

A STUDY ON SWEATING THERAPY AND ITS EFFICACY

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ABSTRACT

The patients were made to sweat by steam bath and sauna bath methods available in the Center for Unani Ilaj Bit Tadbeer and this process helps remove toxins from blood, helps the skin to remain supple. Sweating makes the patients to be free from morbid matter, accumulated in the peripheral tissues of the body

KEYWORDS: A Study on Sweating Therapy and its Efficacy

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INTRODUCTION

Aim and Objective

- To liquefy and divert the adherent morbid matters and remove the toxins from blood.
- It helps the skin of the whole body to remain supple.

MATERIALS AND METHODS

Materials

Steam generator (Electrical), sauna bath, bath tub.

Methods

The selected patients were provided with suitable clothing and helped by paramedical staff to go into the arrangement for sauna room, steam bathing chamber. The patients were provided with soft cotton towel and it should be placed around the neck to avoid leakage of the medicated vapours. Duration of the therapy is specified according to the body condition of the patient and nature of the diseases.

Patient should be kept on strict observation and vital parameters like Blood Pressure, Pulse rate, Temperature should be monitored. After recommended time of allowing for bath treatment, patients were brought out of the sweating arrangements. The patients were given recuperative massage with warm oil to liquefy and eliminate the morbid matter from the body and they were given suitable shower either cold or hot. Water or juices were given to the patient after treatment of sweating therapy. Patients were discharged with review date for further follow up.

Photographs of Sweating Therapy for Skin Disorders



Figure 1: Sauna Bath given to Patients



Figure 2: Steam Bath given to Patients

Sweating Therapy Data

- The following data reveals the total number of patients treated followed by graphical representation:

Table 1

Therapy	Period	Total Number of Patients	Total Number of Patients in Sweating
SWEATING	OCT 2011 - SEP 2015	53639	2955

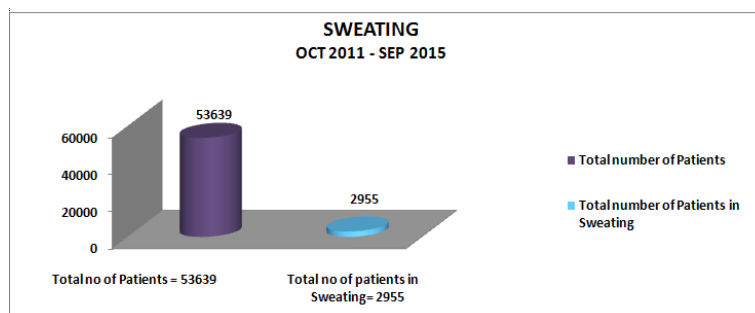


Figure 3

Total Number of Patient’s Data

Table 2

Therapy	Period & Total number of Patients	Inpatient	Outpatient	Total
SWEATING	Oct 2011 - Sep 2015 & 53639	1436	1519	2955

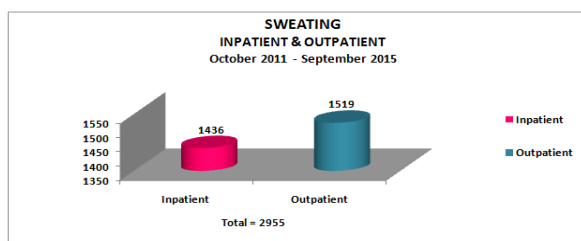


Figure 4

- The data shown are for the treatment given by sweating in order to alleviate certain diseases or
- Illness like pain, sinus, skin disorders with graphical representation.

Total Number of Patient’s Data

In a particular Disease

Table 3

Therapy	Pain	Sinusitis	Skin	Others	Total
SWEATING	1156	568	685	546	2955

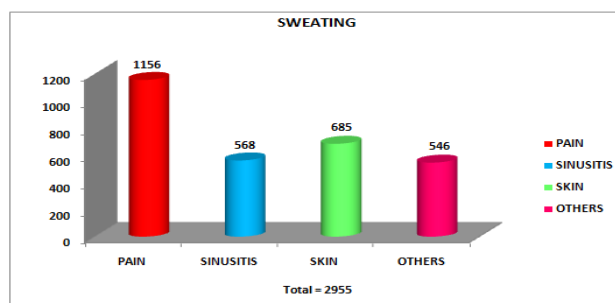


Figure 5

DISCUSSION AND RESULTS

During the period from October 2011 to September 2015 in Center for Unani Ilaj Bit Tadbeer, Patients were subjected to various therapies for their ailments. Out of which sweating played a vital role in relieving some of the ailments. The sweating therapy was carried out on patients suffering from pain (any pain), sinusitis, skin disorders and others. 685 Patients on skin disorders and psoriasis patients subjected to the sweating treatment.

The patients were given individualized treatment in sweating therapy based on their temperament, so as to relieve the accumulated morbid matter from peripheral tissues under the skin.

The patient's skins were applied with Roghan – e- neem (*Azadirachta indica*) and Gul –e palas (*Butea Monosperma*) was soaked in water to create medicated vapours out of steam for curing the illness. The duration of therapy was specified accordingly to the body's condition and nature of diseases of the patients.

By using the process of sweating, rectification of morbid blood disorder has given success result for sweating therapy. Therefore this treatment is highly recommended and beneficial in skin disorders and is very cost effective.

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