

## ABHYANGA

Abhyanga is defined as an ayurvedic procedure of application of *Snehadravyas* over body with certain amount of (very mild) pressure in specific directions. It can be applied to the whole body or locally. Many of the prevalent modern massage techniques are the modified forms of *Abhyanga*. These are developed from *Keraleeya Kalari Chikitsa*, *Kathakali* massage and martial arts. Hygienic massage is simply 'oil bath' that can be done generally all over the body daily. While sports massage mainly meant for the fitness of athletes, therapeutic massage is specially indicated for specific disease conditions.

### Materials required:

1. Oil/medicated oil:100-150 ml
2. Vessel :200 ml capacity
3. Tissue paper/soft towel: Q.S.
4. Green grams powder/medicated *Snana Choorna*/medicated soap: Q.S.
5. Masseurs: (Whole body-2, *Ekanga*-1,For children below10-1)

### Pre operative procedure:

Oil in *Kharapaka* or *Madhyamapaka* should be selected according to climate, *Prakriti* and disease condition of the patient. The oil is heated up to 38°C - 44°C. For *Siroabhyanga*, lukewarm oil is selected.

### Procedure:

Patient should be seated on the *droni*/table, with leg extended. The oil with optimum temperature should be applied to head, first in the anterior fontanellae and then the whole scalp.

Then *Karnabhyanga* should be done, Palm and *Padabhyanga* are also done prior to the main process. The oil heated should be applied uniformly by two therapists on both sides of the *droni*/ table. Start massaging scalp, head and move down to neck, upper back, shoulders, upper arms, forearms & hands; then chest, abdomen, low back, lower limbs.

*Abhyanga* should be done in sitting, supine, right lateral, left lateral positions. Prone position can also be adopted in the case of low back ache. Avoid prone position in patients with chronic diseases of lung, heart, GIT. Upper back should be massaged in upward down direction. Limb joints should be massaged in circular manner and muscles in linear manner. Umbilical region is massaged in circular manner.

Supine position:-U. Limbs Shoulder & neck, Umbilical region, Lower limbs & region from sternum to flanks are more concentrated.

Left lateral:-Back, L.Limb & Hip are more concentrated.

Rt. Lateral:-Back, Rt. Limb & Hip.

If prone: - Mild spinal massage is given.

At the end of the procedure the medicine on the body should be wiped off with tissue paper / towels.

**Duration:** Usually 45-60 minutes.

### Post operative procedure:

Patient should take complete rest for 15 minutes in comfortable position. Patient can take bath in lukewarm water with suitable medicated soap or *Snana Choorna*. *Rasnadi Choorna* should be applied on head after *Snana*. When the patient feels appetite, take light food according to illness, digestive power & *satmya*. If the patient is indicated for *Swedana*, proper *Swedana* should be done immediately after *Abhyanga* before bath.

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