Role of Tailabhyanga in Balyawastha and its benefits: A Review Study

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A B S T R A C T

In Ayurveda Tailabhyanga is considered as Snehan therapy in daily routine practice (Dinacharya) to be followed for maintenance of health in healthy individual. This is an oldest of all techniques for healing, preventing diseases and promoting health. Tailabhyanga is also part of pre-therapeutic procedure of Panchkarma, Ayurveda described very scientific approach in Balyawashta as Navjat Balak Paricharya. Oil massage (Tailabhyanga) is therapy that has positive effect on physical growth of babies including weight gain, nourishment, emotional well-being and beauty purpose. The role and importance of Tailabhyanga which are described in ancient are listed according to health promotion of children. Tailabhyanga is the important therapy of traditional Ayurveda in current lifestyle important of Tailabhyanga is ignored by parent's as well as practitioners. So, this article lightens the importance of Tailabhyanga.

Key words: Ayurveda, Balyawastha, Tailabhyang, Snehan.

INTRODUCTION

In Ayurveda Tailabhyanga is considered as Snehan therapy in daily routine practice (Dinacharya) to be followed for maintenance of health in healthy individual.[¹] This is an oldest of all techniques for healing, preventing diseases and promoting health. Tailabhyanga is also part of pre-therapeutic procedure of Panchkarma, Ayurveda described very scientific approach in Balyawashta as Navjat Balak Paricharya. Oil massage (Tailabhyanga) is therapy that has positive effect on physical growth of babies including weight gain, nourishment, emotional well-being and beauty purpose. The role and importance of Tailabhyanga which are described in ancient are listed according to health promotion of children. Tailabhyanga is the important therapy of traditional Ayurveda in current lifestyle important of Tailabhyanga is ignored by parent's as well as practitioners. So, this article lightens the importance of Tailabhyanga.

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Submission Date: 10/04/2023 Accepted Date: 19/05/2023

Access this article online

Quick Response Code
Website: www.jaims.in
DOI: 10.21760/jaims.8.6.18

Astillabhyanga which is daily oil massage is a routine practice in the care of children for their growth and development. Charak had given the scientific basis of Tailabhyanga in Sutrasthan that predominance of Vata Dosha in the skin is more.[²] Tailabhyanga, is a very sophisticated protocol for children.

Astangsamgraha has been quoted “Abhyangam Acharet Nityam” as daily practice of the therapy evident to delay ageing, cures tiredness and Vata disorders, improves vision, nourishes, lead to healthy life etc. All these benefits can be achieved due to the proper Dhatu Poshana by Tailabhyanga

Tailabhyanga is the important therapy of traditional Ayurveda in current lifestyle important of Tailabhyanga is ignored by parents as well as practitioners. So, this article lightens the importance of Tailabhyanga.
AIM AND OBJECTIVE
To review the importance of Tailabhyang in Balyawastha.

MATERIALS AND METHODS
Ayurveda classical texts, Samhitas, online data, journals and supportive text of contemporary science will be referred.

AYURVEDIC REVIEW
Needs of Tailabhyanga in Balyawastha
Tailabhyang is very basic care in the children. There are several benefits of Tailabhyanga like:

1. Health and protection,
2. Emotional well being, and
3. Beauty purposes. Tailabhyanga in children is a way of skin nourishment for the healthy development of mind, body and spirit.[3]

Tailabhyanga should be done daily because it helps to

- Jara, Srama and pacifies Vata.
- Drusti Prasada.
- Pusti Prasada.
- Ayu Prasada.
- Swapna.
- Good for skin
- Provides good physical.[5]

Charaka: Vayu dominates within the tactile sensory organ and this sensory organ is ingrained within the skin. The Abhyanga is extremely beneficial to the skin. So, one should practise regularly.[6]

Vagbhata: Vata mainly prone to touch and touch is through skin. Tailabhyanga is best for the skin then it should be done daily.[7]

Tailabhyanga techniques
- Tailabhyanga is defined as a procedure of application of Sneha Dravyas over the body.

Tailabhyanga should be performed in Anulomagati (in the direction of hairs) for the proper absorption of the oil by follicles. Abhyanga and Snehana are Paryayas (synonyms) of Abhyanga.[8]

- Ayurveda said Tailabhyanga should be performed daily or if not daily, at least applying oil to the top, ears and foot is must to lead a healthy life.[9]

- First manifestation about the technique of Tailabhyanga is found in Rigveda in which Tailabhyanga is told to be done by hands and digits or touch should be gentle.

