

## Ayurvedic Massage For Nourishment & Flexibility of The Body



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### ABSTRACT

Massage is the application of self-tissue manipulation techniques to the body generally intended to reduce stress and fatigue while improving circulation. The use of oil, lotions and powders can also be included as it reduces friction on the skin massage and helps to relieve the stress and tension of everyday living that can benefit for disease & illness, Panchkarma is an ayurvedic therapy, which focuses on the elimination of diseases. All treatment given in panchkarma, depends upon condition of individual opting for it. Oil is a liquid at room temperature that does not dissolve in water but soluble in organic solvent. In Ayurveda oils are considered as excellent normalizers of doshas and hence used to cure diseases. The oil is chosen according to the season and body constituency to reap the benefits. Panchkarma is believed to help to clean the body impurities that can lead to diseases. Naturopathy is an ancient treatment which uses five elements to cure ailments and mud is one among them, the mud retains the moisture; hence give the cooling effect to the body. This therapy is then followed by a warm shower. Massage has several health benefits like

- \* Massage reduces the tension in the muscles and relieves muscular pain.
- \* Vigorous massage stimulates nerves and increases their efficiency.
- \* The accelerated circulation reduces swelling there is an increase in the capacity of the blood to carry oxygen and to utilize it effectively.
- \* Massaging the abdomen stimulates the digestive system and promotes better elimination of wastes massage is a curative procedure that is highly beneficial for entire system of the body.

### Introduction

Massage is one of the oldest healing arts 3000 years back as per the documents and Chinese records during ancient Hindus, Persian and Egyptians applied form of massage for many ailments and Hypocrites wrote papers recommending the use of rubbing and friction for joint and circulatory problems. In many physical rehabilitation programs, massage therapy has also proven beneficial for many chronic conditions, including low back pain, arthritis, bursitis fatigue, high blood pressure, diabetes, immunity suppression, infertility, depression, etc. Massage is the application of soft tissue manipulation techniques to the body, generally intended to reduce stress and fatigue while improving circulation. There are many variations and techniques of massage. There is more than 250 variations of massage and many practitioners utilize multiple techniques. This may also include non-forceful passive or active movements and / or application of techniques intended to affect the energetic systems of the body. The use of oils, lotions and powders may also be included to reduce friction on the skin.

Panchakarma is an ayurvedic theory, which focuses on the elimination of diseases. It is said that ayurvedic way of medicine has two aspects to medical practice. The first involves the maintenance of good health and the other involves treatment of diseases. Panchakarma involves the use of series of techniques to purify the body with the goal of eliminating the toxins, which cause the diseases, balance to our body with beau-

tiful life.

Panchakarma means five actions and this treatment involves different treatment.

- Vamana -- Controlled vomiting
- Virechana -- Use of Laxatives
- Bhasti -- Enemas to clean large Intestine
- Naryaa Treatment-- Herbs applied through the nose
- Rakta Mokshana -- Therapeutic bloods letting.

All the treatment given in Panchakarma vary & depends upon the condition of individual opting for it. Ayurveda also uses the medicated oils to treat disease. Caster oil is mainly used as the basis of oil preparation but Ayurveda consider season oil as best.

### Oil Massage :-

Oil is a liquid at room temperature that does not dissolve in water but soluble in organic solvents. The essential oils that are medicated are used for nourishment of the body from skin to hair and overall body. In ayurveda oils are considered as excellent normalisers of doshais and hence used to cure diseases. An oil massage can benefit it many ways.

- Reduces stress ( reduces negative and rearing effects of stress)
- Improves blood and lymphatic circulation
- Improve flexibility & body awareness
- Increase range of motion
- Improves quantity of sleep & Elevates mood

- Reduces pain
- Enhances quantity of relaxation
- Prevents & reduce severity of injury.

Sesame oil brings to normal condition & it cures much disease. It is helpful in preventing dandruff and also reduces itching of the scalp. Regular massage of sesame oil on the skin increases its glow and fairness. Besides, these benefits it is also beneficial in body pain and joints pain. Mustard oil enhances body strength.

The oil is chosen according to the season and body constituency to reap the benefits. Natural oil contains many organic constituents and when combined with herbs like Brahmi, Amala, Neem and Bhringraj. They react in making one beautiful and also disease free. Panchakarma is believed to help in cleaning body impurities that can lead to diseases. In today's world most of us suffer from various diseases the reason is very simple, just because we have lost the touch with nature. Naturopathy is an ancient treatment which uses the five elements to cure ailments and mud is one among them.

#### **Mud Pack**

Mud consists of five earth elements and has an immense impact on the body for health as well as in curing some specific ailments. The mud retains the moisture & gives the cooling effect to the body. One among them is Mud bath, this is similar to mud pack with only difference it is applied to the portion of the body. This therapy is then followed by a warm shower.

#### **Benefits of Mud Pack**

Minerals and other elements present in mud are known for their healing effect, they stimulate the nervous system and act as moisturizer to the body. Mud packs open the pores of skin through which the skin can breathe. Experts also say that mud packs help people suffering from leucoderma and psoriasis & also reduces the swelling. In high fever a clay pack is very beneficial it brings the temperature to normal range. It

is also beneficial in abdominal diseases.

#### **Conclusion**

Massage has several health benefits few of them are listed below:

- o **Muscles** - Massage reduces the tension in the muscles and relieves muscular pain. Strenuous exertion results in the accumulation of lactic acid in the muscles. Massage helps to rid the muscles of this acid and thus imparts a feeling of freshness and vigor.
- o **The Heart** - Systematic massage reduces the burden on the heart and increases its efficiency.
- o **Nerves** - Slow and gentle massage with light pressure relieves tension of the nerves and soothes them. Vigorous massage stimulates lax nerves and increases their efficiency.
- o **Skin** - Massage has beneficial effects on the skin. The pores of the skin are opened up, thus helping of the elimination of toxins from the body through perspiration.
- o **Blood Circulation** - The circulation of the blood is being managed and speeded, so that part which is supplied with more nutrients its healing powers are augmented. The accelerated circulation reduces swelling. There is an increase in the capacity of the blood to carry oxygen and to utilize it effectively.
- o **The digestive system** - Massaging the abdomen stimulates the digestive system & promotes better elimination of wastes. The resistive powers of the body are strengthened due to the increase in the efficiency of lives.
- o **The urinary system** - Massaging the urinary system results in the process of elimination of toxins sustain from the body through the urine.
- o **Massage is highly beneficial** for the entire system of the body. Normally dry plans are used for massage but if the skin is too dry or if the body is excessively weak, soothing oil may be used. Among oils sesame oil is considered best for massaging the body.

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