

Department :- Ayurved Samhita &
Siddhant

Topic :- Importance of Abhyanga

INTRODUCTION

- Abhyanga has been considered as a type of bahya snehana .
- In classics, Abhyanga has been mentioned as the part of Dinacarya
- Person should resort to Abhyanga every day if he wants to keep himself healthy
- The body is compared to the tree. If the root of tree is given water regularly, then it lives for a long time. Similarly our body needs abhyanga daily to live a healthy life.

NIRUKTI

अभि +अन्ज घञ् कुत्वं =अभ्यङ्ग
(श. क . द्रु)

Definition

- It is defined as a procedure of application of sneha dravyas over the body and make to and fro movements

NECESSITY OF ABHYANGA

- स्नेहाभ्यङ्गाद्यथा कुम्भश्चर्म स्नेहविमर्दनात्।
भवत्युपाङ्गादक्षश्च दृढः क्लेशसहो यथा॥८५॥
तथा शरीरमभ्यङ्गाद्दृढं सुत्वक् च जायते।
प्रशान्तमारुताबाधं क्लेशव्यायामसंसहम्॥८६॥

C SU 5/ 85-86

How pot , leather & axle of cart become strong & efficient by oiling, similarly the body becomes strong & stable and so also the skin becomes drudha and good by anointing it with oil, Abhyanga pacifies vata, and body becomes capable of withstanding fatigue & exercise.

Sarvanga Abhyanga



अभ्यङ्गमाचरेन्नित्यं, स जरा श्रमवातहा।
दृष्टिप्रसादपुष्ट्यायुः स्वप्नसुत्वक्त्वदार्ढ्यकृत्॥
(AH Su 2/8)

- Abhyanga should be done daily because it helps to,
- Retards ageing, exertion & pacifies vata.
 - Good for vision
 - Nourishes the body
 - Increases longevity
 - Good sleep
 - Good for skin(complexion & firmness)
 - Provides good physic.

Specific site for Abhyanga

➤ शिरः श्रवणपादेषु तं विशेषेण शीलयेत् ।।

AH SU 2/8 & AS SU 3/28,



Importance Of Shiroabhyanga

➤ शिरोगतांस्तथा रोगाञ्छिरोभङ्गोऽपकर्षति ।
केशानां मार्दवं दैर्घ्यं बहुत्वं स्निग्धकृष्णताम् ॥२५॥
करोति शिरसस्तृप्तिं सूत्वक्कमपि चाननम् ।
सन्तर्पणं चेन्द्रियाणां शिरसः प्रतिपूरणम् ॥२६॥
(Su Chi 24/25-26)

- Shiroabhyanga eliminates diseases of head
- Makes hair grows soft, long, thick, glossy & blackness of hairs
- Makes satiety in head, Removes facial wrinkles,
- Nourishes the sense organs & does the pratipurana of Shiras



Cont....

➤ नित्यं स्नेहार्द्रशिरसः शिरःशूलं न जायते।
न खालित्यं न पालित्यं न केशाः प्रपतन्ति च॥
बलं शिरःकपालानां विशेषेणाभिवर्धते।
दृढमूलाश्च दीर्घाश्च कृष्णाः केशा भवन्ति च॥
इन्द्रियाणि प्रसीदन्ति सुत्वग्भवति चाननम्
निद्रालाभः सुखं च स्यान्मूर्ध्नि तैलनिषेवणात्।

(Ch Su 5/81-83)



- By applying oil daily to head, does not get headache, baldness , greying of hair, nor there will be hair fall.
- Bones of skull & forehead will become strong
- Roots of the hair become strong, hairs will be long and black coloured.
- Rejuvenates the indriyas, increases the skin complexion of the face.
- Gets good sleep easily and feels happy.

Importance Of Karna Poorana

➤ हनुमन्याशिरःकर्णशूलघ्नं कर्णपूरणम् ।।
(Su Chi 24/29)

Instilling of oil into the ear helps to remove pain in the jaw, carotid region, head & ear.

➤ न कर्णरोगा वातोत्था न मन्याहनुसङ्ग्रहः ।
नोच्चैः श्रुतिर्न बाधिर्यं स्यान्नित्यं कर्णतर्पणात्
(Ch Su 5/84)

- Daily instillation of oil in ear helps to keep away vataja karna roga
- It removes stiffness of the neck and jaw.
- Normal pitched voice can be heard (no necessity of high pitch), and deafness will not arise.



Importance of Padhabhyanga

- निद्राकरो देहसुखश्चक्षुष्यः श्रमसुप्तिनूत् ॥७०॥
पादत्वङ्मृदुकारी च पादाभ्यङ्गः सदा हितः ॥७१॥

Abhyanga of feet helps to,

- Get good sleep
- Pleasure to body
- Good for vision
- Removes fatigue & numbness of feet.
- Softens the feet

Padabhyanga (Su Chi 24)



BENEFITS OF ABHYANGA

According to charaka

न चाभिघाताभिहतं गात्रमभ्यङ्गसेविनः।
विकारं भजतेऽत्यर्थं बलकर्मणि वा क्वचित्॥
सुस्पर्शोपचिताङ्गश्च बलवान् प्रियदर्शनः।
भवत्यभ्यङ्गनित्यत्वान्नरोऽल्पजर एव च॥

(C Su 5/88-89)

- Regular abhyanga helps to avoid abhihata caused by abhighata or heavy works it will not effect skin complexion
- It makes the skin susparsha , well grown body, good strength , pleasing appearance & signs of ageing develop slowly.

Cont..

According to Susrutha

अभ्यङ्गो मार्दवकरः कफवातनिरोधनः ।
धातूनां पुष्टिजननो मृजावर्णबलप्रदः ॥

(Su Chi 24/30)

- It helps softness of body,
- Pacifies Kapha and Vata
- Promotes dhatu &
- Provides cleanliness, complexion & strength.

