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Abhyanga: Essential in daily routine for health preservation

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Abstract

Life-style is one of the important basic principle 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 method 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. Though,*abhyanga* is applied through skin, so it is affected primarily and become healthy and strong. It is essential askin is largest organ of the body and prevents it from 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

Dr Durgawati Devi has completed her MD (Ayu) from Banaras Hindu University, Varanasi. Presently working as Assistant Professor in the Department of *Swasthavritta*, National Institute of Ayurveda, Jaipur, Rajasthan, one of the apex institute of *Ayurveda* in India. She has published more than a dozen articles in reputed magazines and journals.