

## Unit-4

# Indian and International Body Therapies

### Content

#### 4.0 Unit Overview & Description

- Overview
- Knowledge and skill outcomes
- Duration
- Resource Material
- Learning outcomes
- Assessment Plan

#### 4.1 Indian Body Therapies

#### 4.2 International Therapies

### 4.0 Unit Overview & Description:

#### Overview

This unit will provide the student information about Indian and International body therapies.

#### Knowledge and skill outcomes

This Unit will impart following Knowledge and Skill Outcomes:

- About Naturopathy
- Ayurveda
- Five scientific movements of massage
- Details about different types of International Body Massage

**Duration: Hours:** Theory - 40 hrs (40 Periods) Practical 40 hrs (40 Periods)

#### Resource Materials:

##### Indian Therapies:

- Ayurveda The science of self healing– Dr Vasant lad
- Ayurvedic Massage for health and healing– S.V. Govindan
- Ayurveda Panchakarma– Sunil V Joshi
- Asthanga Hridayam Translated– Prof. K. R. Srikanthamurthy

##### International Body Therapies:

- Aromatherapy– Vicki Pitman
- Body massage– Audrey Githa Goldberg,
- Sport and massage therapy– Mel Cash
- Deep tissue massage– Fabian Fernandez
- The essential guide to holistic and compliment therapy– Helen Beckmann and Suzanne le Quesn

### Learning Outcomes: Unit IV: Indian and International Body Therapies.

<b>4.1 Indian Body Therapies</b>	<p><b>Outcomes</b></p> <p>You will be able to understand about</p> <p><b>Naturopathy</b></p> <ul style="list-style-type: none"> <li>• Principles of naturopathy</li> <li>• Elements of the body</li> <li>• Treatments of the body by hydro, colour and mud therapy</li> </ul> <p><b>Ayurveda</b></p> <ul style="list-style-type: none"> <li>• Tridoshas</li> <li>• Trigunas</li> <li>• Prakriti of the body</li> <li>• Panchakarmas</li> </ul>
<b>4.2 International Therapies</b>	<p>You will be able to understand</p> <ul style="list-style-type: none"> <li>• Massage and its benefits</li> <li>• Five scientific movement of massage</li> <li>• Elementary knowledge of international massage therapy               <ol style="list-style-type: none"> <li>a. Aromatherapy</li> <li>b. Deep tissue massage</li> <li>c. Lymphatic drain massage</li> <li>d. Stone massage</li> <li>e. Sports massage</li> <li>f. Swedish massage</li> </ol> </li> </ul> <p><b>Practical Procedure</b></p>

### Assessment Plan for the Teacher:

Unit I	Topic	Assessment Method	Time Plan	Remark
4.1	Indian Body Therapies	Exercise: Question & Answer; Practical Demonstration by Trainees		
4.2	International Therapies	Exercise: Question & Answer; Practical Demonstration by Trainees		

## 4.1 Indian Body Therapies

### Naturopathy

#### Basic Principles of Naturopathy

Naturopathy is a form of treatment of disease through elements of nature. Nature is made of five elements- Jal(water), Vayu (air), Agni (fire), Akash(sky) and Prithvi(Earth). These elements also constitute our body. We get sick when there is an imbalance amongst these elements and our body just reacts to this imbalance by trying to get rid of impurities in form of cough, vomiting, fever etc. Therefore, it is beneficial to cure diseases not through drugs or surgery, but with help of these five elements of nature. Naturopathy says that our body functions are guided by nature's vital forces, therefore a holistic approach must be followed for curing ailments. Body has natural tendency to heal and naturopathy only facilitates the process of healing through energy of nature.

1. Belief in nature's healing powers and in body's inherent tendency to heal itself
2. Looking beyond symptoms to identify and treat underlying causes
3. Adoption of least invasive and most natural ways to cure
4. Teaching patients natural ways to maintain a good health
5. Viewing body as an integration of physical and spiritual aspects
6. Focusing` on prevention, maintaining overall wellbeing

#### Elements of Body:-

According to **AYURVEDA** elements in the body are called as “**PANCHAMAHA BHUTAS**”.

*Pancha* means five and *Mahabhutas* are elemental source.

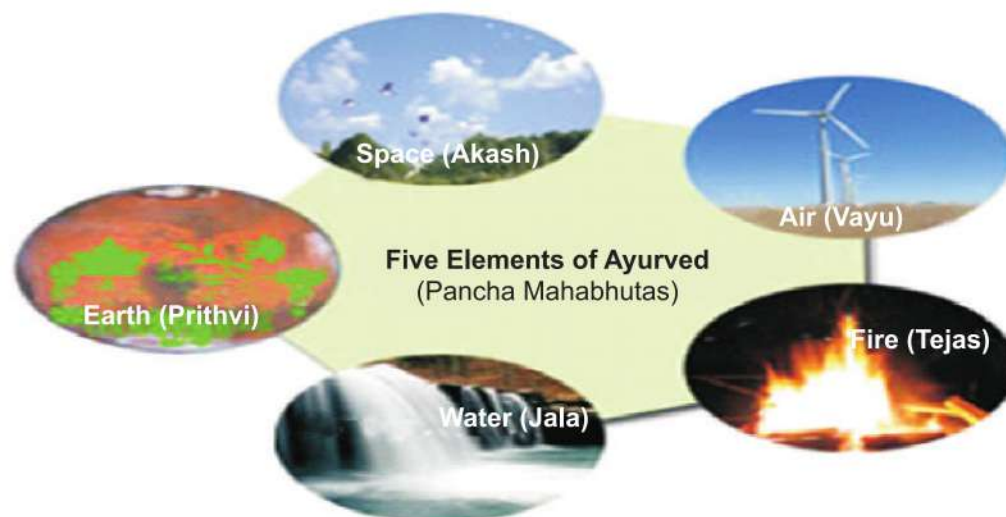


Figure: Five elements of Ayurveda



The five vital elements are **EARTH, WATER, FIRE, AIR, and ETHER** which make up the outer world of experience including physical body

