



A REVIEW STUDY OF ABHYANGA BENEFIT'S IN BALYA AVASTHA

¹*Dr. Mangesh Suresh Khillari, ²Dr. Vishnu Pralhad Chaudhari, ³Dr. Sadhana Prafull Babel, ⁴Dr. Mayur Shrikrishna Padol and ⁵Dr. Akash Macchindra Dighe

¹PG Scholar, Department of Kaumarbhritya-Balrog Shree Saptshungi Ayurved College, Nashik.

²Sanskrit Samhita Siddhant Department Govt. Ayurved College, Nagpur.

³HOD and Professor Department of Kaumarbhritya-Balrog Shree Saptshungi Ayurved Mahavidyalaya, Nashik.

⁴PG Scholar, Department of Shalya Tantra Samanya S.S.A.M. Ayurvedic Medical College, Panchavati, Nashik.

⁵PG Scholar, Department of Kaumarbhritya-Balrog Shree Saptshungi Ayurved College, Nashik.

*Corresponding Author: Dr. Mangesh Suresh Khillari

PG Scholar, Department of Kaumarbhritya-Balrog Shree Saptshungi Ayurved College, Nashik.

Article Received on 03/02/2020

Article Revised on 23/02/2020

Article Accepted on 14/03/2020

ABSTRACT

Ayurveda is an ancient science having lots of basic concept for living healthy life. Ayurveda is not only for the Vyadhit person, but also for Swastha person. In Ayurveda Various Acharya have mentioned about Rutucharya, Dincharya and Ratricharya. In Dincharya, from waking up to going to bed, importance of all have been described. From these Abhyanga is one of them which is described by various Acharya. The process of application of oil on the body in general is called as Abhyanga. Acharya Charaka mentioned Lodhra- haridradi Sidha tail used abhyanga of Nabhi after Nabhinal Kartana for preventing abscess formation. After Nabhinal Kartana and before Snana Acharya Sushruta mentioned balataila Abhyanga. Acharya Charaka and Sushruta Mentioned Shiropichu in Sadyojat karma every day. Acharya Sushruta mentioned Balgraha treatment, Medicated Sneha Tail, Ghruta and Vasa use for Abhyanga.

KEYWORDS: Abhyanga, Balyaavstha, Balgraha.

INTRODUCTION

Ayurveda is an ancient science having lots of basic concept for living healthy life. Ayurveda is not only for the Vyadhit person, but also for Swastha person.^[1] In Ayurveda Various Abhyanga is part of daily life (Dincharya) which described by various Acharya. The process of application of oil on the body in general is called as Abhyanga. For Abhyanga Taila, Ghruta, Vasa or any type of Sneha can be used. Commonly used Sneha is Tila Taila (Sesame oil), These Sneha are applied on the skin with hands until it gets absorbed. From the ancient period Abhyanga done to Balak every day in the morning. Acharyas have mentioned Abhyanga as a procedure to be done just in new born babies. Mentioning about the advantages, Abhyanga is said to be Pushtikara, Vatahara, Ayushyakara, swapnakara and Kleshahatva.

One can continue the Abhyanga till the completion of infantile age i.e. one year of life, if there is no any other illness disturbing to baby. Besides its various advantages, it also develops a physical and emotional bond between the baby and mother.

MATERIAL AND METHODS

Needs of Abhyanga in Balya avastha

There are several benefits of Abhyanga and basic care in the infant care practices.

1. Health and protection.
2. Emotional wellbeing.
3. Beauty purposes.
4. Dhatu Vruddhikar

INDICATION

It is a safe procedure which can be done to everyone who is vitally stable, except in certain contra-indications as explained below:

CONTRAINDICATION

Indigestion
Kaphaj Vikar
Immediate after feeding
Suffered thorough any disease.

PERIOD

Ideal time for Abhyanga is morning time, while one should take care that room temperature should not be less than 25°C in order to prevent the hypothermia.

PROCEDURE

At first oil is applied to scalp, ear, palm and sole.

Sukhoshna (luke warm) oil is applied over scalp and **Ushna** (bearably hot) oil is applied over the rest of the body.

In limbs oil is massaged in **Anuloma** direction i.e. from the central towards the periphery.

Over the joints and abdomen in **Clockwise** manner massage is done.

For proper abhyanga of all the body parts, the procedure is performed in seven postures in order: sitting, supine, right lateral, supine/prone, left lateral, supine, sitting.

