

## ROLE OF PAADA ABHYANGA IN PREVENTIVE & CURATIVE ASPECT

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### 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*. *Paadabhyanga* 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

Study of Paadaabhyanga as a preventive and curative aspect in Vatavikaras etc...

### MATERIALS AND METHODS

As the study is a review study, the available literature like the samhitas and other books are searched for the Paadaabhyanga and all the relevant content is considered and analyzed to get a comprehensive concept in the management of the vata vikaras.

#### <sup>1\*</sup>Anatomy of Paada (Foot) according to Ayurveda

Paada (Foot) is made up of many Asthis (Bones), Sandhis (joints), Peshis (Muscles), Snayus (ligaments, Tendons) etc.

In each paada, it contains

**Table 1: Contents of Paada (Foot)**

Sl. No.	Contents	Numbers
01	Asthi	26
02	Sandhi	14
03	Peshi	45
04	Snayu	60

Total there are 107 marmas are located in the body, out of which eight marmas are situated in the sole of both legs.

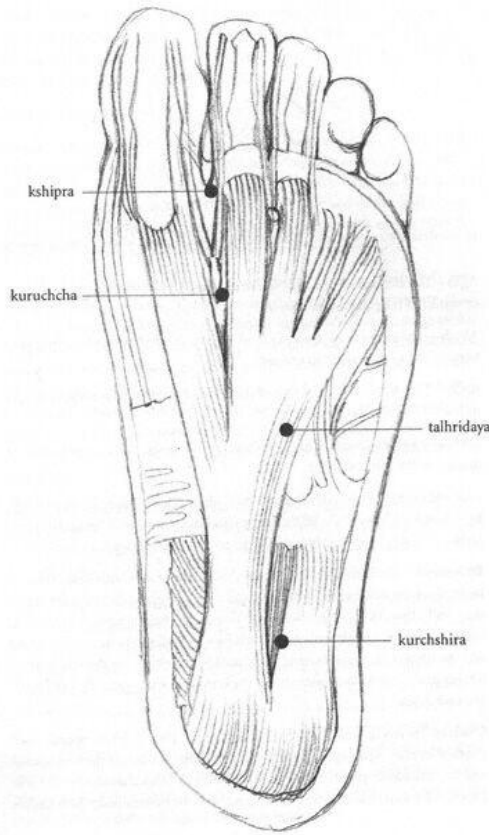
Marma is a vital point on the surface of the body which is related to the confluence of

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**

Marmas	No.	Dimension	Location	Type	Anatomical structures	Parinama (Effects)
1. Kshipra	02	½ angula	In between Big toe & next toe	Snayu marma Kalantara Praanhara	First Intermetatarsal ligament	Death due to Convulsions
2. Kurcha	02	4 angula	2 angula above	Snayu marma;	Intermetatarsal &	Foot drop &

			<i>Kshipra marma</i> , on its both sides situated	<i>Vaikalyakara</i>	Tarso-metatarsal ligament	tremors
3. <i>Talahridaya</i>	02	$\frac{1}{2}$ angula	Centre of the sole on the line of the Midline	<i>Mamsa marma</i> <i>Kalantara</i> <i>Praanbara</i>	Long Plantar ligament	Death due to severe pain
4. <i>Kurchashira</i>	02	1 angula	Below the ankle joint, on its both sides are situated	<i>Snayu marma</i> ; <i>Vaikalyakara</i>	Lateral ligaments of ankle joint	Pain & Swelling
5. <i>Gulpha</i>	02	2 angula	Meeting place of <i>Pada</i> (Foot) & <i>Jangha</i> (foreleg)	<i>Sandhi marma</i> <i>Rujaakara</i>	Tibia-Fibula, Talus; Anterior tibiofibular, lateral collateral & deltoid ligament	Pain, stiffness & lameness or limping of leg



**Foot Marmas:**

1. *Kshipra*
2. *Kurucha*
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*:

Sr.No.	Characteristics of <i>Vayu</i>	Characteristics of <i>Thaila</i>
1.	<i>Rooksha</i> (Dry)	<i>Snigdha</i> (Unctuous)
2.	<i>Laghu</i> (light)	<i>Guru</i> (Heavy)
3.	<i>Khara</i> (Rough)	<i>Mrudu</i> (Soft)

*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*.

### <sup>2\*3\*</sup> **Benefits of Paada Abhyanga:**

*Paada-abhyanga* alleviates,

**Kharatwa** (Coarseness), **Stabdhatā** (Stiffness), **Roukshyam** (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 Prasadam** (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 *dhatu*s. 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)-

<sup>4\*</sup> & <sup>5\*</sup> *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 Uttarakhanda, Uttara 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 vyadhi* 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 *Mashasaindava taila* is very useful.(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 *Shiro-abhyanga Karna-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.

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