Benefits of Padabhyanga

- खरत्वं स्तब्धता रौक्ष्यं श्रमः सुप्तिश्च पादयोः।
सद्य एवोपशाम्यन्ति पादाभ्यङ्गनिषेवणात्।।
जायते सौकुमार्यं च बलं स्थैर्यं च पादयोः।
दृष्टिः प्रसादं लभते मारुतश्चोपशाम्यति।।
न च स्याद्गृध्रसीवातः पादयोः स्फुटनं न च।
न सिरास्नार्युसङ्कोचः पादाभ्यङ्गेन पादयोः।।



(Ch Su 5/90-92)

- Roughness , stiffness , dryness , fatigue & loss of sensation of feet get relieved immediately by anointing & massaging the feet.
- Feet become soft , strong & steady
- Person obtains clear vision , & pacifies vata
- Not effected by sciatica , cracks of feet &
- Not effected by contraction of sira & snayu

Abhyanga Is Preferred In Following Condition

Condition	Ref
Adharaniya vega (Mutra, Purisha, Retasa, Nidra)	C Su 7/5-9
Pittaja Gulma	C Chi 5/131
Apasmara	C Chi 10/32
Vatodara	C Chi 13/155
In Atiyoga of Vamana	C Chi 17/86
Scorpion bite	C Chi 23/173
Vataja hrudroga	C Chi 26/82

CONTRAINDICATION OF ABHYANGA

- केवलं सामदोषेषु न कथञ्चन योजयेत् ।
तरुणज्वर्यजीर्णं च नाभ्यक्तव्यौ कथञ्चन ॥
तथा विरिक्तोवान्तश्च निरुद्धो यश्च मानवः ।
पूर्वयोः कृच्छ्रता व्याधेरसाध्यत्वमथापि वा ॥
शेषाणां तदहः प्रोक्ता अग्निमान्द्यादयो गदाः ।
सन्तर्पणसमुत्थानां रोगाणां नैव कारयेत् ॥



(S chi 24/35-37)

- Dosa associated with Ama
- Taruna Jvara & Ajeerna (Indigestion)
- Those who have been given Vamana or Virecana or Niruha Basti
- If abhyanga done in taruna Jvara & ajeerna it causes severity or incurability of disease
- If abhyanga is done in same day it causes Agnimandhya and produces diseases.
- In the diseases caused by over nutrition.

Cont....

➤ वज्र्योऽभ्यङ्गः कफग्रस्तकृतसंशुद्ध्यजीर्णिभिः॥

(AH SU2/9)

Abhyanga should be avoided in persons,

- Suffering from aggravated kapha
- Undergone panchakarma therapy
- Ajeerna.



Method of Abhyanga:

- Abhyanga should be done with luke-warm oil or ghee, prepared with aromatic and Dosaghna drugs
- It should be applied slowly, gently and in the direction of hair.
- Abhyanga is done particularly on head, ear and feet daily .
- 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.

The Abhyanga should be done in the following seven positions:

POSITIONS	SITE INTENDED
Sitting Position	Head , Ear , Face , neck
Supine Position	Anterior aspect of the body
Left lateral Position	Rt side of trunk , Inner aspect of rt arm & Outer aspect of lt leg
Right lateral Position	Lt side of trunk , Inner aspect of lt arm & Outer aspect of rt leg
Prone Position	Posterior aspect of the body
Supine Position	
Sitting Position	



POSITIONS



DISCUSSION

Mode of action of abhyanga.

➤ स्पर्शनेऽभ्यधिको वायुः स्पर्शनं च त्वगाश्रितम्।
त्वच्यश्च परमभ्यङ्गस्तस्मात्तं शीलयेन्नरः॥८७

(Ca. Su. 5/87).

- Vayu dominates in the Sparshanendriya , and this sensory organ is located in the skin.
- The Abhyanga is beneficial to the skin, so one should practice it regularly.

Purpose Of Abhyanga

Abhyanga can be done for four different purposes.

1. **Dinacharya** - For the prevention of several diseases and for the maintenance as well as promotion of positive health.
2. **Purva Karma** - Along with abhyanga, fomentation is also given before administering several categories of elimination therapies like Vamana, Virecana, Basti and Nasya.
3. **Pradhana Karma** - It can also be done as a special therapy for a limited period in many indicated diseases.
4. **Paschat Karma** – In mukhalepa, after drying lepa is removed & in that place abhyanga is preferred

Effect On Dhatu:

धातूनां पुष्टिजननो मृजावर्णबलप्रदः ।।

(Su.S. Ci. 24/30).

Dalhana the commentator of Susruta has described the effect of Abhyanga . According to the duration of it is done, the oil used in Abhyanga reaches to the

➤ Root of hair of the skin	300 Matras i.e. approx (96 sec)
➤ Skin	400 Matras (133 sec.)
➤ Rakta	500 Matras (160 sec.)
➤ Mamsa	600 Matras (190 sec.)
➤ Meda	700 Matras (228 sec.)
➤ Asthi	800 Matras (240 sec.)
➤ Majja	900 Matras (285 sec)

Abhyanga should be applied at least 5 minutes continuously to get its maximum effect in deeper tissues like Majja.

CONCLUSION

- ✚ Abhyanga is one among the Dinacharya to maintain health and prevent disease.
- ✚ Based on the utility, Abhyanga can be applied to Sarvanga or Ekanga.
- ✚ Sarvanga abhyanga should be performed daily. if not, at-least one should practice Abhyanga over the Shiras, Karna and Pada to lead a healthy life.



Thank you

