
कट्टी स्नान — मानक संचालन प्रक्रिया

**HIP BATH — STANDARD
OPERATING PROCEDURE**

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FOREWORD

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 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 person 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 stipulating the standardized specifications of hip bath treatment procedure.

The ideas for formulation of this standard have been derived from the evidence available in the public domain in print and electronic media including authoritative books of naturopathy namely Rational Hydrotherapy by J.H. Kellogg, Hydrotherapy by William H. Diffeinbach, The New Science of Healing by Louis Kuhne and Principles and Practice of Hydrotherapy by Shimon B. Technical inputs from subject 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.

Indian Standard

HIP BATH — STANDARD OPERATING PROCEDURE

1 SCOPE

This standard operating procedure of 'hip bath' treatment used in treating various disease conditions and also maintain general well-being.

2 TERMINOLOGY

For the purpose of this standard, the definitions given in Doc No. – AYD 03 (24752) shall apply.

2.1 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.

2.2 Hip Bath Tub

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

2.3 Foot Rest

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

2.4 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.

2.5 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.

2.6 Coarse Cloth

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

2.7 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.

2.8 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.

3 STANDARD OPERATING PROCEDURE

The hip bath shall confirm 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.

3.1 Types

Hip bath is given in 4 forms:

- a) Cold Hip Bath – (18° C to 24° C)
- b) Neutral hip bath (32° C to 36° C)
- c) Hot Hip Bath – (40° C to 45° C) and
- d) Alternate Hip Bath- Hot water (40° C to 45° C) hip bath for 3 min and then in a cold hip bath (18° C to 24° C) for 1 min.

3.2 Materials

The materials required for the various types of hip bath treatment procedure is as under

Table 1 Requirements for Cold Hip Bath Treatment
(Clause 3.2)

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	18° C to 24° C	-
v.	Blanket	1 no.	-
vi.	Coarse cloth (CC)	3 no.	-

Table 2 Requirements for Neutral Hip Bath Treatment
(Clause 3.2)

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)	± 5 l
iv.	Neutral water temperature	33° C to 37° C	-
v.	Head cap (HC)	1 no.	-
vi.	Blanket	1 no.	-
vii.	Coarse cloth (CC)	2 no.	-
viii.	Drinking water	150 ml to 250 ml	-

Table. 3 Requirements for Hot Hip Bath Treatment
(Clause 3.2)

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	150 ml to 250 ml	-
vii.	Coarse cloth (CC)	2 no.	-

Table 4 Requirements for Alternate Hot and Cold Hip Bath Treatment
(Clause 3.2)

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° C	-
v.	Hot water temperature	40 ° C to 45 ° C	-
vi.	Head compress (HC)	1 no.	-
vii.	Drinking water	150 ml to 250 ml	-
viii.	Coarse cloth (CC)	3	-

4 METHODS

4.1 Cold Hip Bath

The hip bath tub is filled up to one -half tub capacity of water at temperature of 18° C to 24° C. The patient in minimal clothing is asked to sit in the tub. It should 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 covered the trunk should be with a woolen blanket or cloth.

A pad of cotton cloth is placed under each popliteal space to prevent pressure. The legs, feet and upper part of the body should remain completely dry during and after the bath. The patient should 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 rectum, continuously during the treatment. The patient should undertake

moderate exercise or walk after the cold hip bath to warm the body.

The duration of the treatment is 5 min to 15 min (Depending upon the patient condition.)

4.1.1 Precaution

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

4.2 Neutral Hip Bath

The hip bath tub is filled up to -half of capacity with water at temperature of 32° C to 36° C. The patient should drink one glass of cold water before the treatment. The patient is asked to sit in tub with minimal clothing. It should 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. A pad of cotton cloth is placed under each popliteal space to prevent pressure. The legs, feet and upper part of the body should remain completely dry during and after the bath.

The duration of the treatment is 10 min to 20 min.

4.3 Hot Hip bath

The hip bath tub is filled up to -half of capacity with water at temperature of 37° C to 40° C. The patient should drink one glass of cold water. The patient in minimal clothing is asked to sit in the tub. It should 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. 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 should remain completely dry during and after the bath.

Please note usually during the Hot Hip bath, patient should not apply friction to the abdomen.

A cold shower bath should be taken immediately after the hot hip bath.

The duration of the treatment is 10 min.

4.4 Alternate Hot and Cold Hip bath

The hip bath tubs of similar dimensions placed side by side (adjacent to each other) first tub should be filled with hot water at 40° C to 45° C and other tub shall be filled with cold water at 18° C to 24° C. The tubs should be filled up to half its capacity. The patient is prepared with minimal clothing. The patient should 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 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 should remain completely dry during and after the bath. In this cold compress or turban is worn on the patient's head. The procedure should be repeated 4 to 5 times and then the treatment should end with a cold hip bath.

The duration of the treatment is 15 min to 20 min.

5 GENERAL PRECAUTIONS

- a) Hip bath should be taken on empty stomach or minimum gap of 2 hours after meal;

- b) Water should 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) Should be well-hydrated before beginning the treatment.

6 HYGIENE

- a) The therapist must ensure the following before setting the equipment for hip bath treatment session;
- b) Hip bath tubs, tub handles, foot-rest, coarse linen cloth and foot immersion tub are clean that is it should be dry, not sticky or slippery and free from dust and dirt;
- c) Woolen blanket and head compress are clean that is it should be dry, not sticky and free from dust and dirt; and
- d) Therapist must wear disposable hand gloves and waterproof apron.

7 SAFETY

- a) Therapist must ensure the floor of treatment section is clean and not slippery;
- b) Therapist must ensure the handles of hip bath tub(s) are dry and non-rusted; and
- c) Therapist must ensure that the temperature of water in hip bath tub(s), filled with as per the doctor's prescription.

8 DISPOSAL, SANITIZATION AND MAINTENANCE

- a) In this phase, therapist attends to disposal, sanitization and maintenance of material used in the treatment as per *Biomedical Waste Management Rules, 2016*; and
- b) Therapist sanitizes hip bath tub(s) as per manufacturer's instructions and ensures that the water in hip bath tub(s) is drained and tub(s) is/are clean.