



IMPORTANCE OF ABHYANGA IN DAY TO DAY LIFE

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ABSTRACT

Ayurveda is a science of life that from time immemorial has served the purpose of health and beauty to humanity. It has abundance of practices and procedures that when practiced regularly, not only benefit the human health but are holistic to the environment and community. Panchakarma is main stay of the treatment in Ayurveda, it can be applied in all the age group depending upon the conditions. Panchakarma constitutes unique therapies in Ayurveda system of medicine in which one of them is Abhyanga which is performed with Sneha in day to day life. Abhyanga (oil massage) which is one among the Dinacharyas, is an ancient Indian approach adopted for healing, relaxation and treating various diseases. The strength of the person 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. They are equally beneficial in the prevention and cure the disorders. It improves the life span of the individual and gives strength.

KEYWORDS: Ayurveda, Panchakarma, Abhyanga, Massage.

INTRODUCTION

Ayurveda is the science of life, that deals with the entire creation with special emphasis on the biology of life. 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. A few of these measures are grouped under Dinacharya, one among which is Abhyanga. Stress and health are inter-connected. It is a known factor that stress causes body–mind disorders. Disorders like anxiety, tension, sleeplessness etc. may latter result in chronic health disorder like insomnia. Stress is a common problem in today's workplace. About one-third of workers report high levels of stress. With continued stress at the workplace, workers will develop psychological and physiological dysfunctions and decreased motivation in excelling in their position. Abhyanga, when followed regularly renders various benefits to the body. Abhyanga is to be said as the Poorvakarma of the Panchakarma which can be used as daily routine practice. It is one of the most important day today activities of life, as how early to bed and early to rise, then brushing of tooth etc. are important. Abhyanga has been considered as a type of Bahya Snehana. In classics, Abhyanga has been mentioned as the part of Dinacharya. In Ayurveda it is clearly mentioned that the

Abhyanga controls Vata Dosha and the person develops strength both physically and mentally.

IMPORTANCE OF ABHYANGA

Abhyanga means massaging the body with any Snehas (fats) in the same direction of hair follicles. Abyanjana and Snehana are Paryayas (synonyms) of Abhyanga.^[6] Ayurveda says Abhyanga (oil massage) should be performed daily or if not daily, atleast applying oil to the head, ears and foot is must to lead a healthy life^[7] thus showing the importance of Abhyanga to the most important parts such as Shira (head), Sravana (ears) and Paada (foot). By oil massage the Sharira (body) becomes strong and gains resistance to exhaustion caused by stressful jobs.

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. 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.

VARIOUS MEDICATED OILS USED FOR ABHYANGA TO MAINTAIN HEALTH

1. Lakshadi Taila Balya (improves strength), Apasmara (epilepsy) and all neurological disorders of children and pregnant women.
2. Bala Taila Kasa (cough), Swasa (dyspnoea), Jwara (fever), Chardi (vomitting), Murcha (fainting), Ksaya (emaciation), Apasmara (epilepsy), Vatavyadhi (neurological disorders).
3. Ksheera Bala Taila Rasayanam (rejuvenator), Vatasruk (gout), Neurological disorders, Good for sense organs.
4. Dhanvantara Taila Cures Kampa (tremors), Akshepa (convulsions), Unmaad (insanity), all types Vataja Rogas (neurological disorders).
5. Pinda Taila Vata Rakta (rheumatoid arthritis).
6. Sahacharadi Taila Kampa (tremors), Akshepa (convulsions), Unmada (insanity), Vataja Rogas (neurological disorders).
7. Narayana Taila (Big) Cures all types of Vataja Rogas.

CONTRA- INDICATION OF ABHYANGA

Abhyanga should be avoided by the persons suffering from aggravation of Kapha, who have just undergone purificatory therapies like emesis, purgation, enema etc. and who are suffering from indigestion.

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,

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

POORVAKARMA OF ABHYANGA

- 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 chanting.

- 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. Ayurveda says Abhyanga (oil massage) should be performed daily or if not daily, atleast applying oil to the head, ears and foot is must to lead a healthy life. With proper selection of oil and certain precaution one can practice Abhyanga from birth to lifelong age without any harm.

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