

Certificate in Integrative Palliative Care – 3
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Week-02
Lecture 15: Mud Therapy

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Hello, I am naturopathy expert Shikha Gupta. I am from Lucknow and I have been practicing naturopathy since 23 years. Today I am going to give presentation on nature's five element theory naturopathy, one of the important element mud therapy.

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Mud therapy means Prithvi Chikitsa.

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PRELUDE

Mud is one of five elements of nature having immense impact on the body in health as well as disease. Mud has a remarkable effect to refresh, invigorate and vitalize the human body. Mud procured for treatment purpose is free from pollution and contamination and is cleaned and sifted before use. Mud therapy includes Mud bath, Mud pack etc.

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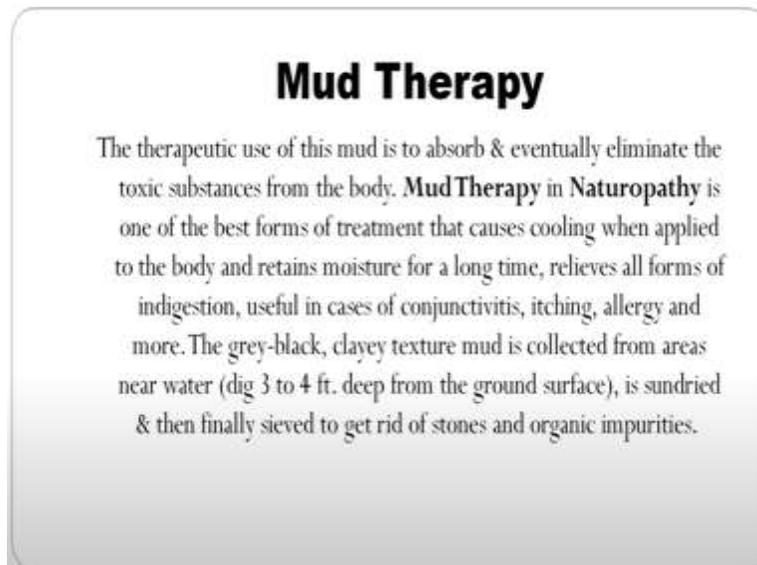
Mud produced for treatment purpose is free from pollution and contamination and is cleaned the sift before used. Mud therapy includes mud bath, mud packs etcetera.

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Here is the picture a person using mud therapy.

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The therapeutic use of this mud is to absorb, eventually eliminate the toxic substance from the body.

Mud therapy in naturopathy is one of the best form of treatment that causing cooling when applied to the body and retains moisture for long time, relieves all form of indigestion, useful in cases of conjunctivitis, itching, allergy and more. The grey-black

clay texture mud is collected from areas near water, dig 3 to 4 feet deep from the ground surface, is sun dried and then finally sieved to get rid of stones and organic impurities.

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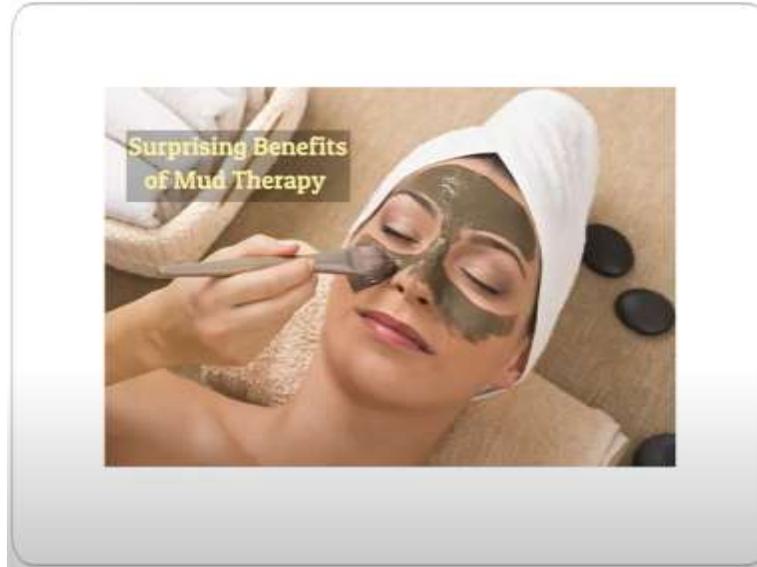
Mud Therapy

Mud therapy is a simple, cost effective and efficacious treatment used in treatment of neurological, rheumatological, cardiovascular, gynecological, inflammatory and menstrual cycle disorders. It should be free from contamination of stone pieces and chemical manures, etc. Mud therapy is used for giving coolness to the body. Mud dilutes and absorbs the toxic substances of body and ultimately eliminates them from the body. In different disease conditions like constipation, headache due to tension, high blood pressure and skin disease, mud is used successfully

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This is the picture of using mud packs, face pack definitely.

