Abhyangam (The Ayurvedic Massage)

An amazing masterpiece of Ayurveda known to invigorate and rejuvenate the inner you, Abhyangam is one of the most important practices to maintain a healthy body and mind. The meaning of ‘Abhyanga,’ is the application of oil to the body. It is the process of oleation, smearing medicated oils all over the body followed by gentle massaging of the whole body.

The herbal oil used for this purpose is decided by the Ayurvedic physician on basis of the patient’s Dosha Prakriti. A variety of Ayurvedic techniques are applied along the energy channels (Srotas) of your body in a synchronized manner to restore the flow of vital energy, Prana. Also, the systematic massage with Ayurvedic herbal oils help squeeze out toxic accumulation from the channels. Abhyangam treatment addresses imbalances within the body and works to bring a person’s Dosha back into its original state.

The massage along with steam bath produces great results. The effects are compounded since the heat and steam allow the medicated oils to seep into the body and nourish them from the inside.

**Benefits of the Therapy:**

1. Eliminates toxins
2. Boosts Immunity
3. Increases energy
4. Balances the nervous system
5. Increases blood circulation
6. Reduces joint pain and increases flexibility
7. Cleanses the lymphatic system
8. Reduces fatty tissues
9. Eases stress-related problems
10. Lowers blood pressure
11. Improves sleep

Dosha Prakriti - <https://food.ndtv.com/health/know-your-prakriti-are-you-vata-pitta-or-kapha-1709108>

Abhyangam - <https://en.wikipedia.org/wiki/Abhyanga>

[Shirodhara](https://www.nuayurveda.com/ayurvedic-treatments/shirodhara-massage-therapy-benefits-cost/?utm_source=internal-links)

Shirodhara massage is a classic Ayurvedic therapy, which includes pouring of warm herbal oil on the forehead in a continuous stream. Ayurvedic Shirodhara therapy is very effective in promoting sound sleep and reducing stress. Shirodhara treatment is one among the Bahiparimarjana chikitsa, or external treatments told in Ayurveda. The term Shirodhara comes from two words “Shira” meaning head and “Dhara” meaning stream.

Pouring of warm oils used stimulates and soothes the hypothalamus, thereby regulating the functions of the pituitary gland and inducing sleep. Shirodhara stimulates Marma’s or Vital Points in the head and improves circulation. The warm oils used for Shirodhara also cause vasodilatation of all the channels and thereby improve the blood circulation of the brain. Shirodhara also reduces the level of stress hormones such as Adrenaline and Noradrenaline and thus relaxes the mind.

**Benefits of the Therapy:**

The benefits of Shirodhara massage include treatment of :

1. Sleep problems
2. Memory loss
3. Poor concentration
4. Chronic headaches
5. Stress
6. [Depression](https://www.nuayurveda.com/ayurvedic-treatment/depression-anxiety-therapy-medicine/?utm_source=internal-links)
7. Mental tension
8. Hypertension
9. Facial Paralysis
10. Degenerative conditions of the brain
11. Hair Loss

Shirodhara - <https://en.wikipedia.org/wiki/Shirodhara>

Bahiparimarjana chikitsa - <https://www.slideshare.net/technoayurveda/dhanyamla-bahiparimarjana>

Kashayadhara

Kashaya means medicated decoction and Dhara means pouring. When these medicated decoction are poured over forehead the therapy is called as ShirokashayaDhara.

KashyaDahara involves continuous flow of decoctions on to the forehead and on the body.

The therapy uses herbal oils, medicated milk, medicated butter milk that has anti-septic or anti-allergic actions.

##### **Benefits of the therapy :**

This treatment is mainly indicated for treatment of skin and hair problems.

Greeva Basti

The word Greeva refers to neck and Basti stands for retaining something inside mainly medicated oil. It is an Ayurvedic neck care and basically a hot oil therapy. Greeva Basti is bathing the neck region with medicated oil or freshly prepared herbal decoction. The procedure does oleation and sudation around the neck region simultaneously.

##### **Benefits of the therapy :**

1. Relieves the burden of stress and congestion in nerves, bones and muscles of the neck and shoulders and thus relaxing and rejuvenating them
2. Improves flexibility and brings smooth movement.
3. Improves circulation around the neck and shoulder region.
4. Relieves pain and stiffness.

Janu Basti

The knee joint is called **Janu Sandhi** in Sanskrit; hence the name ***Janu Basti*** is given to the proceduredone on knee joints. In this the knee joint is bathed with warm medicated oil or freshly prepared herbal decoction. Depending on the condition it can be practiced over both the knee joints or on one knee joint. Knee joints are considered as sandhi Marma in Ayurveda (joint type of vital areas) which measure about three fingers (three anguli pramana).So the ***janu vasti***is specialized knee therapy or massage which rejuvenate the ***janu marma***.

**Benefits of the therapy :**

1. Pacifies aggravated Vata dosha in the knee region
2. Restores the lubricating fluid in the joint and maintain integrity of the structures involved in the joint*.*
3. Removes stiffness and pain in Knee joint
4. Protects knee joints from age related changes
5. Increases blood circulation; thus strengthens and nourishes the knee joints
6. Improves the mobility of the knee joints (knee flexion and knee extension)

Janu marma - <https://easyayurveda.com/2017/06/12/jaanu-marma>

Sandhi marma - <https://easyayurveda.com/2017/06/14/parshwa-sandhi-marma-components-location-effect-injury/>