

Mud Bath



Cure For: The mud bath is found to tone up the skin by increasing the circulation and energizing the skin tissues. Frequent mud baths help to improve the complexion, clear spots and patches on the skin following skin disorders or due to smallpox. It is very beneficial in the treatment of skin diseases like psoriasis, leucoderma and every leprosy.

This bath is also valuable in getting relief from rheumatic pain or pain in the joints caused by injuries. The duration of the bath should be from 30 minutes to one hour. Care should also be taken to avoid the patient catching a chill during the bath. Mud applications also form a vital part of natural beauty treatment.

Method: Mud or clay bath is another mode of treatment. It is applied in the same way as packs, but only on a larger scale on the entire body. In this, mud or clay is first ground and sifted to remove all impurities, and then made into a smooth paste mixed with hot water. The paste is then spread on a sheet which in turn is wrapped round the body. One or two blankets are then wrapped over this, depending on the temperature of the room and that of the pack. A mud bath is followed with a cleansing warm water bath and a short cold shower.