

Chinese Herbal Retained Enema

Retained enemas are an herbal treatment used in China in both hospitals and at home for pelvic disorders such as endometriosis, pelvic inflammatory disease and fibroid tumors. The enemas are an adjunctive treatment to taking herbs orally. Inserting herbs into the colon helps them absorb directly into the abdomen to help dissolve masses, scar tissue, adhesions and endometrial lesions.

Instructions for herbal retained enema.

1. Place one baggie of herbs in a non-metal pot with 1 3/4 cups water. Bring to a boil, then lower heat and simmer for 15-20 minutes. You want to end up with about 4 oz (1/2 cup) of liquid. Let the herbs cool to body temperature. Pour liquid into an empty Fleet enema bottle. (Liquid can also be cooked ahead of time and refrigerated – then reheated to body temperature.)
2. Lie on your left side on top of a towel and have tissues handy. Insert the enema bottle into the rectum. When the bottle is empty, remove the bottle. This is where you might need the tissues; some liquid may dribble out. (If available you can use a catheter tube, which helps the herbs travel higher into the colon. Put a dab of water based lubricant on the tip, and insert the catheter into the rectum so that only a few inches remain outside the body. Insert the tip of the enema bottle top into the catheter and slowly squeeze the herbs into the tube)
3. Stay lying on your left side for at least 30 minutes. After 30 minutes your body will have absorbed enough liquid so you should be fairly comfortable getting up and moving around without feeling like you need to move your bowels. However, it may be easiest to just do this before bed so you won't have to get up. The idea is to retain the enema so all the liquid will be absorbed. Try to refrain from moving your bowels and losing the herbs. If the enema is too warm or too cold it will be harder to retain.
4. Begin doing the enemas 3 day after your period has completely ended. Do one enema every other day until you have your next period (about 8-10 enemas each month). It's okay to do 2 days in a row if you need to, to fit them all in.

You may initially experience a little bit of cramping sensation as you insert the herbs. Other than that, there should be no side effects to this treatment. If you have questions or concerns, please call your practitioner.