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. Swasthvratta 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 snehadraya. 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
INTRODUCTION

Ayurveda has given prime importance to preventive as well as curative aspect. Other modern sciences are also mentioning the importance of this aspect. Swasthvritta is one of the important branch which deals with dincharya. Abhyangam is one of the procedures to be performed daily “Abhyangam Aacharet Nityam”. 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 dincharyaaswell aspoorva karma (pre procedure of Shodhan karma).

The references of Abhyangam are found in both, Brihattraiyee and laghutratreiye except in Madhavaniyan. All of these texts have mentioned about shiroabhyanga, karna Abhyangam, and PadaAbhyangameach 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) Shiro Abhyangam - Shiroabhyanga means application of oil on scalp which gives benefits like prevention from baldness, headache, immature greying of hair and insomnia.

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

3) Pada Abhyangam - 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 heath.

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

2) Basler, AnnetrinJytte. "Pilot Study Investigating The Effects Of Ayurvedic Abhyanga Massage On Subjective Stress


Methods:

2) OBSERVATIONS

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

| 6 | Tones up pelvic floor, abdomen, back and vagina and prevents anaemia by increasing red blood cells. |

| 7 | 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 *BahirparimajanaChikitsa*. *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 a self-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 practiced 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.

*Karnaabhyangais* 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.
REFERENCES