DURATION OF ABHYANGA^[2]

Dalhana, the commentator of Sushruta has described the effect of Abhyanga according to the duration. Thus, Abhyanga should be done at least for **5 minutes** in each position if one wants to get its benefits in all tissue levels.

Table 1: Duration of Abhyanga.

	Dhatu	Matra
1	Hair root of the skin	300 (95sec)
2	Skin	400 (133 sec.)
3	<i>Rakta dhatu</i>	500 (160 sec.)
4	<i>Mamsa dhatu</i>	600 (190sec.)
5	<i>Meda dhatu</i>	700 (228 sec.)
6	<i>Asthi dhatu</i>	800 (240 sec.)
7	<i>Majja dhatu</i>	900 (285 sec.)

Table 2: Benefits of Abhyanga.^[3]

1	<i>Jarahara</i>	Daily practice of <i>Abhyanga</i> delays ageing.
2	<i>Shramhara</i>	Relives from tiredness due to excess work and exercises.
3	<i>Vatahara</i>	Due to its <i>Sneha guna</i> causes <i>Vatashamana</i> then its Disorders.
4	<i>Drushti</i>	Improve the vision.
5	<i>Pushtikara</i>	Its provide nourishment to the <i>Dhatu</i> s and keeps body healthy.
6	<i>Ayushyakara</i>	It increase the life span.
7	<i>Swapnakara</i>	Promotes sound sleep.
8	<i>Twak Dardhyakara</i>	It make the skin lusturous, smooth and soft.
9	<i>Klesh Sahatva</i>	It makes the body strong enough so that the body can tolerate any kind of disease.
10	<i>Abhigata Sahatva</i>	By daily <i>Abhyanga</i> , the body doesn't get affected by injuries
11	<i>Keshya</i>	<i>Abhyanga</i> on <i>Shirpradeshi</i> , effective on <i>khalitya</i> , <i>palitya</i> .
12	<i>Vyayamsamsah</i>	Due to <i>Abhyanga</i> 's <i>DaDhyar guna</i> muscle get strong.

DISCUSSION

Acharya Charaka mentioned *Lodhra- haridradi Sidha Tail* used to *Abhyanga* of *Nabhi* after *Nabhinal Kartana* for preventing abscess formation.^[4] After *Nabhinal Kartana* and before *Snana* Acharya Sushruta mentioned **Balataila Abhyanga**. Acharya Charaka and Sushruta Mentioned *Shiropichu* in *Sadyojat karma* everyday.^[5,6] Acharya Sushruta mentioned *MastulungKshaya Kakolyadi Gan Sidha Ghruta* used for *Abhyanga*.^[7] In *Fakka* Acharya Kashyapa mentioned **Raj Taila Abhyanga**^[8], Their constituents are *Eranda*, *Shalapanrni* and *Bilva*. *Taila Siddha* with *Mamsa* and *Yusha* are also useful for *Abhyanga*.

Acharya Sushruta mentioned, Medicated *Sneha Tail*, *Ghrut*, and *Vasa* use for *Abhyanga* in *Balgraha* treatment. Eg *Purana Ghruta Abhyanga* in *Naigmesha*^[9], *Vataghna Dravya Sidha Taila* use in *Skandagraha*^[10], *Eladi Gan Sidha Tail* in *Skandaapsmar*^[11], *Kushtaadi dravya Yukta siddha tail* use in *Revati Graha*^[12], *Vatahar patra* and *Ashwagandha Kwath Siddha Vasa* use in *Mukhamandikagraha*.^[13] Acharya mentioned various *Sthana* for the *Abhyanga*, *Sthana* like **Head, Ear and**

Leg should be special Sthana.^[14] *Abhyanga* can't be done in following condition *Kaphavikar*, *Pratishyaya* and *Ajirna*.^[15]

Abhyanga Effects on Growth of Children Helps in weight gaining in preterm infants.^[16] Improves immunity of the children.^[17] Massage is effective in preventing prematurity, enhancing growth of infants, increasing attentiveness, decreasing depression and aggression, alleviating motor problems, reducing pain, and enhancing immune function.^[18]

CONCLUSION

Abhyanga is described as a part of *Dincharya*. It is not only advisable to adults but also to children. *Aacharyas* have mentioned *Abhyanga* as a procedure to be done just in new born babies. Besides its various advantages, it also develops a physical and emotional bond between the baby and mother. Since it is important aspect of early childhood development, it is advisable to all the children.

