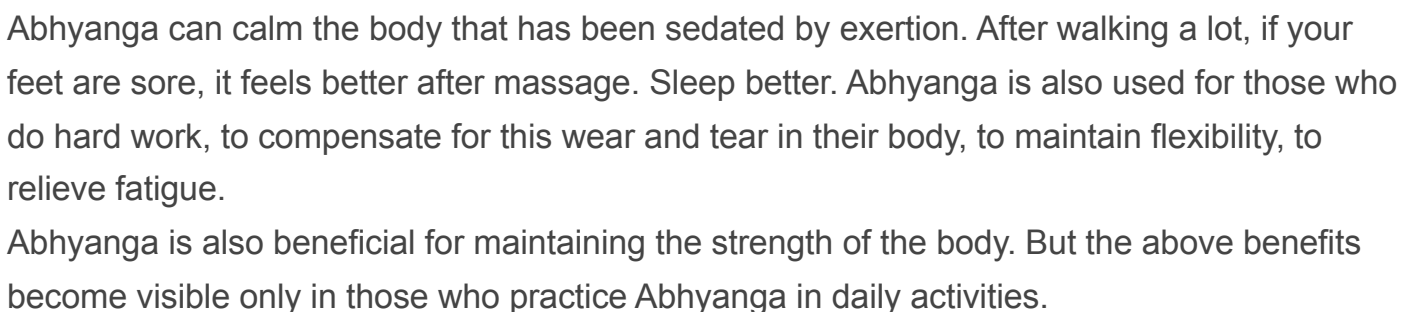




Abhyanga – Massaging the entire body with medicated-scented warm oil is Abhayanga.

Abhyanga confirms the body. In Ayurveda, while explaining the benefits of Abhyanga, it is said that a thin person will become healthy and at the same time, a fat person will also have a healthy body. That is, abhyanga is beneficial for enhancing and maintaining the physique. Along with this, the immunity of the body also increases. That means not only a body that looks attractive, but also a healthy body is created. Having such a strong body strengthens the ability to survive from infection. Increases immunity from infection. That's why those who practice regular abhyanga in small changes, get sick less. They do not need to be taken to hospital frequently.



As much as Abhyanga has physical benefits, there are positive benefits for mental health as well. Skin is one of the five senses. The skin covers the entire body. There is no part of the body where there is no skin covering. The entire skin is covered with pores. Therefore, the oil that is applied at the time of abhyanga, penetrates inside and because it is a sense organ, this sense of affection reaches the mind. In our daily life, we are aware of it every now and then.

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