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Types of Mud Products

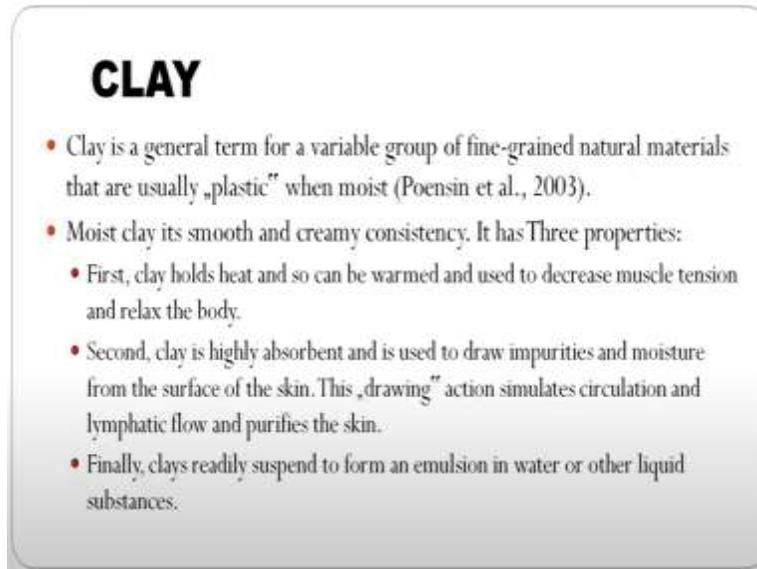
All types of mud have heat retention properties and can be warmed up and applied to relax the body or decrease muscular tension (Werner, 2002). Clay, Mud and Moor (Peat in Fangotherapy of Italy) have different therapeutic properties and uses. **Clay** is mainly mineral (derived from rock) and is the most "drawing" and stimulating of all the substances. **Mud** is also predominantly mineral but has small amounts of organic components that give anti-inflammatory or analgesic properties. **Moor** is therapeutically the most active substance of the three as it is mainly organic and derived from the breakdown of plant material over thousands of years. A number of European studies had concluded that peat is anti-inflammatory, analgesic, a circulatory stimulant, antiviral, immune-boosting, and endocrine balancing.

Types of mud products, all type of mud have heat retention properties and can be warmed up and applied to relax the body or decrease muscle tensions. Clay mud and moor have different therapeutic properties and uses.

Clay is mainly mineral and is most drawing and stimulating of all the substances. Mud is also predominantly mineral, but has a small amount of organic components that give anti-inflammatory or analgesic properties. Moor is therapeutically the most active substance

of the three as it mainly organic and derived from the breakdown of plant material. Over the thousands of years, a number of European studies had concluded that peat is anti-inflammatory, analgesic, a circulatory stimulant, antiviral, immune boosting and endocrine balancing.

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CLAY

- Clay is a general term for a variable group of fine-grained natural materials that are usually „plastic” when moist (Poensin et al., 2003).
- Moist clay its smooth and creamy consistency. It has Three properties:
 - First, clay holds heat and so can be warmed and used to decrease muscle tension and relax the body.
 - Second, clay is highly absorbent and is used to draw impurities and moisture from the surface of the skin. This „drawing” action stimulates circulation and lymphatic flow and purifies the skin.
 - Finally, clays readily suspend to form an emulsion in water or other liquid substances.

Let us understand about clay.

Clay is a general term for a variable group of fine grained natural minerals that are usually plastic. When moist clay its smooth and creamy consistency, it has three properties. First clay holds heat and so can be warmed and used to decrease muscle tension and relax the body. Second clay is highly absorbent and is used to draw impurities and moisture from the surface of a skin. This drawing action stimulates circulation and lymphatic flow and purifies the skin.

Finally, clay readily suspend to form an emulsion in water or other liquid substances.

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Major Benefits...

Mud is endowed with vital minerals and bestows many health benefits that have a positive effect on the body. There are various uses of this element of nature which is why it is one of the significant treatment modalities in naturopathy known for its healing properties. Here are some of the major benefits of mud therapy:

- Mud therapy causes cooling and assists in bringing down your body temperature in case of fever.
- Mud therapies are exceptionally good & aid in reducing headaches, insomnia, hypertension, migraines as well as digestive dysfunctions by overcoming tension and strain.

Move towards the major benefits of the mud therapy. Mud is endowed with vital minerals and bestows many health benefits that have the positive effect on the body. There are various uses of these elements of nature which is why it is one of the significant treatment of modalities in naturopathy known for its healing properties. Here are some of the major benefits of mud therapy.

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Major Benefits

- This therapy can cure several skin diseases like eczema and psoriasis by enhancing blood circulation and toning up the skin.
- Heated mud packs are beneficial in relieving joint pains and muscle stiffness.
- For wounds and skin diseases, the application of mud is the only true bandage.
- This form of Naturopathy Therapy is good for eyes and help get rid of infections and allergies, helps to reduce eyeball tension in case of glaucoma, hemorrhages in the eyeball.
- It also absorbs toxic substances and eliminates them from the body.

Other major benefits are this therapy can cure several skin disease like eczema and psoriasis by enhancing blood circulation and toning up the skin. Heated mud packs are beneficial in relieving joint pain and muscle stiffness. For wound and skin diseases, the application of mud is only through bandage.

