

THE SIGNIFICANCE OF MUD THERAPY FOR MAINTAINING HEALTH

Ghyan kanwar¹, Pramod Kumar Mishra², Brahmanand sharma³, Priyanka Inaniya⁴, Maneesh kumar⁵, Jyoti prajapati⁶.

1. MD Scholar, PG Department of Swasthviritta & Yoga, PGIA, Dr. S. R. Rajasthan Ayurved university, Jodhpur, Rajasthan
2. Professor & HOD, PG Department of Kayachikitsa, PGIA, Dr. S. R. Rajasthan Ayurved university, Jodhpur, Rajasthan
3. Associate Professor & HOD, PG Department of Swasthviritta & Yoga, PGIA, Dr. S. R. Rajasthan Ayurved university, Jodhpur, Rajasthan
4. Assistant professor, PG Department of Swasthviritta & Yoga, PGIA, Dr. S. R. Rajasthan Ayurved university, Jodhpur, Rajasthan
5. MD Scholar, PG Department of Swasthviritta & Yoga, PGIA, Dr. S. R. Rajasthan Ayurved university, Jodhpur, Rajasthan
6. MD Scholar, PG Department of Swasthviritta and Yoga, PGIA, Dr S. R. Raj. Ayurved University, Karwar, Jodhpur, Rajasthan.

Corresponding Author: ghyan22solanki@gmail.com

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ABSTRACT

The elements of nature are Earth, Water, Space, Fire and Air. All these elements are linked to the possibility of human life on Earth, and also contain compounds, minerals and nutrients that can improve our health. Mud, soil or Earth is one of the most important elements of these and contains a lot of vital nutrients and minerals, essential for the body. Mud therapy is a very simple and effective treatment modality. The mud used for this should be clean and taken from 3 to 4 ft. depth from the surface of the ground. There should be no contamination of stone

pieces or chemical manures etc. in the mud. Mud is beneficial for our health and also it plays an important role in women's health.

Keywords: Mud, Mud therapy, Health & Women's Health

INTRODUCTION

Mud corresponds to Prithvi (earth), one of the elements among Panchamahabhutas. It is considered as one of the ancient wisdoms of universe in curing sickness and also for rejuvenation of health. Mud therapy in Naturopathy involves scientific use of moistened earth in a proper manner; so as to benefit the body from within. History suggests the usage of mud for its therapeutic characteristic's hails back to the ancient medieval age. At that time, it was used as a valuable therapeutic agent.

Emanuel Felke, a German therapist tried to restore the Mud Therapy and nicknamed it as 'Clay Pastor.' Adolf Just, one of the pioneers of natural cure believed that all diseases will be cured on the basis of sleeping and lying on earth. Italian scientists used thermal mud from hot spring in arthritic patients. Between the 17th and 19th centuries, mud therapy became popular in Europe to treat chronic illness made with mineral waters and mudpacks. During the second half of the 20th century, pharmacology developed the idea of Mud Therapy to be considered as an alternative medicine and used in spa treatments. The use of mud from the Dead Sea in Israel is known from millions of years ago prescribed for arthritis patients and psoriasis. Egyptian Queen Cleopatra always experimented with natural beauty resources, established her own spa on the shores of the Dead Sea. Father of Indian Naturopathy Mahatma Gandhi was found to be a firm believer of Naturopathy in treating diseases with nature. He used to apply mud directly on the affected parts of body and to relieve constipation. These days, naturopathy practitioners are increasingly making use of mud or moistened earth for treating various health problems. It has been found to be effective in curing a wide variety of disorders, such as conjunctivitis, congestion, headaches, skin problems, glaucoma etc. Mud therapy in naturopathy involves scientific use of

moistened earth in a proper manner, so as to benefit the body from within.

AIMS AND OBJECTIVES: To analyses the importance of mud therapy in general health promotion and to highlight research on its role in infertility.

MUD BATH:

Mud may be applied to the patient in a sitting or lying position. This helps to improve the skin condition by increasing the circulation and energizing the skin tissues. Care should be taken to avoid catching a cold during the bath. Afterwards, the patient must be thoroughly washed with cold water jet spray. If the patient feels chilled, warm water should be used. The patient is, then, dried quickly and transferred to a warm bed. The duration of mud bath may be 45 to 60 minutes.

BENEFITS:

- The effects of mud are refreshing, invigorating, and vitalizing.
- For wounds and skin diseases, application of mud is the only true bandage.
- Mud therapy is used for giving coolness to the body.
- It dilutes and absorbs the toxic substances of the body and ultimately eliminates them from the body.
- Mud is used successfully in different diseases like constipation, headache due to tension, high blood pressure, skin diseases etc.
- Gandhiji used to take mud packs to get rid of constipation.

