

Minireview Article

THERAPEUTIC APPROACH OF TRADITIONAL NATUROPATHY OF HYDROTHERAPY DOUCHES

ABSTRACT

Naturopathy is an “*alternative medicine*” which doesn't belong to any medicine. Nature itself comprises of five major components and element which is water, fire, earth, air and etc., Hydrotherapy or Water therapy is one of the universal solvent having an immense impact on human body and most ancient of all remedial agents for acute, sub- acute and chronic disease. It has the ability and adapted a treatment modalities i.e. Douches in Naturopathy treatments. It is very simple, cost effective and efficiency **treatment with water temperature, vapour used in various diseases. A douche consists of a single or multiple column of water directed against some portion of the body. In therapeutic action and employment of the treatment with basic three factors i.e., temperature, pressure and mass.** A douche has various types, effects, and therapeutic benefits which are highly useful in treatment of various diseased conditions. This paper highlights and overview the therapeutic uses of douches as a therapy and its importance role in modern ailments.

Keywords: Naturopathy, Douches, holistic medicine, derivative

INTRODUCTION

Hydrotherapy (or) Balneotherapy is use of water to facilitate healing and exercise and to enable patients to achieve therapy goals. [1] Numerous therapeutic practices can be grouped under the umbrella term “Complementary and alternative medicine” [CAM]. The term is often used interchangeable with such terms as “Natural therapies”, ‘holistic medicine’ ‘complementary medicine’ and other variations. Naturopathic medicine is a branch of Indian system of medicine which basically (water based therapies, herbal therapies, kinesiology, reflexology, iridology, reikhi, magneto therapy, Heliotherapy, etc.).[2] Hydrotherapy is the external and internal use of water in any of its forms (Water, douches, sprays, ice, Packs, bath and steam) for health promotion or treatment of various diseases with temperature, pressure, mass and duration and site. It is one of the naturopathic treatment modalities used world widely in ancient cultural including countries like India, Egypt ,china, Germany, etc.,[3].Though traditional countries used water to produce therapeutic/physiological effects on different part of the organs for maintaining health preventive measures and treating

diseases the evidenced therapeutic uses are not well documented. There are many studies/reviews reported among physiological or therapeutic or combination of both effects of water based therapy, but douche therapy action, effects and other mechanism are not overviewed.

Douche is a stream of cold/Hot/Alternate water or vapour directed against the body generally or locally, there are many types at all temperatures Kellogg treatment method used only of external douches, if it is internal application of water based therapy called as irrigations. [4]

General measures of hydrotherapy superficially cold water based application it may cause of physiologic reaction such as decreases in local metabolic function, local oedema, nerve conduction velocity, muscle spasm and increase in local anaesthetic effects. [5]

Physiological adaptations and pertinent properties of water

The effects and warmth of water depends on temperature framework of about 80-92° F work together to produce a range of physiological effects. The therapeutic benefits depends on intensity and duration of water either by Very hot, hot, cold, very cold and Neutral.[6]

There are six properties of water that must be understood in order to develop a water based therapies looking for relative density (*specific gravity of water and its ability to float*), Buoyancy, Hydrostatic pressure, viscosity, Cohesion (tendency of water molecules) and moment of force. [7]

Effects and benefits of hydrotherapy

Effects: 1. Increased circulation to the muscles, 2. Increased heart rate, 3. Increased respiratory rate, 4. Increased metabolism, 5. Decreased sensitivity of sensory nerve endings, 6. General muscle relaxation. [8]

Benefits: 1. Decreased pain and joint effusion, 2. Improved range of motion and flexibility, 3. Increased strength and co-ordination, 3. Improved ease ambulation and activities of daily living, 4. Improved mood and feeling of well being. [9]

General application of douches and its classification

In general action of douches the range of temperatures employed from 45⁰ to 125⁰ F. The pressure ordinarily employed is from 10 to 60 pound, represented by a water column of 25 to 150 feet. The mass varies greatly according to the effect desired. For the single horizontal jet, a nozzle with an aperture of one fourth to three eighths of an inch is commonly employed. Both pressure and mass action may be easily regulated by means of the finger placed in water column near the mouth of the **nozzle thus breaking or dispersing the stream. The certain action to regulating pressure should be employed in regular hydriatric pressure. [10]**

