

## **Abhyaṅga (Oil application)**

- Abhyaṅga (oil application to the whole body) reduces Vāta, gives firmness to the bones, strengthens muscle and induces sound sleep.
- Applying oil on the body increases stamina and strength of body and improves the luster of skin.
- Daily application of oil on feet increases strength of the eyes and prevents the body from weakness of bones, crack feet, muscle aches etc. Application of oil on head should be done daily to prevent hair fall and untimely graying of hair etc.
- For Abhyaṅga, in summer season Sesame oil or Coconut oil is suitable whereas in winter season mustard oil is suitable.
- Daily Abhyaṅga and Pratimarśa Nasya (Nasal Instillation of 2-2 drops of medicated oil) are helpful in prevention from harmful effects of air pollution.