



Your Home Enema

Written by

Shop **Holistic**

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Introduction to Enemas

Colon cleansing, or enema, has been used for thousands of years where its ancient origins are found in the practice of Yoga and the Indian Medicine practice of AyurVeda. In these origins it is called 'Basti' which literally means bag or container and in ancient times sterilized urinary bladders of animals were used to administer the enema.

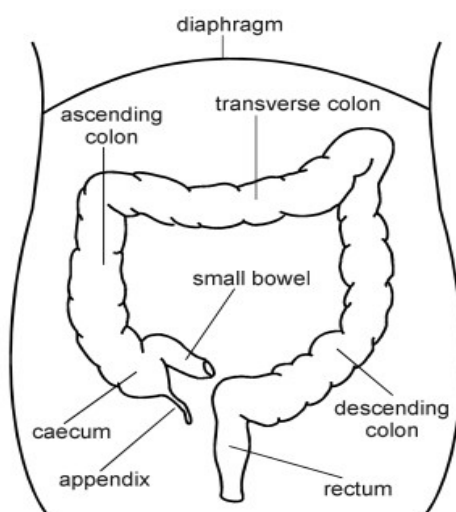
Enema is basically an internal bath or douche for the colon. It is effective for the relief of most of the digestive disorders such as IBS, constipation, Candida overgrowth, distention of abdomen, flatulence, spastic colon and problems resulting from bed ridden conditions like paralysis can also be relieved. Enema can also be used to give some energy supplementation to the body, as the mucous membrane of the rectal canal is a semi permeable membrane.



In addition, enema can increase weight in emaciated people, decreases weight in the obese, improve vision, prevent aging, bring back lustre and strength, and healthy longevity. It can help relieve backache, sciatica and other pains in the joints. It can sharpen the mind, increase immunity and give a welcome sense of well-being.

Enema will help cleanse the colon of poisons, gas and accumulated faecal matter. During colon cleansing, toxic material is broken down so it can no longer harm the body or inhibit assimilation and elimination.

Putrefying faeces in the constipated bowel produce toxins which are easily absorbed into the blood. From the blood, some of these toxic products naturally diffuse into all of the living cells of the body where they accumulate, slowly poisoning the body and leading to early onset of disease and premature aging.



COLON- LARGE BOWEL

As enemas prevent the accumulation of constipated waste in the colon, toxin levels will decrease and the blood will begin to clean-up. The toxins that are concentrated in your tissues will then diffuse back into the blood where they will be eliminated by your liver and kidneys. These organs will no longer be overwhelmed by toxins as long as you control constipation and try to avoid pollution from other sources.

Who Should Avoid Enemas?

Do not take enema (unless medically advised) under these circumstances:

- in pregnancy, especially before 7 months
- in extreme cases of piles or rectum ulcers
- severe intestinal obstructions
- weakness after other treatment/illness

How to prepare your Enema fluid

For general use, water that is body temperature is best for general enema. It is best to use boiled and cooled water or filtered water, but tap water is fine if the latter are inconvenient.

A slightly colder enema is useful for dysentery, diarrhoea, haemorrhoids and colitis. A slightly warmer enema is helpful for pain due to constipation, gas, abdominal pain or painful haemorrhoids.

There are also ingredients that can be added to the enema water to benefit certain conditions.

Neem Leaf Powder - is known to help in the case of amoebic intestinal infections, ulcerated colitis and it conditions the colon.

Coffee - Regular ground coffee should be used (not instant) at a ratio of 4 tbsp per 2L. It is thought helpful for Dysmenorrhea, Eczema, Gout, IBS, Psoriasis, Rheumatoid arthritis, Rosacea, Chronic constipation, Liver ailments, Past or present drug abuse & AIDS.

Oil Solution - can offset the possible depleting aspects of colon irrigation while helping in the eliminative process. Oils, such as sesame or castor, are useful since they are calming to the nervous system.

Fenugreek - soak 2 teaspoons of fenugreek seeds in 1Litre of water overnight and then boil it in the morning. Allow to cool and strain before use. This has an anti-bacterial and anti-inflammatory effect and is useful for colitis.

Honey - Mix 50g honey to 500ml-1L of water. This has a moisturising effect and helps to loosen solid matter.

Herbal Solutions - There are also many herbal solutions that can be prepared for enema use such as bitter herbs to help parasites and bile, astringent herbs to help haemorrhoids, Spicy herbs to help digestion and aid circulation and calming herbs for their calming effect. It is suggested you seek the advice of a qualified herbalist if you wish to use herbs.

Before taking your Enema

Enema should be given four to six hours after a meal or preferably in the morning before breakfast. Bowels and bladder should be evacuated prior to treatment if possible. It can help to massage the belly and back with a warm oil* followed by a warm water bottle on the belly for 10 minutes before treatment.

