

भारतीयमानकमसौदा
कटि स्नान- मानक संचालन प्रक्रिया

Draft Indian Standard

HIP BATH – STANDARD OPERATING PROCEDURE

Naturopathy Sectional Committee - AYD 03

FOREWORD

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 therapeutic application of water in any of its three states viz. ice, water and steam to treat and prevent various ailments and promote wellness.

Hip Bath is a water-based therapy where a person is made to sit in reclined posture in specially designed tub so that only the abdomen and hips are immersed in water at desired temperature. Hip bath is very useful in constipation, hyperacidity, digestive disorders, gynaecological ailments etc.

This bath is taken in a specially designed tub. Water at desired temperature is filled in the tub and the patient is made to sit in the tub reclined backwards with feet outside the tub on a foot-rest. The head and the legs should be outside the water. Water at different temperatures is used as per the disorders.

As a standard document stipulating the details of standard operating procedure for the hip bath treatment is not available, there is a need for standardization of Hip Bath treatment procedure for quality and safety and advantage of the users and other stakeholders.

This document is the Standard Document stipulating the standardized operating procedure of Hip Bath treatment.

The inputs for formulation of this standard have been derived from the information available in the public domain in print and electronic media including authoritative books on Naturopathy namely Rational Hydrotherapy by J.H. Kellogg, Hydrotherapy by William H. Dieffenbach, The New Science of Healing by Louis Kuhne and Principles and Practice of Hydrotherapy by Simon Baruch. Literature published by National Institute of Naturopathy,

Pune and Central Council for Research in Yoga and Naturopathy, New Delhi and related Indian and international standards have also been referred. Technical inputs from subject matter experts have also been used to formulate the standard.

Caution: The treatment should be given under the supervision of a naturopathy physician by a naturopathy therapist.

The composition of the committee responsible for the formulation of this standard is given in Annex A.

1 SCOPE

This standard specifies standard operating procedure of Hip Bath treatment as a naturopathy treatment 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/documents indicated below:

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

3 TERMINOLOGY

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

4 HIP BATH - STANDARD OPERATING PROCEDURE

Standard operating procedure of a hip bath treatment session is herewith mentioned. An indicative illustration of the treatment is shown below in Fig. 1.

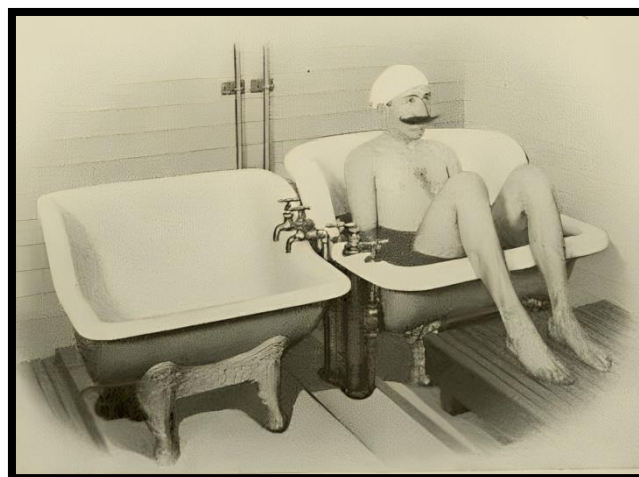


FIG. 1 HIP BATH

4.1. Precautions

4.1.1 Hip Bath treatment should be administered under the supervision of a naturopathy physician by a naturopathy therapist.

4.1.2 Hip Bath is not advised in the following conditions: during menstrual periods, weakness/dizziness, abdominal/spinal surgery less than 3 months old and open wounds/infections

4.1.3 Hip Bath should be taken on empty stomach

4.1.4 Hot Hip Bath should be avoided during pregnancy

4.1.5 The legs, feet and upper part of the body should remain completely dry during and after hip bath treatments.

4.2 Treatment Section

4.2.1 The treatment room for hip bath should have minimum area of 10 × 10 square feet consisting two hip bath tubs placed side by side. It should be located in the hydrotherapy section of the (IPD/OPD) naturopathy hospital.

4.2.2 Hip Bath – Standard Operating Procedure should be displayed prominently in the hip bath treatment room.

4.3 Treatment Equipment and Manpower

The equipment required for Hip Bath treatment is mentioned below in Table 1.

