



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

### 1 | Why Daily Abhyanga Is More Than “Skincare”

| Ayur view   | Modern correlate  | Beauty payoff  |
|---|---|--|
| <b>Snehana</b> (“oiling”) pacifies <b>Vāta</b> and nourishes all seven <b>dhātus</b><br>Oil + stroking opens <b>śrotas</b> , helps toxins flow toward elimination<br>Herb-infused oils deliver <b>rasa-yana</b> actives deep via hair follicles | Occlusive lipids ↓ transepidermal-water loss; massage ↑ lymph flow & vagal tone<br>Enhanced micro-circulation, mechanotransduction of fibroblasts<br>Trans-follicular drug delivery pathway | Lasting glow, firm tone, calmer stress lines<br>Collagen support, even tone<br>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                 |
|---------------------------------|-------------------------------------|----------------------------|-----------------------------------|
| <b>Sesame (Tīla)</b>            | Heavy, warm, unctuous • <b>Uṣṇa</b> | Vāta, winter, post-detox   | ~45 % oleic, rich sesamin lignans |
| <b>Coconut (Nārikela)</b>       | Cool, sweet • <b>Śīta</b>           | Pitta, summer, post-sun    | ~48 % lauric → antimicrobial      |
| <b>Mustard (Sarṣapa)</b>        | Penetrative, sharp • <b>Uṣṇa</b>    | Kapha sluggish circulation | Allyl-isothiocyanate warms tissue |
| <b>Safflower / Almond blend</b> | 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   |



| Ingredient | Qty |
|------------|-----|
|------------|-----|

|                       |              |
|-----------------------|--------------|
| 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.”