

Abhyanga: Essential in daily routine for health preservation

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Life-style is one of the important basic principles of Ayurveda. Abhyanga is essentially mentioned in life-style. Abhyanga means oil massage of whole body with especial concern to head, ear and feet. Actually, Ayurveda advocates an ideal life-style which provides sound and healthy life if followed exactly as mentioned. An ideal life-style mentioned in Ayurveda basically includes two types of procedures i.e., first one is evacuating and cleansing procedures while second one is immunity booster procedures. Some procedures have both the qualities.

Traditionally, abhyanga is indicated with oil in routine life-style. Abhyanga is one of the methods of snehana implemented through skin. Daily snehana is essential for the maintenance of integrity of physical body. There are various methods described for snehana which have different approaches and suitable in different conditions. Abhyanga is applied through skin, so it is affected primarily and becomes healthy and strong. Skin is largest organ of the body and prevents many infections, infestations and traumatic conditions. Rest of the body is also affected by abhyanga. Each and every aspect of abhyanga is critically evaluated and discussed in detail.

Biography

Durgawati Devi has completed her M.D. (Ay.) from Banaras Hindu University, Varanasi. Presently, she is working as assistant Professor in the Department of Swasthavritta, National Institute of Ayurveda, Jaipur, Rajasthan, one of the apex institutes of Ayurveda in India. She has published more than a dozen articles in reputed magazines and journals.

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