**Suggested massage oils are those containing essential oils of fennel, cumin, cinnamon, peppermint and other oils for digestion aid. You could try our Aroma Digestion Massage Oil from our Aromatherapy section.*

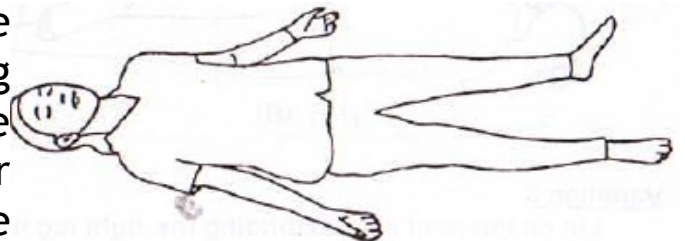
Where to take your Enema

Make sure you are in a quiet place where you will not be disturbed. For a more relaxed and pleasant atmosphere, you could light some incense and play some relaxing music. You need not be in the bathroom, but make sure a toilet is nearby. It is best to lay out some folded towels onto the bed/floor where you will be taking the enema and it would also be useful to have a door hook or somewhere you can hang the enema bag, or a steady surface you can place the enema can if using the can type.

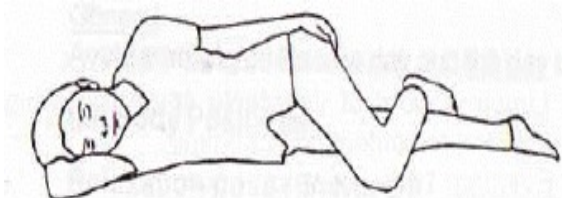
Enema Positions

There are many positions in which an enema can be taken. Here are some, but do as you feel comfortable as it is very important that you are relaxed and comfortable.

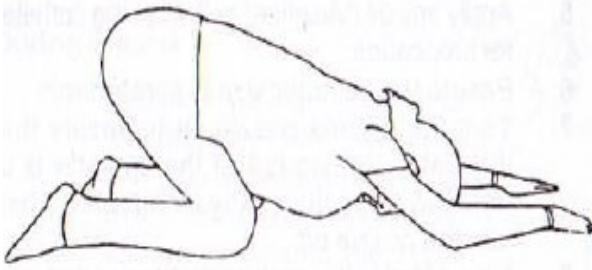
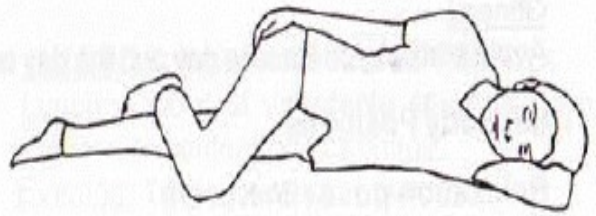
Savasana (Yogic Relaxation Pose) Variation 1 is one of the favourites. This way you have a feeling of more control and it is easier if administering the enema to yourself. You will also be in a good position to massage your bowel. You may be more comfortable if your knees are raised.



Variation 2 has the recipient lying on the right side with the left knee brought up near the chest. It is good if you have someone to help you in this position as the enema will be difficult to reach and administer. This position is ideal for helping the enema fluid to reach the transverse and ascending colon with the help of gravity.



Variation 3 has the recipient lying on the left side with the right knee brought up to the chest. Some people use this position at the start of enema and then proceed onto their back before turning onto the right side to help the flow of enema fluid.



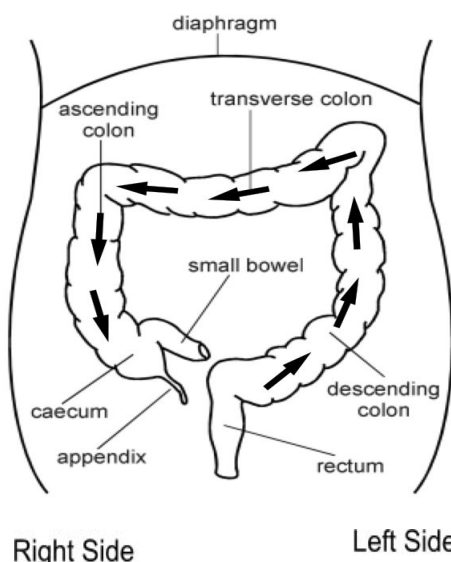
In Yogic Rabbit Pose (Shashonkasana) you are supported by your knees and head/arms. Take a position on all fours, lower your head and chest and raise your bottom. This places the abdomen nearly upside down so that the water can flow down by gravity. In cases of deep-seated constipation this position will help the water reach far into the colon for a thorough cleanse.