The douche apparatus should be constructed with pipe of sample size (at least one and half inches in diameter) and should be directly connected with the sources of both cold and hot water, the connections being so arranged that the use of hot and cold water has to establish

variation of water temperature delivered to the apparatus and adjusted for during application to the individuals. An accurate pressure gauge and thermometer should be connected with apparatus, if the pressure and temperature accurately determined. In the action (or) application of douches the most efficient and important form of douches is desired temperature, pressure and alternation if required.[11]

Kellogg's classification and its method: Douches are classified according to their form as the cold, hot and neutral douches, horizontal jet, scotch douche, Revulsive and massage douches etc., [12]

General Review of hydrotherapy

According to a systemic study of Neil D.Black in 1936, the value and application of hydrotherapy in a mental hospital concluded on water tonic and stimulative hydrotherapy measures shower and scotch douches followed by Ultraviolet rays shows significant result in psychoneuroses and depressions.[13]

A Pragmatic controlled trial study was conducted in Hydrotherapy as a recovery strategy after exercises were assigned as experimental therapy of hydrotherapy in a group, outcome measures were including blood pressure, HR, handgrip strength, self perceived fatigue and body temperature were also assessed and it concluded that supportive methods of water based therapy is an adequate strategy work to facilitate cardio vascular recovers and perceived fatigue. [14]

Water based therapies may have some short term benefits to passive range of mobility in rehab after RCR [15].spa water at 37°C and tap water heated to 37°C for the duration of 20 minutes/day for 5 days/week for the period of 2 weeks with home based program improved the clinical symptoms and QOL in patients with OA of knee. However pain and tenderness statistically improved in spa water when compare with tap water [16].It may be due to spa waters are not only natural warmth, but it contains mineral content is also significant. Spa water at a temperature of 37°C has properties of mechanical, thermal and chemical effects.

A meta analysis of douches increases the overall risk of PID (pelvic inflammatory disease) by 73% and the risk of ectopic pregnancy by 76%.Frequent douching spray was highly associated with PID and modesty associated with cervical cancer [17].According to Bruce et al., 2000 an douching may facilitate the ascent microorganisms in the UGT resulting in a chronic bacterial colonization inside the uterus. During the women pregnancy the host inflammatory response is in utertic chronic bacterial colonization which stimulates preterm birth [18].

In 1983, a study conducted on experimental monitoring effects of hand and foot douches on peripheral circulation (artery, vein, lymphatic) after overall assessment were done on more

than 200 patients were recruited. The treatments of thermal effects significantly improved and relieve vascular spasm in the limbs and reduce the threshold of sympathetic excitability [19]. Yet another study was done on the effect of preoperative vaginal douche in patients with 31 patients with myoma of the uterus with group A was treated daily douche daily for one day and group B was given douche daily for four days before operation, the results show and estimated that douches before operation should be reduced.[20]

Another study on Impact of water therapy on pain management in FMS,current perspectives have recommended that water therapy is recommended as a nonpharmalogical therapeutic approach in the pain management of FMS patients, improving pain, fatigue and quality of life.[21]

General classification, physiological and therapeutic uses of douches

A stream of temperature water directed against the body generally or locally, there are many types and uses at all temperatures. Kellogg's method of application used only for external douches and internally for irrigation use.

1. Cold Douches: A temperature with 12 to 21⁰c were precede with shower naps and used percussion to enhance reaction in feet and legs later chest the spine as well. The effects which is therapeutically benefits of fluxion and derivative effects.

2. Hot douche: The temperature of the water employed may vary from 100o to 130o.the duration of 15 to 30 seconds to 4 to 5 minutes. It is very largely used for relief of pain, little pressure is commonly employed. Physiologically douches of hot are very exciting, later relaxing, depressant or sedative and mechanical effects. Excitation of the vasomotor centres is produced by the impact of water when pressure is employed when it is transient and followed by atonic reaction.[22] A general hot douche with very light pressure is useful in relieving superficial pain, hyperesthesia, neuralgia and parasthesia. [23].

