

Enema

(Why ? When ? And How ?)

In Nature Cure it is believed & accepted that 'Accumulation of Toxins in the body due to Wrong Eating & Living Habits and Faulty Elimination is the Only Dis-ease. Obviously, their Removal is the Only Remedy.' In our body, colon is the largest source of toxins. Any external attack on our body or mind initially affect three of our systems namely Endocrine System, Nervous System and Digestive System; which in turn first results in Constipation. Since, ancient time through experience, observation and our Traditional Health Science it is well confirmed that constipation plays a vital role in the development of almost every disease. The solution is Natural Raw Diet, Any type of exercise ending with particularly Abdominal Exercises with sufficient feeling of stress in the abdominal muscles, Sufficient sleep, Spiritual procedures to Reduce Mental Tensions, Hydrothermo Therapeutic Treatments like Hip-bath, Abdominal cooling or stimulating wet-packs, Abdominal Massage (wet-cold, dry or with oil), Drinking of ample water after cleaning mouth after getting up early morning which in our tradition is called as Ushahpan, if required followed by a brisk walk, weekly an one day total fast, Enema etc. etc. If this type of Life-style be followed, the problem of Constipation need not occur and Enema always should be the last resort.

As mentioned earlier, in the history of every disease some degree of constipation must be found and as an immediate measure of relief and a way to remove 'The Largest Source of Toxins' from colon, Enema plays a vital role not only in the treatment of any so called disease but as a powerful Preventive Measure also. It is a misconception (even in some of the Naturopaths, unfortunately) that Enema is artificial. Enema is just an instrument to introduce Water in the colon which is nothing but one of the most vital elements of the five of which our body is created by Mother Nature. Also, we should not forget that the history of Modern Nature Cure starts from Hydro-therapy itself. Enema not only cleans the colon but also obeys all the rules of hydrotherapy i.e. internal cooling, nervous stimulation, muscular toning, reaction of blood circulation, lubrication to the old dried coatings of residue in the colon etc. Unfortunately this point is neglected. During Fasts, Restricted Diet and Liquid Diet due to the want of roughage use of enema is unavoidable to avoid Auto-intoxication. There is one more misconception that enema is Habit Forming i.e. if one starts using enema, his natural habit of evacuation will stop completely and will not have motion without enema. If this observation be true, the fault is not with the instrument called Enema but the way it is used. Acharya K. Lakshaman Sarma of Pudukkottai, Tamil Nadu, popularly called as Father of Indian Nature Cure, after his research has found the reason of forming habit, which he has named as Violent Way of using Enema. By removing those faults and rectifying the faulty method, he has named it as Non Violent Method of Enema. Obviously, this method does not affect the tone of the colon muscles and hence is not habit forming.

During fasts if taken regularly twice a day, there is almost no weakness or very less weakness. From this we can conclude that the name given to this instrument for colon irrigation might have been derived from ENERgy MACHine i.e. ENEMA !

Other advantages experienced as per the principles of Hydrotherapy are as follows ---

E N E M A P O T L O

1 2 3 4 5 6 7 8 9

- (1) E - Elimination of accumulated toxic residue.
- (2) N - Normalises temperature in the abdominal region.
- (3) E - Educates bowel muscles to start peristalsis.
- (4) M - Muscular tone is regained.
- (5) A - Activates Nerves.
- (6) P - Promotes blood circulation in the abdominal region.
- (7) O - Observes the Principle Of Vital Economy.
- (8) T - Technique – Non Violent, i.e. Pure, Plain, Cold, Drinking Water. Less volume of water (250 ml to 500 ml, for children 100 ml to 200 ml), Low height (2.5 ft. to 3.0 ft, children 1.0 ft to 1.5 ft), Not as a substitute to Natural Motion, but after attempting for natural course of evacuation that too without efforts, as a supplement to Nature's process of evacuation.
- (9) LO – Lubricates the colon's dried coatings of Old residue.

For chronic constipation sometimes it may be necessary to –

- (1) Add juice of one lemon,
- (2) Use warm water, evacuate and followed by a cold water enema.
- (3) For children and senior citizens, if required, same as above.
- (4) Mix juice of 2 or 3 lemons to water to remove parasites of colon.

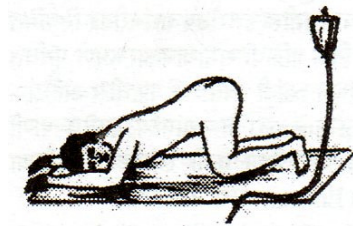
- (5) Even in case of loose motions due to any reason, non violent enema proves effective.
- (6) Take Retention Enema of about 100 ml of cold water before retiring to bed. It gets absorbed in dry stools and loosens them, effecting the morning motion.

Method

- (1) First without efforts attain the natural process of evacuation.
- (2) As mentioned above take the required quantity of water, open the cock, allow the air in the tube to go out and water to start flowing, close the cock.
- (3) Apply a very small amount of oil as a lubricant to the cock.
- (4) Hang pot to the prescribed height.
- (5) Position No. 1 – Water enters descending part of colon. Help it from outside by anti-clock wise massage with a little pressure. Time: 2 to 3 mins.



Position No. 2 – Water descends in the transverse part of the colon. Time - 3 to 5 mins.



Position No. 3 – Water descends in the ascending part of the colon. Time - 5 to 10 mins.



- (6) Total Time – Minimum 10 mins. Maximum 20 mins. In any case not more than 20 mins., other wise water starts getting absorbed in the blood stream.
- (7) Go to toilet.

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