

Steam Inhalation Treatment

Components:

<i>Ya khaa</i> (cogon grass)	1 large handful	entire plant
<i>Ya paah khwaai</i> (crow's foot grass)	1 large handful	entire plant
<i>Ta khrai hom</i> (lemon grass)	1 large handful	entire plant
<i>Ma kruat</i> (kaffir lime)	3 pieces	fruit

Note: The use of the roots is important (especially for *ya khaa* which is the cornerstone of the detoxification).



Slice the *ma kruat* into approximately ¼ inch slices. As can be seen in the photo, there is a technique of wrapping each grassy botanical so that it fits into the pot properly. Put all

four herbs in an extra large pot or kettle and add water to the top (should be at least several gallons). Heat till you get a vigorous boil. The patient then sits unclothed in a small-enclosed area (so that heat and steam will stay contained with



the patient). The pot is placed under the patients chair and the lid is removed once the

sides are sealed. One cup of liquid is taken from pot and put aside for use later. Patient stays in the steam confined space for 10 to 45 minutes depending on their strength, blood pressure, age, etc. The experience is quite enjoyable and many stay till the pot has cooled. During this time the pot is stirred occasionally to release more steam. Insulating the pot from the cold floor and keeping the patients feet from touching the colder floor is also helpful.

When finished, the patient then takes the pot into the shower and adds cool water (to drop the liquid to body temperature), then bathes using the



liquid while using the *ma kruat* slices as soap, sponge and shampoo. When finished



bathing, pour the entire liquid over the body during the rinsing procedure. If this protocol is being used for addiction treatment (and the patient has enough strength) the patient should dispose of the spent botanicals as a spiritual symbol of “throwing out” their addiction. Upon completion, patient is re-hydrated by drinking the cup

previously set aside after it is blessed by Phra Vichien. Also as part of the “total” treatment, the patient is responsible for washing out the pot and cleaning the treatment area.

The herbs are used here because of the many medicinal uses that are listed in the botanical section. However, *ya paah khwaai* plays a special role in not only this treatment, but in the total patient assessment. The myriad of its fine roots, which run in all directions, symbolize its ability to network and spread throughout the body. It is believed that the plant will find and touch the patient’s problems and they will be more obvious or discernable after the treatment. For this reason, Phra Vichien pays close attention to the patient after the steam treatment because *ya paah khwaai* will “speak to him” and help him finalize the treatment plan for the patient.

Note: Using fresh botanicals is preferred.

Note: Former patients as well as visitors to the Wat often enjoy a steam inhalation treatment. It is not uncommon for a family or group of four or more to visit the Wat to talk to Phra Vichien, take a steam treatment and obtain a supply of ***Pramman Formula*** and ***Supparoak Formula***.

Note: Blood pressure is taken before treatment and those with high or low blood pressure are either denied treatment temporarily, or given a shorter time of treatment. In addition, for any questionable patients, somebody stays with them – there was one case where a girl with low blood pressure fainted.