ROLE OF PADABHYANGA IN NETRA ROGA: A REVIEW STUDY


1P.G. Scholar Sanskrit Samhita Siddhanta Dept., Govt. Ayurved College Nagpur.
2Assis. Professor Sanskrit Samhita Siddhanta Dept., Govt. Ayurved College Nagpur.
3HOD of Sanskrit Samhita Siddhanta Dept., Govt. Ayurved College Nagpur.
4P.G. Scholar Shalakyatantra Dept., Govt. Ayurved College Nagpur.

ABSTRACT

The Aim of Ayurveda is “Swasthasya Swasthya Rakshanam Aturasya Vikar Prashhamanam”. To maintain Swastha or to fulfil the aim; Ayurveda has mentioned Dinacharya, Rutucharya etc. Pada Abhyanga i.e. Foot massage, is one of the parts of Dinacharya. Due to changing life-style and excessive use of computer, TV, mobile screen worsens visual acuity and produces various Netra roga. And for this people use mostly modern medicine. But in Ayurveda with the help of Pada Abhyanga; Drushtiprasadana effect occurs because of which various Netra Roga can be treated. Padabhyanga has also been considered one among Chakshushya varga. Here an attempt has been made to compile the information and benefits of Padabhyanga.

KEYWORDS: Padabhyanga, Foot massage, Dinacharya, Ayurveda.

INTRODUCTION

Padabhyanga means foot massage, and it is useful for eye disorder. It is easy process and there is no side effect of this therapy. According to Ayurveda the human body in the form of inverted tree, and it has three parts.[1]

1. The Root-Head
2. The branches -Upper & lower limb
3. The Trunk-Body trunk
When we protect the root of trees, fruits are obtained at their branches, also human body too- if we take care of the roots, we obtain it fruits in the branches i.e. hand & legs. Hence it is the responsibility of every persons not only to enjoy the fruits but also take care of foot. According to Yogaratnakar the person who massaged his/her feet regularly before sleeping, diseases never goes to that person just like snake which does not approach to eagles.[2]

Padabhyanga comes under the classification of the Bahya Snehana.

There are two types of Snehana:[3]
1. Abhyantar Snehana
2. Bahya Snehana

Definition
Application of oil on the feet flowed by massage is called as Padabhyanga.[4]
It is also called as the mother of all therapies.[5]

Benefits of Padabhyanga
1. Padabhyanga is useful for stiffness of the foot, dryness, tiredness, roughness, numbness and tingling of the foot and leg are alleviated in no time. It gives strength to feet, drishtiprasad, pacified the vata dosha, there is no occurrence of sciatica, cracking of souls and contraction of veins and ligament.[6]
2. Massage of feet bring sleep, shramhara i.e. remove fatigue, numbness and softness of skin of feet, it has chakshushya effect.[7]
3. Padabhyanga bring sleep, alleviates fatigue, drushtiprasad, imparts stability, reduces padasupti, shrama, sthambha, sankocha and suptata.[8]
4. Padabhyanga is useful for diseases of eye.[2]
5. According to Vagbhata there are 4 important nerves in sole of feet which connect to eyes, and it helps in reliving eyestrain and maintain good vision.[9]

Contra indication for Padabhyanga[10]
1. Fever, Cold, Flue, Indigestion
2. Toxin induced trauma, lymphatic infection
3. Acute trauma to foot.
4. Abnormal skin condition.
**Yogya Kala**[^10]

*Padabhyanga* is one of the parts of *Dinacharya*. It can be done at any time of the day. But it very beneficial when it is done at the end part of the evening or at night before retiring to bed.

**Oil/Ghee used for Padabhyanga**[^10]

1. *Tilataila* (Sesamum oil)
2. *Go Ghrita* (Cow ghee)
3. *Ksheerbalataila*
4. *Erandataila* (Castor oil)

**Duration**[^11]

*Duänhana* the commentator of *Sushruta* explained the effect of *Abhyanga* according to duration. 900 *matrakala* is the time for *Abhyanga*. Which comes approximately to 5 mins. Hence 5 mins *abhyanga* can be done to get desired effect. Also, *abhyanga* is depend on type of diseases.

Time for oil to reach in different Dhatus

1. 300 *Matrakala* _Sneha_ enters *Romkupa*
2. 400 *Matrakala* – *Sneha* enters *Twak*
3. 500 *Matrakala* _Sneha_ enters *Rakt*
4. 600 *Matrakala* _Sneha_ enters *Masa*
5. 700 *Matrakala* _Sneha_ enters *Meda*
6. 800 *Matrakala* _Sneha_ enters *Asthi*
7. 900 *Matrakala* _Sneha_ enters *Majja*

**Methods of Padabhyanga**[^12]

1. **The hand techniques**

   In this technique stroking and rubbing are included, and through this we can generate better cardiovascular circulation in the foot, this friction also stimulates the flow of energy directing it in the intended way. For this techniques sesamum oil is commonly used.

