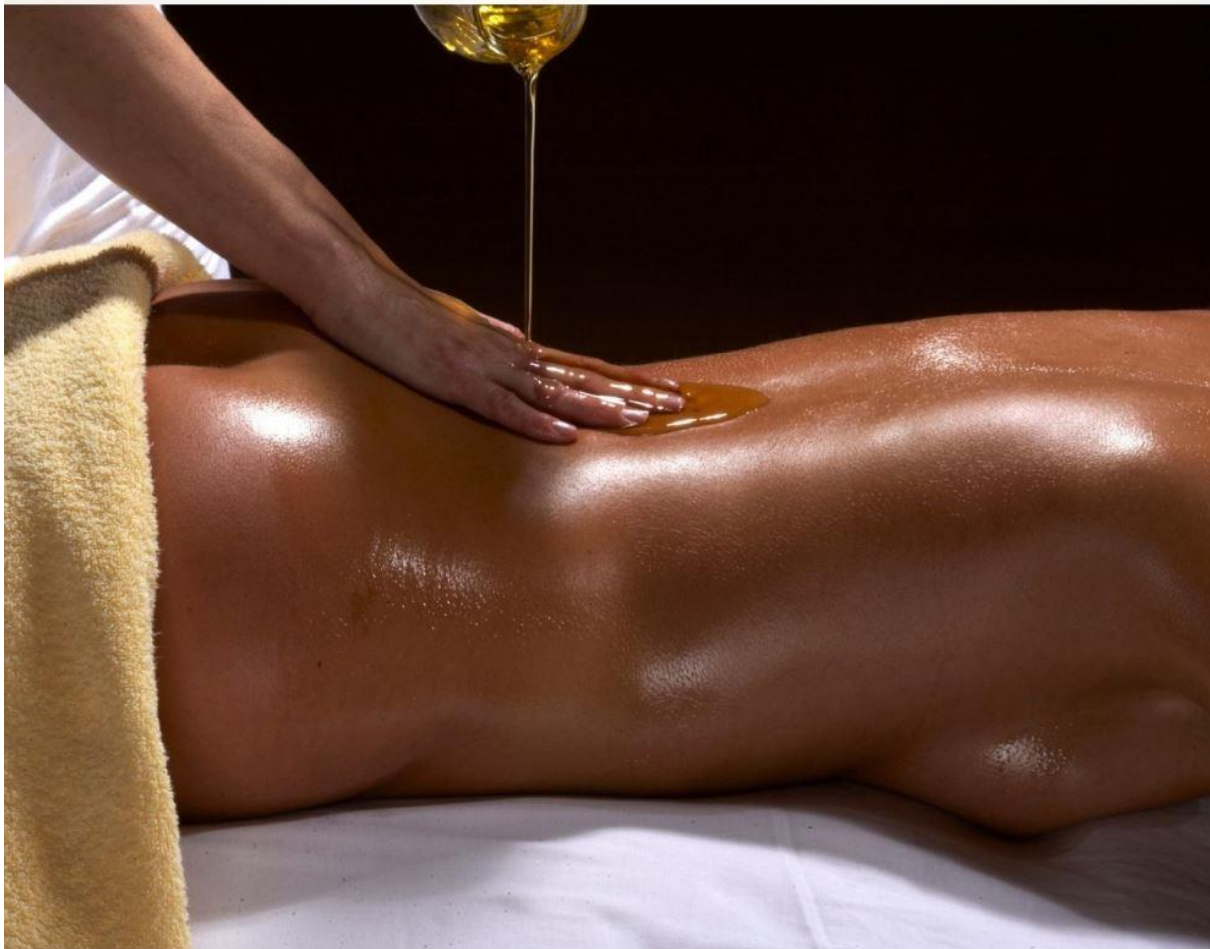


AYURVEDIC MASSAGES

A REFERENCE GUIDE



BY TRADITIONALBODYWORK.COM

Contents

PREFACE	4
INTRODUCTION.....	6
<i>What Is Ayurveda?.....</i>	7
<i>What Is an Ayurvedic Massage?.....</i>	9
<i>Oils in Ayurvedic Massages</i>	11
<i>Oil Massages and Aromatherapy.....</i>	13
<i>Snehana (Oleation).....</i>	15
AYURVEDA CONCEPTS	16
<i>Pancha Bhoota (The Five Elements).....</i>	17
<i>Doshas (Tridosha)</i>	19
<i>Agni (Digestive Fire).....</i>	22
<i>Dhatus (Saptadhatu).....</i>	23
<i>Prana (Vital Life Energy).....</i>	24
<i>Nadis (Energy Channels).....</i>	26
<i>Marma Points (Energy Points)</i>	28
<i>Chakras (Energy Centers).....</i>	29
<i>Umbilicus (The Navel).....</i>	32
<i>Purushartha (The Four Aims of Life)</i>	34
<i>Pancha Kosha (Five Layers).....</i>	36
AYURVEDIC MESSAGES.....	38
<i>Abhyanga (Full-Body Oil Massage).....</i>	39
<i>Abhyanga Breast Massage</i>	41
<i>Abhyanga Prenatal Massage</i>	42
<i>Abhyanga Self-Massage (Self-Abhyanga).....</i>	44
<i>Ayurvedic Yoga Massage</i>	45
<i>Chakra Massage.....</i>	46
<i>Chavutti Thirumal (Barefoot Massage).....</i>	47
<i>Gandharva (Sound Healing Massage)</i>	48
<i>Garshana (Lymphatic Drainage Massage).....</i>	49
<i>Greeva Abhyanga (Neck and Shoulders).....</i>	50
<i>Kanza Pada Abhyanga (Foot Massage).....</i>	51
<i>Kanza Wand (Facial Massage)</i>	52
<i>Karna Purana (Ear Massage).....</i>	54
