

# Lang-dug: Herbal Steam Application

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## Abstract

Bathing is one of the contemptible obsession we can effort all the time. In all major ancient civilization, bathing was considered as important measure for the maintenance of health and prevention of diseases. But on no account we recognize its therapeutic value. In regards to the theory of traditional medicine of Bhutan; it has dominance to alleviate three humours.

The core intend of the herbal steam applied to the different points or areas with the heat accompanied with the effect of herbs and moist is to persuade perspiration and to stimulate the skin for the better circulation to keep all humours in harmonious state. The skin being stimulated with the heat; the air cannot stay in a vacuumed condition hence it disappears to alleviate the bothered nervous system. As our body is governed by countless energy points, due to constant flow of cosmic energies these apertures gets congested thus aggravation three humours which leads to disequilibrium of the body, mind and soul. It also soothes aching muscles, tense nerves and skin irritations or to soften skin and produce rosy complexions and reduced weight thus feel energized.

Traditional medicine system has a unique way of approach in terms of treatment. It is not only the disorder that is considered but the patients itself as a whole. We deem that healthiness and sickness are like two legs on which we can't walk without either of them. So disorders that take refuge in (human body) are actually the byproduct of the body itself and sum total of all the activities of our body, mind and soul. Hence it is found essential to treat the patient not the disorder/disease only. Therefore Traditional medicine aims to find the root cause of any ailments before stepping for any action, thus the treatment does not remain superficial,

## Introduction

Herbal Steam Application is one of the major hydro therapies among herbal bath and Herbal steam bath. In 2007 only it has catered to more than 5297 patients. It is applied to the specific areas with the help of pipe. There are thirty two herbs blended together. Among then; Ephendra gerardiana, Juniperus sp, Tanacetum nubigenum, Rhododendron anthopogon and *Myricarea rosea* are the five main ingredient used at National Traditional Medicine Hospital.

Water temperature plays an important role in the effectiveness of the bath. The temperature should not exceed beyond 45°C, where water loses its therapeutic values and is destructive.



A cold bath is also an excellent means of stimulating the system. When fatigued or exhausted it is



better to start with tepid and increase to cold water. Cold baths should always be brief, unless given for a specific purpose. Care should be taken not to use either extremely hot or cold baths for the very old or very young or nervous persons as this may shock the system. Cool to warm baths are also stimulating and refreshing. Warm to hot baths are better for relieving aching muscles and joints because the heat relaxes the muscles. Resting after the bath also adds to its beneficial results.

Hot baths are wonderful for producing perspiration and stimulating the elimination of toxic substances from the body by opening up the pores of the skin. This is followed by a cool shower or spray to close the pores and for the swift movement of three Humors, seven physical constituents and three excretions, etc, creating the balance in cosmic energies. The buoyancy of the water reduces body weight by approximately 90%, relieving pressure on joints and muscles and creating the relaxing sensation of weightlessness. It relaxes tight muscles and stimulates the release of endorphins, the body's natural pain killers. Besides a good hydro-massage, soaking in hot, swirling water leaves you feeling mentally and emotionally relaxed as well.

Herbal steam application at National Traditional Medicine Hospital has its uniqueness in terms herbs used. Its effectiveness is said to be equivalent to that's of thermal spring.



### **Indications**

It is prescribed for the conditions like: Gout, Arthritis, Periarthritis, Cervical spondylosis,

Varicose veins, Psoriasis, Sprain, Sciatica, Muscle dystrophy, Obstinate skin diseases, Spasm, Gastritis, Sinusitis, Lower backache, Paralysis and Trauma etc.

### **Duration**

If there is no sign of improvement after five regular days of 15-30 minutes (He or she can continue for another five regular days)

Simultaneous good dietary and behavior pattern is also essential depending on the disorders.

### **What are the Herbs used?**

There are more than thirty one herbs mixed together. Among them are the five main ingredients:

1. *mTsh-ldum*/ Ephendra gera..
2. *Shug-tsher*/ Juniperus sp.
3. *mKhan-dKar*/Tanacetum nib.
4. *Ba-lu-Karpo*/ Rhododendron
5. *Om-Bu*/ Myricarea rosea.

## **Conclusion**

How refreshing it is in the summer, at the close of hard day's labour, to wash the smelly sweat. You feel relieved and strengthened, thus bracing the general system. It is one of the paramount ways to cleanse.

Five elements are one of the most destructive if distorted and constructive if used it in a proper way. Since all five have therapeutic values, among them water is used most actively, and have the supreme healing values. Hot water is hypothetical as one of the initial medicines evolved. Even these days it is one of the life line and live giving.

## **References**

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