

History Of Enemas

In ancient Egypt, the Pharaoh had a 'guardian of the anus' - who administered his enemas!

Enemas are referred to later, in 1500 BC in old Egyptian papyri; and later still by Herodotus and Diodorus from Greece.

Enemas were known in Babylonia, India, China and America where the Native Indians used them.

Not long ago, in France, enemas were regarded as essential for health. During his lifetime, Louis XIVth is said to have had thousands of enemas.

More recently, the use of enemas has been curtailed. Why? Perhaps it is linked to modern ideas about medicine. Drug companies make available chemical enemas (small amounts of liquid containing chemicals) which are naturally preferred by doctors who lean towards drugs anyway. Also, laxatives may be seen as a substitute.

Certainly in the UK, doctors have been reported many times to have stated that having a bowel movement once every one, two, or three days is 'normal'. Whereas their counterparts a century or more ago would likely have been as rightly concerned about this as alternative practitioners would be today.