Each element represents a medium, which are as follows:

- **EARTH/PRITHVI**-Represent solid which helps to give stability.
- **WATER/JAL**- Represent liquid which helps for flowing motion and conversions.
- **FIRE/AGNI**- Represent radiant which helps in perception and chemical changes.
- **AIR/VAYU**-Represent gaseous state which helps in subtle movements.
- **ETHER/AKASH**-Represent etheric form which helps in allowing interchange between all material mediums.

**Location of the Elements With Respect To Sense Organs Are As Follows:**

- EARTH - NOSE
- WATER - TONGUE
- FIRE - EYES
- AIR - SKIN
- ETHER - EAR

All these Five Subtle Elements (Pancha Mahabhutas) are found in the material creation, from a grain of sand to the complex physiology of every human being. Balancing these PANCHAMAHABHUTAS in right way is the key to maintain health and treat disease whether it is physical, mental, or spiritual.

## TREATMENTS OF BODY:

### HYDROTHERAPY



*Figure: Hydrotherapy*

**Hydrotherapy** is also called as water therapy. In this water is used as healing source. Viscosity and many mineral components of water helps to get rid of various diseases which are as follows:

- **Spondylitis**- Inflammation in cervical vertebrae
- **Insomnia** - Sleeping disorder
- **Muscular Spasm**-inability to perform particular action due to rigidity in muscle
- **Lumbago** - Pain around lumbar region
- **Sciatica**- Inability to walk due to peer pressure on sciatic nerve.
- **Inflammation of joints**- Swelling around joints.

## TYPES OF HYDROTHERAPY:

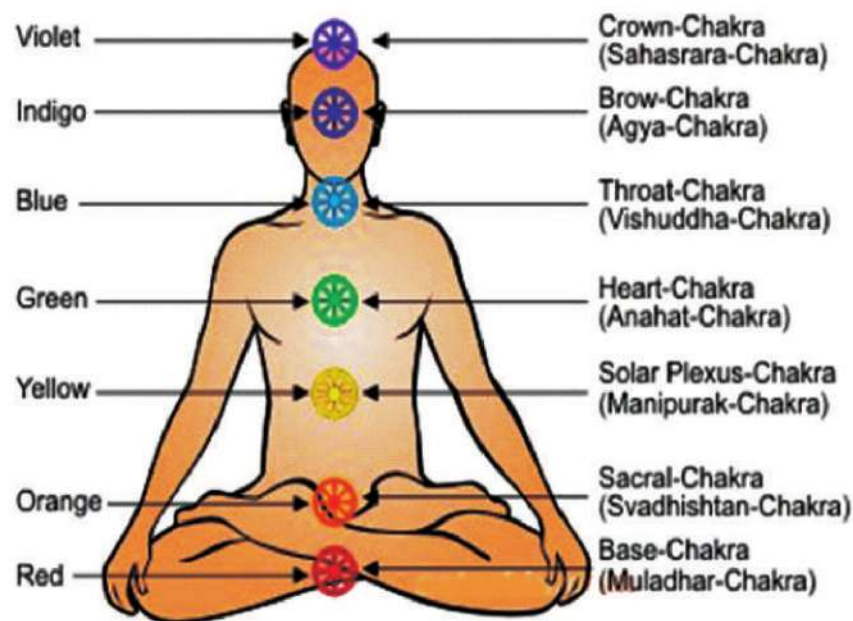
**WET SHEETS PACK-** In this, technique the body is covered with the help of wet sheet. Wet sheet can either be cold or hot depending on which condition it has to be used and then again full body is covered with thermal blanket which induces sweating which is good for detoxification.

**COLD BATH-** In this technique the body is sprayed with ice cool water showers mainly to stimulate blood circulation.

**COMPRESS-** Compresses are of two types ie hot and cold. In cold compress the cloth is dipped in ice cold water and is wrapped around affected part whereas in hot compress the cloth is dipped in hot water and is wrapped around affected part and external heat for eg: infrared rays is given.

## COLOUR THERAPY:

Colour Therapy is also called as **CHROMOTHERAPY**.



*Figure: Colour Therapy*

In this therapy, specific colours according to the conditions for the body are used so as to remove energy blockages, which could be mentally or physically through sense of light.

Colours help to give emotional strengths, balance our mind and channelize our positive energy into right direction. For example, bright colours help to uplift our mind, whereas dark colors depress our mind and energy.

Colours help to build our aura and are useful for spiritual healing. We can use these colours in our day to day life which helps to bring harmony in our surrounding as well as mind.

There are seven main energy centers in our body which are also called as **CHAKRAS**. It can also be called as major plexus of arteries, veins and nerves.

Colour therapy uses colour to rebalance the chakras and aims to stimulate body's healing process.

- 1) **VIOLET-** Crown chakra at the top of the head relates to self knowledge and spiritual awareness. Violet colour governs the crown chakra. This colour helps spiritual healing, wisdom, purifies and filters our thoughts and thus helps in decision making process.



