

भारतीय मानक
कटि स्नान चिकित्सा- रीती संहिता

Indian Standard

CODE OF PRACTICE OF HIP BATH THERAPY

Naturopathy Sectional Committee - AYD 03

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FOREWORD

(Formal clause shall be added later on)

In order to treat and prevent illnesses and enhance general health, naturopathy uses the healing properties of soil, water, sunlight, air, space (emptiness), and food, as well as rest and exercise. Naturopathy's therapeutic approaches are grounded in the traditions and culture of the Indian subcontinent, as recorded in the *Upanishads*, *Puraanas*, and other ancient Indian Scriptures.

A branch of naturopathy, hydrotherapy (or) water-therapy involves external and internal therapeutic application of water in any of its three states namely ice, water or steam for addressing and averting illness while fostering holistic health.

Hydrotherapy, often known as water therapy, is a discipline of naturopathy that uses water in any of its three states- ice, water, or steam- therapeutically for addressing and averting illness while fostering holistic health.

Hip Bath Therapy is one of the most useful forms of hydrotherapy. The tub is filled with water in such a way that it covers the hips and reaches up to the navel when the patient sits in it. There are different types of hip baths as per need of the problems. The hip bath used to be given at several temperatures (cold/neutral/hot/alternate/revulsive).

There is a need for standardization of hip bath treatment procedure for quality, safety and benefits of the users and other stakeholders. This Standard stipulates the standardized specifications of Hip 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 of Naturopathy published by the National Institute of Naturopathy, Ministry of Ayush, Govt. of India. Technical inputs from subject matter experts are also used to formulate the standard.

Indian Standard

CODE OF PRACTICE OF HIP BATH THERAPY

1 SCOPE

This standard specifies general requirements and benchmarks for the practice of Hip Bath Therapy.

2 REFERENCES

The standard mentioned below contains 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-03 (26483)	Glossary of Naturopathy

3 TERMS AND DEFINITIONS

For the purpose of this standard, the terms and definitions given in Doc No AYD-03 (26483) shall apply.

3.1 Hip Bath

Hip bath is a hydrotherapy measures in which lower abdomen that is pelvis, including genitals and upper portion of thigh is immersed in water of various temperatures depending upon desired therapeutic effects.

3.2 Hip Bath Tub

It is an equipment which is used for the purpose of hip bath.

3.3 Foot Rest

Foot rest is used to support the feet, while sitting in hip bath tub.

3.4 Temperature

The water at various temperatures (cold: 18° C to 24° C)/neutral: 32° C to 36° C /hot: 40° C to 45° C /alternate: hot water 40° C to 45° C and cold water: 18° C to 24° C) is used to give the hip bath treatment as per the condition of the subject.

3.5 Blanket

The blanket is woolen or thick cotton cloth used to cover the individual while undergoing the treatment to regulate evaporation and to control the temperature.

3.6 Coarse Cloth

Coarse cloth is a strong, lightweight fabric used by the individual to rub his/her abdomen during the procedure.

3.7 Head Compress

A piece of cloth dipped into cold water and wrung out, used to apply over the individual's head for a period of time.

3.8 Friction

A part of hip bath treatment in which the patient rubs the abdomen gently with a coarse cloth starting from the right inguinal region upward, then following the transverse colon, then downward to the descending colon and end at rectum, continuously during the treatment.

4 REQUIREMENTS

The hip bath therapy shall conform to the requirements of Table 1 to Table 4. Variations in the requirements are permissible as per the types of hip bath or disease condition.

4.1 Treatment Room

4.1.1 The treatment room for Hip Bath Therapy shall have a minimum area of 8 feet × 6 feet. It shall be located in the Hydrotherapy section of the naturopathy facility.

4.1.2 Code of Practice of Enema procedure shall be displayed in room.

4.2 Human Resources

4.2.1 Naturopathy Physician

A professional qualified in Naturopathy and Yoga, and registered by the authority or the body governing such profession, and constituted under the statute as may be applicable.

