ROLE OF **PAADA ABHYANGA IN PREVENTIVE & CURATIVE ASPECT**

Nagesh Gandagi¹, Shubhangi Patil², Prakash Ide³

¹MD, Ph.D. H.O.D. & Professor, Dept. of P.G. KayaChikitsa  
²MD, Professor, Dept. of Roga Nidana & Vikriti Vignan  
³MD, Assistant Professor, Dept. of Shareera Rachana  
Pt. Shivshaktiil Sharma Ayurveda Medical College & Hospital, Ratlam-457001, Madhya Pradesh, India  

Email: drnagsvgm@rediffmail.com

**ABSTRACT**

In this fast pacing era and changed lifestyle human being are affected in lot of ways. This changed lifestyle contributes to many *sharirik vyadhi* (Physical disorders), *manasik vyadhi* (Mental disorder) and *manosharirik vyadhi* (Psychosomatic disorders). *Dinacharya* explained in Ayurveda help to prevent many derangements simultaneously cures the new health problems. *Paadaabhyanga* is one of the procedures told in *dinacharya*. It has well known *vataghna* effect on body. We are very well known that *Pakwashaya, kati, sakthi, shrothra, asthi, sparshanendriya* are the *vata sthanas*, out of that *pakwashaya* is important one. As a *Sakthi* one can considered as a complete lower extremity also as a *vatasthana*. *Abhyanga* or smearing of oil on body part has *vataghna* and *kaphakar* effect which can be used for healing, relaxation, to slow down aging or preventing *vata rogas*. *Paadabyanga* is a systematic therapeutic process of oleation to foot which has preventive and curative benefits on body, leading to generalized sense of well-being.

**Keywords:** *Paadaabhyanga*, Preventive, Curative, Diseases.

**INTRODUCTION**

As *Abhyangam* “Ab” means to follow “Angam” means the body or body part. *Abhyanga* is defined as massaging of oil with pressure on certain part or on whole body of an individual. *Abhyanga* is an ancient art used for healing, relaxation, to prevent early ageing, prevention & treatment of various diseases. *Acharya Vagbhata* told that *abhyangam* should be done on Body or part of the body specially done on *Shira* (Head), *Shravana*...
(Ears) & Pada (Foot) on daily basis (A.H.Su.2/8). Acharya Charaka told that, Vata dosha is further excited by the atiyoga and mithya yoga of panchagnanendrias and panchkarmendrias, irregular food habits, standing for longer time, Excessive travelling, over exertion, anxiety etc. to substantiate, Pada-abhyanga is done as a part of Dinacharya (Daily routine) to maintain good health & wellbeing.

AIM
To study the importance of Paadaabhyanga in preventive and curative aspect

OBJECTIVES
Study of Paadaabhyanga in relation with keeping health in healthy condition

Table 1: Contents of Paada (Foot)

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Contents</th>
<th>Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>Asthi</td>
<td>26</td>
</tr>
<tr>
<td>02</td>
<td>Sandhi</td>
<td>14</td>
</tr>
<tr>
<td>03</td>
<td>Peshi</td>
<td>45</td>
</tr>
<tr>
<td>04</td>
<td>Snayu</td>
<td>60</td>
</tr>
</tbody>
</table>

Total there are 107 marmas are located in the body, out of which eight marmas are situated in the sole of both legs. Marma is a vital point on the surface of the body which is related to the confluence of Mamsa, Sira, Snayu, Asthi & Sandhi, in these places prana resides, especially by nature. Hence, any injury to these parts can be painful & cripple the local functions or even lead to sudden death of the individual.

Table 2: Marmas of foot and its importance

<table>
<thead>
<tr>
<th>Marmas</th>
<th>No.</th>
<th>Dimension</th>
<th>Location</th>
<th>Type</th>
<th>Anatomical structures</th>
<th>Parinama (Effects)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Kshipra</td>
<td>02</td>
<td>½ angula</td>
<td>In between Big toe &amp; next toe</td>
<td>Snayu marma</td>
<td>First Intermetatarsal ligament</td>
<td>Death due to Convulsions</td>
</tr>
<tr>
<td>2. Kurcha</td>
<td>02</td>
<td>4 angula</td>
<td>2 angula above</td>
<td>Snayu marma; Kalantar Praanhar</td>
<td>Intermetatarsal &amp; Foot drop &amp;</td>
<td></td>
</tr>
</tbody>
</table>
Kshipra marma, on its both sides situated