- 2) **INDIGO-** Brow chakra is in the center of the forehead which relates to self responsibility. Indigo colour governs brow chakra. This colour helps to connect our body to unconscious self and make us realize that we are part of this universe. Indigo colour strengthens intuition and increases dream activity.
- 3) **BLUE-** Throat chakra is in situated in throat area which relates to self expression. Blue colour governs throat chakra. This colour pacifies our nervous system and help ability to communicate our needs and requirements
- 4) **GREEN-** Heart chakra is situated in mid part of thorax (related organs are heart & breast) which relates to love. Green colour governs heart chakra. This colour helps to give and take love unconditionally so that we can love and nurture ourselves
- 5) **YELLOW-** Solar chakra is in above the navel area which relates to self personality, ego and intellect. Yellow colour governs solar chakra. This colour strengthens our ability to perceive and understand.
- 6) **ORANGE-** Sacral chakra is situated in lower abdomen which relates to self respect. Orange colour governs sacral chakra. This colour helps to remove all the inhibition and make us independent and social. Orange colour is considered as one of the best colour to stimulate emotionally
- 7) **RED-** Base chakra is situated at the base of the spine which relates to self awareness. Red colour governs base chakra. This colour helps to absorb power from the earth and connects us to our physical body.

#### FOR EXAMPLE:-

- 1) Use of coloured lamps.
- 2) Use of bright light instead of dark colours.
- 3) Meditate in areas where there are lush green trees, near ocean blue or near colourful flowers.

#### MUD THERAPY:

In this therapy, different types of mud are used to absorb toxins from human body. Mud is known for its healing properties due to its mineral components which includes magnesium, calcium, potassium, silicates, bromides and other organic elements.



Figure: Mud Therapy

For mud therapy, mainly black mud, mud from Dead Sea, moor mud (mud which has higher concentration of organic residues i.e. herbs and flowers) are used.

### TYPES OF MUD THERAPY:

**They are of two types:** 1. MUD PACK 2. MUD BATH

**MUD PACK-** In this therapy, mud or muslin cloth dipped in mud is applied on affected part of the body. For making mud pack, initially mud is soaked in water for at least 30 min and then that mud is applied evenly on muslin cloth and then placed on the body.

We can use such mud packs for eyes like eye pack which helps in relaxing the eyes. For head, a band dipped in mud tied all around head especially for treating migraine, for face, mud can be directly applied over face for better complexion and to get rid of acne spots.

**MUD BATH-** In this therapy, the mud is applied all over the body in lying or sitting position in which the body is exposed to sunlight or any other external heat. This helps the mud to absorb toxin in a better way, stimulates blood circulation and helps in removing dead skin. Mud bath should be taken for at least 45 minutes and after that person is allowed to take bath in luke warm water.

### BENEFITS OF MUD THERAPY:

- 1) Skin Disorders like Psoriasis, Urticaria.
- 2) It reduces Stiffness in joints.
- 3) It increases Blood Circulation.
- 4) It helps In Reducing Swelling And it also Relieves Pain.
- 5) It removes Dead Skin, Deep Cleanses and Helps the Skin To Glow.
- 6) It improves Skin Complexion.



*Figure: Mud Therapy*

### Review Questions:

- Q1. What are the six principles of naturopathy?
- Q2. Name five elements of the body?
- Q3. What are the types of hydrotherapy?
- Q4. Discuss about the benefits of hydrotherapy?
- Q5. Describe in detail about colour therapy?
- Q6. What is mud therapy?



## AYURVEDA

**Term Ayurveda:** The term Ayurveda is the combination of two words **AYUSH** and **VEDA**.

**AYUSH** means life and **VEDA** means knowledge or science. Hence the term Ayurveda means the science of life. Thus, it is equivalent to the term 'biology'. But in real practice, the term is used to denote a system of human medicine.

Ayurveda literally means "science of life and longevity." and is considered to be the traditional system of medicine of India. It is a holistic system of healing that supports healthy life style and curing the diseased condition.



Figure: Ayurveda

### Origin of Ayurveda:

Ayurveda is attributed to Dhanvantari, the physician to the gods in Hindu mythology, who received it from Brahma. Its earliest concepts were set out in the portion of the Vedas known as the Atharvaveda.

There are several aspects of this system of medicine which distinguish it from other approaches to health care:

1. It focuses on establishing and maintaining balance of the life energies within us, rather than focusing on individual symptoms.
2. It recognizes the unique constitutional differences of all individuals and therefore recommends different regimens for different types of people. Although two people may appear to have the same outward symptoms, their energetic constitutions may be very different and therefore call for very different remedies.
3. Ayurveda describes three fundamental universal energies which regulate all natural processes on both the macrocosmic and microcosmic levels. That is, the same energies which produce effects in the various galaxies and star systems are operating at the level of the human physiology--in your own physiology. These three universal energies are known as the Tridosha.

### OBJECTIVE OF AYURVEDA:

There are two main objectives of Ayurveda:

1. To maintain the health of those who are well. This aspect entails specific diet, nutrition and hygiene, living style and exercise .Following these guidelines enables a healthy person to maintain health and increase life span.
2. To cure diseases of those who are sick. This aspect describes about the diseases, their causes , symptoms and treatment measures

### Definitions of Ayurveda:

There are many definitions for Ayurveda from various angles. Some important definitions are given below:-



1. Ayurveda is the science of life.
2. Ayurveda is the science that advises us how to maintain (protect) life.
3. The following comprehensive definition of Ayurveda is given by Acharya Charaka (1000 B.C). Ayurveda is the science that deals with four types of life, the wholesome and unwholesome things to life, the measurement of life and life itself.