4.2.2 Naturopathy Therapist:

Professionally qualified in Naturopathy and Yoga and registered by the authority or the body governing such profession, and constituted under the statute as may be applicable.

4.3 Materials

The materials required for the various types of Hip Bath Therapy is as under:

Table 1 Requirements for Cold Hip Bath Therapy
(Clause 4.3)

SI No. (1)	Particulars (2)	Requirements (3)	Tolerance/Additional (4)
i.	Hip bath tub (HBT)	1	-
ii.	Foot rest (FR)	1	-
iii.	Water	15 l (one-half tub capacity)	± up to 5 l
iv.	Cold water temperature	cold: 18°C to 24° C	-
v.	Blanket	1 no.	-
vi.	Coarse cloth (CC)	3 no.	-

/ /hot: 40° C to 45° C /alternate: hot water 40 ° C to 45° C and cold water: 18 ° C to 24° C)

Table 2 Requirements for Neutral Hip Bath Therapy
(Clause 4.3)

Sl No. (1)	Particulars (2)	Requirements (3)	Tolerance/Additional (4)
i.	Hip bath tub (HBT)	1	-
ii.	Foot rest (FR)	1	-
iii.	Water	15 l (one -half tub capacity)	± 5 l
iv.	Neutral water temperature	32 °C to 36 °C	-
v.	Head cap (HC)	1 no.	-
vi.	Coarse cloth (CC)	2 no.	-
vii.	Drinking water	As required	-

Table. 3 Requirements for Hot Hip Bath Therapy
(Clause 4.3)

Sl. No (1)	Particulars (2)	Requirements (3)	Tolerance/Additional (4)
i.	Hip bath tub (HBT)	1	-
ii.	Foot rest (FR)	1	-
iii.	Water	15 l (one -half tub capacity)	± 5 l
iv.	Hot water temperature	40 °C to 45 °C	-
v.	Head compress (HC)	1 no.	-
vi.	Drinking water	As required	-
vii.	Coarse cloth (CC)	2 no.	-

Table 4 Requirements for Alternate Hot and Cold Hip Bath Therapy
(Clause 4.3)

Sl. No. (1)	Particulars (2)	Requirements (3)	Tolerance/Additional (4)
i.	Hip bath tub (HBT)	2 no.	-
ii.	Foot rest (FR)	2 no.	-
iii.	Water	15 L each tub (one -half tub capacity)	± 5 l
iv.	Cold water temperature	18° C to 24 °CF	-

v.	Hot water temperature	40 °C to 45°C	-
vi.	Head compress (HC)	1 no.	-
vii.	Drinking water	As required	-
viii.	Coarse cloth (CC)	3	-
ix	Blanket	1 no.	-

4.4 Hygiene

The therapist shall ensure the following before starting the Hip Bath Therapy.

4.4.1 The Hip Bath Tubs, footrest, blanket, headcap, coarse cloth shall clean.

4.4.2 Therapist shall wear Waterproof Apron.

4.5 Safety

4.5.1 The therapist shall ensure that the water temperature is as mentioned in the naturopathy physician's prescription.

4.5.2 The therapist shall ensure the floor of the treatment section is non-slippery.

5 PROCEDURE OF HIP BATH THERAPY

5.1 Pre-procedures

5.1.1 The Patient is explained about the procedure, benefits, and alternatives by the Naturopathy Physician.

5.1.2 The Patient or guardian shall sign the Informed consent. (*Annex 1*)

5.1.3 The Therapist shall escort the patient to the Therapy room.

5.2 Procedure

5.2.0 Cold Hip Bath Therapy

The hip bath tub is filled up to one -half tub capacity of water at temperature of 55° F to 65 °F. The patient in minimal clothing is asked to sit in the tub. It shall be ensured that only the pelvis to the navel region of the patient is immersed in the tub and the lower extremities extended out of the tub are comfortably rested on the foot rest and covered with blanket.

