



“HEALTH ASPECTS OF SAUNA BATH”

BY

DR VASANTHKUMAR S R. BNYS, MD (CLINICAL NATUROPATHY)

ASSISTANT PROFESSOR

TAPOVANA MEDICAL COLLEGE AND HOSPITAL OF NATUROPATHY AND YOGIC SCIENCES.
DODDABATHI, DAVANAGERE

Abstract -

The literature describing the health benefits of sauna bathing is briefly reviewed. The effects of sauna heating and cooling after circulation vary depending on age, health conditions, and medication use. Changes to the circulation system have many benefits, but sometimes they are harmful. A population study in Finland followed more than 2,000 sauna users for 20 years. Researchers recently reported that regular sauna use has health benefits including hypertension, ischemic heart disease, heart disease, and some cancers. Some recommend using saunas for people with heart problems. Fatal accidents in saunas are very rare and are usually related to alcohol consumption, ischemic heart disease, and bathing alone. Any health conditions that require avoiding the sauna bath should be evaluated as soon as possible. Further research is urgently needed to demonstrate the potential benefits of sauna bathing in a variety of health condition.

Key words- sauna bath, hypertension, ischemic heart disease

Introduction- sauna bath is a form hydrotherapy treatment, In recent decades, saunas have become a popular form of wellness treatment around the world. Despite the above, many people visit saunas out of curiosity or the desire to follow the latest trends.(4) Many health benefits are claimed by individuals and facilities promoting sauna bathing; however the medical evidence to support these claims is not well established. This paper aims to systematically review sauna bath interventions on human health.

Definition

Sauna bath is a unique form of heat exposure that involves short-term exposure to exceptionally high temperatures. Thousands of years ago, it was practiced in both cold and warm climates.(1) present day sauna bathtub chambers are progressed replacements of the vintage time Turkish tub chambers. A cabin mainly made with pine wooden is used for this cause. Depending on the dimensions of the cabin,2 to 10 patients could be treated at a time.(2)

- **Temperature** - 800C to 1000 C (176F to 212F) with 10-20%humidity.(3)
- **Duration** – 15 minutes

Procedure- A cold shower and plenty of cold water should be consumed by the patient before entering the chamber. When in the cabin, the person should rub himself frequently to dilate the surface vessels. It is recommended that the person returns to the cabin after taking a cold shower when he feels sufficiently hot. After inducing perspiration for the second time, the patient should take a cold shower and quickly dry himself. After this, you should relax for 30 to 40 minutes. A glass of cold lemon juice is refreshing.(2)

Precaution- If the patient feels giddy during the treatment, he or she should stop the treatment and take a cold shower. It is recommended to rest for 20-30 minutes to relieve the unpleasant symptoms.(2)

Indication- A majority of chronic disorders can be treated with this bath, including Rheumatism, Chronic Dyspepsia and Bilioussness, Obesity, Sciatica, Lumbago, all painful afflictions involving large nerve trunks.(2)

Contra-Indications: It is contra-indicated in all cardiac diseases,

eruptive skin disorders, diabetes with emaciation, Exophthalmia, Goitre, Arteriosclerosis, Hypertension, advanced cases of Nephritis, in fever and in weakness.(2)



General information about sauna bath

In recent decades, saunas have become a popular form of wellness treatment around the world. Despite the above, many people visit saunas out of curiosity or the desire to follow the latest trends, and not all of them use saunas regularly.(4) Finland has 5.2 million people, and nearly 2 million of them regularly use saunas, while other Scandinavians also take saunas at least once a week for health reasons.(5)(6) Saunas were popularized by Finnish athletes during the 1936 Olympic Games; as a result, sauna baths are incorporated into training programs in many sports disciplines.(7) Athletes and individuals purport using the sauna to cleanse the body, refresh the mind and accelerate recovery and relaxation.(8)

DISCUSSION

Probable mode of action- As the body adjusts to high temperatures, the sauna treatment activates the endocrine system and promotes the secretion of epinephrine, ACTH, cortisol, and prolactin. In order to maintain thermal equilibrium, the endocrine system is stimulated to retain more water in the body. When you sweat, you lose sodium from the body. Sauna bathing decreases total cholesterol levels and the concentrations of low-density lipids, and it increases the content of high-density lipids.(9)

CONCLUSION-Sauna bathing has the potential to provide numerous beneficial health effects, especially for those suffering from cardiovascular- and rheumatological conditions and athletes looking to enhance their workout routines. These effects could be caused by altered immune and hormonal pathways, increased excretions of toxins through increased sweating, heat shock protein-mediated metabolic activation, increased bioavailability of NO (nitric oxide) to vascular endothelium, and other hormetic stress responses.

1. Kukkonen-Harjula K, Kauppinen K. Health effects and risks of sauna bathing. *Int J Circumpolar Health* [Internet]. 2006;65(3):195–205.

Available from: <https://www.tandfonline.com/action/journalInformation?journalCode=zich20>

2. Jindal nature cure treatments. 8th ed. Ba. Institute of naturopathy & yogic sciences; 1998.
3. Talebipour B, Rodrigues LO MM. Effects of sauna on cardiovascular and lifestyle-related diseases. *Rev Bras Med do Esporte*. 2006;Aug;12(4):216–20.
4. Podstawski R, Honkanen A, Tuochino A KE. Recreational-Health Use of Saunas by 19-20-Year Old Polish University Students. *J Asian Sci Res*. 2013;Sep 16;3(9):910–23.
5. Kukkonen-Harjula K KK. Health effects and risks of sauna bathing. *Int J Circumpolar Health*. 2006;Jul 18;65(3):195–205.
6. Laukkanen T, Kunutsor SK, Zaccardi F, Lee E, Willeit P, Khan H LJ. Acute effects of sauna bathing on cardiovascular function. *J Hum Hypertens*. 2018;Feb;32(2):129–38.
7. Tyka A, Cisoń T, Szyguła Z. Repeated Sauna Bathing Effects on Males ' Capacity to Prolonged Exercise-Heat Performance REPEATED SAUNA BATHING EFFECTS ON MALES '. *MedSport*. 2008;12(4):150–4.
8. Podstawski R, Choszcz D, Kolankowska E, Honkanen A TA. Socio- Economic Factors And Psycho-physical well-being as predictors of sauna use among male university students. *South African J Res Sport Phys Educ Recreat*. 2016;Jan 1;38(3):163–76.
9. Podstawski R, Boryśłowski K, Clark CCT, Choszcz D, Finn KJ, Gronek P. Correlations between repeated use of dry sauna for 4 x 10 minutes, physiological parameters, anthropometric features, and body composition in young sedentary and overweight men: Health implications. *Biomed Res Int*. 2019;2019.