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**PUBLISHED PAPER'S TITLE : ROLE OF  
ABHYANGA(OIL MASSAGE) WITH MEDICATED OIL  
IN VATAVYADHI**

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## Research Paper

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# ROLE OF ABHYANGA(OIL MASSAGE) WITH MEDICATED OIL IN VATAVYADHI

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### **Declaration**

The Declaration of the author for publication of Research Paper in Asian Journal of Modern and Ayurvedic Medical Science (ISSN 2279-0772) Dr.Dinesh kr. Meena the author of the research paper entitled Role of Abhyanga(Oil Massage) with medicated oil in VataVyadhi declare that , I take the responsibility of the content and material of my paper as I Myself have written it and also have read the manuscript of my paper carefully. Also, I hereby give my consent to publish my paper in ajmams , This research paper is my original work and no part of it or it's similar version is published or has been sent for publication anywhere else. I authorise the Editorial Board of the Journal to modify and edit the manuscript. I also give my consent to the publisher of ajmams to own the copyright of my research paper.

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**Abstract-**Abhyanga has been considered as important part of the external Snehana. In the classics Snehana means oleation. Caraka says that whatever causes unctuousness, fluidity, softness and moistness in the body is Snehana or oleation therapy.VataVyadhi is a group of the diseases, which can be occurred only by the vitiation of Vata Dosa. Abhyanga provides the means for transdermal absorption of the healing qualities of the materials used in the massage and it helps the skin which is the largest organ in the body, performs its diverse functions efficiently whether it is allowing toxins to be released from the body and nourishment to be absorbed by the tissue.

**Keyword-**Vata dosa, Snehana, oleation, body

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### **Introduction-**

Abhyanga means smearing the body with unctuous or oily substances<sup>1</sup>. Abhyanga is an essential part of Panchakarma therapy and have come a long way in the treatment of joint disorder, orthopaedic, neurological and psychological disorder. Abhyanga is used either locally to a particular part of the body or are done on the whole body. Abhyanga with medicated oil nourishes the skin aids in removing impurities,

stimulates both arterial and lymphatic circulation and reflexes the mind and body promoting overall healing.

### **Abhyanga(Oil Massage)-**

Our skin is the largest organ of our body though we do not aware of it. It is also the most important and rich source of healing substances. It is very sensitive to the touch therapy, particularly to the Abhyanga with powder, oil, aromas or just to the gentle touch. Abhyanga is



one type of external oleation therapy. The word Abhyanga derived from the 'Ang` Dhatu, which is used for the meaning of motion and `Abhi` Upasarga in it. Its literary meaning is to produce some motions. Rubbing or stroking after applying Ghrta, Taila, etc. on the skin, helps in their absorption.

### **Importance-**

The importance of Abhyanga has been shown by the way of different metaphoric illustrations. As a pitcher or dry leather or an axis of a wheel become strong and resistant to wear and tear by the application of oil. Similarly by the Abhyanga of oil, human body becomes strong and smooth - skinned; it becomes unsusceptible to the disease of Vata and resistant to exhaustions and exertions<sup>2</sup>. The body is compared to the tree. If the root of tree is given water regularly, then it lives for a long time. Similarly, on the above analogy, if the body of an individual is oiled properly through Abhyanga, then he lives for a long time, without any decay of disease<sup>3</sup>.

### **Contra indications:**

Abhyanga is the best in both the conditions i.e. health and disease except few exceptions, which are as follows:

1. Patients suffering by Kaphaja or Kapha dominant diseases.
2. Those who have given Vamana (Induced vomiting) or Virecana (Purgation).
3. Persons suffering from indigestion.
4. Persons having Amadosa
5. Taruna Jvara.
6. Those who have given the Niruha Basti (Decoction enema)
7. In the diseases caused by excessive nutrition<sup>4</sup>.

The Abhyanga in these conditions causes Agnimandhya (Diminished digestive fire) and increase in those diseases.

### **Procedure of Abhyanga:**

Abhyanga should be done with medicated oil or ghee, prepared with aromatic and Dosaghna drugs suitable to the season, Prakrti, disease, Dosa etc. It should be applied slowly, gently and in the direction of hair. Abhyanga is done particularly on head, leg and ear daily<sup>5</sup>. For the Abhyanga on head cold or luke-warm oil may be used, because head is the place of all senses and it is considered as the most vital part, hence, it should be protected from heat. Abhyanga on limbs should be applied with warm oil. In this way Abhyanga may be administered with warm oil in cold season and with cold oil in hot season. Abhyanga may be applied in the direction of hairs on relatively broad and large organs. It should be done in round pattern on joints like elbow, shoulder, knee, ankle and lumbar joints. Seven postures of massage-

1. Sitting position
2. Supine position - lying on back
3. Left lateral lying position
4. Again supine position
5. Right lateral lying position
6. Supine position
7. Sitting position<sup>6</sup>.