Table 1 Requirements for Hip Bath treatment session

S.No.	Items	Quantity
1.	Hip Bath Tub	2 nos.
2.	Foot Immersion Tub	1 no.
3.	Head Compress (White)	1 no.
4.	Tumbler (250 ml)	1 no.
5.	Woolen Blanket (White)	1 no.
6.	Coarse Linen Cloth	1 no.
7.	Foot-Rest	1 no.
8.	Stopwatch	1 no.
9.	Towel	1 no.

10.	Disposable Hand Gloves	1 pair
11.	Bath Thermometer	1 no.
12.	Waterproof Apron	1 no.
13.	Naturopathy Therapist	1 person (or) 2 persons in case of patients with special needs

4.4 Hygiene

The therapist must ensure the following before setting the equipment for hip bath treatment session:

- 4.4.1 Hip Bath Tubs, tub handles, foot-rest, coarse linen cloth and foot immersion tub are clean i.e., they are dry, not sticky or slippery and free from dust and dirt.
- 4.4.2 Woolen Blanket and Head Compress are clean i.e., they are dry, not sticky and free from dust, dirt and odour.
- 4.4.3 Therapist must wear Disposable Hand Gloves and Waterproof Apron.

4.5 Safety

- 4.5.1 Therapist must ensure the floor of treatment section is clean and not slippery.
- 4.5.2 Therapist must ensure the size of hip bath tubs is as mentioned in the physician's prescription.
- 4.5.3 Therapist must ensure the handles of hip bath tubs are dry and not slippery.
- 4.5.4 Therapist must ensure water is not filled more than maximum water level marked on hip bath tubs.
- 4.5.5 Therapist must ensure stopwatch is not faulty.
- 4.5.6 Before checking temperature of water in hip bath tubs, therapist must ensure bath thermometer is not faulty.
- 4.5.7 Therapist must ensure the temperature of water in hip bath tubs is as mentioned in the physician's prescription. The temperature and duration and other particulars of various hip bath treatments are mentioned below in Table 2.
- 4.5.8 Before patient sits in hot hip bath, therapist must ensure that patient is made to drink 200-250 ml of cold drinking water and patient's head is covered with cold head compress.
- 4.5.9 Using stopwatch, therapist must ensure duration of hip bath treatments is as mentioned in Table 2 and assist the patient accordingly.

Table 2 Hip Bath – Duration, Temperature and Other Particulars

Treatment	Temperature	Duration	Other Particulars		
			Head Compress	Woolen Blanket	Abdominal Friction
Hot Hip Bath	104° – 113 °F or 40° – 45 °C	10 min	Yes	No	No
Neutral Hip Bath	90° – 97 °F or 32° – 36 °C	10 - 20 min (as prescribed)	No	No	Yes
Cold Hip Bath*	64° – 75 °F or 18° – 24 °C	5 - 15 min (as prescribed)	No	Yes	Yes
Alternate Hot & Cold Hip Bath (3 repetitions (HCHCHC) - Hot (H) hip bath followed by Cold (C) hip bath)	104° – 113 °F or 40° – 45 °C	3 min	Yes	No	No
	64° – 75 °F or 18° – 24 °C	1 min	No	Yes	No

4.6 Cold Hip Bath – Safety*

If the patient feels cold or is very weak, a hot foot immersion bath should be given in combination with the cold hip bath. The cold hip bath treatment should be terminated if the patient feels giddy or complains of excessive exhaustion.

