

WINTER AND THE IMPORTANCE OF ABHYANGA SNAN

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Usually, the word Abhyanga is heard during Diwali. It is well known that when Diwali is said, then there will be Abhyanga Snan. But there are many misunderstandings about what exactly Abhyanga Snan is, just washing the body or bathing with soap does not mean Abhyanga Snan. In fact, the word Abhyanga means "applying oil to the entire body".

Applying oil to the entire body and lightly massaging it with oil and then bathing is Abhyanga Snan.

According to Ayurveda, Abhyanga is an activity to be done every day, not just during Diwali.

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Abhyanga is not an activity to be done only during Diwali or for a small child, but something that every person should do regularly every day.

By doing Abhyanga regularly every day,

*Old age does not come early.

- ✓ Fatigue and vata in the body are reduced.
- * Vision improves.
- ✓ The body is strengthened (proper growth).
- * Life expectancy is increased.
- * Sleep is good.

- Just as we service our car after a certain period of time and put oil in it so that the parts of the car do not get damaged due to rubbing, similarly, to compensate for the daily wear and tear of the body, we should apply oil and cosmetics to the entire body on a regular basis.

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Abhyanga that is endowed with all the qualities should be done regularly.