REFERENCES

1. Vaidya Yadavaji Trikamaji Acharya, Charak Samhita, Chaukhambha Publication, New Dehli Reprint edition- 2018, Sutrasthana, 1st Chapter-Dirghajivitiya Adhyaya-verse no.24, Page no.17.
2. Vaidya Jadavaji Trikamaji Acharya, Sushruta Samhita, Chaukhamba Orientalia, Varanasi, Reprint edition-2014, Chikitsasthana, 24th Chapter-Anagatabadha Prati Shedha-verse no.30, Page no.423 Nibandhasangrah Tika of Acharya Dalhana.
3. Dr.Brahmanand Tripathi, Ashtanga Hridayam, Chaukhamba Sanskrit Pratishthana, Dehli Reprint edition- 2011, Sutrasthana, 2nd Chapter- Dincharya -verse no.8, Page no.29.
4. Vaidya Yadavaji Trikamaji Acharya, Charak Samhita, Chaukhambha Publication, New Dehli Reprint edition- 2018, Sharirasthana, 8th Chapter-Jatisutriya Sharir -verse no.44, Page no.1169.
5. Vaidya Yadavaji Trikamaji Acharya, Charak Samhita, Chaukhambha Publication, New Dehli Reprint edition- 2018, Sharirasthana, 8th Chapter-Jatisutriya Sharir -verse no.43, Page no.1169.
6. Vaidya Jadavaji Trikamaji Acharya, Sushruta Samhita, Chaukhamba Orientalia, Varanasi, Reprint edition-2014, sharirasthana, 10th Chapter-GarbhiniVyakaran Sharir adhyayam-verse no.23, Page no.148-149.
7. Vaidya Jadavaji Trikamaji Acharya, Sushruta Samhita, Chaukhamba Orientalia, Varanasi, Reprint edition-2014, sharirasthana, 10th Chapter-Garbhini Vyakaran Sharir adhyayam-verse no.42, Page no.153.
8. ShreeSatyapal Bhisagacharya, Kashyapa Samhita, Chaukhamba Sanskrit Publication, Varanasi, Reprint edition-2018, Chikitsasthanam, 7th chapter Fakkachikitsaadhyaya-verse no., Page no.211.
9. Vaidya Jadavaji Trikamaji Acharya, Sushruta Samhita, Chaukhamba Orientalia, Varanasi, Reprint edition-2014, Uttartantram, 27th Chapter-Navgraakrutividnyaniyamadhyayam-verse no.18, Page no.191.
10. Vaidya Jadavaji Trikamaji Acharya, Sushruta Samhita, Chaukhamba Orientalia, Varanasi, Reprint edition-2014, Uttartantram, 28th Chapter-Skandagrah Pratishedh-verse no.4, Page no.192.
11. Vaidya Jadavaji Trikamaji Acharya, Sushruta Samhita, Chaukhamba Orientalia, Varanasi, Reprint edition-2014, Uttartantram, 29th Chapter-Skandapsmar Pratishedh-verse no.4, Page no.194.
12. Vaidya Jadavaji Trikamaji Acharya, Sushruta Samhita, Chaukhamba Orientalia, Varanasi, Reprint edition-2014, Uttartantram, 31th Chapter-Revati Pratishedh-verse no.4, Page no.199.
13. Vaidya Jadavaji Trikamaji Acharya, Sushruta Samhita, Chaukhamba Orientalia, Varanasi, Reprint edition-2014, Uttartantram, 35th Chapter-Mukhamandika Pratishedh-verse no.4, Page no.205.
14. Dr.Brahmanand Tripathi, Ashtanga Hridayam, Chaukhamba Sanskrit Pratishthana, Dehli Reprint edition- 2011, Sutrasthana, 2nd Chapter- Dincharya -verse no.9, Page no.30.
15. Dr.Brahmanand Tripathi, Ashtanga Hridayam, Chaukhamba Sanskrit Pratishthana, Dehli Reprint edition- 2011, Sutrasthana, 2nd Chapter- Dincharya -verse no.9, Page no.29.
16. Miguel A Diego et al. Preterm infant massage elicits consistent increase in vagal activity and gastric motility that are associated with greater weight gain. *Acta paediatrica*, 2007; 96(11): 1588-1591.
17. Jocelyn et al. A randomised placebo control trial of massage therapy on the immune system of pre-term infants. *Pediatrics*, 2016; 130(6): 1549-1558.
18. Tiffany Field, Miguel Diego, Maria Hernandez. Massage therapy research. *Developmental review*, 2007; 27(1): 75-89.