ROLE OF PADABHYANGA UPAKRAMA IN NETRASWATHYA: REVIEW STUDY

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ABSTRACT

Shalakyatantra is a branch of ayurveda which deals with the diseases related to the urdwajatrugat vikara i.e. diseases related to the supraclavicular diseases. Acharya sharagdhar and charaka stated the importance of eye and primarily aim at the prevention of eye from the diseases. As per acharya sushruta eye is very important sense organ i.e sarvendriyananam nayanam pradhanam. The aim of ayurveda is “swasthasya swasthya rakshanam”. So to maintain the swasthya of eye and to fulfil the aim Dinacharya and Rutucharya are described by the acharyas in different samhitas e.g. padabhyanga – foot massage, is the part of the dinacharya. Padabhyanga is one of the dinacharya upakarama mentioned by acharya with positive effect in maintain the Netraswasthya. Here is the review study on the role of padabhyanga in Netra swasthya.

INTRODUCTION

Ayurveda[1] gives prime impotence to the eye and primarily aim at the prevention of eye disease. Shalakya tantra[2] is a branch of ayurveda which deals with the eye diseases. During the covid pandemic the use of digital screen increased due to online lectures, meeting and conferences etc. due to changing lifestyle and excessive digital screen use worsen the visual acuity and produces various Netra roga. We can prevent this in Ayurveda with help of...
Padabhyanga; Drishtiprasadana effect. Padabhyanga also has been considered one among chakshushya upkrama. Here an attempt to compile the information and benefits of Padabhyanga.

AIM: To study the role of padabhyanga in Netra swasthya.

OBJECTIVES
1. To study padabhyanga in detail.
2. Study the benefits of padabhyanga in Netra swasthya.

PADABHYANGA
In context of Dinacharya, as a preventive measure Padabhyanga is mentioned in the charak Samhita and Sushrut Samhita. As part of sarvang abhyanga, padabhyanga to be carried out is mentioned in ashtang hrudaya, yogratnakar.

There is two type of snehana 1. Abhyantar snehana and 2. Bahya snehana. Padabhyanya is type of bahyasnehana, in which the Sneha dravya specially taila or ghrita is applied and massage to the foot is done in different maneuver to get local and systemic benefits. According acharya if we consider our body as tree then the foot are the roots of our body, we protect the roots if tree, for better fruits and branches one must take care of the foot for healthy body. According to Yogratnakara the person who massaged their own feet regularly before sleeping, diseases never goes to that person just like snake does not approach to eagle.

DEFINITION – application of oil on feet followed by massage is called as padabhyanga.

METHODS
Procedure of padabhanga is not described separately in the Samhita it is included as a part of the abhyanga. There are 3 methods are currently used for a padabhyanga.
1. The hand techniques
In this technique rubbing and stroking are included and through this we can generate better cardiovascular circulation in the foot.

2. The Marma therapy
In this massage and reflexology technique done on foot through the marma. Marma therapy includes the marmavigyan and its origin of acupressure, and acupuncture treatment. In this we try to re-establish the energy of marma and soothe them through massaging to detoxify and rejuvenate our system. Through the marma we can channelize the prana and rejuvenate our sensory and motor organs.

3. Kasa bowl
It is traditional method used by the many people for the padabhyanga. In this kasa bowl i.e bronze bowl is used to massage the foot. Kasa balances the tridosha and it is also useful in Netra roga.

KALA\textsuperscript{[7]}
It is one of the dinacharya upakrama hence yogya kala according to Samhita is at morning with abhyanga and before snana(bath).

According to yogratnakar it is more beneficial when it is done at the evening or at the night.

MATRA\textsuperscript{[8]}
According to sushrut Samhita commentator Dalhana effect of abhyamga according to duration is 900 matra i.e 10-15 min. Time for sneha to reach different dhatu.
1. 300 matra - enters Romkupa
2. 400 matra- enters Twak
3. 500 matra – enters Rakta
4. 600 matra – enters Masa
5. 700 matar – enters Meda
6. 800 matra – enters Asthi
7. 900 matra – enters Majja

PROCEDURE\textsuperscript{[9]}
Before doing padabhyanga first wash feet with lukewarm water. The lukewarm oil then apply over the feet, covering the lower leg joints, soles, heel and toes.
Massage should be occurring in downward, from ankle towards toes and around joints massage should be in circular manner.

Similar procedure should be done on the another feet.

MECHANISM OF ACTION (KARMUKATWA)
1. According to chakradutta, padabhyanga is included in chakshushya varga hence it is useful for maintaining good eyesight and other eye diseases.\[10\]
2. According to vagbhata- 4 sīras of the feet are directly connected to the eyes. Which helps in maintaining good vision and relieve the eye strain with help of padabhyanga.\[11\]

3. Both pada and Netra have the origin from vaikarika and rajas ahamkara also developed at same time of intrauterine life.\[12\]
4. According to Yogshastra\[13\] two sīras considered as nadis – Pushpa and Gandhari. Pushpa connects right toe to right eye and Gandhari connects left toe to left eye.
5. Anatomically there is no such vessels but can consider the sīras as neurovascular bundle because sole of foot has very rich nerve anastomosis. Stimulation of the neurovascular bundle benefits the body as a whole and eyes especially by nourishing eye muscles and reducing eye strain.
6. According to study when reflex stimulation was applied to specific area of the foot, the part of brain that corresponds with the somatosensory area of cortex get stimulates, its stimulant effect may go to the eye and helps in reducing the strain.\[14\]

CONCLUSION
Basically padabhyanga is an important upakrama mentioned by acharyas in dinacharya. It is simple and inexpensive way to relieve eye strain and soothing of eye. The daily use of padabhyanga is helpful in reducing eye strain and its further diseases. hence regular use padabhyanga is beneficial to prevent eye disorders.
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