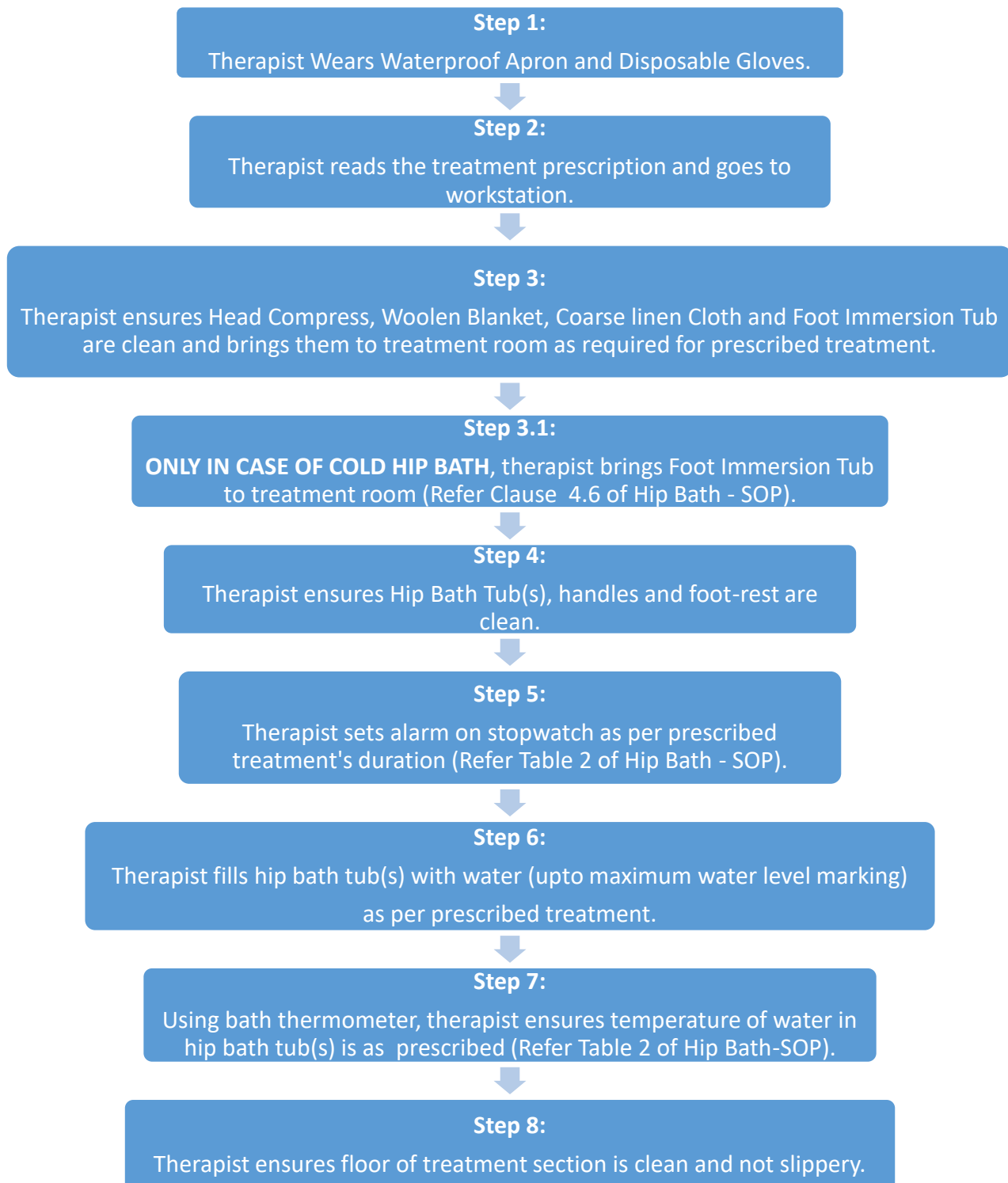
4.7 Patient Care

- 4.7.1 Before starting treatment session, therapist must briefly explain the treatment procedure to the patient.
- 4.7.2 Therapist must ensure the comfort of patient throughout the treatment.
- 4.7.3 In case of patients with special needs, two therapists must administer the treatment.

4.8 Treatment Sequence

The treatment sequence consists of two phases as follows:

4.8.1 Phase 1 – Hip Bath - Preparation of Treatment Section and Treatment Equipment



4.8.2 Phase 2 – Hip Bath-Treatment Administration to the Patient



4.9 Disposal, Sanitization and Maintenance

In this phase, therapist attends to disposal, sanitization and maintenance of material used in the treatment as per Biomedical Waste Management Rules, 2016, Ministry of Environment, Forest and Climate Change, Govt. of India. Therapist sanitizes hip bath tubs as per manufacturer's instructions and ensures that the water in hip bath tubs is drained and tubs are clean.

ANNEXURE A
COMMITTEE COMPOSITION