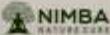
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The Surprising Benefits of Mud Therapy

- Improves Digestion
- Combat a fever and a headache
- Good skin
- Good for Eyes
- Stress management



This is the picture, the surprising benefit of mud therapy. Improves digestion, combat a fever and headache, good skin, good for eyes, stress management.

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Mud Therapy as a Treatment

- Constipation
- Pain Relief and Healing Degenerative Disease
- Skin and Detoxification
- Weight Loss
- Stomach
- Diabetes
- Arthritis
- Hypertension
- Hair Problems
- Psoriasis
- Varicose Veins

Let us understand the mud therapy as a treatment in this given slide. Constipation, pain relief and healing degenerative diseases, skin and detoxification, weight loss, stomach, diabetes, arthritis, hypertension, hair problem, psoriasis, varicose veins.

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Mud Therapy as a Treatment

A photograph showing a person lying on a massage table, receiving a mud therapy treatment on their back. A therapist's hands are visible, applying the mud. The setting appears to be a spa or wellness center with green plants in the background.

This is slide, this is the picture mud therapy as a part of naturopathy treatment.

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Types of Mud

- Doctors use mud as a remedy to treat diseases since ancient times. The mineral constituents found in the mud vary as per the kind of rock found in different regions and soil formation. Thus, one must know about the properties of mud before utilizing its benefits as it may contain impure elements. The Naturopathy doctors suggest drying the mud and remove unwanted items by using sift. It helps eliminate any form of impurity such as stones, grass, etc. present in the mud.

Types of mud. Doctors use mud as remedy to treat diseases since ancient times.

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1. Black Mud

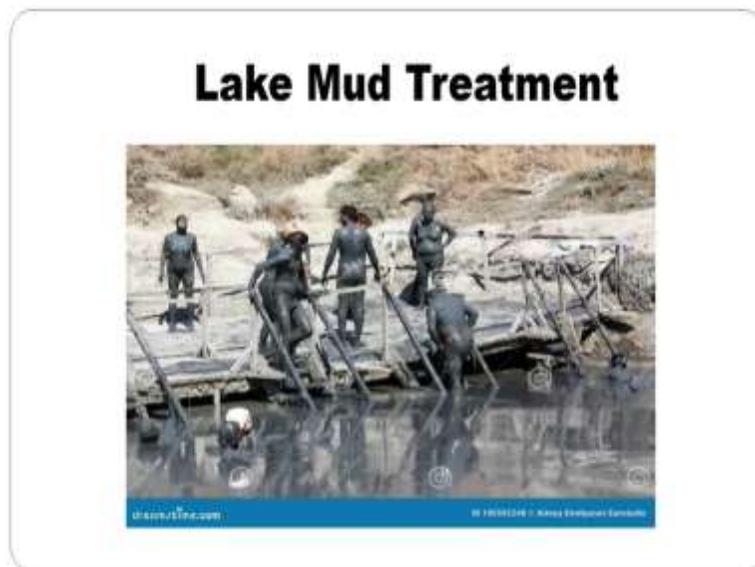
- This type of mud is formed in lagoons, or bays containing iron sulfides and organic matter. Black mud is rich in minerals and also preserves water for a long time. Thus, recommended for mud therapy and treatments.
- Dark cotton soil having some greasiness is suitable for mud therapy as it is rich in minerals and also retains water for long time. It should always be free from contamination and any kind of pollution.

Let us understand the black mud. This type of mud is formed in the lagoons or bays containing iron, sulphides or organic matter. Black mud is rich in minerals and also preserves water for long time. Thus recommended for mud therapy and treatment. Dark cotton soil having some greenish is suitable for mud therapy.

Dark cotton soil having some greasiness is suitable for mud therapy as it is rich in minerals and also retains water for long time. It should always be free from contamination and any kind of pollution.

Here is the picture of lake mud treatment.

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2. Dead Sea Mud

- Cleopatra and Queen Sheeba used it for enhancing beauty; black mud of Dead Sea has beautifying and therapeutic powers.
- This type of mud treats health conditions and carries therapeutic powers that can relieve pain, reduce inflammation, and more. It carries minerals including Magnesium, Calcium, Potassium Bromide, Silicates, Natural Tar and other organic elements. These minerals help improve psoriasis, reduce skin impurities, soothes chronic back pain, treats acne problems and more. Furthermore, it also provide relief to arthritis patients and improves blood circulation.

Dead Sea Mud Cleopatra and Queen Sheeba used it for enhancing beauty. Black mud of Dead Sea has beautifying and therapeutic powers.

This type of mud treats health conditions and carries therapeutic powers that can relieve pain, reduce inflammation and more. It carries minerals including magnesium, calcium, potassium, bromide, silicates, natural tar and other organic elements. These minerals help improve psoriasis, reduce skin impurities, soothes chronic back pain, treats acne problems and more. Furthermore, it also provide relief to arthritis patients and improve blood circulation.