- Tila Taila (sesame oil) is best for all Prakrutis, because it is considered best among all the Tailas in Ayurveda.[10] It is Tridoshagna and nourishes the body.

Duration of Tailabhyanga
Dalhana has explained the relation of time of Tailabhyanga with the nourishment of the seven tissues of the body. According to him, the Sneha (oil) used in Tailabhyanga reaches to the hair follicle in 300 Matra (65 sec, One Matra=16/60 sec). It reaches to Tvacha in 400 Matra (133 sec), Rakta in 500 Matra (160 sec), Mamsa in 600 Matra (190 sec), Meda in 700 Matra (228 sec), Asthi in 800 Matra (240 sec) and Majja in 900 Matra (285 sec).[11] So, in accordance with these calculations for a particular part of the body, at least 3 min are needed to perform Tailabhyanga so that Sneha may penetrate the deepest tissue.

Benefits Tailabhyanga in Balyawashta
- Tailabhyanga, is very sophisticated protocol for children. Astanga Samgraha quotes “Abhyangamacharenityam” as daily practice of the therapy is evident to delay ageing, cures tiredness and Vata disorders, improves vision, nourishes, lead to healthy life etc. All these benefits can be achieved due to the proper Dhatu Poshana by Tailabhyanga.[12]

- During Tailabhyanga, oxytocin is released in the children’s body. Oxytocin helps to provide us with loving, encourage feelings which in turn help us to bond.[13]
Tailabhyanga helps baby to release the stress that builds daily from new experiences, it allows him to relax.

Tailabhyanga stimulates growth and healthy development of baby’s body, mind, and spirit. Nurturing touch helps to enhance the digestion process by stimulating our food absorption hormones.[14]

Tailabhyanga makes the body soft, controls Kapha and Vata aggravation, and best nourishment to the tissues, good colour and strength to the body.[15]

The skin of children allows sufficient absorption of fat; since it is thinner and more vascular. This may also result in greater caloric intake and consequently a better weight gain.

Bala Taila boosts the strength and nutrition of the body tissues and is helpful to rescue hypothermia.

DISCUSSION

Children care is one of the most important basic cares and massage has been practiced in the past and present. It is an effective and economically cheaper method considering the economic status of the individuals. In the classical texts of Ayurveda, the care of newborn consists of Tailabhyanga, Snana, Jatakarma, etc. as a part of daily care of the newborn.[16] Snehana (oleation) brings elasticity in the skin. Snehana, in the form of Tailabhyanga, is one of the essential therapeutic procedures that are practiced from the days of Ancient Acharyas till today. Ayurveda has given more strain on the conservation of health. Though our studies could not ratify this finding, children are said to absorb oil better because of increased vascularity and permeability of their skin. Due to Tailabhyanga skin becomes soft, beautiful and increases mental and physical strength and reduces stress.[17]

Some of the key benefits of daily Tailabhyanga are as follows:

1. Enhancing the circulatory and respiratory system of the baby by bringing beneficial blood to all the cells of the body.

2. Daily Tailabhyanga boost digestion power, healthy muscle tone, aiding growth and development of your children.

3. The massage helps to increase relaxation enabling your baby to establish better sleep patterns.

4. Spending time and communicating with your children during this valuable time in their lives is particularly pleasing and reaps long-term benefits for both emotional and physical health.

CONCLUSION

Ayurveda children care protocols are very scientific; researchers of present era prove the scientific background of all these procedures. Tailabhyanga is one of these protocols which include stimulation of circulatory and gastrointestinal systems, better weight gain, lesser stress behavior, positive effects on neurological and neuromotor development and infant-parent bonding, and improved sleep. With proper selection of oil and with certain precautions under medical supervision and advice one can practice Tailabhyanga from birth to children without any harm, which is the key massage to modern medical system. The role and importance of Tailabhyanga which are described in ancient are listed according to health promotion of children. Tailabhyanga is the important therapy of traditional Ayurveda in current lifestyle, importance of Tailabhyanga is ignored by parents as well as practitioners. So, this article highlights the importance of Tailabhyanga.

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How to cite this article: Munjabhau Gore, Gopal B. Sharma. Role of Tailabhyanga in Balyawastha and its benefits: A Review Study. J Ayurveda Integr Med Sci 2023;06:105-108. http://dx.doi.org/10.21760/jaims.8.6.18

Source of Support: Nil, Conflict of Interest: None declared.