

ANCIENT REMEDIES: Ayurvedic Massage & Treatments

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The word ayurveda is a natural medicine with ancient history reigning from India. Since ayur means “life” and veda means “science of knowledge,” it refers to the overall knowledge of life. Ayurveda uses natural oils and herbs that includes a process of steaming and pouring through the body to center the mind, body, and soul.

The use of herbal remedies boosts and balances the system and relieves emotional stress. Ayurvedic massage relieves pain by increasing circulation, strengthening the lymphatic system, and opening for the flow of life. One of the most popular treatments is called panchakarmas; pancha meaning “five” and karma meaning “action” or “therapy,” which deals with the five major therapies. These are Vashti (includes the procedure of enema and is used with medicated oils that are filled in a plastic bag and tied), nasya (application of medicines through nostrils with medicated oils), raktamokshana

(procedure that removes the vitiated blood from the body), vamana karma (an induced emesis using medicines to treat different diseases), and Vi-rechana (the treatment of purgation to treat diseases caused by vitiation of pitta).

ABHYANGA MASSAGE

Another ayurveda massage, which deals with the inner wellbeing, is called abhyanga massage. This massage is done with warm oils that are applied to the entire body from the scalp to the soles of the feet. It is one of the most popular Indian massages in ayurveda medicine. Abhyanga focuses on maintaining good health, increasing circulation, and stimulating and strengthening the lymphatic system. Herbal infused oils are best to reduce pain, stress, and open the flow of one’s life force to cleanse the body.

Abhyanga massage helps to lubricate joints, calm nerves, increase circulation, improve sleep, enhance vision, build muscle tone,

promote hair growth, stimulate internal organs, eliminate toxins, and increase stamina.

PIZHICHIL TREATMENT

Pizhichil refers to squeezing by combining oils and heat. As a treatment, it helps with blood circulation and detoxification. This treatment is very useful for arthritis, paralysis, hemiplegia, sexual problems, and the nervous system. Its benefits include improved circulation and metabolism, rejuvenation, improved skin complexion, increased immunity, extended lifespan, aid with degenerative disorders, relaxation, and stress relief.

Ayurveda massages and treatments offer clients a harmonious future to overall wellbeing in stress-ridden world. It is important to research options such as these for clients looking for suggestions to de-stress. With its various modalities and benefits, ayurveda-based techniques can improve clients’ day-to-day-life both physically and mentally. ▽



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