



POULTICE for THERAPY

*T*oday the poultice is used to alleviate pain or inflammation by opening the pores and bringing a medicinal heat to the muscles to induce relaxation. It relaxes the muscles while stimulates blood circulation and energy flow.

*T*he Herbal Poultice treatment utilizes warmed muslin poultices of herbs that are steamed and applied directly to the body in a kneading action. This traditional treatment has been practiced to soothe muscle tension and stiffness on the key areas. Heat and herbs are absorbed by the body to help to reduce aches and pains, increase lymphatic drainage and condition the skin.

*E*ucalyptus is antibacterial, antifungal, antimicrobial, antiviral, anti inflammatory and decongestant in nature which makes it a good ingredient for many medicines for treating respiratory problems. Eucalyptus is a good antiseptic owing to its germicidal properties. On its exposure to air, ozone is formed which is a well-known antiseptic. Hence eucalyptus oil is used for healing wounds, ulcers, burns, cuts, abrasions and sores. It is also effective on insect bites and stings. During muscle and joint pains, massaging with eucalyptus on the skin surface helps in getting relief from the pain. The volatile eucalyptus oil is analgesic and anti inflammatory in nature. Therefore it is often recommended to patients suffering from rheumatism, lumbago, sprained ligaments and tendons, stiff muscles, aches, fibrosis and even nerve pain.

*A*n important reason why people like using eucalyptus is that it provides a cooling and refreshing effect. Normally people suffering from any disorder are feeling down and depressed. Eucalyptus which is stimulating, removes exhaustion and mental sluggishness and rejuvenates the spirits of the sick. It is also effective in treating stress and mental disorders.