#### The four types of life are

- Beneficial life
- Non beneficial life
- Happy life
- Unhappy life

A beneficial or wholesome life is socially agreeable. A nonbeneficial life is socially disagreeable. Happy life is pleasurable to the person himself. An unhappy life is miserable to the person having it. Ayurveda aims at the achieving beneficial and happy long life.

4. Ayurveda is the science by which man knows about and obtains life. Ayurveda is the science that deals with things conducive to and adverse life, the pathology of diseases and the treatment of diseases.
5. Ayurveda thus explains a whole way of life embodying not only the physical and psychological aspects but also the philosophical, ethical, and moral aspects on the one hand and the individual & universal health on the other. This holistic and universal concept of health is the contribution of Ayurveda to the world.

### THREE DOSHAS:

**TRI** means three and **DOSHAS** are called as physical energies.

The Tridosha regulates every physiological and psychological process in the living organism. The interplay among them determines the qualities and conditions of the individual. A harmonious state of the three doshas creates balance and health; an imbalance, which might be an excess (vridhhi) or deficiency (ksaya), manifests as a sign or symptom of disease.

The three doshas are known as **Vata, Pitta and Kapha**.

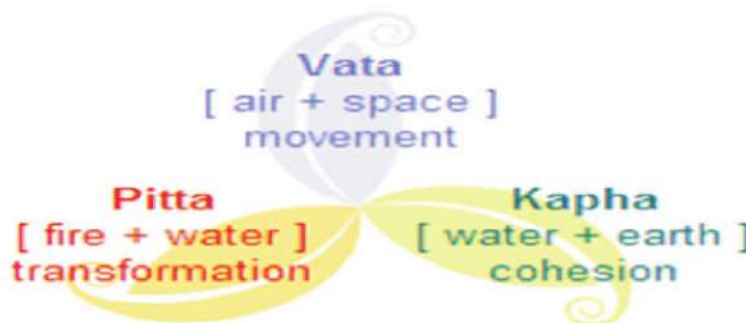


Figure: The Three Doshas

**They are combination of any two of five bhutas.**

**VATA** means wind.

**VATA** is the combination of air and ether.

The term vata stems from a Sanskrit word "vaayu" which means "that moves things"; it is sometimes translated as wind. It is composed of the elements space and air--the lightest and subtlest of the five elements. It is considered in some ways to be the most influential of the three doshas because it is the

moving force behind the other two doshas, which are incapable of movement without it. Vatadosha is responsible for all the somatic activities and sensations. It is the intelligence which channels perceptions (temperature, pressure, sweetness, lightening, violin music, etc.) through the appropriate sensory organs, converts them into internal psychological events, and then orchestrates the appropriate response via the organs of action. It is responsible for all movements in the mind and body: the movement of air in and out of the lungs, the flow of blood through the circulatory system, nutrients through the alimentary tract, and thoughts through the mind. Vata promotes a healthy balance between the thought and emotion and gives rise to creativity, activity and clear comprehension.

Because, among other functions, Vata regulates the nervous processes involved with movement, thoughts, emotions, eating, drinking, elimination, and our general functioning, its disturbance can often have far-reaching consequences.

Here is a table which summarizes the manifestations of a balanced or unbalanced (excessive) Vatadosha:

Effect of Balanced Vata	Effect of Unbalanced (Excess) Vata
Proper coordination of all body functions	Body functions impaired or disorganized.
Normal movements associated with eating, digestion, and elimination	Movements for eating, digestion, and elimination disturbed (bloating, constipation, gas)
Mental activity controlled and precise	Mental agitation, confusion; impaired memory
Control of the organs of perception and the organs of action	Perception and action are inappropriate; senses are dulled; responses untimely
Stimulation of digestive juices	Deficiency of the digestive juices
Desire to lead an active life; vitality, curiosity and natural interest	Loss of energy and joy for life
Normal drying of occasional mucous discharges	Persistent bodily discharges
Normal respiratory function	Shortness of breath, dry cough, disturbance in respiratory movements
Normal sleep pattern	Insomnia, light or interrupted sleep
Excellent energy level	Non-specific fatigue, anxiety, worry, cold-intolerance, depletion of Life Force

*Table: Effects of Vata Dosha*

**PITTA** means fire.

**PITTA** is the combination of fire and water.

The term pitta comes from the Sanskrit word pinj meaning “to shine” (according to Sir Monier-Williams its exact etymology is a mystery). It carries the meaning of “that which digests” and is associated with the idea of being yellow-tinged or bilious. In its widest sense, Paittika digestive function includes all chemical and metabolic transformations in the body as well as processes which promote heat production (i.e. conversion of iodine to tri-iodotyrosine in the thyroid gland). Pitta also governs our ability to digest ideas and impressions and to therefore perceive the true nature of reality. It stimulates the intellect and creates enthusiasm and determination.

Pitta is often regarded as the “fire” within the body. Think of it as the energy stored in the chemical bonds of all the organic substances which make us up: it's encoded in our hormones, enzymes, organic acids, and neurotransmitters. Charaka Samhita, an ancient Ayurvedic text, teaches that pitta functions in digestion, heat production, providing color to the blood, vision, and skin luster.



