



# ENEMA

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BNYS(2<sup>nd</sup> sem)

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# INTRODUCTION...

- » An enema is the procedure of introducing liquids into the rectum and colon via the anus
- » Enemas is carried out as treatment for medical conditions in Ayurveda as well as naturopathy



# HISTORY...

- » Clyster is an archaic word for enema
- » Clyster syringes were used from the 17<sup>th</sup> century to the 19<sup>th</sup> century
- » After 19<sup>th</sup> century it is largely replaced by enema bulb syringes, bocks, and bags
- » After a long time the enema bags and tubes are used



## DEFINITION...

Enema is a method of treatment in which liquid is introduced into the rectum and colon through the anus, then flushed out through the bowels



# REQUIREMENTS...

- » Standard enema tube
- » Enema pot
- » Rubber enema catheter
- » Liquid





# PROCEDURE...

- » Lie down on a hard bed
- » Buttocks should be higher than rest of the body
- » The enema bag with water should be suspended from a nail at a height of 3 feet from the body
- » The nozzle should be introduced in the rectum
- » Open the stop cork & allow water to flow inside rectum
- » Ask the patient to walk briskly for 10 minutes and then evacuate



# TYPES...

- » According to size
- » According to temperature
- » According to ingredients





# ACCORDING TO SIZE

- » Large enema (1μ)
- » Small enema (1/2)



# ACCORDING TO TEMPERATURE

- » Cold water
- » Neutral water
- » Ice cold water
- » Warm water



# ACCORDING TO INGREDIENTS

- » Water enema
- » Neem water enema
- » Butter milk enema
- » Coffee enema
- » Rectal drug administration



# COFFEE ENEMAS

- » In the controversial Garson therapy, coffee enemas are administered.
- » These enemas are known to have caused three deaths in the United States



# RECTAL DRUG ADMINISTRATION

- » An enema might be used to clean the colon of feces first to help increase the rate of absorption in rectal administration of dissolved drugs



# PRECAUTION...

- » Air bubbles should be removed
- » Deep breathing should associate the entry of water
- » Proper lubrication should be utilized





# INDICATION...

- » Constipation
- » Digestive disorder
- » Diarrhea
- » Obesity
- » Warm infection



# CONTRAINDICATION...

- » Bleeding piles
- » Acute inflammation of colon
- » Ulcer
- » Pregnancy
- » Rectum malignancy



Thank you