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Mud Treatment



This is the picture again for mud treatment.

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3. Moor Mud

- This form of mud is natural and organically produced from the organic residue of flowers, grasses, and herbs. The fine mud paste comprises of bio-minerals, vitamins, humic and fulvic acids, amino acids, and fatty acids easily absorbed by human skin. Moor mud has therapeutic properties that help in improving circulation and immunity, healing, detoxification of the body, treating acne, recovery from sports injuries and rejuvenating yourself. Furthermore, it also has anti-aging effects.
- It is mud produced over thousands of years from organic residue of flowers, grasses and herbs. This residue transformed over several years to fine paste which contains fulvic acids, vitamins, amino acids, plant hormones, humic acids in a form which could be easily absorbed by human body.

Let us understand the moor mud. This form of mud is natural and organically produced from the organic residue of flowers, grasses and herbs. The fine mud paste comprises of bio, mineral, vitamins, humic and fulvic acids, amino acids and fatty acids, easily absorbed by human skin. Moor mud has therapeutic properties that help in improving circulation and immunity, healing, detoxification of the body, treating acne, recovery from sports injuries and regenerating yourself. Furthermore, it also has anti-aging effects.

It is mud produced over thousands of years from organic residue of flowers, grasses and herbs. This residue transformed over several years to fine paste which contains fulvic acid, vitamins, amino acids and plant hormones and more humic acids in the form which could be easily absorbed by human body.

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Here is the picture of beautiful mud treatment naturally.

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Different Applications of Mud

Mud Therapy is an important treatment modality exercised in naturopathy in modern times as well to treat various diseases and improve health conditions. One can apply mud in the form of packs, wraps, baths or hot packs.

- 1. Mud Packs**
- 2. Mud Wraps**
- 3. Mud Baths**
- 4. Hot packs**

Different applications of mud, mud therapy is an important treatment modality exercised in naturopathy in modern times as well to treat various disease to improve health conditions. One can mud apply in the form of packs, wraps, baths and hot packs.

Mud packs, mud wraps, mud baths and hot packs are the examples of applications.

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1. Mud Packs

Apply mud in the form of packs where one needs to directly apply mud on the body. Enriched with incredible cleansing and hydrating properties mud packs are highly beneficial.

- Application of soaked mud on the face. Leave to dry for 30 minutes. It is one of the best ways to pamper your skin and keep it gorgeous. It helps improve the complexion of the skin, removes pimples and loosens skin pores which in turn aid removal. Furthermore, eliminates dark circles around the eyes.
- A thick mud pack applied to head in congestive headache reduces the pain instantly.
- In cases of conjunctivitis, eyeball hemorrhages, itching, sensitivity, refraction faults application of the pack over the eyes is beneficial and exceptionally helpful in glaucoma where it lessens eyeball stress.
- When applied to the abdomen it removes all forms of indigestion, effectively limits intestinal heat and encourages peristalsis.

Let us understand the mud packs. Apply mud in the form of packs where one needs to directly apply mud on the body. Enriched with incredible cleansing and hydrating properties, mud packs are highly beneficial. Application of soaked mud on the face.

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Here is the picture, here you can see tools for mud pack.

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PREPARING MUD PACKS!

Mud packs are typically used for local application. The construct and usage of a mudpack is similar for all applications on the thickness and the size varies as per the usage. To make a mud pack first soak mud in water for 30 minutes. Now take a thin wet muslin cloth and apply mud evenly on the muslin cloth to form a uniform thin layer of half to one inch in thickness. Fold all the sides to make it a compact pack (Chadzopulu et al., 2011)

Let us understand the preparing mud packs. Mud packs are typically used for local application.

The construct and use of mud pack is similar for all applications on the thickness and size varies as per the uses. To make a mud pack first soak mud in the water for 30 minutes. Now, take a thin wet muslin cloth and apply mud eventually on the muslin cloth

to form a uniform thin layer to half or 1 inch in thickness. Fold all the sides and make it a compact pack.

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CAUTION

- Always use always use cleaned sand filtered mud
- don't reuse mud specially in skin diseases
- if want to reuse,put mud in direct sunlight for 8 to 10 days

Caution always use cleaned sand filtered mud.

Do not reuse mud especially in skin disease. If want to reuse put mud in direct sunlight for 8 to 10 days.

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- An abdomen mud pack helps in all kinds of indigestion. It is very helpful in decreasing intestinal heat and stimulates peristalsis , there by relief to constipation
- For wounds and skin diseases, application of mud is the only true bandage.



An abdomen mud pack helps in all kind of indigestion. It is very helpful in decreasing intestinal heat and stimulates peristaltics, thereby relief of constipation. For wounds and skin disease, application of mud is only through bandage.

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2. Mud Wraps

Enclose mud in a clean cloth and apply in the form of wraps for eyes, abdomen and few local areas. They are known for enhancing circulation and eliminating toxins from the skin, thereby binding and firming skin texture. Apply mud on the entire body. Later use hot towels to remove it after a term that permits the skin to absorb the nutrients in the mud. Wraps support the discharge of excess fluids, to bind and contour definite areas of the body.