Effect of Balanced Pitta	Effect of Unbalanced (Excess) Pitta
Strong and complete digestion	Incomplete digestion; poor differentiation between nutrients and wastes
Normal heat and thirst mechanisms	Irregular body temperature, disturbed perspiration, unregulated fluid intake
Excellent vision	Impaired vision
Good complexion; healthy facial tone and coloration	Variable, blotchy skin color, inflamed; unhealthy appearance
Hair lustrous and usually slightly wavy	Irritable, anxious, driven, obsessed
Courageous, cheerful, focused	Loss of energy and joy for life
Stimulated, open intellect	Dullness of reasoning faculty
Steadfast concentration on the truth; disciplined, responsible	Spiritually impoverished
Efficient assimilation of foods	Heartburn, peptic ulcer, irritable bowels, hemorrhoids, diarrhea, alcoholism

*Table: Effects of Pitta Dosha*

**KAPHA-** means mucus.

**KAPHA** is the combination of water and earth.

The term kapha derives from the Sanskrit word "shlish" which means "that which holds things together; to embrace; coherent". In fact, one of the other designations for kapha appearing in some of the older literature is shleshma. It is the force which provides structure to everything from an individual atom or cell to the sturdy musculoskeletal frame. It gives strength, stability, and endurance--both physical and psychological--and promotes human emotions and capacities such as love, compassion, empathy, understanding, forgiveness, loyalty and patience. One very important function of Kaphadosha in the human body is that it governs immunity and resistance against disease; its energy promotes self-healing and the ongoing processes of self-repairs of which we are largely unaware. Where Vata and Pitta effects become active in the body, Kapha acts to limit and control these two forces and prevent their excessive activity. The two mahabhutas which compose Kapha are water and earth. Together, these two prototypical elements form the fundamental protoplasm of life. Kapha imparts mind-body-spirit stability and resilience. It is the anabolic force in the body which governs the formation of neuropeptides, stomach linings, and all new cells and tissues of the body which are constantly being destroyed and re-created.

Effect of Balanced Kapha	Effect of Unbalanced (Excess) Kapha
Excellent nutritional status; firm musculature, strong bones	Poor nutritional status, flabby, fatigued
Adequate moisture and lubrication throughout the body	Dry; decreased mucous and saliva
Well-knit joints	Loose joints, prone to sprains
Stable, compact, and strong physique	Soft and weakened physique; obese
Sexual potency, strong immunity	Sexual impotency, sedentary, diminished immunity

<p>Calm, forgiving, understanding, patient</p> <p>Strong digestion, regular appetite</p> <p>Physiological amounts of respiratory moisture</p>	<p>Intolerant, insecure, jealous, rude</p> <p>Slow digestion, appetite unregulated</p> <p>Excess mucous production</p>
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Table: Effects of Kapha Dosha

## GUNAS

GUNAS means forces or principles.

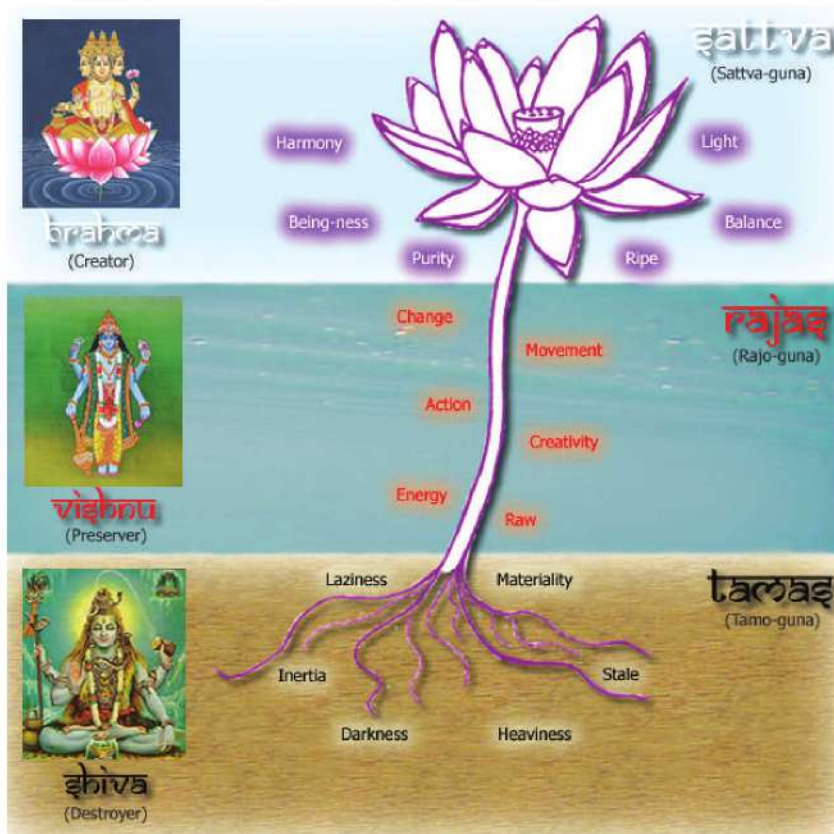


Figure: Overview of Gunas

They are **SATTVA**, **RAJAS**, **TAMAS** which with the help of five elements space, air, fire, water and earth constitutes physical and mental body.

**SATTVA** is the balancing force that allows us to evolve in consciousness. It implicates truthfulness, modesty, faith, self control

Good health is **SATTVIK** state. Development of sattvik state means **PURIFICATION OF MIND AND BODY**.

**RAJAS** disturb the equilibrium state of the body and give rise to emotional fluctuation like fear, love, desire and hate.

