

The Role of Abhyanga in Swasthritta

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Abstract-

The abhyanga is a part of the dincharya (daily regimen) specified by the Brihatrayi and Laghutrayi series of ayurvedic textbooks to maintain good health and well-being proponents claim. Abhyanga aids joint health, nourishes the dhatus and brings aggravated doshas back to balance. They further claim it improves the condition of dry, coarse hair and flaky skin.

²Abhyanga can be done as part of the steps of panchkarma therapy, especially in the first stage of purva karma (pre treatment) or as its own therapy.

Keywords- swasthritta, Abhyanga, oil massage, dincharya

Defination-³

Massage of oil to all over body skin is called abhyanga

This abhyanga can be done on the skin of body because, sparshanedirya is a sthana of a vayu means experience of sparsha guna because of twacha involvement.

Introduction-⁴

According to ayurveda, those who are desirous of health and happiness should do abhyanga (massage) to the body. Abhyanga is one among the dincharya and is an ancient indian ayurvedic approach adopted for healing relaxation and treating various disease. It is one of the most important day to day activities of life, as how- early to bed and early to rise then brushing of teeth etc. are important this explain in dincharya

Material and Methods-

On the basis of Various ayurvedic classics and literature the definition procedure, doses, benefits, indication and contra -indication of abhyanga are explained.

Importance-

⁵Ayurveda says abhyanga (oil massage) should be performed daily or if not daily atleast applying oil to be head ears and foot is must to lead a healthy life. ⁶Generally tila taila is best for all prakrutis (body constitution) because it is best among

all the tailas in ayurveda. It is tridoshagna and nourishes the body, still tila taila has a unique value.

Abhyanga procedure-

The abhyanga can be done either in standing or sitting or lying position. Abhyanga should be done in the direction of hair with the palms. The abhyanga of karna abhyanga, shirobhyanga and sarvang abhyanga done with help of tila taila and according to diseases various taila used.

In early morning massage with slight warm oil should be started by applying a small amount of oil on the scalp and massaging the head gently. The open palms of the hand and the plane surface of the fingertips. For the whole massage so as to stimulate the marma point which influence all the part of the body. The massage should be circular way so as to stimulate the marma point which influences all the part of the body.

Massage the face and ears using the fingers to the ears is very importance massage the neck and the upper part of the back with flat surface of open palm and fingers massage the arm vigorously for the joint use circular motion. The gently massage the chest, abdomen and pectoral areas. massage the back and spine vigorously massage the legs vigorously in the circular motion for long bones the straight motion. Then massage the feet after the massage procedure bath should be with lukewarm water.

Benefits-

- 1) Abhyanga prevent or minimises the adverse effect of external impact on skin.
- 2) Impact softness, strength, and colour to the body.

- 3) Decreases the effect of aging
- 4) Bestows good vision
- 5) Nourishes the body
- 6) Increase longevity
- 7) Benefits sleep patterns.
- 8) Benefits skin
- 9) Strengthens the body's tolerance
- 10) Imparts tone and vigour to the dhatus (tissue) of the body
- 11) Stimulates the internal organ of the body increasing circulation Pacifies vata and pitta

Indication-

- In old age
- Exsersion
- Aggravation of vata

Contraindication-⁴

- After the shodhan karma
- In fever,ajirna and satarpajanya vyadhi like prameha,kushtha
- In pregnancy
- Acute and extreme illness

Discussion-

Abyanga is manipulation of body parts by massage enhance the overall blood circulation and transport the potency of drugs to desirable part. In the introduction abhyanga explained various acharya in detail in ancient ayurvedic literature. The average thickness mentioned by modern science is 1.5-4mm. Now the effect of abhyanga should be performed as a part of daily routine to maintain a healthy life. The time duration taken by the oil to reach the hair follicles when abhyanga is performed is 300 matras (95sec) the oil reaches the skin ,rakta dhatu ,mamsa dhatu,medo dhatu ,asthi dhatu is 400(133sec) 500(160sec),600(190sec),700(228sec),800(240sec)

respectively and if the abhyanga is continued for 900(280sec) it reaches the majja dhatu.

Conclusion-

A daily abhyanga practices restores the balance of the doshas and enhances wellbeing and longevity regular abhyanga is especially grounding and relaxing for vata dosha imbalances, but everyone can benefit from this practice.

The body of one who uses abhyanga regularly does not become affected much even if subjected to accidental injuries, or strenuous work. By using abhyanga daily, a person is endowed with pleasant touch trimmed body parts and becomes strong charming and least affected by old age.

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