

**The importance of *Abhyanga* in *Dincharya* in present era: A literary review.****Ganesh Puradkar\*<sup>1</sup>, Arun Dudhamal<sup>2</sup>, Disha Sharma<sup>3</sup>**

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APM's, *Ayurved Mahavidyalaya, Sion*, Mumbai, Maharashtra, India**\*Corresponding author:** e-mail: [puradkarganesh@gmail.com](mailto:puradkarganesh@gmail.com); Contact no: 9819143240**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*, *padaabhyanga* 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.

**KEY WORDS:**

*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 *dhatu*s (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 *Panchkarma* therapy, especially in the first stage. *Purva karma* (pre-treatment), or as its own. The *Abhyanga* as prescribed in the *Brthattrayi* and *lagutrayi* texts is vigorous, and intended to open up the minor *srotas*, removes *Ama* (toxins) through the skin, melt *kleshma* (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 *Abganya* and its important in *Dincharya*.

#### OBJECTIVE:

- To review literature regarding *Abhyang karm*.
- To study important of *Abhyang* 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 *Sanstrit* 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. *Abyanga* is also called as *uttam twach*.

प्रयोजनं चास्य स्वस्थस्यस्वास्त्रक्षणमातुरस्य  
विकारप्रशमनं च <sup>[1]</sup>

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*, *Padabhayang*, *Sarvangabhyanga*, *Karnapuram*<sup>[1, 2, 3]</sup>.

### Benefits of applying oil to the body (*Sarvangabhyanga*)<sup>[1]</sup>:

- Imparts softness, strength and color 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 *dhatu*s (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*)<sup>[1]</sup>:

- 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 (*Karnapurana*)<sup>[1]</sup>:

- 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 does not occur

### Benefits of applying oil to the feet (*Padabhyang*)<sup>[1]</sup>:

- 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 for *abhyanga* nourishes the tissues, gives a strength and increase circulation, specially 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.<sup>[4, 5]</sup>

### Conclusion:

By oil massage the *sharir* (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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