Preparation of Mud Pack:

Mud packs are made with clay that is obtained from 10 centimetres under the earth. It is made sure that the mud does not contain pebbles, compost or any impurities. It is poured into warm water to form a smooth paste. The mixture is left to stand in order to cool and spread afterwards into a cloth strip that can vary in size as per the needs. Generally, black soil

from around water bodies is regarded as suitable for mud therapy.

How is it applied?

Cooled mud is poured into a cloth strip and made into a bandage. This is placed over the affected area of the body and covered with a protective material such as flannel. For adults, the mud pack can be around 20 X 10 X 2.5 cm in dimensions. The dimensions of the mud treatment cloth should vary on the basis of the patients' needs. The body region that is to be treated thus has to be fomented at first for around 5 or 10 minutes until it is heated up well enough. It is then that mud is directly applied over the affected area for 5 – 15 minutes, based on the response that is needed.

Why it works?

Excess amount of heat places stress on the system and gives rise to various disorders. Soil is found to retain moisture for a longer period, and when applied on the body it can cool down the system. It technically soaks up heat from the system. It is found to be effectual in eliminating excess heat from the body. It helps in the degeneration of morbid matter.

Mud therapy helps detox and improve digestion. Mud, when applied to the body, cools down the body, and dilutes, absorbs and eliminates toxins from the body. Mud therapy improves metabolism and increases circulation and keeps problems like heat strokes away that are commonly caused due to summer heat.

Mud therapy relieves headaches and fever.

Headaches can be caused due to dehydration, spending long hours in the heat, and can also be a symptom of heat stroke. Mud therapy can be used to relieve headaches. They cool down the head, and a thick mud pack on the head is recommended to relieve headaches immediately caused due to excessive heat. Mud therapy can also be used to provide relief from other symptoms of heat strokes like high fever by applying a mud pack of the abdomen, apart from the forehead.

Good hair conditioner

The dry heat of the summer season can make hair dry, and cause breakage, hair fall and damage to the hair. The heat can make your hair devoid of any moisture, making it frizzy. Mud therapy can be used as a conditioner to provide moisture and nourishment for your hair and improve hair health.

Mud therapy important for skin health

Mud therapy can prevent and treat damage caused to the skin due to excessive heat. Exposure to high heat can cause acne, blemishes, dark spots, tanning, early signs of ageing, skin allergies, rashes, redness, etc. All these problems can be prevented and treated by the use of a mud pack on the skin, especially the face. Multanimitti, is one of the most popular mud face packs used to treat such skin problems. Natural fertility treatments made using healing mud and water from a warm lake in Romania are helping hundreds of women a year to get pregnant.

The all-natural treatments use the healing mud and water from Bear Lake in Sovata, Romania, which is Europe's largest naturally warm lake known as the "Transylvanian Dead Sea". The treatments involve both external and internal treatments for women including bathing in the unique waters and applying a natural tampon made with mud from the lake. Bear Lake contains naturally occurring human like Estrogen and Progesterone hormones, as well as high amounts of salts, minerals and organic substances. These enhance the female reproductive system and boost fertility.

Since almost a century, Romanian patients have travelled to Sovata to take advantage of the lake's claimed abilities to increase fertility, but this is the first time the benefits of naturally occurring fertility have been thoroughly documented. According to gynaecologist research for the Sovata Ensana Health Spa Hotel, fertility treatments for women that use warm lake water and natural therapeutic mud from Transylvania, Romania, may be helping as many as one in three of the patients conceive. In the six years between May 2013 and November 2019, Dr. Vasilescu George, a former IVF physician, has tracked data, 508 (30.9%) of the 1904 patients he treated for

infertility issues went on to become pregnant as a direct result of the treatment.

In 2011, tests on the mud and water from Bear Lake conducted by a lab in Budapest revealed that it contained hormones that resembled those produced by human beings, including progesterone and oestrogen. These hormones are essential in fertility treatments because they regulate the female reproductive system. Patients who received treatment at the lake's natural resources later had their levels of FSH, or the human egg growth hormone, rise in a manner that was correlated with both an increase in oestrogen and progesterone levels. They also demonstrated an anti-inflammatory effect on female reproductive systems, which is very advantageous for women who experience infertility problems because to Pelvic Inflammatory Disease. Aside from the dirt, tests have also shown that the lake's high salt content, which is used to address fertility concerns, has an adverse effect.

CONCLUSION

Earth being one of the Pancha Mahabhootas, it is a part of human body. Black mud is very chief, it absorbs all the colours of the sun and conveys them

to the body. Its four thermal, mechanical, chemical and electrical effects help in preventive, promotive and treatment in many diseases. As mud is scientific and evidence-based research is needed of the day.

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