- Apply Algae and seaweed wraps to encourage metabolism and intensify skin health.
- Make use of Cellulite wraps to decrease the appearance of dimpled skin.

Let us understand the mud wraps. Enclose mud in a clean clothes and apply in the form of wraps for eyes, abdomen and few local areas. They are known for enhancing circulation and eliminating toxins of the skin, thereby binding and firming skin texture. Apply mud on the entire body, later use hot towels to remove it after in term that permits the skin to absorb the nutrients in the mud. Wraps support the discharge of excess fluids to bind and contour definite areas of the body. Apply algae and seaweed wraps to encourage metabolism and intensify skin health.

Make use of cellulite wraps to decrease the appearance of dimpled skin.

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Here is the picture of mud wrap.

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3. Mud Baths

Mud bath is beneficial as the entire body is drench in mud slush. They aid to improve the skin tone by boosting circulation and stimulating the skin tissues. Caution to avoid catching a cold during the bath is a must. Later wash the patient with cold water jet spray. Make sure to use warm water in case the patient feels cold. The patient should be dried speedily and given a warm bed. The outcome of mud baths is refreshing, stimulating, and vitalizing.

Now, let us understand the mud baths in this given slide. Bath is beneficial as the entire body is drenched in the mud slush. They aid to improve the skin tone by boosting circulation and stimulating the skin tissues.

Caution to avoid catching a cold during the bath is a must. Make sure to use warm bath in the case of patient feels cold. The patient should be dried speedily and given a warm bed. The outcome of mud bath is refreshing, stimulating and vitalizing.

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Preparing Mud for Mud Bath

- First the mud is prepared by soaking it in water. The mud is then applied to the full body either in sitting or lying down position. Mud is kept for 45 to 60 minutes and ideally be exposed to sun light, at least intermittently. Remember that the head should always be covered when exposing the body to sunlight. Afterwards, the person should be thoroughly washed with cold to luke warm water. Dry the person quickly and transfer to a warm bed. A mud bath helps in increasing the blood circulation and energizing the skin tissues. It thus helps in cleansing and improving the skin condition generally. Regular mud baths may be considered as natural beauty tr

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Mud Bath



This is the beautiful picture of mud bath.

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Mud Bath



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Mud Bath



This is again the beautiful picture of mud bath.

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4. Hot Packs

- Hot packs is another method to apply mud to reduce pain. They are powerful in healing joint pains and muscle stiffness. Hot mud therapy is a noninvasive, complication-free, and cost-effective alternative modality for the conservative treatment of knee osteoarthritis.

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Here is the presentation of Multani Mitti, let us understand the Multani Mitti.

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INTRODUCTION

- In the world of natural skincare secrets, multani mitti stands as a timeless and revered gem for your skin transformation. Steeped in tradition and prized for many multani mitti benefits, it has been an age-old remedy for enhancing skin health and beauty.
- From deep cleansing to oil control, multani mitti offers many skincare advantages. This blog will uncover the timeless benefits of multani mitti and learn how multani mitti cleansing properties can transform your skincare routine into a ritual to swear by.

In the world of natural skin care secrets, Multani Mitti stands as a timeless and reward gem for your skin transformation. Steeped in tradition and prized for many Multani Mitti benefits, it has been an aged old remedy for enhancing skin health and beauty. From deep cleansing to oil control, Multani Mitti offers many skin care advantages. This blog will uncover the timeless benefits of Multani Mitti and learn how Multani Mitti cleansing properties can transform your skin care routine into a ritual to swear by.

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Multani Mitti, the magical Indian healing clay that heals your skin.

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What Is Multani Mitti?

- **Multani mitti, or Fuller's Earth,** is a time-honoured skincare and beauty ingredient deeply rooted in ancient Indian traditions. Derived from natural clay deposits, multani mitti has been cherished for its exceptional properties in enhancing skin health and radiance. Multani mitti, widely used in the Pakistan and Indian subcontinent in cosmetics. The name comes **from the city of Multan, in modern-day Pakistan, the area of its origin.**
- It is renowned for its exceptional absorbent and cleansing properties, making it a versatile ingredient in **skincare routines.** Multani mitti is celebrated for drawing out impurities, excess oil, and toxins from the skin, leaving it fresh and revitalised.
- Whether used as a face **Mask, Hair Treatment,** or **Body Scrub,** multani mitti's gentle yet effective nature makes it a go-to choice for those seeking a natural approach to healthier, more radiant skin and hair. Now look at the below table for a better understanding of its composition and mineral content:

Let's understand what is Multani Mitti? Multani Mitti or Fuller's Earth. It is a time-honored skincare and beauty ingredient deeply rooted in the ancient Indian traditions. Derived from natural clay deposits, Multani Mitti has been cherished for its exceptional properties in enhancing skin health and radiance. Multani Mitti widely used in Pakistan and Indian subcontinent in cosmetics.