### **Mode of Action of Abhyanga:**

Acharya Dalhana has explained in detail about the absorption of Sneha (Oleation) used in Abhyanga procedure, accordingly the oil used in Abhyanga can reach up to the different Dhatus if it is applied for the sufficient time. Hence, it is clear that the drug used in the Abhyanga gets absorbed by the skin. Dalhana also mentions that when Snehana drug reaches to the particular Dhatu it subsides or cures the diseases of that particular Dhatu. Caraka has also described that Vayu dominates in the Sparshanendriya i.e. tactile sensory organ, and this sensory organ is lodged in the skin. The Abhyanga is exceedingly beneficial to the skin, so one should practice it regularly<sup>7</sup>. Indriyas are in close contact of mind, hence if Indriyas remain healthy mind automatically



remains healthy. Thus, Abhyanga keeps body and mind healthy.

The drugs used in Abhyanga have the Sneha property. They acts as their properties, are opposite to the properties of Vata. The mode of action of Abyanga can be understood by the properties of Snehana drugs in the following way:

1.Guru Guna(Substances having heavy Properties)- It increases the bodily strength and Kapha. Hemadri called it nutritious for the body. According to Bhavaprakasa Guru Guna has the properties like Vatahara(Pacifier of Vata dosa), Kaphakara(Vitiation of Kapha dosa) and Pustikara(nutrishes the body). Due to these properties it alleviates the morbid Vata, increases the decreased Kapha and nutrishes the body.

2.Snigdha Guna(Substances having unctuous Properties)-This is the main property of Snehana drug. Snigdha Guna acts through its Vatahara, Kaphakara and Vrsya properties. It performs the action like Snehana, Kledana and Visyandana at cellular level of the body.

3.Sita Guna(Substances having cold Properties) – It keeps the mind healthy by increasing pleasure and enthusiasm. It prevents fainting, decrease the perspiration. It stabilizes the muscles and organs.

4.Mrdu Guna(Substances having soft Properties) -Mrdu means soft. This is the opposite attribute of Kathina i.e. hard. By this property Abhyanga reduces the stiffness.

5.Drava Guna(Substances having liquid Properties)- Drava means liquid, which causes humidity. By this Snehana drug propagates swiftly all over the body. If liquefies the Dosas and mobilizes them by increasing their flowing capacity.

6.Picchil Guna(Substances having slimy Properties)-Picchil means slimy. It causes longevity, increases body strength and maintains the structure at

molecular level. It increases Kapha and produces heavy-ness.

7.Sara Guna(Substances having mobile Properties)- The common meaning of Sara is to slip or mobility. It mobilizes the Dosas and Malas i.e. waste products by this property.

8.Manda Guna(Substances having slow Properties)-It is indicative of sluggishness.The snehana drug diffuses slowly by this and it remains in the context of Dosas, Dhatus and Malas for long time.

9.Suksma(Substances having micro Properties)- Suksma means subtle and is helps the drug to enter in the fine channels<sup>8</sup>.

In this way Abhyanga acts through the above properties of Sneha. Because all the properties are opposite to the Vata, Abhyanga is considered useful treatment in the diseases occurred by provoked Vata.

## **Benefits of Abhyanga-**

### **1.The Nervous System:**

Abhyanga synchronizes brains waves and profoundly coordinates and calms mind , body and spirit massage have a powerful sedative effect on nerves, releases stresses and tensions of daily life, remove headache, improve memory, patterns of insomnia broken state of anger impatience and irritation are soothed.

### **2.Muscular System:**

Abhyanga successfully treated muscular aches, pains fatigue and stiffness, cramps of muscles. It also tones up the muscles.

### **3.The Circulatory System and Lymphatic System:**

Massage stimulates arterial and lymphatic circulation, removes stragant waste, enhances the ability of nutrients



to reach starved cells, swelling which may accumulate around an injury can also be dispersed, it improves the functioning of heart, improves poor circulation.

#### **4.The Skeletal System:**

Abhyanga reduces pain, alleviates stiffness of joint and disorders of skeletal system like arthritis benefit enormously from oil massage.

#### **5.The Respiratory System:**

Massage is wonderful treatment for allergies and asthma as mucous and bronchial secretion can be loosened and eliminated from lungs by performing percussive movement over upper back and opening the chest.

#### **6.The Digestive System:**

Abhyanga improves digestion relieves constipation and encourages the elimination of waste matter from colon.

#### **7. Reproductive System:**

Menstrual problem like early menopause will all improve with regular managing programme<sup>9</sup>.