**RAJAS** is the state where there is conversion of good health into diseased form.

**TAMAS** is the quality of darkness. It makes body into dullness state ,heaviness and stagnation

**TAMAS** brings **ACCUMULATION OF TOXINS AND WASTE MATERIAL**.



### PRAKRUTI of the body:

PRAKRUTI of body can also be called as body constitution. The ancient sages observed that although every individual is constituted of the three doshas, each of us inherits them in differing proportions. This accounts for our differences in appearance, preferences, aversions, behavioral patterns, and emotional tendencies. The proportion of the three doshas present in an individual at birth will determine his or her essential constitution or prakriti. Prakriti comes from two Sanskrit roots which mean “the initial creation” or alternatively this interesting word can also mean “to come forth into creation”. It represents how we initially come into life before any deviations have taken place.

### What determines our Prakriti:

- The state of the doshas in the bodies of the mother and father at the time of conception is the most influential factor.
- The mental state and intentions of the mother and father at the time of conception .
- The familial hereditary characteristics .
- The diet and daily activities of the mother during pregnancy

### The conditions dominant in the uterus during pregnancy

The doshas with their combination creates seven different primary types of body constitution.

They are **Vata, Pitta, Kapha, Vata-Pitta, Vata-Kapha, Pitta-Vata, Pitta Kapha, Kapha-Vata, Kapha-Pitta and Tridoshic**

Individual Doshic characteristics are as follows:-

### A) BODILY STRUCTURE AND APPEARANCE

ASPECT	VATA	PITTA	KAPHA
FRAME	Tall or short, thin, poorly developed physique	Medium, moderately developed physique	Stout, stocky, short, big, developed physique
WEIGHT	Low, hard to hold weight, prominent veins and bones	Moderate, good muscles	Heavy, tends towards obesity
COMPLEXION	Dull, brown, darkish	Red, ruddy, flushed, glowing	White, pale
SKIN TEXTURE AND TEMPERATURE	Thin, dry, cold, rough, cracked, prominent veins	Warm, moist, pink, with moles, freckles, acne	Thick, white, moist, cold, soft, smooth
HAIR	Scanty, course, dry, brown, slightly wavy	Moderate, find, soft, early gray or bald	Abundant, oily, thick, very wavy, lustrous
HEAD	Small, thin, long, unsteady	Moderate	Large, stocky, steady
FOREHEAD	Small, wrinkled	Moderate, with folds	Large, broad
FACE	Thin, small, long, wrinkled, dusky, dull	Moderate, ruddy, sharp contours	Large, round, fat, white or pale, soft contours
NECK	Thin, long	Medium	Large, thick
EYEBROWS	Small, think, unsteady	Moderate, fine	Thick, busy, many hairs
EYELASHES	Small, dry, firm	Small, thin, fine	Large, thick, oily, firm

ASPECT	VATA	PITTA	KAPHA
EYES	Small, dry, thin, brown, dull, unsteady	Medium, thin, red (inflamed easily), green, piercing	Wide, prominent, thick, oily, white, attractive
NOSE	Thin, small, long, dry, crooked	Medium	Thick, big, firm, oily
LIPS	Thin, small, darkish, dry, instead	Medium, soft, red	Thick, large, oily, smooth, firm
TEETH AND GUMS	Thin, dry, small, rough, crooked, receding gums	Medium, soft, pink, gums bleed easily	Large, thick, soft, pink, oily
SHOULDERS	Thin, small, flat, hunched	Medium	Broad, thick, firm, oily
CHEST	Thin, small, narrow, poorly developed	Medium	Broad, large, well or overly developed
ARMS	Thin, overly small or long, poorly developed	Medium	Large, thick, round, well developed
HANDS	Small, thin, dry, cold rough, fissured, unsteady	Medium, warm, pink	Large, thick, oily, cool, firm
THIGHS	Thin, narrow	Medium	Well-developed, round, fat
LEGS	Thin, excessively long or short, prominent knees	Medium	Large, stocky
CALVES	Small, hard, tight	Loose, soft	Shapely, firm
FEET	Small, thin, long, dry, rough, fissured, unsteady	Medium, soft, pink	Large, thick, hard, firm
JOINTS	Small, thin, dry, unsteady, cracking	Medium, soft, loose	Large, thick, well built
NAILS	Small, thin, dry, rough, fissured, cracked, darkish	Medium, soft, pink	Large, thick, smooth, white, firm, oily

## B) WASTE MATERIALS/METABOLISM

ASPECT	VATA	PITTA	KAPHA
URINE	Scanty, difficult, colorless	Profuse, yellow, red, burning	Moderate, whitish, milky
FAECES	Scanty, dry, hard, difficult or painful gas, tends towards constipation	Abundant, loose, yellowish, tends to diarrhea, with burning sensation	Moderate, solid, sometimes pale in color, mucus in stool
SWEAT/BODY ODOUR	Scanty, no smell	Profuse, hot, strong, smell	Moderate, cold, pleasant smell



ASPECT	VATA	PITTA	KAPHA
APPETITE	Variable, erratic	Strong, sharp	Constant, low
TASTE PREFERENCES	Prefers sweet, sour, or salty food, cooked with oil and spiced	Prefers sweet, bitter or astringent good, raw, lightly cooked without spices or extra salt	Prefers pungent, bitter or astringent good, cooked with spices but not oil
CIRCULATION	Poor, variable, erratic	Good, warm	Slow, steady

