

Role of Mud Therapy for Best Health in Present Scenario

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Introduction:

Mud is an important element of nature, it contains important minerals which have a positive effect on human health. Therefore it is very useful for human body; it prevents and cures many diseases, it has healing properties. It also helps in cooling, freshness, relaxing and moisture for a long time.

Mud is mainly of two types:

1. Spa mud:

It is a mixture of mineral and used for therapeutic purposes. Maturation is the process of colonization of mud due to the development of blue-green algae and death of diatoms.
Component- natural mud + mineral water = spa mud.

Spa mud preparation method:

Spa method has right therapeutic properties. This mud is prepared from a maturation tank in a 50-60 days continuously flowing spa water at 60 centigrade temperature, in this condition non-pathogenic communities develop, which cause chemical and physical changes in mud.

Properties of spa mud:

- Spa mud increases rehydration volume.
- Increases thermal insulating capacity.
- More effective in anti-inflammatory, in osteoporosis and increases specific metabolic parameters as a result of restored balance in cellular activities related to bone remodeling occurs.
- Sludge treatment has a better effect in menopause osteoporosis.
- Due to mud therapy serum anti-oxidant increases in arthritis patients.
- Nitric oxide, nitro peroxide and glutathione peroxide in arthritis due to the effect of mud bath, increase the patient's serum level.
- Mud therapy is more effective in anti-degrading factors and osteoporotic conditions.

2. French/general mud therapy:

Mud properties:

It is easily and cheaply available and more effective in therapeutic. Its save and consistency may be modified with easy just by changing the water content, it can easily use. Mud has a unique property to absorb heat and toxic from the body. It reduces the rigidity of muscle.

Mud therapy or pack make with cold water, it retain the coldness body for longer period of time. Mud contains very important content like magnesium, calcium, potassium bromide, silicate, natural tar and organic compound. It easily absorbs and eliminates toxic substances. Mud is commonly used in fever, diarrhoea, hemorrhoids, dysentery, constipation, insomnia, headache, blood pressure and anxiety in normalized condition.

Precaution:

- Soil should be taken 200 feet deep from the pristine river bank.
- The physician should wear gloves to apply the mud on the body part of the patient.
- Take necessary appropriate mud in bowl and go for patients applications, don't use big vessels.
- Lying position is best for therapy. In case of mud pack application cut the necessary cloth of appropriate size and store it in the cupboard at least 1 week advance. Each time get patient feedback.

Purification of mud:

Must collect mud from good areas smooth and sticky mud is ideal, mud should not be used after one time. Any type of soil should dry before use and make to powder and should used sieve to remove impurities.

Indications:

Internally: 1 or 2 teaspoon soil is taken from the water according to the condition of the diseases like Rheumatism, Food poisoning, Skin allergy, Bronchial asthma and Abdomen pain etc.

Externally: Different type clay are used externally e.g.

- Green colour clay: This clay are used for mud mask.
- Yellow colour clay: They have high sulphur content and good for skin problem.
- White colour clay: It is sensitive to digestion and skin.
- Premixed clay: Premixed clay is used in insect bite.
- Red colour clay: It used in fatigue condition.

Types of muds:

Mud found in different part of the world has different properties, soil composition depend on the place of soil origin. The formation of soil and the mineral component depends on the types of rock depending on the process. Soil depends on the type flora and funna of this reason all the soil should be dry before applying. Mud is mainly five types.

- i. **Black mud:** It has rich mineral and maintain water for long time, it should always free from contamination and any type of pollution.
- ii. **Dead sea mud:** It enhance beauty ,it contain more than 20 kinds of salt and mineral such as Magnesium, Calcium, Potassium bromine, Silicate, Natural tar and Organic element. It is beneficial and useful to cure any type of skin disease. Silicate mask is very beneficial for soft and clean skin.
- iii. **Moor mud:** It has prepared from organic residues of flora for thousands of year, it contain folic acid, vitamins, amino acid, plant hormone and humic acid. The mud has chelatic properties which enable it top layer to filter out impurities pollutant and preserve purity of mud. It has therapeutic properties and it is useful in detoxification, healing, beautification, nourishing human body. Mud has an effect anti-inflammatory and anti-aging, it is more effective in arthritis and injury.
- iv. **Multtani-mitti mud:** It is used for facial beauty for face, it also helps in improving the face as well as remove pimples and open pores of the skin, so that the toxic substances eliminate the skin.

Red soil mud: It is used in abdominal pain, Rheumatoid Arthritis and Paralysis.

Mud bath:

The mud bath is used for the entire body of the patient for soil paste. Time of mud bath is approximately 45-60 minutes. The mud bath is followed by cleansing warm spray and rub and finished with a little cold spray, mud bath rejuvenate , it can be used in skin diseases.

Benefit of mud therapy:

It is useful and very effective in therapeutic. It improves comfort and blood circulation and maintains the positive effect of the digestion metabolism. It is very effective in anti-inflammatory condition and is relieving pain. Mud therapy fixed a good hair conditioner and skin problem. It is useful and very effective in stiffness joints.

Conclusion:

Mud therapy is an important treatment of naturopathy, which play important role in therapeutic and management of different types of diseases. It is same useful like modern treatment, it has traditional references focused. There is a greater need of scientific study for usefulness efficacy of mud therapy.