



INTEGRATING AYURVEDA IN RHABDOMYOLYSIS MANAGEMENT: THE ROLE OF ABHYANGA AND YOGA

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ABSTRACT

Rhabdomyolysis is a severe medical condition characterised by the rapid breakdown of skeletal muscle tissue, leading to the release of muscle components into the bloodstream, which can result in kidney damage and other systemic complications. This study investigates the role of Ayurvedic principles, particularly the practices of *Abhyanga* (therapeutic oil massage) and *Yoga*, in preventing and managing *Rhabdomyolysis*. Ayurveda, an ancient system of medicine, emphasises balance and holistic well-being, offering unique insights into muscle health and recovery. *Abhyanga*, with its muscle-relaxing and rejuvenating effects, may help reduce muscle damage and promote recovery by improving circulation and enhancing muscle elasticity. *Yoga*, through controlled movements, stretching, and breath regulation, supports muscle endurance, flexibility, and overall resilience, reducing the risk of muscle injuries that could lead to *Rhabdomyolysis*. Integrating these Ayurvedic practices presents a potential complementary approach to managing *Rhabdomyolysis*, fostering holistic muscle care and recovery. This paper aims to review existing literature and propose an Ayurvedic framework incorporating *Abhyanga* and *Yoga* for the effective management of *Rhabdomyolysis*.

Keywords: *Rhabdomyolysis*, *Abhyanga*, *Yoga*

INTRODUCTION

Rhabdomyolysis is a severe medical condition characterized by the rapid breakdown of skeletal muscle tissue, leading to the release of muscle components into the bloodstream, which can result in kidney damage and other systemic complications.

A rare muscular injury called *Rhabdomyolysis* causes your muscles to break down. This potentially fatal illness can develop following an accident or from overexerting oneself without taking a break. A potentially fatal condition, *Rhabdomyolysis* can arise from a number of different sources. The typical symptoms, which include weakness, stiffness in the muscles, and tea-colored urine, which is not specific and may not always manifest.¹

Ayurveda, an ancient system of medicine, emphasises balance and holistic well-being, offering unique insights into muscle health and recovery. *Yoga & Abhyanga* can be utilised in practice centered on rehabilitation to encourage quicker healing, relaxation, and renewal. By emphasising tense areas, increasing blood flow, and reducing stress, these techniques aid the body's natural healing processes and improve general well-being. *Yoga & Abhyanga* offers an integrative approach to healing that considers the physical, mental, and emotional components of recovery.^{2,3}

Yoga ranges from gentle stretches and restorative poses to breathing exercises, incorporating these *Asanas* and *mudras* into a regular yoga practice. Peo-

ple can find balance, resilience, and energy on their path towards optimal health and well-being, whether recovering from strenuous physical activity, managing chronic pain, or simply seeking rest and renewal.⁴

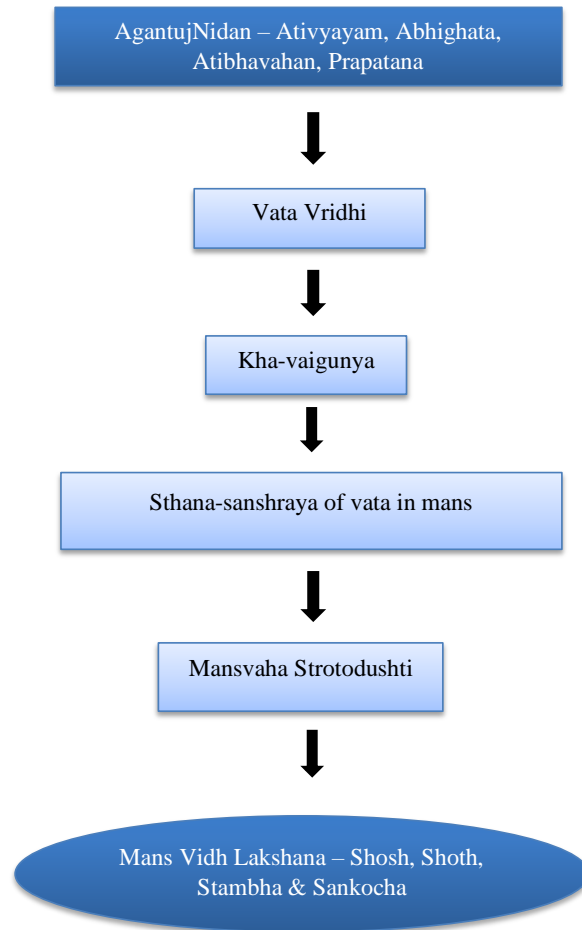
NEED OF STUDY:

