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ROLE OF PADHAABYANGA UPKARMA IN NETRA SWASTHYA

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ABSTRACT

Ayurveda aims in 'Swasthasya Swasthya Rakshanam Aturasya Vikar Prashamanam'. To maintain swasthya or to fulfil the aim ayurveda has mentioned Dincharya, Rutucharya, ect. Padaabhyanga i.e. application of oil to the feet is the part of Dincharya. Since Abhyanga is advised to be done on a daily basis for maintenance of good health, so Padabhyanga too can be done on a daily basis. Padabhyanga can be done at any time of the day; it is more effective when it is done at end part of the evening or at night before going to bed. The hectic computerized life style, Faulty food habits, Stress, Irregular sleeping habits, strain the body and eyes. Oil applied to the feet, makes the feet strong (sthairya) and induces sleep (nidra). According to Charaka and Vagbhata Padaabhyanga is described as Dristiprasadaka and according to Sushruta Chakshushya.

Keywords- Chakshushya, Dristiprasadaka, Padaabhyanga

Introduction

Ayurveda, is the most ancient remedial under human passion and serving us since Vedic periods. "Swasthasya swasthya rakshanam aturasya vikara prasamanm cha" [1] explains the aim of Ayurveda, to preserve health of healthy person and to cure the diseased one. Here we can observe the prime importance of preservation of health of a healthy person. This can be achieved by preventing diseases and promoting health through healthy lifestyle. To maintain swasthya or to fulfil the aim ayurveda has mentioned Dincharya, Rutucharya, ect. Padaabhyanga [2] i.e. application of oil to the feet is the part of Dincharya [5]. Since Abhyanga is advised to be done on a daily basis for maintenance of good health, so Padabhyanga too can be done on a daily basis. Padabhyanga can be done at any time of the day; it is more effective when it is done at end part of the evening or at night before going to bed.

According to Ayurveda the human body in the form of inverted tree, and it has three parts. 1. The Root-Head 2. The branches -Upper & lower limb 3. The Trunk-Body trunk i.e drug instilled in one pole i.e foot can reach to another pole i.e netra.[3]

Ayurveda says that eleven marmas (vital areas) out of 107 marmas are located in each leg³ the feet are very important part in our body as it contains many nerve endings. So Padabhyanga is very necessary for day to day life. Astanga hridaya says that there are 4 major nerves in the feet that connect to the eyes. These

nerves helps maintain good eye sight and relieve body strain when subjected to Padabhyanga.[4]

Due to the hectic computerized life style, Faulty food habits, Stress, Irregular sleeping habits, strain the body and eyes. Oil applied to the feet, makes the feet strong (sthairya) and induces sleep (nidra). According to Charaka and Vagbhata Padaabhyanga is described as Dristiprasadaka and according to Sushruta Chakshushya.

Material and Method:-

Ayurvedic Samhita like Shushruta samhita, Charak Samhita, Asthanghrudaya, Ashtangsangraha, apart from this some relevant books, various ayurvedic manuscripts and online databases are used as a literature review.

Literature Review-

Etymology of Abhyanga: According to Amarakosha , 'Abhi' upasarga and 'Anga' dhatu makes the word Abhyanga. This means to induce specific movements on the body.

Paribhasha : The oil (taila) which is applied to the pada i.e. feet to help and cure diseases. Massage of the body with the help of Taila, Ghruta in the same direction of the body hair (anuloma gati) is called as Abhyanga.

Paryaya: Synonyms of Abhyanga is Abhyanjana

Abhyanjana: The word Abhyanjana derived from the root word 'Anj' by adding upasarga 'Abhi' with 'lyut' pratyay means to smear or to anoint (shabdakalpadruma). The word Abhyangan means applying oil all over the body including Shirah (head) and Pada.

Sthana of Abhyanga: Vishesh sthana⁴ mentioned in classical texts are as follows-

1. Shirah (Head)
2. Shravana (Ear)
3. Pada (Foot)

Direction of Abhyanga:

According to Chikitsa Manjari and Chikitsa Sangraha; it is said that generally Abhyanga should be performed in Anuloma Gati (in the direction of hair). They have also explained the specific direction of movement depending on involvement of Dosha as, one must follow the movement as Anuloma Gati in Vata Dushti, Pratiloma Gati in Kapha Dushti and alternate Anuloma and Pratiloma Gati in Pitta Dushti.

