

Hydrotherapy

Hydrotherapy is the use of water in the treatment of disease. Hot and cold water applied externally can be effective in the treatment of almost any acute or chronic health condition including bronchitis, dysmenorrhea, hypertension, depression and arthritis.

In theory, hot water soothes and relaxes the body, while cold water lowers inflammation. Contrast therapies, those that alternate between hot and cold water, stimulate circulation.

However, there are certain contraindications and precautions when using hydrotherapy such as acute asthma, acute bladder infections, low body temperature, cancer, hemorrhage, decreased sensation, skin lesion, pregnancy, tuberculosis, diabetes, heart disease, hypothyroidism and kidney problems.