The name comes from the city of Multan in modern day Pakistan, the area of its origin. It is renowned for its exceptional absorption and cleansing properties, making it a versatile ingredient in skincare routine. Multani mitti is celebrated for drawing out impurities, excess oil and toxins from the skin, leaving it fresh and revitalized whether used as face mask, hair treatment or body scrub. Multani Mitti's gentle yet effective nature makes it a go-to choice for those seeking a natural approach to a healthier, more radiant skin and hair. Now, look at the below table for the better understanding of its composition and mineral content.

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This is the picture and you can purchase it or get it from online approaches, Amazon and so on.

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What Is Multani Mitti?		
COMPONENT	COMPOSITION IN MULTANI MITTI (EST. VALUES)	ROLE AND BENEFITS
Aluminum Silicate	Pre-dominantly aluminium and silicon compounds (65-85%)	Provides absorbent properties for deep cleansing; removes excess oil and impurities from the skin.
Magnesium Silicate	Pre-dominantly magnesium and silicon compounds (10-20%)	Enhance the clay's absorbent qualities and help in oil control and acne prevention.
Silica	Found abundantly in multani mitti (approximately 45%)	Promotes skin elasticity, smooth texture, and a youthful appearance.
Calcium	Present in moderate amounts (2-5%)	Supports skin regeneration and contributes to overall skin health.
Iron	Found in trace amounts (0.1-0.5%)	Promotes healthy blood circulation, which can result in a natural healthy glow.
Magnesium	Present in trace amounts (0.1-0.3%)	Fights against oxidative stress and inflammation, contributing to overall skin health.

In this slide, you can see components, composition in Multani mitti and role and its benefits. The components are aluminum silicate which is predominantly aluminum and silicon compounds 65 to 85 percent, provides absorption properties for deep cleansing, removes excess oil and impurities from the skin. Next component in Multani mitti is magnesium silicate, predominantly magnesium and silicon compound 10 to 20 percent, enhance the clays absorbant qualities and helps in oil control and acne prevention. Next component is silica found abundantly in Multani mitti approximately 45 percent, promotes skin elasticity, smooth texture and a youthful appearance.

Next component is calcium present in moderate amount 2 to 5 percent supports skin regeneration and contributes to overall skin health.

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Another component in the multani mitti is iron found in the trace amount 0.1 to 0.5 percent only promotes healthy blood circulation which can result in natural healthy glow. Another last component is magnesium present in trace amount 0.

1 to 0.3 percent fight against oxidative stress and inflammation contributing to overall skin health. This is the picture multani mitti and let us understand the unbelievable benefits and precautions of multani mitti.

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One of the benefit is deep cleansing. Multani mitti is a magnet for impurities making it a powerful deep cleansing agent when applied as a face mask is penetrates the pores absorbing dirt, pollutant and excess sebum. This leaves your skin feeling remarkably clean and detoxified which is especially beneficial for urban resident exposed to daily environment pollutant.

Exfoliation: Beyond cleansing, multani mitti gently sloughs off dead skin cells. This natural exfoliation brightens your complexion and is a classic home remedy for pimples. Say goodbye to dull, lackluster skin and hello to fresh glowing face.

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Third one is benefit oil control. Managing oily skin can be challenging, but Multani Mitti is up to the task.

It effectively balances oil production without stripping your skin of its natural moisture. The result a shine free, Matte finish that lasts for hours making it a go to remedy for those with persistent shine or acne prone skin. Tightening and Toning Multani Mitti unique mineral composition has a tightening effect on a skin. It minimizes the appearance of enlarged pores, giving your skin a smoother, more refined texture. Regular use can help combat a sign of aging, contributing to a youthful and regenerated appearance.

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Benefits For Skin
MULTANI MITTI

5. Soothing

- On a hot summer day or after a sunburn, applying multani mitti can feel incredibly soothing. It is like giving your skin a cool, refreshing drink of water. This relaxing sensation helps reduce redness and discomfort, making it an excellent choice for irritated skin.

6. Blemish Reduction

- If you struggle with acne scars or uneven skin tone, multani mitti can be your ally. Its exfoliating properties and ability to improve blood circulation work together to fade blemishes over time. You'll notice a more even complexion and reduced marks.

