Enema

**Cure For:** A warm water enema helps to clean the rectum of accumulated faeces matter. This is not only the safest system for cleaning the bowels, but also improves the peristaltic movement of the bowels and thereby relieves constipation. A cold water enema is helpful in inflammatory conditions of the colon, especially in cases of dysentery, diarrhea, ulcerative colitis, hemorrhoids and fever. A hot water enema is beneficial in relieving irritation due to inflammation of the rectum and painful hemorrhoids. It also benefits women in leucorrhoea.

**Method:** Also known as rectal irrigation, an enema involves the injection of fluid into the rectum. In nature cure treatment, only lukewarm water is used for cleaning the bowels. The patient is made to lie on his left side extending his left leg and bending the right leg slightly. The enema nozzle, lubricated with oil or Vaseline, is inserted in the rectum. The enema can containing the lukewarm water is then slowly raised and water is allowed to enter into the rectum. Generally, one to two liters of water is injected. The patient may either lie down on his back or walk a little while retaining the water. After five to 10 minutes, the water can be ejected along with the accumulated morbid matter.