2. **The Marma therapy**

   This is a name given to the massage and reflexology techniques done on foot through the *marma*. *Marmas* explained in Ayurveda, total no. of *marmas* are 107. *Marma* therapy is the
theory of Marmavijñana, and it is the origin of acupressure, acupuncture and reflexology treatments. That means when we conducting acupressure, acupuncture and reflexology therapies on the patients, we are only dealing with the marmas and trying to soothe them thereby re-establishing the free flow of energy in all the energy channels of the body. Marma therapy is also said to detoxify and rejuvenate our system. Through working on marma points, we can control prana. Through Prana, we can control our sensory and motor organs and eventually our entire mind-body complex, and release negative energy.

3. The Kasa Bowl

It is used for Padabhyanga. The Kasa bowl is made of mainly two metals copper (major part) and tin (minor part) literally a bronze bowl. This is also called Kansa Vati foot massage. Massage with it balance the tridoshas. Kansa is useful in Netra roga.

Eye Disorder

1. Timira

It is one of the Drishtigata roga, its start from Avyakta Darshana and end with complete loss of vision. Padabhyanga having chakshushya effect hence it is useful in Timira vyadhi. Timira can be consider as Refractive error. Hence Padabhyanga is also useful in refractive error like Myopia, Hypermetropia, Presbyopia, Astigmatism and Amblyopia.

2. Dry Eyes

In Dry eyes Ruksha Guna of vata dosha is increases and Snigdha guna decreases. Oil massage to feet reduces the ruksha guna of vata dosha.

3. Computer Vision Syndrome

This condition produces due to excessive use of eyes i.e. Indriyaatiyogajanya vyadhi. In this condition Vataprakop is more and oil massage over the feet helps to reduce Vata dosha.

4. Cataract

It is a degenerative eye disorder. Foot massage slow down the degenerative process.

Procedure of Padabhyanga\(^{[13]}\)

Padabhyanga is more effective when it is done at the end part of evening or at the bed time.
Before doing Padabhyanga first wash the feet with lukewarm water. Then applied oil over the feet. Oil made hot in warm water bath and after that oil applied over feet, covering the lower leg joints, soles, heel and the toes by using fingers.

Massage should be occurring in downwards, from ankles towards the toes and around joints massage should be in circular manner.

Supporting the heel with one of the hands, space between the toes are massaged. Each of toes is firmly press and massaged from root to tip and finally end the massage with the soles. Moderate pressure should be applied at the end of massage.

For Padabhyanga procedure use single therapist for both the legs because if two therapists are present then maintaining synchronicity is not possible. It is done for 10 to 15 mins.

**Mode of action of Padabhyanga**

1. According to Vagbhata

   There are 4 major nerve presents in feet which is directly connected to the eyes. These nerves help in maintaining good vision and relieve eyestrain with the help of Padabhyanga like therapy.\(^9\)

2. According to Chakradatta; Padabhyanga is included in Chakshushya Varga hence it is useful for maintaining good eyesight and other diseases of eyes.\(^{14}\)

3. Netra and Paada are two extreme poles of our body and siras are the connector between these two poles. Hence for any drug instilled at one pole shows its effect on other pole i.e. from feet to eye. These siras does not seen by naked eye, according to Yogashashtra these siras considered as two nadis viz. Pusha and Gandhari. Pusha connects the right toe to the right eye and Gandhari connects the left toe to the left eye. And it is useful in Netra Roga.\(^{15}\)

4. Abhyanga is more beneficial for the Twak. As Vayu is predominant in Sprashenendriya. With the help of Abhyanga it can be control.\(^{16}\)

5. Both Pada and Netra have the origin from Vaikarika and Rajas ahamkara,\(^{17}\) also both developed at the same time of intra uterine life.\(^{18}\)

6. Padabhyanga is useful in eye strain it may be due to reflex action.\(^{19}\)

7. According to spiritual energy massage, the outer rim of big toes is massaged to achieve the harmony of Aghnya chakra.\(^{20}\)
8. *Indriya* is in close contact of *Manas*, hence if *Indriyas* remains healthy, mind also remains healthy. It gives good effect on eyes.

**CONCLUSION**

*Padabhyanga* is an important *upakrama* explained in *Dinacharya*. It is easy, quickest and inexpensive procedure which make people healthier and happier, oil which is used for *abhyanga* is *Til Tail* (sesamum oil) which is easily available and it has *Chakshushya* effect, cost of *Til tail* is also low. Hence regular practicing of *Til Tail Padabhyanga* is very beneficial for Eye disorder.

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