Daily, people work with heavy lifting, forward, backward, proper and left lateral bending, etc. These movements increase muscle stiffness & swelling. The prevalence of traumatic muscle injury in patients with *Rhabdomyolysis* ranges from 15 to 50%. *Rhabdomyolysis* is a severe medical condition characterised by the rapid breakdown of skeletal muscle tissue, leading to the release of muscle components into the bloodstream, which can result in kidney damage and other systemic complications. *Abhyanga*, with its muscle-relaxing and *Yoga*, through controlled movements, supports muscle endurance, reducing the risk of muscle injuries that could lead to *Rhabdomyolysis*.⁵

METHODS:

A comprehensive review was conducted using research articles, literature reviews, analysis, clinical trials and classical texts from modern and Ayurvedic science. Key Ayurvedic texts consulted include *Charak Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, and *Gherand Samhita*, focusing on *Abhyanga & Yoga*.

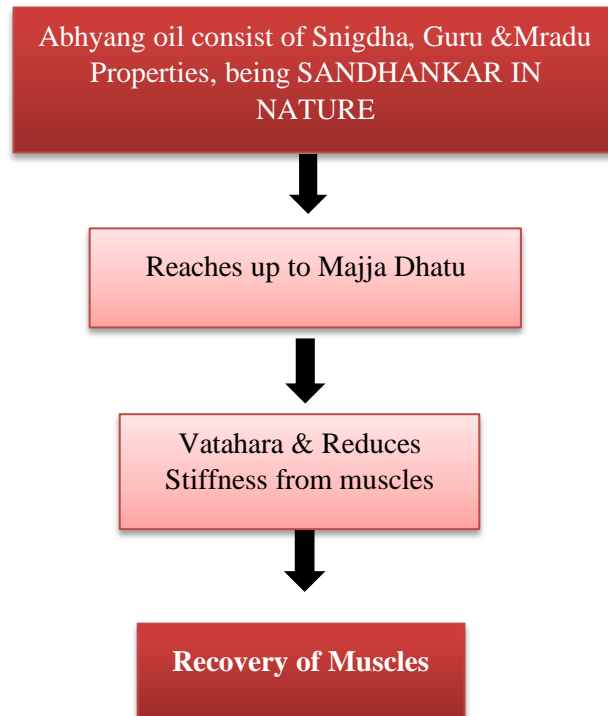
ANALYSIS: ^{6,7}



ABHYANGA & YOGA:

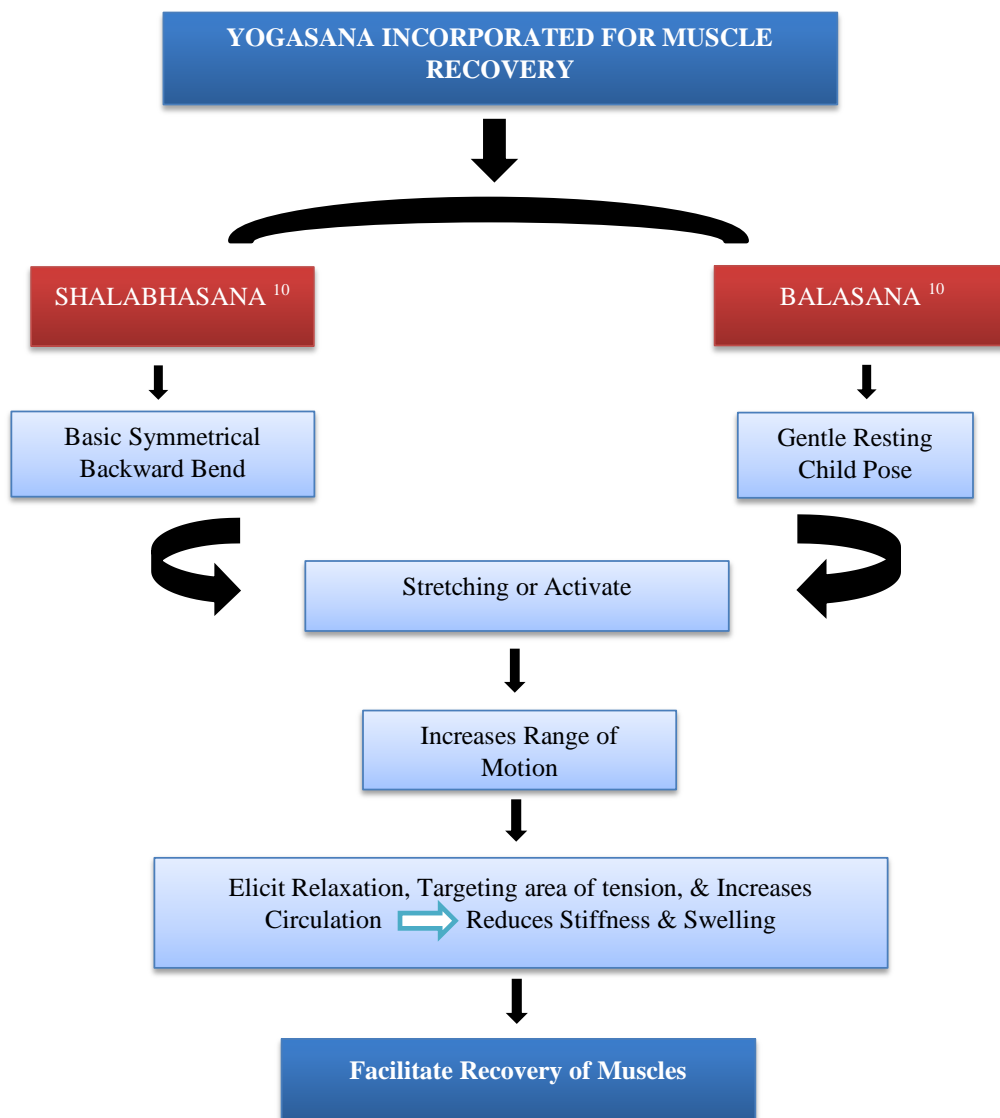
Abhyanga: Among the essential consequential Ayurvedic treatments. It has reclaimed its status as the primary means of nurturing health, healing, and preventing ailment. It is the most ancient method that can assist in rebuilding tissue, reshaping the organs, reducing pain, and restoring all internal functioning. Dhatu gets nourishment and strength from *Abhyanga*.

It aids in overcoming physical exhaustion brought on by strenuous labour. *Abhyanga* facilitates and supervises the *Vata's* optimum function. The body adapts to withstand the challenges and rigours of daily existence. Trauma cannot cause as much trouble in those who consistently utilise *Abhyanga* therapy.⁸



Yoga: A Recuperation Aid for All Athletes across various sports disciplines. *Yoga* is an ancient physical discipline with roots in India. It consists of multiple postures called *Asanas*, breathing exercises called *Pranayama*, and meditation techniques. Because of

its holistic approach, it considers a person's mental and emotional health in addition to their physical health. *Yoga's* capacity to encourage relaxation and alleviate stress is one of its key benefits for muscle recovery.



DISCUSSION

- Yoga and Abhyanga can promote relaxation, healing, and rejuvenation in a rehabilitation-focused practice.
- Yoga & Abhyanga: A Recuperation Aid for All Athletes across various sports disciplines. Yoga is an ancient physical discipline. Yoga practice & Abhyanga people can find balance, resilience, and energy on their path towards optimal health and well-being.
- The aim is to examine and review existing literature and propose an Ayurvedic framework in-

corporating *Abhyanga* and *Yoga* for effectively managing *Rhabdomyolysis*.

CONCLUSION

Integrating Ayurvedic practices like *abhyanga* and *Yoga* presents a promising complementary approach to managing *Rhabdomyolysis*, fostering holistic muscle care and recovery. The study highlights the potential of *abhyanga* and *Yoga* to promote muscle health and their rejuvenating effects on preventive care and management. Future research should focus on validating these findings in greater detail and exploring practical ways to incorporate these Ayurvedic practices into modern healthcare systems.

RESULT:

The study is expected to demonstrate that integrating Ayurvedic practices like *Abhyanga* and *Yoga* can aid in preventing and managing *Rhabdomyolysis* by improving muscle recovery, enhancing circulation, and balancing *Doshas*. This could provide a complementary approach to conventional treatments, promoting holistic muscle health and reducing the risk of muscle damage.

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