3. Neutral douche: Temperature of 92 to 97 0 c with duration of 2 to 30 minutes, pressure from 2 to 20 pounds according to Kellogg's the effect is desired. The neutral douche physiologically offers an advantage over the hot and cold douche as a derivative measure and capable of relieves congestion of skin without provoking a preliminary congestion of the brain and internal visceral and without exciting thermic reaction. Therapeutically Neutral douches (92 to 97oc) to the back of spinal column is one of the most efficient in reflex excitability of spinal centres and also very useful in general nervous irritability as a means of relieving hyperesthesia of the skin, dermalgia, itching and general neuralgic conditions. [24]

4. Horizontal Jet: It is most useful and generally employed of all kind of douches. Jet douche consists of single stream varying in diameter from a millimetre or less to an inch or even more. This jet is applied by a nozzle, attached with a piece of rubber tubing two or three feet in length to permit pressure and movement. The effect of this douche which will

increases the powerful excitant in the nervous system by means of pressure of water cessation acts as a powerful reflex effect is produced by stimulation of various sets of nerves which is recognized by temperature, pressure, pain and tactile sensation. [25] Therapeutically this type of water jet will excites the people suffering bright's disease, gastric ulcers, spinal sclerosis and mot organic infections etc.,

5. Scotch Douche: Its mean of application by hot water followed by a short cold application. These types of douches are greatly intensified the derivative or revulsive effect of hot water and to increase its duration. In the scotch douche the stream of application will be any form of jet/spray or percussion douche but therapeutically employed with spray douche.[26]. Physiologically shorter hot water gives a passive dilation of cutaneous vessels with increased heart action and elevation of blood pressure with reflex action or influence it turns to atonic reaction. Localized therapeutic effects of scotch douches are very useful in lumbago, sciatica, neuralgia, pleuritic pains, and spinal irritation. [27]

6. Revulsive Douche: The douche is based upon the scotch douche employed with suppressing the thermic reaction which follows the ordinary cold douche. The revulsive compress first administered a hot douche at a high temperature as individuals can bear temperature tolerance is until reaches a temperature 122° or even 130° when the applied area with duration of 2 to 4 minutes or the skin acquires a dusky-red or cherry colour. Physiologically, this procedure is exclusively to the circulatory system and is not for mechanical effects. In large extent of this type of douches are storing blood in the skin and drawing of blood from internal parts. [28]

When, therapeutically administered general effects will be of metabolic changes, cardiac insufficiency, chronic gastritis, Congestion in liver and spleen, acute congestion and inflammation of Uterus. It is also a valuable measure in cases of both profuse sweating and excessive dryness of the skin. [29]

7. Alternate douche - This type of therapeutic douches resembles with both hot and cold water application with duration of first hot for 3 sec to 3 minutes and then cold application 4 seconds to 5 minutes are repeatedly applied in alternation. Physiological variation which perhaps most exciting of all hydriatic procedures. It combines with primary and secondary excitant of heat and secondary excitant effects with cold alternatively to remove the heat accumulated by the skin. [30]In alternative douches therapeutically employed with powerful excitant effects are desirable in cases such as exudations, liver dyspeptics, stiffened joints, chronic bright's disease and muscle soreness. [31]

8. Massage douche - J.H.Kellog type of massage douche is a mixed procedure with kneading movements of massage are executed at the same time that a stream of water is allowed to the body surface and also associated with strong intermittent pressure with palmar kneading and

kneading with the thumb and fingers. Physiological massage douche should be employed with low temperature begins most powerful tonics and mechanical effects of all hydriatic procedures especially with horizontal **douche at high pressure, temperature (hot, cold) and mass. In therapeutic benefits of cold massage** it acts as a powerful alternative an tonic. It is useful in application of condition like lumbago, sciatica, Insomnia. [32]

Conclusion:

Based upon available references and general reviews of hydrotherapy. Universal solvent acts as a therapeutically administered for management of pain, all chronic destructive condition in joints and bones, strengthening of muscle groups by pressure, localized condition etc.,. It also acts as physiological **variations in various systems to enhance the mechanical and powerful tonic effects of water-based therapies in order to enhance derivative, revulsive and restorative effects. Due to lack of evidence further general hydrotherapy studies to measures in research evidence to find out the mechanisms**, effects, as well as therapeutically purpose on various diseases.

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