

भारतीय मानक
पूर्ण विसर्जन स्नान चिकित्सा- रीती संहिता
Indian Standard

Code Of Practice of Full Immersion Bath Therapy

Naturopathy Sectional Committee - AYD 03

Last Date of Comments: 11 November, 2024

FOREWORD

(Formal clause shall be added later on)

Naturopathy is a form of medicine that employs therapeutic qualities of soil, water, sunlight, air, space (emptiness), food, rest and exercise to treat and prevent diseases as well as to promote overall well-being. The therapeutic techniques involved in naturopathy are based on the customs and culture of the Indian sub-continent documented in the *Upanishads, Purāṇās* and other ancient Indian Scriptures.

Hydrotherapy (or) Water-therapy is a branch of naturopathy that involves the therapeutic application of water in any of its three states viz. ice, water and steam to treat and prevent various ailments and promote wellness.

Full Immersion Bath Therapy is a water-based therapy wherein a healthseeker / person's whole body except the head and neck is immersed in water filled in a specially designed tub. The water is maintained at a predetermined temperature as per the physician's prescription. Full Immersion Bath Therapy is beneficial in treating musculoskeletal disorders, metabolic disorders, nervous disorders and cardiovascular disorders.

The multiple methods of Full Immersion Bath Therapy application observed in the public domain necessitates a standardized procedure. This document is the Standard Document stipulating the Code of Practice of Full Immersion Bath Therapy.

The inputs for formulation of this standard are derived from the information available in the public domain in print and electronic media including authoritative books on Naturopathy published by National Institute of Naturopathy, Ministry of Ayush, Govt of India technical inputs from subject matter experts are used in formulating the standard.

Caution: The procedure shall be given under the supervision of a naturopathy physician by a naturopathy therapist.

Indian Standard
CODE OF PRACTICE OF FULL IMMERSION BATH THERAPY

1 SCOPE

This standard specifies the code of practice of Full Immersion Bath Therapy as a naturopathy modality.

2 REFERENCES

The standard mentioned below contain provisions which, through reference in this text, constitute provisions of this standard. At the time of publication, the edition indicated was valid. All standards are subject to revision and parties to agreements based on this standard are encouraged to investigate the possibility of applying the most recent edition of the standards indicated below:

<i>Standard No.</i>	<i>Title</i>
AYD 3 (24752)	Glossary of Naturopathy

3 TERMINOLOGY

For the purpose of this standard, the definitions given in AYD 3 (24752) shall apply.

4 REQUIREMENTS

4.1 Procedure Room

4.1.1 The procedure room for full immersion bath therapy shall be well lit, fully ventilated room with clean, non-skid floor with a minimum area of 10 × 10 square feet for a full immersion bathtub to be placed conveniently. It shall be located in the hydrotherapy section of the naturopathy facility.

4.1.2 The Procedure room shall have a provision for changing clothes and an accessible bathroom nearby.

4.1.3 Code of Practice of Full Immersion Bath Therapy shall be displayed in the full immersion bath procedure room.

4.2 Procedure Equipment and Human Resources

The equipment required for full immersion bath therapy is mentioned as below in Table 1.

Table 1 Requirements for Full Immersion Bath Therapy
(Clause 4.2)

SI No.	Items	Quantity
1)	Full Immersion Bath Tub	1 no.
2)	Head Compress	1 no.
3)	Foot Stepper	1 no.
4)	Stopwatch / Alarm Bell	1 no.
5)	Towel	1 no.
6)	Disposable Hand Gloves	1 pair
7)	Bath Thermometer	1 no.

8)	Waterproof Apron	1 no.
9)	Naturopathy Therapist	1 person (or) 2 persons in case of patients with special needs
10)	Water	As required
11)	Potable water	As required

4.3 Hygiene

The therapist shall ensure the following before setting the equipment for full immersion bath therapy:

4.3.1 Full Immersion Bath Tub, foot stepper, head compress and procedure room are clean and dry.

4.3.2 Therapist shall wear Disposable Hand Gloves and Waterproof Apron.

4.3.3 The therapist shall clean and sanitize the tub thoroughly after every procedure to prevent cross-contamination.

4.4 Safety

4.4.1 The Therapist shall ensure the floor of the procedure section and immersion bath tub is non-slippery.

4.4.2 The therapist shall ensure the stopwatch/alarm bell and bath thermometer are fully functional.

4.4.3 The therapist shall ensure the uniform temperature of water.

4.4.4 Therapist shall ensure the temperature of water in full immersion bath tub is as mentioned in the doctor's prescription. The temperature and duration and other particulars of various full immersion bath procedures are mentioned below in Table 2.

