

भारतीय मानक
पूर्ण विसर्जन स्नान चिकित्सा— रीती संहिता
Indian Standard

Full Immersion Bath Therapy —Code Of Practice

Naturopathy Sectional Committee - AYD 03

Last Date of Comments: 10 April, 2025

FOREWORD

(Formal clause shall be added later on)

Naturopathy is a branch of medicine that utilizes the therapeutic properties of nature such as the 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 rooted in the traditions and cultural practices of the Indian sub-continent, as documented in the *Upanishads*, *Purāṇās* and other ancient Indian Scriptures.

Hydrotherapy (or) Water-therapy is a branch of naturopathy that involves the therapeutic application of water in any of its three states viz. ice, water and steam to treat and prevent various ailments and promote wellness.

Full Immersion Bath Therapy is a water-based therapeutic practice that involves submerging the entire body with the exception of the head and neck in water contained in a specially designed tub. The water is maintained at a predetermined temperature as per the physician's prescription. Full Immersion Bath Therapy is beneficial in treating musculoskeletal disorders, metabolic disorders, nervous disorders and cardiovascular disorders.

The various approaches to the application of Full Immersion Bath Therapy identified in the public domain necessitate the establishment of a standardized protocol. This document serves as the Standard Document stipulating the Code of Practice of Full Immersion Bath Therapy.

The inputs for formulation of this standard are derived from the information available in the public domain in print and electronic media including authoritative books on Naturopathy published by National Institute of Naturopathy, Ministry of Ayush, Govt of India technical inputs from subject matter experts are used in formulating the standard. The procedure shall be given under the supervision of a naturopathy physician by a naturopathy therapist.

Indian Standard
FULL IMMERSION BATH THERAPY —CODE OF PRACTICE

1 SCOPE

This standard specifies for the Full Immersion Bath Therapy -Code practice is used in Naturopathy for the treatment of various disease conditions and also maintaining general well-being.

2 REFERENCES

The standard mentioned below contains 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 standard indicated below:

<i>Standard No.</i>	<i>Title</i>
IS 19136 : 2025	Glossary of Naturopathy

3 TERMINOLOGY

For the purpose of this standard, the definitions given in IS 19136 : 2025 shall apply.

4 REQUIREMENTS

4.1 Procedure Room

4.1.1 The procedure room for full immersion bath therapy shall be well lit and fully ventilated with clean, non-skid floor with a minimum area of 10×10 square feet for a full immersion bathtub to be placed conveniently. It shall be located in the hydrotherapy section of the naturopathy facility.

4.1.2 The Procedure room shall have a provision for changing clothes and an accessible bathroom nearby.

4.1.3 The Code of Practice of Full Immersion Bath Therapy shall be prominently displayed in the procedure room designated for full immersion bath.

4.2 Procedure Equipment and Human Resources

The equipment required for full immersion bath therapy is mentioned as below in Table 1.

Table 1 Requirements for Full Immersion Bath Therapy
(Clause 4.2)

SI No.	Items	Quantity
1)	Full Immersion Bath Tub	1 no.
2)	Head Compress	1 no.
3)	Foot Stepper	1 no.
4)	Stopwatch / Alarm Bell	1 no.

5)	Towel	1 no.
6)	Disposable Hand Gloves	1 pair
7)	Bath Thermometer	1 no.
8)	Waterproof Apron	1 no.
9)	Naturopathy Therapist	1 person (or) 2 persons in case of patients with special needs
10)	Water	As required
11)	Potable water	As required

4.3 Hygiene

The therapist shall ensure the following before setting the equipment for full immersion bath therapy.

4.3.1 Full immersion bath tub, foot stepper, head compress and procedure room are clean and dry.

4.3.2 The therapist shall wear Disposable Hand Gloves and Waterproof Apron.

4.3.3 The therapist shall clean and sanitize the tub thoroughly after every procedure to prevent cross-contamination.

4.4 Safety

4.4.1 The Therapist shall ensure that the floors of the procedure section and immersion bath tub are non-slippery.

4.4.2 The therapist shall ensure that the stopwatch/alarm bell and bath thermometer are fully functional.

4.4.3 The therapist shall ensure that the temperature of water is uniform.

4.4.4 The therapist shall ensure that the temperature of water in full immersion bath tub is as mentioned in the doctor's prescription. The temperature, the duration of therapy and other particulars of various full immersion bath procedures are mentioned below in Table 2.

