

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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