

# HYDROTHERAPY- STEAM INHALATION TREATMENT

## Definition:

- Inhaling steam, or warm moist air, to help alleviate congestion in the respiratory tract.

## Treatment Indications:

- Nasal and chest congestion
- Acute or chronic irritation and inflammation of mucous membranes (tickling sensations or pain in the throat) of nose and throat due to colds
- Bronchitis, allergies, etc.
- Coughing (Warm air relaxes the muscles of the alveoli)
- Sinusitis, sinus headache

## Contraindications:

- Congestive Heart Failure: A chronic progressive condition that affects the pumping power of your heart muscles.

While often referred simply as Heart failure. CHF specifically refers to the stage in which fluid builds up around the heart and causes it to pump inefficiently

- Caution people with asthma as breathing hot, moist air may make them uncomfortable (bronchial tubes can close from not receiving a cool, qualitative supply of oxygen)

## Physiologic Effects:

- Mucus membranes are moistened, relieving irritation and congestion
- Loosens secretions and stimulates discharge of mucous from throat and lungs
- Increases blood flow to nose, throat, and lungs

## Equipment Needed:

- Tea kettle or pot with boiling water
- Essential oils: Eucalyptus, Peppermint, Wintergreen, or Pine
- 1 large towel
- Tissues

## Treatment Procedures:

1. Put the tea kettle or pot on a table with a potholder underneath.
2. Add in your essential oil. **NOTE:** If you use peppermint, do **ONE DROP ONLY** because it is very potent and can cause coughing if you add too much (same with wintergreen). Two drops can be added with the eucalyptus oil because it is mild and soothing. Using essential oils helps aid in the breathing of the moist heat as well as opening up the nasal airways for the loosening of extra mucous in the nose, throat, and lungs.

3. Next, pray. There is no power in the water, but there is power in the God who puts His hands in the water.
4. Take the large towel and place it over your head and the bowl. Make sure there are no openings of the air outside of the towel creeping in. Breathe in the steam for a duration of **15-30 minutes** at least **2 or 3 times** per day.
5. Throughout the treatment, have tissues readily available in case person needs to blow nose or cough out loosened secretions.
6. To complete the treatment, dry the face, make sure the person is warm, and encourage rest for about **15-20 minutes** depending on the intensity of the treatment.
7. Optional: As person rests, elevate the head to where it is slightly above the body. This will help the system drain out any loosened mucous; especially if the person is sick or dealing with allergies.

### **Other Methods of Steam Inhalation:**

- A. If you have small (grand)children or a sick person who cannot move too much

#### **Equipment Needed:**

- Tea kettle or a boiling pot of water
- Essential oils: Eucalyptus, Peppermint, Wintergreen, or Pine
- 1 Umbrella
- 1 Sheet
- Tissues

#### **Treatment Procedures:**

1. Follow steps **1-3**.
2. Open up the umbrella and place the sheet flat over the umbrella covering all sides. As the kettle or pot is placed in an area close enough to a person lying sick in bed, place the umbrella over their head making sure the steam is trapped in with them. Hold the small child in arms as the umbrella is placed over your head and the child's also covering the pot or kettle, ensure no heat escapes from the inside.
3. Finish treatment with steps **4-6**.

- B. The Bath Method

#### **Equipment Needed:**

- A bathtub
- Essential oils: Eucalyptus, Peppermint, Wintergreen, or Pine
- 1 Shower curtain
- Tissues

#### **Treatment Procedures:**

1. Fill up the bathtub with the amount of heat tolerable to the person. Check using either elbow or wrist, these two areas cannot tolerate as much heat as the hand or forearm can.

2. Add in a couple drops of essential oils and close the shower curtain to trap in the heat. The person will bathe, inhaling the steam for **20-30 minutes**. Make sure there are tissues for the person to use in case secretion occurs.
3. To finish off treatment, the person should dry off and get into warm clothing. Following this is a good night's rest if done at night. If doing this method in the morning, **20-30 minutes** is required.

### C. The Shower Method

#### **Equipment Needed:**

- Shower room
  - Essential oils: Eucalyptus, Peppermint, Wintergreen, or Pine
  - Shower curtain
  - 1 Towel
1. Make sure temperature is hot, tolerable for the person taking the treatment. Enclose the shower with a shower curtain to keep the steam inside.
  2. When the person gets into the shower, add the essential oil to the far corner so it will not run down into the drain. Have the person breathe in the steam for a duration of **15-20 minutes**.
  3. Allow the person to have time to dry off and get into warm clothing to get a good night's rest. If done during the morning, take a **20-30 minute** rest.

**NOTE:** The deeper the breaths, the more benefits will be experienced. Breathing with the diaphragm and not with the chest will cause the moist air to reach even the lowest parts of the lungs, filling it up and removing any discomfort, congestion, and loosening the build-up of mucous.