Abhyanga Dravya:

Abhyanga (massage) should be performed with luke warm medicated taila (oil) or ghrita (ghee) or 'Vasa' prepared with 'Doshaghna' and 'Sugandhita' Dravyas. Generally taila is used for Abhyanga. The oil should be lukewarm in general.

Procedure :^[6]

Includes

1. Poorva karma
2. Pradhana karma
3. Paschat karma

1. **Poorva karma**:

- Sambara sangraha (materials required): Table for abhyanga, Medicated Taila, Water bath for heating the oil, Towel.
- Atura Pariksha: Samanya pareeksha (nadi,mala,mutra etc), Vishsha pareeksha (Systemic examinations)
- Atura Siddhata: Patient is asked to evacuate natural urges, Wash the feet and tap dry with clean towel, patient is asked lie in supine position on Abhyanga table.

2. **Pradhana karma**

Padabhyanga is carried out in different positions and in different maneuvers.

- i. Supine position
 - Linear maneuver to dorsum of foot
 - Circular maneuver to sole pads
 - To-fro maneuver to soles
 - Linear and circular massage to toes
 - Linear massage on web spaces
- ii. Lateral position: Linear maneuver on right and left lateral sides of foot
- iii. Prone position:
 - Linear maneuver to the soles
 - Thumb poking on soles

3. **Paschath karma**:

After following this procedure; the patient is asked to rest for 15 minutes and then advised to wash the feet with hot water.

Padabhyanga Kala:

Padabhyanga can be done at any time of the day; it is more effective when it is done

at end part of the evening or at night before going to bed.

Effect of Abhyanga on different Dhatu :^[7]

Dalhana has described the effect of abhyanga according to its duration.

- i. When the abhyanga is done for 300 Matras the oil reaches to hair root.
- ii. When done for 400 Matras the oil reaches the skin.
- iii. When done for 500 Matras it reaches in Rakta Dhatu.
- iv. The oil reaches in Mamsa dhatu in 600 Matras.
- v. Reaches Meda Dhatu in 700 Matras
- vi. Reaches Asthi Dhatu in 800 Matras
- vii. And reaches Majja Dhatu when the Abhyanga is performed up to 900 Matra.

Mode of action of Padabhyanga:

1. In nadi vigyana, nadi darpana it has been quoted that there are 10 nadi in head among which 2 are related to eyes. 1. Gandhari- surrounds Ida nadi, which extends from paada and ends in left eye. 2. Hastijihwa- surrounds Pingala nadi, which extends from paada and ends in right eye.
2. Acharya Vagbhata also mentioned that there are 2 siras situated in the centre of pada which connects to eyes.
3. According to Bhela Samhita, alochak pitta present in the eyes. Padabhyanga stimulates the Alochak pitta and enhances the visual acuity.
4. Sparshanendriya is known as vyapak indriya as it is spread over all the indriyas and vata is found predominantly in Sparshanendriya. Padabhyanga through its Vata ameliorating action is responsible

for better functioning of the chakshuindriya. The absorbed Taila these Strotas or Nadis, acting by its snigdha and ushna properties pacifies Vata Dosha in the eye aggravated by Atiyoga or Mithyayoga of Netra.

5. According to Physiology, by Padabhyanga the somatic sensory area in the cortex may get stimulation and as both feet and eyes are in the same area i.e. area II of cortex, its stimulant effect may go to the eyes and may act by improving the function of eyes and reducing the Eye Strain. Also by Padabhyanga there might be nourishing or stimulation effect on eyes through the interpretative (association) areas of feet and eyes, as both meets at Wernicke's area and improving the function of eye.

Conclusion:

Adoption of modern lifestyle affected ocular health and brought miseries to human society. Ayurveda the ancient medical scienc gives a ray of hope to overcome these problems. A healthy lifestyle with proper maintenance of daily regimen, dietary habits and avoidance of exposure to causative factors would be helpful towards better eye health. Padabhyanga a simple daily procedure can bring a magical remedy for the prevention of various eye disorders. It improves arterial, venous and lymphatic flow and in this way it nourishes the skin and local tissues. It is beneficial in de-stressing the whole body, strengthening the nervous system and induces sleep. It nourishes and gives relaxation to eyes. It provides overall enhancement in physical health and quality of life.

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