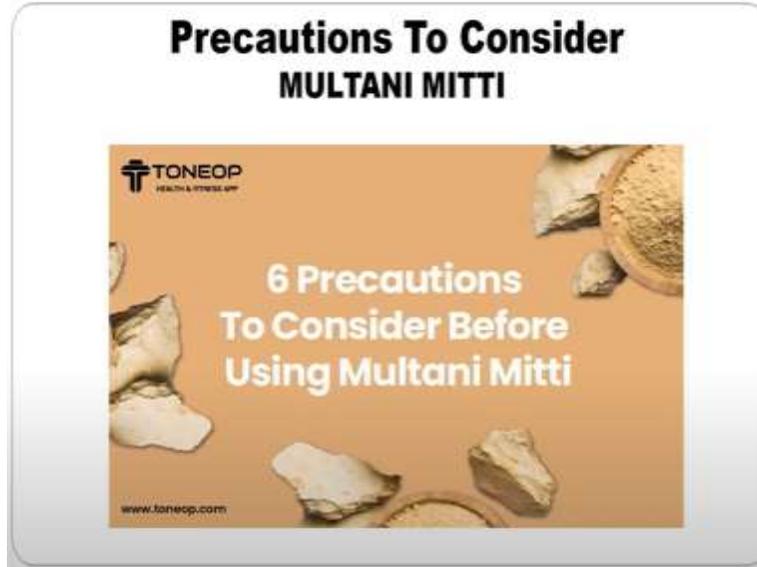
7. Dandruff

- Do not limit multani mitti benefits to your skin; your hair can benefit, too. When used as a hair mask, it can help control excess oil, making it an excellent solution for greasy roots. It also helps address dandruff issues naturally and promotes a healthy scalp environment, which is crucial for lustrous locks.

Another benefit is soothing. On the hot summer day or after a sun burn, applying multani mitti can feel incredibly soothing. It is like giving your skin cool, refreshing drink of water. This relaxing sensation helps reduce redness or discomfort, making it an excellent choice of irritated skin. Blemish reduction. If you struggle with acne scars or uneven skin tone, multani mitti can be your ally.

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This is the slide of to consider before using multani mitti precautions.

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PRECAUTIONS	DESCRIPTION	TIPS AND CONSIDERATIONS
Patch Test	Before applying multani mitti to your face or skin, perform a patch test to check for allergic reactions or irritation.	<ol style="list-style-type: none">1. Apply a small amount of prepared multani mitti paste on a small skin area.2. Wait for 24 hours and observe for redness, itching, or irritation.3. If any adverse reactions occur, discontinue use.
Sensitive or Dry Skin	Individuals with sensitive or dry skin should use multani mitti cautiously, as it can dry the skin.	If you have dry or sensitive skin, consider mixing multani mitti with moisturising ingredients like yoghurt or honey to minimise any potential drying effect.

Let us understand patch test. Before applying multanimity to your face or skin perform a patch test to check for allergy reaction or irritation. Here is the some tips. Apply a small amount of prepared multanimity paste on the small skin area.

Wait for 24 hours and observe for redness, itching or irritation. In any observed reactions occur discontinue the use. Sensitivity or dry skin. Individual with sensitivity or dry skin should use multani mitti continuously. Individual with sensitivity to dry skin should use

multani mitti consciously and it can dry the skin. If you have dry or sensitivity skin, consider maximum multani mitti with moisturizing ingredient like yogurt or honey to minimize any potential drying effect.

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Precautions To Consider MULTANI MITTI		
PRECAUTIONS	DESCRIPTION	TIPS AND CONSIDERATIONS
Frequency of Use	Avoid overusing multani mitti masks. Using them too frequently, such as daily, can lead to excessive dryness.	Use multani mitti masks 1-2 times per week for best results and to prevent skin from becoming overly dry.
Allergies	People with allergies to clay minerals or other components in multani mitti should avoid its use.	Always check the ingredient list if you use a pre-packaged multani mitti product. Discontinue use if you experience any allergic reactions.

Another precaution is frequency of use, avoid using over using Multani Mitti mask, using them too frequently such as daily can lead to excessive dryness. Use Multani Mitti mask 1 to 2 times per week or best result and to prevent a skin from becoming overly dry. Another precaution from allergy, people with allergies to clay mineral or other component in multanimity should avoid its use. And here are the tips, always check the ingredients list if you use pre-packed multani mitti product, discontinue use if you experience any allergic reactions.

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Precautions To Consider MULTANI MITTI		
PRECAUTIONS	DESCRIPTION	TIPS AND CONSIDERATIONS
Consistency of Mix	Ensure that your multani mitti paste has a smooth and consistent texture. Lumps or uneven mixing can lead to an inconsistent application.	Mix multani mitti with the chosen liquid (water, rosewater, etc.) until you achieve a lump-free, creamy consistency.
Avoid Eye Contact	Prevent the multani mitti paste from contacting your eyes, as it can irritate them.	Be cautious when applying the mask around the eye area, and rinse immediately if any product accidentally gets into your eyes.

Precautions more, consistency of mix. Ensure that your multani mitti paste has smooth and consistent texture. Lumps or uneven mixing can lead to inconsistent application. Mix Multani Mitti with the chosen liquid water, rose water etc.

until you achieve a lump free creamy consistency. Avoid eye contact. Prevent the Multani Mitti paste from contacting your eyes as it can irritate them. Be conscious when applying the mask around the eye area and rinse immediately if any product accidentally gets into your eyes.