<i>Kati Abhyanga (Back Massage)</i>	55
<i>Kizhi (Herbal Compress Massage).....</i>	56
<i>Marma Chikitsa (Points Massage).....</i>	58
<i>Mukha Abhyanga (Facial Massage).....</i>	59
<i>Nabhi (Abdominal Massage).....</i>	60
<i>Navjat Shishu Abhyanga (Newborn Massage)</i>	62
<i>Pada Abhyanga (Foot Massage).....</i>	63
<i>Pada Ghata (Barefoot Massage).....</i>	65
<i>Pizhichil (Oil Massage).....</i>	66
<i>Samvahana Abhyanga (Oil Massage).....</i>	67
<i>Shantala (Baby Massage).....</i>	68
<i>Shiro Abhyanga (Head Massage)</i>	69

<i>Shiro Dhara (Oil Pouring Massage)</i>	70
<i>Sutika Abhyanga (Postnatal Massage)</i>	71
<i>Vishesh Abhyanga (Oil Massage)</i>	73
<i>Udvartana (Paste and Powder Massage)</i>	74

AYURVEDIC MASSAGE OILS 76

<i>Almond Oil</i>	77
<i>Ashwagandha Bala Oil</i>	78
<i>Bhringraj Oil</i>	79
<i>Brahmi Oil</i>	80
<i>Castor Oil</i>	81
<i>Coconut Oil</i>	83
<i>Mahanarayan Oil</i>	84
<i>Mustard Oil</i>	85
<i>Neem Oil</i>	86
<i>Safflower Oil</i>	87
<i>Sesame Oil</i>	88
<i>Sunflower Oil</i>	89

SUPPLEMENT 90

<i>Ayurvedic Massage with Ghee</i>	91
<i>Dinacharya (Ayurvedic Self-Care)</i>	92
<i>Herbal Medicine and Applications</i>	95
<i>India's Impact for Massage Therapy</i>	98
<i>Nepali Mustard Oil Massage</i>	100
<i>Panchakarma (Five Treatments)</i>	102
<i>Sutika Kala (Postpartum Confinement)</i>	104
<i>Udara Veshtanam (Abdominal Binding)</i>	106
<i>Unani Dalak (Unani Massage)</i>	107

APPENDIX 109