

PADA ABHYANGA- A DINACHARYA - A REVIEW ARTICLE

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ABSTRACT

Ayurveda aimed in prevention and cure of physical and mental health. In Ayurveda, Dinacharya is one of the concepts which helps to fulfill this aim of Ayurveda. Vitality enhancing technique which is incorporated in massage of the feet is called Pada abhyanga. It is one of the prophylactic principles mentioned in Ayurvedic dinacharya. The hectic computerised life style, faulty food habits, stress and strain, irregular sleeping habits and negligence in following daily and seasonal regimen provoke many health issues. By doing Pada abhyanga, Kharatwa, Stabdata, Rukshata, Shrama, Suptata of pada relieved and Bala, Sthairya improved, Drustiprasaadakara. It also prevents Gridhrasi vaata, Pada sputana, Sirasnaayu sankocha.

The science of reflexology states that the sole of the feet is connected to various organs of the body. According to this science, organs such as the heart, lungs, kidney, brain, and intestines can be stimulated by foot massage, a duration of 30 minutes is required for Pada abhyanga to gain its maximum benefits. Many different techniques exist for giving a foot massage but one need to modify the techniques according to the convenience of a patient. Thus, here an effort made to explain the importance of possible techniques and duration.

KEYWORDS: Ayurveda, Pada abhyanga, Reflexology.**INTRODUCTION**

Abhyanga means the application of Sneha, mainly plain or medicated, suitable to one's constitution, age, season, particular disease and atmosphere. It should be applied in the Anuloma direction. It is one of the prophylactic principles mentioned, the Acharyas has understood the importance and they included foot care in their daily routine activity and to do list to live healthy, fit and happy called "Dinacharya". In that they have explained various activity like "Brahmamuhrteuthishte" "early to bed and early to rise", "Dantadhawana" daily brushing of teeth, "Snana" daily bath etc. Pada abhyanga is one of them.

Pada refers to foot.^[1] 'THE FOOT FEELS THE FOOT WHEN IT FEELS THE GROUND' SAYS LORD BUDDHA.^[2] Application of oil to the foot followed by massage is popularly known as Pada abhyanga.^[3] It has been advised as daily regimen in Ayurvedic classic to promote health as it prevents individual from diseases of Nethra, Gridrasivaata, Sankocha of Sira and Snaayu. By doing Pada Abhyanga in first stage it relieves, Kharatva, Stabdata, Rukshata, Shrama supti (Sadyaprashamana) in second stage it gives Bala, Sthairyata of Pada, Drustiprasaada.^[4]

According to the ancient texts of Ayurveda. Diseases do not go near one who massages his feet before sleeping,

just as snakes do not approach eagles.^[5] The science of reflexology states that the soles of the feet are connected to various organs of the body. According to this science, organs such as the heart, lungs, kidney, brain, and intestines can be stimulated by foot massage. Hence, a proper massage at specific sites on the foot, with specific oils will prevent and cure various diseases.

Procedure**Requirements:** Abhyanga table, medicated oil based on the condition of the patient, warm water, water bath for heating oil, a towel.**Preparation of the Subject:** Ideally, the routine practice of Pada abhyanga for a healthy person should be in empty stomach before bath.**Position of the Subject:** The subject is asked to be lying in supine position on the table. A pillow is kept under the legs so that the subject is comfortable.**Purva karma****Draping:** The subject is covered with a sheet, leaving only the lower legs exposed.**Cleaning:** The foots are wiped with a towel dipped in warm water.

Pradhana karma

All movements are described for one foot. After all the steps are finished on one foot, the same should be followed on other foot. Procedures were carried out in supine, lateral, and prone position of patient.

- Apply the oil to one of the feet for lubrication.
- Start with gently rubbing to the base of great toe squeezing with thumb with continuation of next toe.
- Allow proper pressure and massage with using palms and thumb of hand.
- Next apply slight pressure and oil in between toes.
- Stretch and pull the big toe gently and rub each side of nails.
- Now, next massage to base at Calcaneous region in circular motion with gentle pressure.
- Also allowed massage and apply oil on dorsum of foot along ankle joint in circular and linear pattern respectively.
- During massage used each step like Stroking, Ankle Rotation, Pivoting, Kneading, Finger walking, Pulling and Squeezing, Sliding and Arch pressure has to be given

Paschath karma

Wipe the feet with a warm, damp towel. The subject is asked to rest for 15 to 30 minutes, and then wash his feet with hot water.

Duration: 15min for each foot.

Oil -- 5-10 ml of oil for each foot.

Importance of pada abhyanga^[6]

Effect of Pada abhyanga is not only depends on selection oil but also depends on karma or performance of pada abhyanga with suitable technique.