### C) GENERAL CHARACTERISTICS

ASPECT	VATA	PITTA	KAPHA
ACTIVITY	Quick, fast, unsteady, erratic, hyperactive	Medium, motivated, purposeful, goal seeking	Slow, steady, stately
STRENGTH/ENDURANCE	Low, poor endurance, starts and stops quickly	Medium, intolerant of heat	Strong, good endurance, but slow in starting
SEXUAL NATURE	Variable, erratic, deviant, strong, desire but low energy, few children	Moderate, passionate, quarrelsome, dominating	Low but constant sexual energy, good sexual energy, devoted, many children
SENSITIVITY	Fear of cold, wind, sensitive to dryness	Fear of heat, dislike of sun, fire	Fear of cold, damp, likes wind and sun
RESISTANCE TO DISEASE	Poor, variable, weak immune system	Medium, prone to infection	Good, prone to congestive disorders
DISEASE TENDENCY	Nervous system diseases, pain, arthritis, mental disorders	Fevers, infections, inflammatory diseases	Respiratory system diseases, mucous, edema
REACTIONS TO MEDICATIONS	Quick, low dosage needed, unexpected side effects or nervous reactions	Medium, average dosage	Slow, high dosage required, effects slow to manifest
PULSE	Thread, rapid, superficial, irregular, weak, like a snake	Wiry, bounding, moderate, like a frog	Deep, slow, steady, rolling, slippery, like a swan
VOICE	Low, weak, hoarse	High pitch, sharp	Pleasant, deep, good
SPEECH	Quick, inconsistent, erratic, talkative	Moderate, argumentative, convincing	Slow, definite, not talkative
MENTAL NATURE	Quick, adaptable, indecisive	Intelligent, penetrating, critical	Slow, steady, dull
MEMORY	Poor, notices things easily but easily forgets	Sharp, clear	Slow to take notice but will not forget
FINANCES	Earns and spends quickly, erratically	Spends on specific goals, causes or projects	Holds on to what one earns particularly property

ASPECT	VATA	PITTA	KAPHA
EMOTIONAL TENDENCIES	Fearful, anxious, nervous	Angry, irritable, contentious	Calm, content, attached, sentimental
NEUROTIC TENDENCIES	Hysteria, trembling, anxiety attacks	Extreme temper, rage, tantrums	Depression, unresponsiveness, sorrow
FAITH	Erratic, changeable, rebel	Determined, fanatic, leader	Constant, loyal, conservative
SLEEP	Light, tends towards insomnia	Moderate may wake up but will fall asleep again	Heavy, difficulty in waking up
DREAMS	Flying, moving, restless, nightmares	Colorful, passionate, conflict	Romantic, sentimental, watery, few dreams
HABITS	Likes speed, traveling, parks, plays, jokes, stories, trivia, artistic activities, dancing	Likes competitive sports, debates, politics, hunting, research	Likes water, sailing, flowers, cosmetics, business ventures, cooking

TOTAL(50) VATA=      PITTA =      KAPHA=

Your constitution:

Vata

Pitta

Kapha

Vata-Pitta

Vata-Kapha

Pitta-Vata

Pitta Kapha

Kapha-Vata

Kapha-Pitta

Tridoshic



### Benefits of knowing your prakruti:

- Personal analysis of Prakruti helps you understand your body type and its requirements
- Knowing your body type will certainly help you to choose the right kind of food, job, colors and habits etc. that will stay in harmony with your prakruti.
- It will help you to maintain a good and balanced personal, family and professional life.
- Helps you to plan your lifestyle that will suit your body type.
- Prakruti analysis will help you plan a balanced diet
- This can help you to know how an imbalance is likely to occur in your body and will educate you to adapt a preventive way of life.

## PANCHAKARMAS

In AYURVEDA there are two main therapeutic principles:

- 1) **SHAMAN** : To suppress the toxins inside the body and to cure disease.
- 2) **SHODHAN**: To remove toxins completely from the body, allowing healing and restoration mechanism.

**PANCHA** means five and **KARMAS** means treatments which go according to the second rule of therapeutic principles.

### 1) EMESIS/VAMANA-



Figure: Emesis/Vamana

In this the person is made to vomit in proper guidance and presence of qualified **AYURVEDIC DOCTOR**.

Over here the person is made to drink at least 8-10 glasses of milk/cane juice depending on condition so to vomit toxins from the body

This treatment helps to reduce diseases like obesity, skin diseases, diabetes and asthma.

### 2) ENEMA / BASTI- BASTI



Figure: Enema / Basti-Basti

is a Sanskrit name for bladder. In ancient times the bladder of goat and buffaloes were used to give enema.

In this therapy oil or water is given in the form of enema which helps to remove fecal blocks so by cleansing and toning the colon, entire body is healed and rejuvenated.

Basti is beneficial for diseases like constipation, arthritis and many neurological disorders like paraplegia and hemiplegia.

### 3) VIRECHANA/PURGATION-



*Figure: Virechana/Purgation*

In this treatment patient is made to defecate for number of times which helps to remove excess pitta. This treatment is contraindicated for people with heart disease, in pregnancy and those who are underweight. It is useful for various diseases like constipation, abdominal disorders, jaundice, skin disease and to reduce obesity.

### 4) NASYA/NASAL THERAPY-



*Figure: Nasya/Nasal Therapy*

NOSE is important sense organ in the body which is also called as gateway to the head

In this therapy two drops of herbal oil depending on condition is dropped in each nostrils.

NASYA is useful for diseases like cervical spondylitis, sinusitis, throat and ear diseases, hair loss, graying of hair, insomnia, facial paralysis and migraine

### 5) RAKTAMOKSHAN



*Figure: Raktamokshan*



MOKSHAN means letting of blood and RAKTA means blood. It is generally done with the help of leech and scalp vein set. Leech is generally applied to effected part of body where the leech sucks the blood toxins from the effected part. Raktamokshan is useful mainly for arthritis, skin disorder like psoriasis, eczema ,acne etc.

