



Abhyangamaacharet Nityam- In Preventive Perspective

Sukhdev Tonde¹, Shweta Deshpande^{2*} and Rajesh Kolarkar³

^{1,2,3}Samhitadep, Y.M.T Ayurvedic Medical College, Kharghar, Maharashtra, India

Abstract

Ayurveda emphasizes the treatment aspect in both *swastha* as well as diseased. Now a days it is also mentioned in contemporary sciences that even a healthy person must undergo some treatment and regimens to maintain health and prevent diseases. *Swasthvritta* deals with things those should be performed in a day by a person from rising up to go to the bed at night to maintain health. *Abhyangam* is one of the procedures to be performed daily “*AbhyangamaacharetNityam*”. *Abhyanga* is derived from “*Ang*”dhatu and “*abhi*” upsarga which means- Movements which perform by hands on bodily part to absorb the *snehadrayva*. *Abhyanga* is one of the *bahyasnehana*. It comes as part of Daily regimen (*dincharya*), poorva karma (pre procedure of *Shodhankarma*). According to *Ayurveda* *Abhyangam* which is practiced daily prevents the ageing process, avoids diseases, and maintains proper skin health.

Keywords

Abhyangam, Preventive perspective



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INTRODUCTION

Ayurvedahas given prime importance to preventive as well as curative aspect. Other modern sciences are also mentioning the importance of this aspect. *Swasthvirritais* one of the important branch which deals with *dincharya*. *Abhyangam* is one of the procedures to be performed daily “*AbhyangamAacharetNityam*”. *Abhyangais* nothing but the procedure performed by hands on different body parts to absorb *snehadrayva*. *Abhyanga* is one of the *bahyasnehana*. It is one of the procedures done in *dincharya* as well as *aspoorva karma* (pre procedure of *Shodhan karma*).

The references of *Abhyangam* are found in both, *Brihattraiyee* and *laghutraiye* except in *Madhavnidan*. All of these texts have mentioned about *shiroabhyanga*, *karnaAbhyangam*, and *PadaAbhyangame* each of which have their own importance and connection to each other. *Abhyangam* has to be performed first on *shiras* followed by *shravana* and *pada*.

1) *ShiroAbhyangam* - *Shiroabhyangam* means application of oil on scalp which gives benefits like prevention from baldness, headache, immature greying of hair and insomnia.

2) *KarnaAbhyangam*– It is also known as *Karnapurana*. It means pouring of medicated oil into ears. This prevents deafness, cures stiffness of neck, relieves headache and ear ache.

3) *PadaAbhyangam-Padaabhyangais* oil massage to legs and feet. It prevents cracking heels, improves eye sight, reduces pain in sciatica and reduces excessive dryness of feet.

Abhyangam can be considered as one the best measures as to prevent aging and to maintain health.

AIM AND OBJECTIVES

- 1) Conceptual study of *Abhyangam* according to ayurveda
- 2) Review of *ayurvedic* literature and *ayurvedic* scholar article regarding benefits of *Abhyangam*.

Materials

- 1) Sharma, Priyanka, and Prashant Sharma. "ABHYANG-WAY TO HEALTH." *World Journal Of Pharmacy And Pharmaceutical Science*, Volume 3:9.970 (2014).
- 2) Basler, Annetrin Jytte. "Pilot Study Investigating The Effects Of Ayurvedic Abhyanga Massage On Subjective Stress



Experience." *The Journal Of Alternative And Complementary Medicine* 17.5 (2011): 435-440.

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6) Lakshmi, Vijay, Sarika Srivastawa, And Ramesh Kumar Gupta. "Sutika Paricharya: Post Natal Care In Ayurveda." *International Journal* 2.4 (2014).