Inserting the Nozzle

Before inserting the nozzle, let some of the enema fluid run through into the sink to release any air in the pipes. You will probably need to use some lubrication to insert the nozzle, or catheter if using one. Water-based lubricants such as KY jelly are most suitable, or you could try some castor oil. Make sure it is a non-corrosive, plain and natural product so it doesn't harm the enema equipment.

You may need to take a few deep breaths before and during insertion. It may be a little uncomfortable if you have haemorrhoids, but with plenty of lubrication, this will help. The most important is to relax. It may seem a little difficult at first but with practice, insertion becomes second nature and much more comfortable.

During Administering your Enema



Massage the lower abdomen gently counter clockwise while the solution is flowing in. Generally start at the rectum and go up the descending colon, across the transverse, and down the ascending colon. This can help loosen hardened faecal material.

Don't be afraid to massage deeply, but don't force areas where there is discomfort. Keep massaging these areas gently and regularly and the discomfort will soon disappear.

Troubleshooting

Water Comes out - should water start to seep out during administering your enema, stop enema and evacuate as this could be due to a blockage of faeces. When re-starting your enema, try using the Rabbit Pose instead.

Pain or discomfort - try massaging the area of discomfort and also make sure you are relaxed. If the discomfort is persistent, turn off the enema and press on the pain before continuing to massage in an anti-clockwise direction. If it still persists try evacuating and restarting as above. Also make sure the bag does not completely empty so as to introduce air into your bowel.

Water does not flow in - this could be due to blockage or incorrect positioning. Remove the enema and take a different posture before restarting.

When you have had enough!

There is no need to tell you when you will have had enough as you will know! You will feel an increased sense of urgency and feel you will not be able to take anymore. When this happens clamp the pipe and remove the nozzle/catheter slowly. Don't be disheartened if you have only taken a small amount of water.

IMPORTANT - do not let the bag run completely dry or you may introduce air into your bowel which is very uncomfortable.

Now this is the difficult part! You need to retain the water for as long as possible. It is suggested for a minimum of 15 minutes, but many find it hard to retain for more than a few minutes. Do what you feel comfortable with and again, don't be disheartened. As previously stated, it is better to hold less water (say 500ml) for longer than large amounts of water (say 1-2ltr) for a short time, especially if you are using some herbal solutions for the Enema.

Elimination

When you are ready to evacuate, sit on the toilet, your head lowered between your legs with your shoulders resting on your knees. If possible, raise your legs by placing your feet on some blocks or phone books so you are in more of a squatting position. This position allows for much greater, more quickly and easier evacuation. Squatting has its own health benefits as it is known to help to prevent colon problems.

Don't sit on the toilet for more than a few minutes if there is no water coming out. Sitting too long and straining are the chief causes of

haemorrhoids. If nothing is coming out lie down on your left side in a foetal position. It is expected that there may be several episodes of elimination after enema. Massaging the belly in a clockwise direction will help with elimination, especially in the case of blockages.

What to do after the Enema

A light diet should be taken after enema for one day and the following activities should be avoided:

sitting or standing for long duration, excessive travelling, exposure to cold, too much sun, anxiety and stress, anger, untimely meals, suppression of natural urges such as sneezing, burping and elimination of faeces.

How often should I take Enema?

Some believe your colon would become lazy if enema is over-practiced. There is no proof on this and it is best to let your body be your guide.

Many people take enemas once a week, some once a month, others whenever they feel they need to. During severe episodes of constipation you may wish to take enema daily, but do not rely on this. It is not recommended to replace natural evacuation with enema.

Cleaning up

Make sure all your equipment is thoroughly cleansed and dried before storage. If you wish to disinfect or sterilise, use natural products and methods such as tea tree oil and steam sterilisation rather than harsh chemicals which can damage your equipment. With correct attention, your enema equipment is designed to last.

Family usage

It is advised that each person in your household uses a different catheter/nozzle but there is no need to have different bags or cans. Enema is suitable for all ages, although take extra care when administering to children. Only use small amounts of water and only add ingredients if under medical advice.

Vaginal Douche

Also included in your enema kit is a nozzle for vaginal douche. This is administered by lying in the bath and letting the water flow in and out of the vagina freely, and is usually practiced to cleanse after menstruation. We advise you research the pros and cons about douche or seek advice from a medical professional to see if it is right for you before practicing.

This booklet is designed for your information only and is not intended to replace professional medical advice. If you have any concerns please seek medical help.

Any further queries on Enema usage and equipment please contact us on (029) 2085 22 22 or email us at customerservices@shopholistic.co.uk

www.shopholistic.co.uk