Abhyanga has been mentioned as an effective treatment in the management of the Vata Vyadhi. The present method of Abhyanga is on the basis that the massage should be done generally in the direction of hair except in the joint where circular movement is suggested.

All the movements of the joints are performed by the muscles. So when vitiated Vata affects the muscles, the movement of the joints become restricted. Hence, if during Abhyanga care is taken of those particular muscles involved in the disease, then the better improvement may be provided to the patient. Further, generally pressure strokes are used in Abhyanga. Hence, there is a need to modify the Abhyanga strokes and develop further subtypes of Abhyanga. So that maximum relief can

be achieved. With this hypothesis the present study was carried out.

#### **Abhyanga of head-**

It is described in Caraka Sutra and Sushruta Chikitsa 24 that Abhyanga on head regularly, relieves headache removes baldness, greying of hair and hairs fall, provides strength of head and forehead and also provides black and long hairs, becomes deep rooted ; produces better deeper sleep at night<sup>10</sup>.

#### **Abhyanga of Feet-**

Acharya Caraka and Acharya Sushruta has described that by regular massaging of feet cures instantaneously fatigue, dryness; roughness, numbness and cracking of feet. Prevents sciatica constriction of vessels and ensures ligaments of feet relieves vitiated Vata dosa increases mental alertness and improves eyesight also.<sup>11</sup>

#### **Abhyanga of whole body-**

Abhyanga is indicated in various diseases of muscles and nerves and as a process of making the body physically strong and healthy. As Abhyanga increases circulation especially to nerve endings and tones up the muscles and the whole physiology Vayu dominates in the skin as it is tactile sensory organ so massage is beneficial to skin, so one should practice it regularly, so the body even if subjected to injuries or strenuous work is not much injured and provides softer smoother skin, lubricates the joint, calming the nerves, increases levels of stamina throughout the day.

#### **Oil massage according to diseases-**

##### **Narayan tail(Oil):**

Oil has Antireumatic, anti-inflammatory effect and analgesic muscles and nerves so good for paralysis, Facial paralysis, spondylitis, instability in waking, gripping in the low-back, wasting of



muscle if refreshes the muscle and joints<sup>12</sup>.

#### **Mahamasa taila-**

Helpful for hemiplegia and other neuromuscular disorders.<sup>13</sup>

#### **Pinda Oil-**

Useful for painful arthritis and gout.<sup>14</sup>

#### **Satavari oil-**

This tail helpful in myalgia, sciatica, stiffening of the body(like a stick and falling down), gout<sup>15</sup>

#### **Bala tail-**

For neuromuscular disease.<sup>16</sup>

#### **Masadi taila (Oil)-**

This oil useful in Cervical spondylitis, pain in the shoulder and hand, emaciation of half of the body, convulsion, gripping in the thighs, pain and swelling in the knee joint, bell`s palsy and other neurological disorders.<sup>17</sup>

#### **Prasarini taila (Oil)-**

This tail helpful in treating hunch-back, lameness, stiffening in the lower limbs and joints (like in lathyrism), sciatica, bell`s palsy and stiffness in the Jaws, back, head, neck, and low back and also other severe condition of Vata imbalance are cured instantly by this medicine.<sup>18</sup>

#### **Baladi taila(Oil)-**

Useful in suffering with any type of Vata disorder.<sup>19</sup>

#### **Mahavisha garbha taila (Oil)-**

This taila is useful in pain, joint pain, backache, sciatica, best in painkiller.<sup>20</sup>

#### **Discussion-**

Abhyanga is used either locally to a particular part of the body or are done on the whole body Application of medicated oil can assume in two wayi.e. physical manipulations and the effect of the drug in the medicated oil. Physical manipulation in the form of massage increases the circulation of blood and plasma, it can stimulate and strengthen the lymphatic system and remove internal waste products Application of medicated oil on foot followed by synchronous massage is popularly known as Padabhyanga. Usually Padabhyanga is performed as a part of Sharirabhyanga. In addition to its whole body benefits.

#### **Conclusion-**

Thus at last Abhyanga is useful neuromuscular disease, sleep skin problem and maintain youthfulness. It can bind a joint which is too loose and looser a joint that is too rigid so it is most popular demand today for Vata Vyadhis. It can be done regularly to a person for the prevention of several diseases and for the maintenance as well as promotion of positive health. It can also be done as a special therapy for a limited period. This special massage therapy is generally carried out for the purposes of, Rejuvenating the body to prevent and arrest the ageing process; and curing several obstinate and otherwise incurable diseases. Apart from the above mentioned purposes, Abhyanga therapy along with fomentation is also given before administering several categories of elimination therapies like Vamana(Induced vomiting), Virechaana (Purgation), Basti (medicated enema) and Nasya (medicated nasal drops).

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