

## Instructions:

### Foot bath with mustard powder (black mustard / brassica nigra)

#### Particularities

- There are different indications for the dosage and duration of mustard foot baths
- Dosage and duration depend on the individual constitution and indication

#### Materials

- Footbath tub, one that's high enough to reach below the hollow of the knee, if possible (alternatively use a bowl: the water should reach approx. 2 cm above the ankle, the feet can stand comfortably in the bowl)
- Water (approx. 38°C)
- Black mustard powder (2 handfuls for a bowl bath, 2 yoghurt cups full for a high footbath tub)
- Large terrycloth towel
- Shower or bathtub, or a jug with clear, lukewarm water

#### Instructions:

- Add the mustard powder to the footbath tub or bowl and stir in a figure-eight motion.
- The patient sits on a chair while his knees are covered with the terrycloth towel and bathes his feet in the mustard bath for a maximum of 20 minutes. The mustard glycosides irritate the skin and cause a stabbing pain, the skin reddens, which is a positive sign.
- After removing the feet from the bath, the mustard flour must be rinsed off (in the bathtub or with the jug of clear, lukewarm water).
- Dry the feet, make sure the gaps between the toes are clean.

#### Follow-up

- Empty the bath water into the toilet – avoid splashing into your eyes!