Table 2 Full immersion Bath Therapy– Duration, Temperature and Other Particulars
(Clause 4.4.4)

SI No.	Procedure	Temperature	Duration	Other Particulars		
				Head Compress	Woolen Blanket	Body Rub
i)	Hot Full Immersion Bath Therapy	104 °F to 113 °F	3 min to 15 min (as prescribed)	Yes	No	as prescribed
ii)	Warm Full Immersion Bath Therapy	95 °F to 98 °F	10 min to 15 min (as prescribed)	Yes	No	as prescribed
iii)	Neutral Full Immersion Bath Therapy	90 °F to 97 °F	10 min to 20 min (as prescribed)	Yes	No	as prescribed
iv)	Cold Full Immersion Bath Therapy	64 °F to 75 °F	5 min to 10 min (as prescribed)	Yes	Yes	as prescribed

- 4.4.5** Before the procedure, the therapist shall ensure that the person drinks water and that the head is covered with head compress.
- 4.4.6** Using stopwatch, the therapist shall ensure duration of full immersion bath procedure is as mentioned in Table 2 and assist accordingly.
- 4.4.7** The therapist shall monitor and ensure person's comfort, privacy and safety.
- 4.4.8** The Therapist shall report any kind of incident/accident during the procedure to the doctor immediately.

4.5 Precaution

Full Immersion Bath procedure shall be administered under the supervision of a naturopathy physician by a naturopathy therapist.

5.0 Procedure Sequence

The procedure sequence consists of two phases as follows:

5.1.1 Phase I – Preparation of Procedure Room and Procedure Equipment

- a) Therapist wears waterproof apron and disposable gloves.
- b) The Therapist ensures floor of the procedure room, full immersion bath tub, foot-rest, and head compress are clean.
- c) Therapist sets alarm on stopwatch as per prescribed duration.
- d) Therapist fills full immersion bath tub with water as prescribed.
- e) Using bath thermometer, therapist ensures temperature of water is as prescribed and uniform.

5.1.2 Phase II – Procedure of Full Immersion Bath Therapy

- a) The therapist escorts the person into procedure room.
- b) The therapist explains procedure to person and takes consent. **(Annex-1)**
- c) Only in the case of a 'hot' full immersion bath procedure, the therapist ensures person drinks water as required.
- d) The therapist assists the person to enter and lie down comfortably in the tub.
- e) The therapist ensures the person's whole body (except head and neck) is submerged in water (and removes/adds water as required).
- f) The therapist shall cover the person's head with a compress as prescribed.
- g) Therapist starts the pre-set stopwatch
- h) The therapist shall ask the patient to gently rub the body. If the person is not able, the therapist shall assist.
- i) When the stopwatch alarm rings, the therapist assists the person come out from tub.

Note:

1. In case of cold full immersion bath therapy person shall be asked to exercise /walk for 2-3 minutes after the procedure
2. In case of hot full immersion bath therapy person shall be asked to immediately take short cold shower for 2-3 minutes after procedure.

5.2 Disposal, Sanitization and Maintenance

The therapist attends to the disposal, sanitization, and maintenance of material used in the procedure. The therapist sanitizes the full immersion bath tub as per instructions and ensures that the water in full immersion bath tub is drained and the tub is cleaned and dried as per standard guidelines after every procedure.

Annex 1

INFORMED CONSENT FORM FOR FULL IMMERSION BATH THERAPY

I hereby permit (Name of Attending Physician) his/her Associate Attending Physician of the same service, and assistants as may be selected and supervised by him/her to perform Full immersion bath therapy.

The procedure has been explained to me and I have been told the reasons why I need the procedure. The risks of the procedure have also been explained to me. In addition, I have been told that the procedure may not have the result that I expect. I have also been told about other possible treatments for my condition and what might happen if no treatment is received. I understand that in addition to the risks described to me about this procedure there are risks that may occur with any naturopathy and yoga procedures.

I have had enough time to discuss my condition and treatment with my health care providers and all of my questions have been answered to my satisfaction. I believe, I have enough information to make an informed decision and I agree to have the procedure. If something unexpected happens and I need additional or different treatment(s) from the treatment I expect, I agree to accept any necessary treatment.

Signature of Patient or Parent/Legal Guardian of Minor Patient

Date

FOR PHYSICIAN PURPOSE

I explained the risks, benefits and alternatives of the Full immersion bath therapy to the above-named patient. I provided the above-named patient with the opportunity to ask questions. I have answered the questions asked and it is my professional opinion that the patient understands what I have explained

Signature of Attending Physician or Authorized Health Care Provider

Date