



**APPLICABILITY OF ABHYANGA IN PAEDIATRIC AGE DAY TO DAY LIFE**

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**ABSTRACT**

Panchakarma is main stay of the treatment in Ayurveda, it can be applied in all the age group depending upon the conditions. when we adopt Panchakarma in children its pre procedure as Abhyanga can be practised in day to day life. The strength of the child should be the main criteria rather than the age. Bala, Kala, Desa, Agni, Tolerance capacity etc should be checked before employing the treatment in any age group. Panchakarma constitutes unique therapies in Ayurveda system of medicine. One of them Abhyanga which is performed with sneha that is said as Janmsatmya to child. They are equally beneficial in the prevention and cure the disorders. It improves the life span of the individual and gives strength.

**KEYWORDS:** Panchakarma, Abhyanga, Janmsatmya.

**INTRODUCTION**

Ayurveda is science of life. It deals with the entire creation with special emphasis on the biology of life. Since life is always existent in this world in one or other form, so is truth of Ayurveda as quoted in "Charak Samhita".

सोअयमायुर्वेदः शाश्वतो निर्दिश्यते अनादित्वात् स्वभाव  
संसिद्ध लक्षणत्वात् भाव स्वभाव नित्यत्वाच्च II

Ayurveda mentioned Panchakarma as purification methods which detoxify the whole body. Panchakarma name denoted due to the fact that it is a purification therapy of five sub-therapies. Ayurveda suggests use of Panchakarma on periodic bases to maintain the normal body conditions. Childhood is very critical stage of life where child picks up growth and development with respect to physical, physiological, and social aspect. There are so many therapeutics aspects available which having different aspects of treatment as well as preventive for child. Abhyanga is to be said as the poorvakarma of the Panchakarm which can be used as daily routine practice while treating the children many different modelities are used according to the disease and condition of child. Among them Abhyanga is one such a procedure that should be performed for the good health of children. It can be done with particular precaution considering the indications and contraindications. While performing Abhyanga painful steps should be avoided but social prohibition like stretching of limbs, pulling of ear and nasal cartilages etc should be practised. Bala Taila is one of the best oil among the preparations having

vat shamak properties in Ayurveda. Dosh, dushya and mala present in body are identical to adult but present in lesser quantity in children. When go through the classical references it has been found that classical text advised to perform as a daily regiment for all age groups. Kashyap who is specialist of Kaumarbhritya clearly says that both mother and the child should be administered with sodhana when the conditions demand which suggests Abhyanga can be performed in childrens before shodhana or as a therapeutic procedure at any age when go. Childhood is the age of continuous growth which requires nutrition and establies of dhatu, to achieve good health. While indicating the benefits of A bhyanga, Acharya Charak has mentioned:-

स्नेहाभ्यंगत् यथा कुम्भस्चर्म स्नेहविमर्दनात् I  
भवत्युपानगङ्क्षच दृणं क्लेशहो यथा I (च. सू. १/८५)

As after applying oil on the wheel and its base it gets capable to carry weight moves easily without difficulties. The same by use of application of oil on body it gets strength and capability to face trouble.

Considering this qualities will be beneficial for good health of child by performing daily practice of Abhyanga.

**Abhyanga as Day To Day Procedure**

Abhyanga is the pre-procedure of Panchakarma in which the body is smoothen and lubricated with the help of medicated oils and medicated ghee. In Ayurvedic text under the healthy regimen Abhyanga is advised to

performed every day. After this procedure the children should take some precautions such as drinking only lukewarm water throughout the day, eating only when hungry and avoiding sleeping during day time. Abhyanga helps to mobilize the doshas from disease places in the body.

### Significant Role of Abhyanga

It helps to remove all toxins from their sites placed in a body. As a procedure before detoxification. It is very useful in the following such conditions, they are,

- Skin dryness condition.
- It provides lubrication to the body.
- It helps in muscular fatigue condition.
- It helps at the time of excessive thirst.
- Its also helps in loss of sleep.
- It helps in mental disturbaces conditions.
- It detoxifies the body and improves and maintain all the functions of the body vital organs.
- It makes to improve the capacity of the body to undertake various detox therapies.
- It is very useful in most of the vata disorders.

Although Tail Kalpana is said as best vat shamak properties but on the basis of prakrati of individual various medicated oil and ghrita can be used for Abhyanga purpose as :-

- Ashwagandha Ghrita
- Dadimadi Ghrita
- Panchatikta Ghrita
- Bala Taila
- Tila Taila

For common purpose Coconut oil can be used in all conditions.

### Care in Performing Abhyanga Day to Day Life

- A day before Abhyanga light to digest & liquid food like soups, juice etc should be taken.
- Before performing Abhyanga the bowels movement should be clear.
- Abhyanga should be performed at Nirvat sthana (where direct air entry in room should not be there).
- If possible there should be arrangement of pleasant classical music or mantra chating.
- Abhyanga steps should be performed pleasantly, pressure should not be applied while performing steps.
- The oil or ghee used for Abhyanga should be selected on the basis of prakrati and it should be lukewarm while performing Abhyanga.

### CONCLUSION

Panchakarma, the time tested healing process of Ayurveda, relies predominantly on the uses of different types of therapeutic in day to day life. Abhyanga (massage) is one of the pre-procedure which can be used in daily life & very effective to gain weight, relieving pain, enhances immunity & accelerates the healthy growth & development of child. With proper selection of

oil and certain precaution one can practice Abhyanga from birth to lifelong age without any harm.

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