A pad of cotton cloth is placed under each popliteal space to prevent pressure. The legs, feet and upper part of the body shall remain completely dry during and after the bath. The patient shall rub the abdomen gently with a coarse cloth starting from the right inguinal region upward, then following the transverse colon, then downward to the descending colon and ending at pubic region, continuously during the treatment. The patient shall undertake moderate exercise or walk after the cold hip bath to warm the body. The duration of the treatment shall be 5 min to 15 min (Depending upon the patient condition.)

5.2.0.0 Precaution

If the patient feels cold or is very weak, a hot foot immersion shall be given along with the cold hip bath. The treatment shall be terminated if the patient feels giddy or complains of fatigue.

5.2.1 Neutral Hip Bath Therapy

The hip bath tub is filled up to -half of capacity with water at temperature of 92 °F to 95 °F. The patient shall drink one glass of cold water before the treatment. The patient is asked to sit in tub with minimal clothing. It shall be ensured that only the pelvis to the navel region of the patient is immersed in the tub and the lower extremities extended out of the tub are comfortably rested on the foot rest. A pad of cotton cloth is placed under each popliteal space to prevent pressure. The legs, feet and upper part of the body shall remain completely dry during and after the bath. The duration of the treatment is 10 min to 20 min.

5.3.0 Hot Hip Bath Therapy

The hip bath tub is filled up to -half of capacity with water at temperature of 98 °F to 104 °F. The patient shall drink one glass of cold water. The patient in minimal clothing is asked to sit in the tub. It shall be ensured that only the pelvis to the navel region of the patient is immersed in the tub and the lower extremities extended out of the tub are comfortably rested on the foot rest. In this, cold compress or a cap is worn on the patient's head. A pad of cotton cloth is placed under each popliteal space to prevent pressure. The legs, feet and upper part of the body shall remain completely dry during and after the bath.

5.3.1 Precaution:

The patient shall not apply friction to the abdomen. A cold shower bath shall be taken immediately after the hot hip bath. The duration of the treatment is 10 min.

5.4.0 Alternate Hot and Cold Hip bath Therapy

The hip bath tubs of similar dimensions placed side by side (adjacent to each other) first tub shall be filled with hot water at 98 °F to 104 °F and other tub shall be filled with cold water at 55° F to 65 °F. The tubs shall be filled up to half its capacity. The patient is prepared with minimal clothing. The patient shall drink one glass of cold water before the treatment. The patient first sits in the hot tub for 3 min and then in a cold tub for 1 min. At the determined temperature ask the patient to be in a sitting position with the pelvis immersed in the tub and the lower extremities extended out of the tub and are comfortably rested on the foot rest. and covered warmly with blanket or cloth. A pad of cotton cloth is placed under the knee to prevent pressure. The legs, feet and upper part of the body shall remain completely dry during and after the bath.

In this cold compress is worn on the patient's head. The procedure shall be repeated 4 to 5 times and then the treatment shall end with a cold hip bath. The duration of the treatment is 15 min to 20 min.

6 GENERAL PRECAUTIONS

- a) Hip bath shall be taken on empty stomach or minimum gap of 2 hours after meal;
- b) Water shall not be contaminated;

- c) During Menstrual period hip bath shall be avoided;
- d) Discontinue the treatment if there is weakness/dizziness;
- e) During Pregnancy hip bath shall be avoided;
- f) Anyone with a recent Surgery or any kind of open wound/ infection, shall avoid hip bath; and
- g) Shall be well-hydrated before beginning the treatment.

7 DISPOSAL, SANITIZATION AND MAINTENANCE

The therapist attends to the disposal of the water, sanitization, cleaning and maintenance of material used in the procedure and therapy room as per standard guidelines.

AYD-03 (24751) October, 2024

Annex 1

INFORMED CONSENT FORM FOR HIP 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 Hip 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 Hip 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