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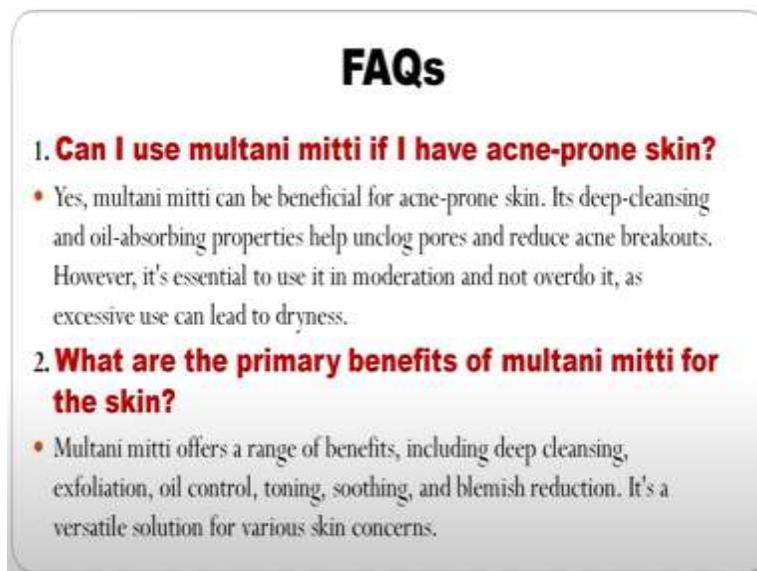
THE FINAL SAY!

- So, in this Lecture, you learned about the fantastic multani mitti benefits for skin and hair care. This traditional secret ingredient can indeed punch in with any other brand-marketed products.
- And highlighting key point is that among all the other available clays to improve your skin texture, multani mitti or MM clay is a good source of essential elements, a comparative study from NCBI (National Center for Biotechnology Information) concluded.
- Ultimately, we want to remind you to repeat a patch test if you have sensitive skin and always moisturise to maintain a balance after using it. So, whether you want to revitalise your skin, combat oiliness, or simply pamper yourself, multani mitti offers various time-tested natural solutions.

So, in this lecture you learned about the fantastic Multani mitti benefits for skin and hair care. The traditional secret ingredients can indeed punch in with any other brand marketed products. And highlighting key points is that amongst all the other available clay to improve your skin texture, multani mitti is a good source of essential elements.

A comparative study from National Cairns Centre of Biotechnology Information concluded. Ultimately, we want to remind you to repeat a patch test if you have sensitivity to skin and always moisturize to maintain a balance after using it. So, whether you want to revitalize your skin, combat oiliness or simply pamper yourself, multani mitti offers various time tested natural solutions.

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A slide titled "FAQs" with a light gray background and rounded corners. It contains two numbered questions in bold red text, each followed by a bullet point in black text. The first question asks about using multani mitti for acne-prone skin, and the second asks for the primary benefits of multani mitti for the skin.

FAQs

1. Can I use multani mitti if I have acne-prone skin?

- Yes, multani mitti can be beneficial for acne-prone skin. Its deep-cleansing and oil-absorbing properties help unclog pores and reduce acne breakouts. However, it's essential to use it in moderation and not overdo it, as excessive use can lead to dryness.

2. What are the primary benefits of multani mitti for the skin?

- Multani mitti offers a range of benefits, including deep cleansing, exfoliation, oil control, toning, soothing, and blemish reduction. It's a versatile solution for various skin concerns.

Can I use multani mitti if I have acne prone skin? Yes, multani mitti can be beneficial for acne prone skin. Its deep cleansing and oil absorbing properties help unclog pores and reduce acne breakouts.

However, it is essential to use in moderation and not overdo it as excessive use can lead to dryness. What are the primary benefits of Multani Mitti for the skin? Multani Mitti offers a range of benefits including deep cleansing, exfoliation, oil control, toning, soothing and blemish reduction. It is a versatile solution for various skin concern.

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FAQs

3. Is multani mitti suitable for all skin types?

- Multani mitti is generally suitable for most skin types, but those with very dry or sensitive skin should use it cautiously, as it can dry. Adjust the frequency and ingredients in your multani mitti mask to suit your specific needs.

4. How often should I use multani mitti masks?

- For best results and to prevent excessive drying, using multani mitti masks 1-2 times per week is recommended.

5. Can I use multani mitti on my hair?

- Absolutely! Multani mitti can also benefit your hair. It helps control excess oil, addresses dandruff issues, and promotes a healthy scalp. Simply mix it with water or other hair-friendly liquids and apply it as a hair mask.

Is Multani Mitti suitable for all skin type? Multani Mitti is generally suitable for most skin type, but those with very dry or sensitive skin should use consciously as it can dry. Adjust the frequency and ingredients in your multani mitti mask to suit your specific need.

Next, how often should I use multanimity mask? For best result and to prevent excessive drying using multani mitti mask 1 to 2 times per week is recommended. Next, can I use Multani Mitti on my hair? Absolutely. Multani Mitti can also benefit your hair. It helps control excess oil, addresses dandruff issues and promotes a healthy scalp.

Simply mix it with water or other hair friendly liquids and apply it as a hair mask. So, I hope you can learn many things and the essential part of our five nature's element mud. So, you can go through these slides and use benefits, use multani mitti or mud as a therapeutic and relieve from many other diseases or ailments. Thank you so much.