

Chapter 13. Ayurvedic Body Massage Oils (Abhyanga) & Their Benefits

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1 | Why Daily Abhyanga Is More Than “Skincare”

Ayur view	Modern correlate	Beauty payoff
Snehana (“oiling”) pacifies Vāta and nourishes all seven dhātus Oil + stroking opens śrotas , helps toxins flow toward elimination Herb-infused oils deliver rasa-yana actives deep via hair follicles	Occlusive lipids ↓ transepidermal-water loss; massage ↑ lymph flow & vagal tone Enhanced micro-circulation, mechanotransduction of fibroblasts Trans-follicular drug delivery pathway	Lasting glow, firm tone, calmer stress lines Collagen support, even tone Faster pigment fade, improved cellulite texture

Classics: “Abhyangam ācarennityam...” — Caraka S. Su 5/88 – do daily for youthfulness & fatigue-free body.

2 | Selecting the Correct Base Oil

Base	Guṇa • Vīrya	Best for	Key fatty profile
Sesame (Tila)	Heavy, warm, unctuous • Uṣṇa	Vāta, winter, post-detox	~45 % oleic, rich sesamin lignans
Coconut (Nārikela)	Cool, sweet • Śīta	Pitta, summer, post-sun	~48 % lauric → antimicrobial
Mustard (Sarṣapa)	Penetrative, sharp • Uṣṇa	Kapha sluggish circulation	Allyl-isothiocyanate warms tissue
Safflower / Almond blend	Light, neutral	Combo / bridal glow	High linoleic → barrier repair

3 | Doṣa-Targeted Herbal Taila Formulas

(Clinic 1-litre batch; scale 10× for retail manufacturing)

3.1 VĀTA SOOTHE — Bala-Aśvagandhādi Taila

Ingredient	Qty
Sesame oil	600 ml
Aśvagandhā root paste	70 g
Bala root paste	50 g
Licorice powder	30 g
Dashamūla decoction	1 L (reduce to 200 ml)
Vitamin E	2 ml

Sneha-pāka until “taila-siddhi” markers: clear drop in water, no froth.



Benefits - relieves stiffness, crepey skin, post-workout DOMS.

3.2 PITTA COOL — Chandana-Usheerādi Taila

Ingredient	Qty
Coconut oil	650 ml
Sandalwood fine	60 g
Vetiver root	40 g
Mānjishthā	30 g
Lotus petal decoction	1 L → 200 ml
Rose EO (0.2 %)	2 ml

Benefits - calms heat, fades tanning, ideal post-laser body areas.

3.3 KAPHA TRIM — Kolakulathādi Taila

Ingredient	Qty
Sesame : Mustard (70:30)	600 ml
Horse-gram	80 g
Dry ginger	40 g
Turmeric	20 g
Rock-salt decoction	1 L → 200 ml
Camphor crystal	3 g (dissolve late)

Benefits - cellulite smoothing, water retention, sluggish lymph.

4 | Special-Purpose Oils

Oil	Key Herbs	Use Case
Sahacharadi Taila	Sahachara, devadāru	Varicose, heavy legs (beauty & comfort)
Kumkumadi Body Lux	Saffron, lotus, manjishtha	Bridal glow polish; weekly abhyanga
Mahanārāyaṇa Taila	50+ herbs inc. milk decoctions	Anti-age, joint ache & saggy arm skin
Turmeric-Charcoal Detox Oil	Haridra, activated charcoal, basil	Bacne & folliculitis prone athletes

5 | Application Protocol (Home & Spa)

Step	Detail	Doṣa Tweaks
Warm oil	38 °C Vāta/Kapha, 32 °C Pitta	Avoid hot oil on broken capillaries
Stroke pattern	Long bones → long strokes; joints → circular; abdomen → clockwise	Kapha: brisk, Vāta: slow, Pitta: medium
Duration	Self-abhyanga 10-12 min; spa 45 min	Minimum 2 min scalp & soles
Rest & Swedana	Sit wrapped 10 min; light steam or warm shower	Pitta = avoid high steam, use lukewarm rinse
Post rinse	Chick-pea / oat flour paste; no sodium soaps	Pat dry; leave micro-film

6 | Contra-Signals & Cautions

Situation	Adjust / Avoid
Acute fever, severe indigestion	Skip abhyanga till agni normal
Third-trimester pregnancy	Light coconut oil only, gentle strokes
Open eczema, oozing lesions	Do spot-application of Chandana ghṛita; avoid full massage
Allergy to sesame/mustard	Switch to almond or jojoba base

7 | Retail & Spa Packaging Tips

- **Opaque glass** prevents rancidity; peroxide value < 10 meq.
- Add **batch & infusion date** – potency highest ≤ 6 months after manufacture.
- Include **QR video** for self-abhyanga strokes — increases compliance & repurchase.

Key Take-Aways

1. **Base oil temperature + herb selection** must mirror client doṣa & climate.
2. **Daily self-abhyanga (5-10 min)** yields measurable hydration and stress-relief gains in < 4 weeks.
3. Herbal oil massage **amplifies Panchakarma** results and enhances penetration of any follow-up body wrap or device-based contour treatment.
4. Track objective metrics (elasticity) to demonstrate oil superiority over water-based lotions.

Practice mantra: “Oil the vessel, calm the wind, shine from skin to spirit.”

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