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

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ABSTRACT

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 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 Dosh* in the skin is more.^[2] *Tailabhyanga*, is a very sophisticated protocol for children.

Astangsamgraha has been quoted "*Abhyangam Acharit 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*.

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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^[4]

- *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 *Prakritis*, 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 *Balyawastha*

- *Tailabhyanga*, is very sophisticated protocol for children. *Astanga Samgraha* quotes "*Abhyangamacharetnityam*" 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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