Vaikalyakara

Tarso-metatarsal ligament

tremors

3. Talahridaya

02½ angula

Centre of the sole on the line of the Midline

Mamsa marma Kalantara Praanahara

Long Plantar ligament

Death due to severe pain

4. Kurchashira

021 angula

Below the ankle joint, on its both sides are situated

Snayu marma; Vaikalyakara

Lateral ligaments of ankle joint

Pain & Swelling

5. Gulpha

022 angula

Meeting place of Pada (Foot) & Jangha (foreleg)

Sandhi marma Rujaakarara

Tibia-Fibula, Talus; Anterior tibiofibular, lateral collateral & deltoid ligament

Pain, stiffness & lameness or limping of leg

Foot Marmas:
1. Kshipra
2. Kuruchcha
3. Talahridaya
4. Kurchashira

Marma Chikitsa:
By Paada-abhyanga, stimulates the marma points. It plays important role in removed obstacles in the flow of prana (life force) thus improve energy flow in the body.

Table 3: Mode of action of thaila on vata dosha:

<table>
<thead>
<tr>
<th>Sr.No.</th>
<th>Characteristics of Vayu</th>
<th>Characteristics of Thaila</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Rooksha (Dry)</td>
<td>Snigdha (Uncuous)</td>
</tr>
<tr>
<td>2.</td>
<td>Laghu (light)</td>
<td>Guru (Heavy)</td>
</tr>
<tr>
<td>3.</td>
<td>Khara (Rough)</td>
<td>Mrudu (Soft)</td>
</tr>
</tbody>
</table>
Rooksha, Laghu, Sheeta, Khara, Sukshma, Chala is the qualities of vata dosha. Among these qualities Rooksha is the main quality. Qualities of taila are opposite to Vata dosha qualities. Hence, Taila is used to balance Vata dosha & cures Vata vikaras.

**Benefits of Paada Abhyanga:**

Paada-abhyanga alleviates, Kharatwa (Coarseness), Stabdha (Stiffness), Roukshya (Dryness of the foot), Shramah (Exhaustion/Fatigue), Pada Supti (Numbness of feet) (C.S.Su.5/90), & other benefits of paada-abhyanga are Soukumarya (Softness of Soles), Balam (Strength), Sthairya (Stability in feet), Drushti Prasa-adam (Improved Vision/ maintain good eyesight), Maarutaschya Upashamyatee (Controls & Balances Vata doshas) (C.S.Su.5/91), Nidrakara (Promotes sleep & cures sleep disorders like insomnia) (S.S.Chi.24/70) etc.

According to Dalhana: The effect of abhyanga on dhatus. The oil used to Abhyanga 300 matras (65sec) are needed for oil to absorb into the roots of hair. It reaches in the skin in 400 matras (133sec), in the Rakta 500 matras (160sec), in the mamsa 600 matras (190sec), in Meda in 700 matras (228sec), in the Asthi 800 matras (240sec) & it reaches to majja if abhyanga performs upto 900 matras (app.285sec).

Thus, Abhyanga should apply at least 5 minutes in each position to get its effect in deeper tissues like majja dhatu. Therefore, as a daily routine 10 minutes is sufficient. It is mentioned that Abhyanga is to be done in Anuloma direction.

**General Indications of Paada-Abhyanga**

Indicated in Dinacharya (Daily routine) for maintenance of health in healthy condition & treatment of disease, specifically in vitiated vata vikaras.

**Contra-Indications of Paada-Abhyanga**

1. Oil anointing should not be performed in, when the doshas or disease are in Ama state (Apakwa-Unripe)
2. Patient of Acute fever (Taruna-Jwara) & Dyspepsia (Ajirna) never be anointed.
3. Diseases produced by Santarpana (Over nourishment), oil anointing should not be done.(S.S.Chi.24/35).

