



### ***Different Ayurvedic Oils and Their Benefits***

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“The body of one who uses oil massage regularly does not become affected much, even if subjected to accidental injuries or strenuous work. By using oil massage daily, a person is endowed with pleasant touch, trimmed body parts and becomes strong, charming and least affected by old age.”

**-Charka Samhita: Sutrasthana: V: 88-89**

The conventional and time-honored Ayurvedic practice centers on prevention than cure. The core idea behind prevention is the regular health maintenance or personal healthcare practices. Daily self-massage or ‘**Abhyanga**’ is one of such practices. Daily self-massage or ‘**Abhyanga**’ with Ayurvedic oils helps in relieving mind and body from stress and various toxin build-ups. It is a general belief that our body contains largest amount of beneficial hormones and massage provides a therapeutic message to our body.

### **What are the different therapeutic benefits of performing ‘Abhyanga’ with Ayurvedic oils?**

Ayurvedic oil massage not only rejuvenates your mind and body but it also acts as a powerful recharger. Abhyanga offers various benefits including:

- Nourishes dry skin and enhances concentration
- Pacifies doshas
- Relieves fatigue, enhances stamina and perfect sleep
- Heightens circulation and shapes-up your muscles and whole physiology
- Calms nerves and lubricates joints
- Enhances mental alertness and improves elimination of impurities from body

### **What are the different Ayurvedic oils and how do they work?**

Ayurvedic self-massage or **Abhyanga** is a natural form of exercise that balances body and mind. But, before performing **Abhyanga**, we should consider our ‘**Prakriti**’ (constitution) and ‘**Vikriti**’ (current condition) and our external environment. Knowing our Prakriti (constitution) and Vikriti (current condition) also helps us in deciding which oils are best for us and how often should we perform o



Ayurveda believes that human bodies are made up of five elements viz. air, water, fire, earth and ether; and these elements are represented in our bodies by three 'bio-energies' or three 'doshas' viz. **Vata, Pitta and Kapha**. So to select Ayurvedic Oils for Abhyanga, you should either consider your 'dosha' type or your Vikriti (current condition). Different Ayurvedic Oils to pacify three 'doshas' include:

#### **Abhyanga to Pacify Vata:**

The major qualities of Vata are dry, light, cool, mobile and subtle. The oils used to pacify these qualities are warm oils. So, if Vata is imbalanced or higher; either in your 'Prakriti' or 'Vikriti'; be sure to perform Abhyanga regularly in a warm place and avoid to get chilled afterwards.

The Ayurvedic Oils Best for Vata are:

- **Sesame Oil:** It is considered to be the 'king of oils' and is preferred choice for being inherently warm.
- **Almond Oil:** It is also used to pacify Vata as it is also warming
- **Mahanarayan Oil:** Made from more than 29 Ayurvedic herbs. this oil is used and beneficial for the movement of the joints. And if followed by a warm bath with 1/3 cup of baking soda and ginger powder, the effect of Abhyanga enhances even further.

#### **Abhyanga to Pacify Pitta:**

Oily, sharp, light, fleshy smelling, spreading, hot and liquid are the major Pitta qualities. It is beneficial to use herbal oil to balance or pacify Pitta.

**Ayurvedic Oils Best for Pitta are:**

- **Bhringraj Oil or Brahmi Oil:** Massaging scalp or soles of feet with these oils at night time encourages sound sleep.
- **Sunflower Oil or Coconut Oil** may also be used for Abhyanga.
- **Neem Oil:** If you spend lots of time in Sun, you may add some Neem oil to basic Abhyanga oil to reduce Pitta in skin.

#### **Abhyanga to Pacify Kapha:**

Cool, heavy, slow, static, smooth and oily are the primary qualities of Kapha. As Kapha and oil share most of the qualities; using cool oil will increase Kapha rather than decreasing it. So according to



Ayurveda, the best massage for Kapha is 'Udvartana'; i.e. massaging body with fragrant and soft powders like; calamus powder.

**Ayurvedic Oils to Pacify Kapha:**

Performing Abhyanga with warm oils is best for Kapha. **Sesame, Corn and Mustard oils** are helpful but herbal oils are better choice or Kapha. One thing to be kept in mind is that Kapha Abhyanga needs less oil than Vata or Pitta.

Your body and mind accumulate unwanted toxins that are needed to be washed out. **Contact Apurva Ayurveda Healing** to know yourself as you actually are and to detoxify your body of these damaging toxins.

**Apurva Ayurveda Healing** is going to organise an 'Urban Cleanse' or '**Panchkarma**' workshop on Sept 27, 2015. Come and detox your body of deep rooted emotional, physical and psychological stress.