Table 2 Full immersion Bath Therapy– Duration, Temperature and Other Particulars
(Clause 4.4.4)

SI No.	Procedure	Temperature	Duration	Other Particulars		
				Head Compress	Woolen Blanket	Body Rub
i)	Hot Full Immersion Bath Therapy	104 °F to 113 °F	3 min to 15 min (as prescribed)	Yes	No	as prescribed
ii)	Warm Full Immersion Bath Therapy	95 °F to 98 °F	10 min to 15 min (as prescribed)	Yes	No	as prescribed
iii)	Neutral Full Immersion Bath Therapy	90 °F to 97 °F	10 min to 20 min (as prescribed)	Yes	No	as prescribed
iv)	Cold Full Immersion Bath Therapy	64 °F to 75 °F	5 min to 10 min (as prescribed)	Yes	Yes	as prescribed

- 4.4.5** Before the procedure, the therapist shall ensure that the individual is well-hydrated and that the head is covered with a head compress.
- 4.4.6** The therapist shall use a stop watch to monitor the duration of full immersion bath procedure, as specified in Table 2 and provide assistance accordingly.
- 4.4.7** The therapist shall monitor and ensure the individual's comfort, privacy and safety.
- 4.4.8** The therapist shall immediately report to the attending physician toward any adverse effects or accidents that occur during the procedure.

4.5 Precaution

The Full immersion bath procedure shall be conducted under the supervision of a naturopathy physician and administered by a naturopathy therapist.

5.0 Procedure Sequence

The sequence of procedures is comprised of two distinct phases, outlined as follows:

5.1.1 Phase I – Preparation of Procedure Room and Procedure Equipment

- a) The therapist wears a waterproof apron and disposable gloves.
- b) The Therapist ensures floor of the procedure room, full immersion bath tub, foot-rest, and head compress are clean.
- c) The therapist sets the alarm on stopwatch as per the prescribed duration.
- d) The therapist fills the full immersion bath tub with water as prescribed.
- e) Using bath thermometer, the therapist ensures the temperature of water is as prescribed and uniform.

5.1.2 Phase II – Procedure of Full Immersion Bath Therapy

- a) The therapist escorts the person into procedure room.
- b) The therapist explains the procedure to the person and takes consent. **(Annex-1)**
- c) In case of a 'hot' full immersion bath procedure, the therapist ensures that the individual is well-hydrated prior to the procedure.
- d) The therapist assists the individual to comfortably enter and recline in the bath tub.
- e) The therapist ensures that the individual's whole body, excluding the head and neck, is immersed in water, adjusting the water level as and when required.
- f) The therapist shall cover the individual's head with a compress as prescribed.
- g) The therapist starts the pre-set stopwatch
- h) The therapist shall ask the individual to gently rub their body. The therapist shall provide

assistance, if the individual is unable to do so, the therapist shall provide assistance.

- i) When the stopwatch alarm rings, the therapist assists the individual to exit the tub.

Note:

1. Following a cold full immersion bath therapy procedure, the individual shall be instructed to engage in light exercise or a brief walk for 2 to 3 minutes.
2. Following a cold full immersion bath therapy procedure, the individual shall be instructed to take a brief cold shower lasting 2 to 3 minutes.

5.2 Disposal, Sanitization and Maintenance

The therapist attends to the disposal, sanitization, and maintenance of the materials utilized during the procedure. Following established protocols, the therapist sanitizes the full Immersion Bath tub and ensures that the water is drained and the tub is thoroughly cleaned and dried in accordance with standard guidelines after each procedure.

Annex A

**INFORMED CONSENT FORM FOR FULL IMMERSION BATH THERAPY- CODE OF
PRACTICE**

I hereby permit (Name of Attending Physician) his/her Associate Attending Physician of the same service, and assistants as may be selected and supervised by him/her to perform Full immersion bath therapy.

The procedure has been explained to me and I have been told the reasons why I need the procedure. The risks of the procedure have also been explained to me. In addition, I have been told that the procedure may not have the result that I expect. I have also been told about other possible treatments for my condition and what might happen if no treatment is received. I understand that in addition to the risks described to me about this procedure there are risks that may occur with any naturopathy and yoga procedures.

I have had enough time to discuss my condition and treatment with my health care providers and all of my questions have been answered to my satisfaction. I believe, I have enough information to make an informed decision and I agree to have the procedure. If something unexpected happens and I need additional or different treatment (s) from the treatment I expect, I agree to accept any necessary treatment.

Signature of Patient or Parent/Legal Guardian of Minor Patient

Date

FOR PHYSICIAN PURPOSE

I explained the risks, benefits and alternatives of the Full immersion bath therapy to the above-named patient. I provided the above-named patient with the opportunity to ask questions. I have answered the questions asked and it is my professional opinion that the patient understands what I have explained.

Signature of Attending Physician or Authorized Health Care Provider

Date