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Methods:

1) Type of study- Conceptual study (Literature review)

2) OBSERVATIONS

Sr.no	Abhyangam	Benefits
1	In normal human being	Reduces stress, Lower heart rate and blood pressure.
2	On skin	Gives lustre by acting on <i>bhrajak pitta</i>
3	<i>Shiroabhyanga</i>	Prevents baldness, headache, premature greying of hair and insomnia, reduces stress of whole body
4	<i>Karnaabhyanga</i>	Prevents deafness, cures stiffness of neck, relieves headache and ear ache.
5	<i>Padaabhyanga</i>	Prevents cracking heels, improves eye sight, reduces pain in sciatica and reduces excessive dryness of feet.



6	In <i>Sutika</i>	Tones up pelvic floor, abdomen, back and vagina and prevents anaemia by increasing red blood cells.
7	In <i>Jatmatra</i>	Enhances immunity, effective in weight gain and accelerates the proper growth and development of baby.

3)

LITERATURE REVIEW-

Abhyangam is one of the procedures to be practiced as a routine by every individual. It is the most commonly indicated and extensively applied treatment procedure amongst the *BahirparimarjanaChikitsa*. *Abhyangam* helps human being to prevent the common health hazards. It helps to live a healthy life. Massage has been used since centuries for both therapeutic and preventing purposes.¹

Findings of some studies indicate that *Abhyangam* massage is promising in reducing subjective stress experience. It may be beneficial in lowering heart rate and thereby BP in prehypertensive subjects. The results of this pilot study encourage further research with more stringent methodology².

Medicated oil is used in the form of *Abhyangam* activates *Bhrajaka pitta* to promote the luster of the skin³. *Shiroabhyanga* is itself practicable, easy

procedure, very much economic and effective. *Shiroabhyangam* gives benefits like de-stressing whole body, strengthening the nervous system, maintaining sound sleep, preventing the hair fall and removing toxins and side-effects caused by dyes etc⁴.

Padabhyangam is simple, cost effective, less time consuming procedure. It can be practiced easily by individual even in their busy schedule. This procedure can be practised in all seasons and not only restricted to *ShishiraRitu*. It can be practiced as a preventive procedure for foot related problems and to get the other beneficial effects⁵.

Abhyangamin sutikaparicharya plays an important role by toning up pelvic floor, abdomen, back and vagina. It prevents anaemia by increasing red blood cells.⁶

Abhyangam can be practised in neonatal babies with proper selection of oil under medical supervision and advice. This is already mentioned in *jatmatraparicharya*. *Abhyangam* in neonatal enhances immunity,

effective in weight gain and accelerates proper growth and development of baby.⁷

DISCUSSION

Abhyangam is beneficial for maintaining the health in many aspects. It is massage with oil on different body parts. It is applied on skin as external procedure. It is absorbed with the action of *bhrajak pitta*. It produces healthy effects on the skin as improving lustre.

It is of different types according to its application on different body parts. It gives benefits to the respective body parts locally as well as to the whole body. As per review in the literature the *Shiroabhyanga* prevents baldness, promotes hair growth, and prevents greying. These are local benefits as oil is applied on head in *Shiroabhyanga*. Not only is this but it also helpful in reducing insomnia and stress. This is whole body effect.

Karnaabhyangam is related to ears which prevents deafness, cures stiffness of neck, relieves headache and ear ache.

Abhyangam has curative effect in many diseases. *Padaabhyanga* helps in the treatment of cracking heels, reducing pain in

the sciatica. *Abhyangam* improves muscle tone as used in *sutikaabhyangam*. It is also seen to be helpful in preventing anaemia. It is immunity booster and overall growth promoter in new born babies.

Thus *abhyangam* is simple remedy can be adapted in day to day life. It has different names according to different body parts but basic concept of all is same. It improves local as well as overall health of the body.

CONCLUSION

Abhyangam is natural remedy stated for healthy skin and many benefits. It is application of oil and massage on different body parts. It is of many types according to applicable parts. From the review of different research studies it has been observed that *abhyangam* has both preventive and curative aspect. It is good for skin, eyes, hair, muscles, ears and every aspect of body. The further study can be done with individual disease having *abhyangam* as treatment remedy and its benefit in reduction of disease symptoms with relevant data.

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