Kharatwa - clears the roughness of the soles

Stabdata - cures stiffness

Rukshata – corrects excessive dryness of feet

Shrama – relieves exhaustion of feet

Suptata of Pada - cures numbness of feet

Bala, Sthairya - promotes strength of the feet

Drustiprasaadakara - Nourishment to eyes

It prevents Grudrasi vaata, Pada sputana, Sirasnaayu sankocha.

Druda indriyata - Svakaaryakaranakshamaan indriyaaniyasyasaha.

Pada Abhyanga and Marmaparipaalana

Pada gives Ashraya for following Marmas

Kurchashira - Snaayumarma

Talahridaya - Kaalantarapranaharamarma

Kurcha -Vaikalyakaramarma

Kshiptam -Kaalantarapranaharamarma

In most of all Marmavidha condition, Abhyanga is one of the effective line of treatment.

DISCUSSION

During very busy scheduled of life Ayurveda given some priority for maintaining of health by following its daily to do checklist mention as a Dinacharya. Pada abhyanga

one of the constituent of Dinacharya having its importance towards living healthy and disease free life. According to NadiVidgyana, Nadi are the complicated network of fine energy pathway and each pathway followed end point of body surface up to the brain cortical which has various energy platform in the form of Chakras, they are six in numbers, If they are spinning in proper way there constant energy is kept circulating within us. Wellness and ability to heal were depend on these energy flow systems, if going without interruption we feel healthy and calm and if as soon as there is block of the energy flow we start feeling something bad going to happen and result in the form of diseases. Pada abhyanga soothes the Nadis and provide to regain its physiological activity to allowed flow of energy without interruptions with feeling of healthy wellbeing. Abhyanga is one among bahirparimarjana chikitsa and it can be divided into sarvanga abhyanga and ekanga abhyanga. Among ekanga abhyanga, Shiro (Head), Karna (ear) and Pada (Foot) abhyanga are given more importance. Many different techniques exist for a foot massage. One should modify the techniques according to the convenience of the patient. Apply more pressure when hands are massaging from the toes towards the ankles and less pressure from the ankles to the toes. This will help push extra fluid out of the feet. Action of pada abhyanga is depends on karma – the procedure and medicated oil taken for procedure. Nowadays importance is being given only for the selection of oil and neglecting procedural part. Modification in massage techniques is much essential like deep massage in thick and bulky area (heel) superficial massage over sensitive area (fingers, foot arch). Pada abhyanga induces pleasing effect if done with trained technical steps otherwise it may lead to complication like sprain, bone fracture, tendon and muscle tear etc.

The abhyanga of oil in feet can work on vascular system, Nervous System and Lymphatic Drainage system. With touch it stimulates tactile receptor and mechanoreceptor in skin. With roughing and as we used some Luke warm oil, the temperature of that surface increases & that causes kinetic motion to the receptor which leads to get activation of axons end at surface level. There kinetic energy leads to vasodilatation to subcutaneous level and Veerya of drug get absorb in to circulation by increasing blood amino acids & increasing plasma tryptophan level which leads to Neurotransmitter activation, secreting melatonin that leads to serotonin secretion thus maintained normal mechanism of cell.^[7] Pada abhyanga increases intensity of brain waves and decrease adrenaline, cortisone level. As Pada abhyanga normalised Neurotransmitters which regulate sleep i.e serotonin and Norepinephrine Neuropsychologically induced sleep that over all gives good results of Pada abhyanga Over sleep disturbances.

In the centre of the feet there are 2 Siras are situated which are directly connected to the eyes. (Ah.U.12)

These transmit the effect of the medicines applied over the feet in the form of massage etc.^[8]

These transmit the effect of the medicines applied over the feet in the form of massage etc. Vayu dominates in the sparshanendriya (Tactile sensory organ) and this sensory organ is lodged in the skin. Sparshanendriya is present all over the body and so it is present in the place of other indriya also and they are dependent on Sparshanendriya for their Vishayagrahan. Indriya is in close contact of mind hence if indriya remain healthy, mind also remains healthy. Thus, Pada abhyanga keeps body and mind healthy.^[9]

CONCLUSION

Pada being one among the pancha karmendriya and plays a pivotal role in the locomotor system. Pada is the sthana of vatadosha. It always has the fear of aggravation of vata dosha and is susceptible for injury. Pada abhyanga is one bahirparimarjana chikitsa with application of oil to the feet. Pada abhyanga is a nityakarma mentioned under the Dinacharya. For successful flying how a bird required two wings in same way for successful treatment along with medicine procedure is also important. Thus, there are many different techniques exist for giving a foot massage. And here an attempt was made to describe the technique, duration, benefits involved in pada abhyanga.

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