



## MUD THERAPY

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**H**ow wonderful is it, to be connected with MOTHER EARTH, through the therapy of mud. Mud is soft, sticky matter resulting from the mixing of earth and water. Mud is one of five elements of nature having immense impact on the body in health as well as in sickness. It can be employed conveniently as a therapeutic agent as a treatment as its black color absorbs all the colors of the sun and conveys them to the body. Secondly, as the mud retains moisture for a long time, when applied over the body part it causes cooling. Thirdly, its shape and consistency can be changed easily by adding water. Moreover, it is cheap and easily available.



Mud procedure contains water, oil, mud itself, cloth, and if required then steam for treatment. Before use mud should be dried, powdered and sieved to separate stones, grass particles and other impurities and soaked under the rays of the sun to yield the maximum Vitamin D from it. Also, its shape and consistency may be modified with ease, just by changing the water content, which makes it easy to use. A mud pack is advantageous over a cold compress (cold water therapy) as it retains the coolness over a longer period of time. Therefore, it is recommended whenever a prolonged cold application is required.

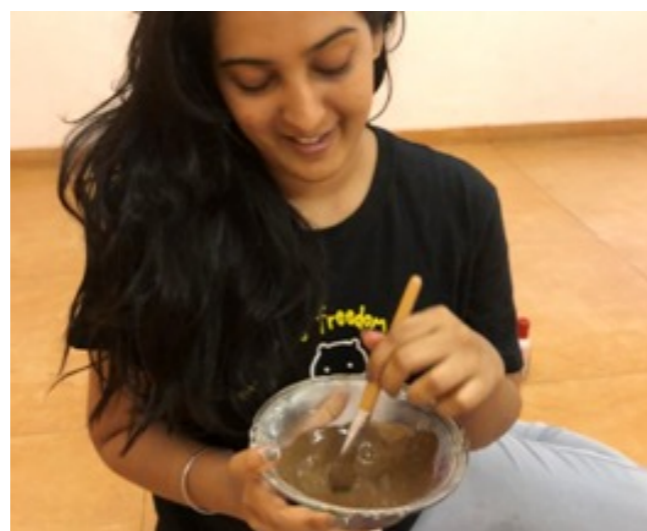


### Benefits of Mud Therapy:

Mud therapy isn't just used for making the skin soft and for one to look appealing but it is also used to increase blood circulation, energize skin tissue, improve complexion and clear spots and patches on the skin. Mud therapy can be used in conjunction with other treatments to heal chronic inflammation caused by internal diseases, bruises, sprains, boils and wounds.

Mud packs have been found to be useful in treating diseases relating to general weakness and nervous disorders. The cooling effect of mud packs can also bring down fever. Some diseases which mud packs can help treat are scarlet fever, influenza, measles, swelling, gout, rheumatism, stomach troubles, kidney problems, liver malfunction, diphtheria, neuralgia, sexual disorders, headache, tooth ache and other general pains.

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Applying mud to the abdomen can cure indigestion, flatulence and intestinal obstructions. It is also helpful in amoebiasis, colitis, enteritis and other bacterial diseases. Even Stomach trouble, kidney disorders can be removed. It cures allergy, psoriasis and many other skin diseases. It reduces the irritation of eyes hence useful in the case of conjunctivitis, itching of the eyes, allergic conditions. General weakness and nervous disorders are cured by mud therapy. Mud Therapy can also cure arthritis, asthma, bronchopneumonia, diabetes etc to a large extent.



Besides the benefits of mud above, mud is so effective because out of the five constituent elements of this universe, mud (earth) has an important role to play in our health and overall being.

There are different ways to apply mud to different parts of the body. Coating of oil is very important before using the mud. So this includes massage therapy as well in it. Mud taken from the earth is mixed with warm water so that it becomes a smooth paste. It is allowed to cool, and then spread on a strip of cloth. The size of the cloth depends on which part of the body the mud pack is to be applied. The cloth covered with mud is placed on the part of the body which is to be treated. It is then covered with some protective material, like flannel. The mud pack is removed after 10 to 30 minutes maximum.



Conscious detoxification is a great way to achieve optimum health. The best ways to detox is through the skin. Detoxification is one of the most effective methods to eliminate toxic substances that build up throughout our system. The toxins present in the environment constantly attack the body. These toxins get accumulated in the body's fat layers. Accumulation of toxins in the body cause harm to the biological processes. Hence, it becomes essential to remove the toxins regularly from the body otherwise; a high toxin load may cause skin problem, frequent or recurring colds, chronic pains, low energy levels, allergies and other illness.

The skin is the largest breathing human organ. Taking a hot bath or sauna promotes sweating that flushes the toxins away from the body. Mud baths draw out the toxins and impurities from the body, exfoliating and nourishing the skin.

Gratitude to Mother Earth for she gives us so much unconditionally and in abundance.

### Testimonials

Name	Therapy Comments
Sejal Shah	Have done Mud therapy on my face and stomach, feet very smooth, and just had a uterus Operation, so was very soothing on my stomach. Could feel heat evaporating and felt cool & nice. Thanks Samal

I initially thought this is gonna be one of those regular mud packs but feeling this mud on my skin was a real revelation...washed my face to a relaxed glow and feeling so completely relaxed also my acne appears lighter and skin softer and all this with a single session... have to be back for more... love you samal

- Rashi Mehra.

Dear Ma'am,

The mud therapy was extremely helpful for my skin, it has definitely given me that instant glow, it even made my skin so smooth and bright. It's a all in one treatment. I'd definitely go for mud treatment over any facials or chemical infused products. I am feeling so calming and peaceful for my mind and body. It has a massive effect on my body and mind. The calmness after the session is truly blissful. You are really a very very amazing human being.

Thanks a ton  
 Rachael Baria

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**Samal Shah** is a certified Mud therapist from Aatmabodh Academy of Yoga. she is an Angel card reader, as well as tarot care reader and a certified Reiki healer and a Cupping Therapist. She is also a certified magnified healer (level 1), a Chakra healer and a certified yoga Instructor, where she teaches Ashtanga yoga and Hath Yoga. She is Practicing Yoga since 2014 from Yoga Institute Santacruz and Aatmabodh Academy of Yoga. She in her Yoga therapy involves Asanas, Pranayamas, mudras, face yoga, different types of meditations, mantra chants chakra yoga, she works with a lot of affirmation therapy. For her, the clients comfort, details, time is of utmost value. Before she starts to conduct any sessions with people, the case history of the client is very essential.