumbar sacral spine and the coccyx and relieves pain if any
- Beneficial in relieving hemorrhoids.

Spinal Bath

- The spinal baths are given in tubs specially made for them.
- Like the hip bath, it is also given at cold, neutral and hot temperatures.
- Spinal Spray : A perforated tube is provided at the center of the tub in order that the constantly emanating ascending jet will give a gentle massage to the whole spinal column

- The patient lies on the spinal tub, so that the whole spinal column will be in contact with water.
- The duration of the treatment is 15-30 min
- The temperature of the water depends on the ailments (disease condition) of the patient .





Benefits

- Stimulates the spinal nerves
- Relaxes the paraspinal muscles
- Helps maintain the blood pressure
- Helps in regulating the moods like anxiety or depression
- Relaxes irritable nerves

Steam Bath

- Patient sits in a steam cabin designed for treatment.
- Exposing the entire body to steam with the exception of the head.
- Drink cold water before steam bath.
- Cold Pack to head.
- Duration :- 5 to 10 min





Benefits

- Steam inhalation helps decongest the respiratory tract. Herbal steam helps rejuvenate the body
- Helps open up the skin pores
- Helps remove the toxins of the skin through sweating
- Helps the skin maintain its natural moisture and softness.

Contra-indications

- This bath should not be given to very weak patients, cardiac patients and those suffering from high blood pressure and fever.

Precaution

- Sometimes, during the bath, one may feel giddy or uneasy. In such cases the patient should immediately be taken out and a glass of cold water given and his head washed with cold water. Sufficient rest should be given until the unpleasant symptoms disappear.

Full Wet Sheet Packs

- This treatment allows an in-depth detoxification of the areas which are swollen, blocked or sensitive and helps to restore the vitality of the skin and the body.
- There are several packs like abdomen, knee, trunk, shoulder, ankle and neck packs.
- Relieves inflammation and swellings
- Improves circulation
- Relieves the stiffness and spasms of muscles and joints





SHOULDERS

NECK

UPPER BACK

ELBOWS

WRISTS

LOWER BACK

LEGS

KNEES

CALVES

FEET





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Thank You

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