

Why an Enema?

According to Ayurvedic principles, all dosha imbalances and all illnesses involve Vata (air element) because Vata is the only dosha that is mobile. The others, Pitta and Kapha, are static, and require some Vata influence to move them out of balance. Vata rises with stress, travel, in changeable weather, and with increasing age. Therefore, almost everyone can benefit from some Vata-pacifying treatments.

Oil is the best pacifier for Vata imbalance because its qualities are completely opposite to those of Vata/air. Air is cold, dry, light and changeable; in contrast, oil is warm, moist, heavy and stable. Because Vata tends to accumulate in the colon, an oil based retention enema is an excellent way to bring Vata back into balance.

FYI: The colon needs lubrication for stool to move through it readily; a water-only enema is too drying (albeit cleansing) and can lead to further Vata imbalance when used frequently.

How to do a Retention Enema using a "Fleet Enema for Children"

- Unscrew lid and pour the liquid in the enema bottle out.
- Fill the bottle with sesame or olive oil and recap bottle.
- Warm oil by running hot water over bottle, or by holding bottle in a container of hot water for a few minutes.
- Remove orange protector from tip of bottle.
- Lie on LEFT side, with right leg bent at hip and knee. Insert enema tip into rectum past the anal sphincter (the muscle that holds bowel contents in); bearing down can facilitate this.
- Squeeze oil slowly into colon, and set bottle aside. There will be some residual oil left in bottle.
- Rest and breathe for a few minutes.
- Lie on back with knees bent. Massage left abdomen from hip to ribs repeatedly, to bring oil up into the colon. Lifting hips lets gravity help.
- Hold for as long as possible - overnight is excellent. But release oil when strong urge arises. (Don't fight to hold it in longer)

Remember that this is an Ayurvedic technique to remove excess Vata from the body. You may feel gurgling, rumbling or bloating in your colon. These are actually good signs: excess Vata (air element) moves into the colon because of the oil there, and creates these symptoms. That excess is then passed out with the next bowel movement.

You can repeat this weekly, or even more often. Note changes in mind and body - and tell Dr. Carrie. She can be reached by e-mail: cdemers@purerejuv.com.