Paada-Abhyanga =Sneha-Dravya (Taila or Ghrita Used for Foot Massage)- 4* & 5* Sneha dravyas are used, considering the nature of the body Constitution (Prakriti), Season (Ritu), Habitat (Desha), Aggravated dosha (Kupita vata) etc.

a) **According to Prakriti**

Vata prakriti - Sesame or Almond Oil
Pitta prakriti - Coconut oil, Kokam oil, Shatadhauta ghrita
Kapha Prakriti - Mustard oil, Sunflower oil etc.

b) **According to Ritu**

Generally, Paada-Abhyanga should be performed with lukewarm oil (taila). But, In winter season-warm oil & in summer season-cold oil is indicated,
c) According to Desha-
In Maharashtra - Til oil, Sunflower oil
In Kerala - Coconut oil
In Uttarakhand, Uttar Pradesh, Bihar, Himachala Pradesh, Rajasthan - Mustard oil etc.

d) According to aggravated Doshas-
In Vata Doshas - Mahanarayana Taila, Mahamaasha Taila, Bala Taila, Sahachar Taila etc.
In Pitta Dosha - Ksheerabala Taila, Pinda Taila, Chandanaadi Taila, Durvaa Taila etc.
In Kapha Dosha - Vishagarbha Taila, Kotamchukkadi Taila etc.

Daily practice of Paada-abhyanga, Prevents:
By doing Paadaabhyanga the person will not suffer from Gridhrasi (Sciatica), PaadaSphutana (Crackling of Soles), Sira & Snayu Sankocha (Contraction of veins, ligaments, muscles etc.) (C.S.Su.5/92).

Gridhrasi vat (Sciatica):
Gridhrasi is one of the Nanaatmaja vyadh and caused by aggravated Vata dosha. Characterized by piercing pain or stiffness or cramps starts from Sphik region & gradually radiates down to Kati, Jaanu & Pada region leading to disability in walking.

Treatment:
Snehana Gunas like Snigdhatwa, Slaksnatwa & Mridutwa, and decreases accumulated vata & correct Rukshata, Kharata, Parushata. There by, Symptoms of gridhrasi gets reduced or cured.

Pada-Sphutana / Pada daari(Crackling of foot/ Rhagades):
This condition is also seen in vata prakriti lakshanas mentioned in charaka Vimaansthana. It occurs in persons whose occupation is to walk long distances daily. It is very common in farmers, labour & villages. Vayu with its intense rooksha guna gets aggravated & produces cracks & fissures in soles of feet. The patient feels unbearable pain on placing foot on the ground. Pain is reduced on anointing with oil on the cracked portion of the sole of the feet.(S.S.Ni.13/28).

Treatment:
Paadaabhyanga by Pinda Tailam, Kokam Tailam etc

Sira-Snayu Sankoncha (Contraction of blood vessels & ligaments, Muscle cramps)
Muscle cramp is an uncontrolled contraction of the muscle & produces intense pain. It all most often occurs at Calf or Foot region. The cause of muscle cramp is taking too much of dry & rough food, It will aggravates vayu, Muscle fatigue, Overuse injury, Muscle strain, Standing in the same position for long period, cold atmosphere and lack of exercises etc.

Treatment:
In muscle cramps, paadaabhyanga with Ma-shasaindava taila is very use-ful.(C.S.Chi.28/97).

6*7* Computer Vision Syndrome (CVS)
Normally a person blinks 15 times/min but, the blink rate comes down to 5 times/min while People who spend more than two or more hours on computers each day persistently viewing on the computer screen will leads to dryness of eyes and experience symptoms
such as Headache, dry or irritated eyes, blurred distant vision, fatigue, blurred near vision, burning of vision, red eye, watering & Eye strain etc.

Prevention:
In CVS, to relieve eye fatigue & to prevent dryness, daily practice of Paadaabhyanga is very useful.

Foot skin care:
In ancient Greece, olive oil was used during massage, to prevent sport injuries, relieve muscle fatigue & eliminate lactic acid buildup. Topical application of Olive oil is to be good for skin tone, complexion & health.

CONCLUSION
- Ayurveda advises Abhyangam as a part of the daily routine to maintain the health in healthy condition of a person. Particularly given more importance to the Shiroabhyanga Karnabh-abhyanga & Pada-abhyanga So, Pada-abhyanga should be done at least for 10 minutes daily as a part of Dinacharya & treat any condition depending upon the Desh, Ritu, Bala, Vaya etc.
- Taila (oil) has a positive role in Prevention & treatment of diseases in Ayurveda. Majority of the health disorders are the result of imbalance of vata. So, Pada-abhyanga is very beneficial in Vata Prakriti individuals & aggravated vata-disorders as qualities of Taila are opposite to Vata.
- Stress & tension are responsible for about 75% of all health problems. Pada-abhyanga is simple, drug free method for reducing stress.
- Paada-Abhyanga is one among the Dinacharya & is an ancient approach adopted for preventive aspect, healing, relaxation & treating various diseases.

REFERENCES

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