ABSTRACT

BACKGROUND:

FULL WET SHEET PACK:

This is extremely useful and applicable hydriatic procedure, in which the patient is enveloped with cold wet sheet and then the sheet is covered with dry blanket wrappings to regulate the temperature and to control evaporation. Full wet sheet pack is a hydrotherapic procedure practiced in Naturopathy. In this the volunteers are made to lie down and safely wrapped in Full wet sheet pack to access the physiological effect produced by it in the same atmospheric condition. The present study was conducted to evaluate whether the Full Wet Sheet Pack has any physiological effect on Pulse Rate, Body Temperature, Respiratory Rate and Peak Flow Rate in healthy male individuals.

RESULT:

The experiment result showed a significant improvement in Pulse Rate, Respiratory Rate, Peak Flow Rate (p < 0.05), whereas no significant improvement in the body temperature (p > 0.05).

KEY WORDS:

Wet sheet pack, pulse rate, respiratory rate, peak flow rate and body temperature.