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## INHALANTS

**(CAUTION:** This method requires great care, particularly with small children, because of the potential for burns from proximity of the hot water.

### USES

Inhalants can help to loosen congestion in the head and chest. They soothe membranes of the nose and oropharynx. Opens plugged Eustachian tubes when ear infections are present. They speed and support the healing of colds, ear infections and coughs.

### SUGGESTED SUBSTANCES

**Chamomile:** Saturated with light, air and sun. Used for relaxing, harmonizing and regulating effect. Stimulating effect on slowed down metabolic processes in upper half of the body. It's an excellent "all purpose" inhalation. When in doubt, use chamomile.

**Eucalyptus:** "Opens up" stuck, congested areas in upper body when mucous cannot flow freely to be expelled. Open, airy rhythmic qualities are imparted to the human being. **Do not use if illness is accompanied with nausea.** Use with older children and adults for upper respiratory congestion, colds, flu and cough. Often helpful is alternated with chamomile.

**Lemon:** Has qualities of wakening and vitality and brings a little mental clarity when feeling asleep and slow in the head region. Expresses strictly ordered, contracting principles as well as demonstrating light, sun, warmth and contraction.

#### **ASSEMBLE the following:**

Large mixing bowl (glass or crockery)

2 Large towels to be used in inhalation

Shower cap, or scarf for head

2 Sheets, preferably flannel, preferably solid white, or pastel

Boiling water

Socks

Hot water bottle

Box of tissues

Little clock or watch

### PROCEDURE

Environment should be quiet and peaceful. No TV, no radio and no telephone talking. Position patient sitting with a table in front of him about waist to chest level. They should be warmly dressed, feet should be warm. Room temperature should be warm with no drafts.

Add substance: A small handful of chamomile flowers; OR a few drops of Eucalyptus oil; OR several slices of lemon. (When in doubt, you can't go wrong with chamomile. If you would like to add a few drops of eucalyptus to the chamomile, do it after about 10 minutes – 1<sup>st</sup> 10 minutes' chamomile, 2<sup>nd</sup> 10 minutes a chamomile/eucalyptus mix.)

Add water: Place the large bowl on the table in front of the patient and fill it 1/3 full of boiling water be sure it remains covered with lid to preserve steam.

Cover patient's hair with scarf or shower cap to prevent hair from getting wet from steam. Wrap the patient from behind and around the front covering the lower trunk, legs and feet – they should be sitting on the wrap, sheet or blanket. Put the hot water bottle under the feet and cover/secure with a large towel wrapped around feet. Pour more boiling water into the bowl over the prepared substance.

Make a tent over the patient's head and the bowl with the sheet or blanket. Make sure the back and kidneys are covered. Encourage patient to inhale the steam slowly and deeply through the nose and mouth. Inhalation treatment should continue approximately 20 minutes.

When the treatment is finished, dry the patient's face and put him to bed to rest, warmly covered for a period of at least ½ hour. A clean towel should be placed round their head and shoulders to prevent him from cooling down too quickly. When properly done, they will feel that there is air and space inside their head once again. When done for small children, it is usually necessary for the parent to go inside the "tent" with the child. Care must be taken that the child does not get burned. Hold very young children on the lap. The sheet can be draped over a card table and mother and child can sit under it if desired.