

IMPORTANCE OF ABHYANGA IN TODAY'S SCENARIO**Dr. Ghyan Kanwar^{1*} and Dr. Pramod Kumar Mishra²**

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ABSTRACT

Ayurveda is a "science of life" which provides not only curative but also preventive principles for healthy and long life. Ayurveda is a lifestyle; a science and art of appropriate living that ensures health and longevity of human being. Abhyanga which is one among the Dincharya, is also a part of therapeutic procedures of Panchakarma therapy. As it nourishes the senses of mind and gives the strength, but if done in the region like localized in head, neck, legs etc then it is termed as Shiroabhyanga, pada abhyanga etc. Full body massage gives strength to whole body but localized massage gives strength to that particular part of the body. Localized massage can be practiced by self. Thus, it is easy to practice. But for abhyanga one need to be dependent in massage trainer. The instructions to be followed under localized

massage also. It gives its benefits when it is done in the right manner only.

KEYWORDS: Abhyanga, Dincharya, Shiroabhyanga, Padabhyang, Sarvangabhyanga, Karnapuram.

INTRODUCTION

Abhyang (oil massage) is a form of ayurvedic medicine that involves massage of the body with dosha, Specific warm herbs infused oils. The oil is usually premixed with herbs for specific conditions. The Abhyanga is a part of the Dincharya specified by the Brthattrayi, and Lagutrayi series of Ayurvedic textbooks to maintain good health and wellbeing. Abyanga aids joint health, nourishes the dhatus (tissue of the body) aggravated doshas back to balance. They further claim it improves the condition of dry coarse hair and flaky skin. Abhyanga can

be done as a part of steps of Panchakarma therapy, especially in the first stage. Purva karma (pre-treatment), or as its own. The Abhyanga as prescribed in the Brhattrayi and lagutrayi texts is vigorous, and intended to open up the minor srotas, removes Ama (toxins) through the skin, melt sleshma (fat secretions blockage the srotas) and cleans and moisturize the skin. But Abhyanga can also be used to treat vata imbalance which will bring deep relaxation to the body and a peaceful mind.

AIM

- To study Concept of Abhyanga and its important in Dincharya.

OBJECTIVE

- To review literature regarding Abhyang Karm.
- To study important of Abhyanga in dincharya to correlate relation between guna of vayu and taila.

MATERIAL AND METHODS

- Proper screening of the literature from classical text of ayurveda and modern text.
- Recent advanced study in context of present study will be reviewed using resources like internet and articles.

REVIEW OF LITERATURE

A Sanskrit term, Abhyanga means “massaging the body limbs “or” Glowing body”. It is derived from Abhi: meaning “into” and Anga: meaning “limbs”. It is especially good for balancing the various doshas, which particular benefits for those with a vata dosha imbalance. Vayu is predominant in tactile sense organ which again is located in skin, oil massage is the most beneficial for skin, and hence one should use it regularly. Abhyanga is also called as uttam twach.

प्रयोजनं वास्य स्वस्थस्य स्वास्थरक्षणमातुरस्य त्वक्कारप्रशमनं च ॥^[1]

For the study of swasthrakshan there is need of study of Dincharya. Out of various types of Dincharya abhyanga is one of the types. The various types are, Shiroabhyanga, Padabhyang, Sarvangabhyanga, Karnapuram.^[1,2,3]

Benefits of applying oil to the body (Sarvangabhyanga)^[1]

- Imparts softness, strength and colour to the body.
- Decreases the effect of aging.

- Bestows good vision.
- Nourishes the body
- Increases longevity.
- Benefits skin Strengthens the body 's tolerance
- Imparts a firmness to the limbs
- Imparts tone and vigor to the dhatus (tissues) of the body.
- Stimulates the internal organs of the body.
- Increases circulation.
- Pacifies vata and pitta.

Benefits of applying oil to the scalp (Shiroabhyanga)^[1]

- Makes hair grow luxurious, thick, soft and glossy.
- Soothes and invigorates the sense organs.
- Help reduce facial wrinkles.

Benefits of applying oil to the Ear (Karnapuran)^[1]

- Benefits disorders in and of the ear that are due to increased vata.
- Benefits stiff neck
- Benefits stiffness in the jaw
- Hard hearing and deafness do not occur.

Benefits of applying oil to the feet (Padabhyang)^[1]

- Alleviates coarseness, stiffness, roughness, fatigue and numbness of the feet.
- Feet become strong and firm.
- Enhances vision
- Pacifies vata
- Benefits local tissues, veins and ligaments.
- There is no occurrence of sciatica.
- Cracking of sole.

DISCUSSION

If abhyanga is followed daily it makes the man healthy. The tail used foe abhyanga nourishes the tissues, gives a strength and increase circulation, especially the nerve endings, lubrication

of the joints increases the mental alertness, softens and smoothen the skin, better deeper sleep at night. The soles of the feet are said to have marma points, which in turns stimulates the indriyas (sense organs). Thus, massage is very important to lead a healthy life and to create a healthy society. These are some of the interpretations made based on articles published in research journal.^[4,5]

CONCLUSION

By oil massage the sharer (body) becomes the strong and gains resistance to exhaustion caused by stressful jobs. Ayurved says abhyanga should be performed daily or if not daily at least apply oil to the head, ears and paada. It nourishes, pacifies the doshas, relieves fatigue, provide stemming, pleasure and perfect sleep, enhances the complexion and luster the skin, promotes the longevity and nourishes all parts of the body.

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