### Review Questions:

- Q1. Define term Ayurveda?
- Q2. Explain in detail three doshas and their function?
- Q3. What is Prakruti?
- Q4. Describe about Gunas?
- Q5. Write detail knowledge about Panchakarmas and their benefits?

## 4.2 International Therapies

### MESSAGE AND ITS BENEFITS:

**Massage Definition:** Massage may be described as the systematic and scientific manipulation of the soft tissue of the body for a therapeutic purpose.

Body massage grew in popularity due to the influence of Per Henrik Ling (1776-1839). He belonged to Sweden and hence the name Swedish massage.

During World War I massage was used for the treatment of nerve injury and shock. Body massage offers numerous physical, physiological and psychological benefits

Swedish massage is therapeutic and therefore healing, simply because it is such an enjoyable experience. Physically, massage initiates healing because it brings about changes in the body, triggers off the relaxation response and stimulates many beneficial chemical/hormonal reactions.

The essence of massage is touch, and through touch, healing. The healing power is derived from the fulfillment of a basic human need for contact or touch. This contact can be achieved in different ways, for example, as physical contact in the form of holding, hugging, stroking. Verbal contact in the form of a greeting, praise, encouragement or reassurance may also satisfy our need for contact up to a point. Positive human contact is so vital that a lack of it can lead to serious disturbances such as depression, lack of self-esteem, failure to thrive and various behavioral problems in children.

No medical treatment is older or more thoroughly tested through experience than massage. With a history of over 5,000 years massage is known to have flourished in ancient Egyptian, Greek and Roman cultures. The Chinese wrote the first known book of massage over 3,000 years ago.

Today the interest in massage has been renewed by an increasing interest in fitness and health as well as an increased awareness of, and desire for natural methods of healing. It has also increased in popularity as a pampering treatment especially when people are on vacation. There are many styles of massage: Swedish, Sports, Aromatherapy, Chinese, Shiatsu, and Hawaiian, to name just a few. Swedish massage as we know it today has been developed over a period of several hundred years in Europe. The system involves using all the different movements, techniques and methods in a definite sequence with a specific objective in view.

The main objectives are:

- to soothe, to ease nervous and muscular tension and relax the client.
- to stimulate, to tone up the muscular system, aid digestive processes and stimulate the flow of blood and lymph.
- to ease pain, reduce acids and other tissue deposits and assist in the healing of diseased parts of the body.



Prior to giving any kind of a massage, the client's consultation is necessary and for that we need to know the contra-indication which is conditions when massage is more harmful than beneficial.

### **Contraindications Can Be Divided Into three Types:**

- **TOTAL CONTRAINDICATIONS:** Conditions where any massage treatment should be totally avoided e.g. Fever, thrombosis, contagious diseases etc
- **CONTRAINDICATIONS WHICH REQUIRE MEDICAL APPROVAL:** Ongoing conditions where doctor's approval is needed e.g. Cardio vascular diseases, diabetes, epilepsy etc
- **TOPICAL OR LOCAL CONTRAINDICATIONS:** Areas which can be avoided and the massage treatment can be given e.g. bruises, cuts, varicose veins, swelling etc.

### **Some Contra-indication Reason (s) For Not Carrying Out The Treatment Can Be Found Below:**

- **High blood pressure** Medical advice should be obtained although some treatments can help especially if the condition is stress related
- **Low blood pressure** A client may feel dizzy or faint if they sit up or get off the couch too quickly
- **History of thrombosis** this is a blood clot in the veins. Treatment may disturb and dislodge the clot from the vein wall so that it travels through the veins and may cause a blockage in a vital organ e.g. the lungs or brain.
- **Epilepsy** Treatment may trigger off a fit
- **Diabetes** Care must be taken not to damage the tissues as the tissues take time to heal.
- **Cuts and abrasions** Body fluid is a conductor of electricity resulting in a concentration of current
- **Skin diseases /disorders** E.g. Eczema, psoriasis, acne and any skin infection. These may be irritated or spread by the friction of the hand over the area
- **Severe bruising** May be uncomfortable for the client, avoid the area
- **Varicose veins** Could cause more damage
- **Metal plates, pins** Metal is a conductor of electricity
- **High temperature, fever, migraine, headache**
- **Due to the release of toxins** the treatment will not be beneficial to the client
- **Recent scar tissue** Less strength than healthy tissue, avoid stretching the tissue



**Review Questions:**

- Q1. How can massage be defined as?  
 Q2. What are the benefits of massage?  
 Q3. What does contraindication mean?  
 Q4. What are the three different contraindications and give examples of the same?

**ELEMENTARY KNOWLEDGE OF INTERNATIONAL MASSAGE THERAPY-**

*Figure: International Massage Therapy*

- a) AROMATHERAPY-**Aromatherapy is an ancient art and science but still new and exciting today, plays a large role in the beauty industry in general but particularly in a day spa treatments. Aromatherapy means the therapeutic use of aromatic essences from different parts of the plants used in treatment for wellbeing. Essential oils are contained in the oil cells in various parts of the plant i.e, veins, sacs, leaves, flowers, roots, trunks etc. They are vegetable hormones with very high complex molecular chemicals. Essential oils are odoriferous, flammable and soluble in oil and alcohols. They are lipophilic and they penetrate into fat layers. The essential oils used in aromatherapy are potent antimicrobials; they can be useful in the treatment of infectious disease. Essential oils are increasingly used in pain management, anxiety/depression and various other diseases.

In aromatherapy these potent oils are mixed with carrier (soybean or almond oil) or the oils are diluted with alcohol and water and rubbed on the skin, sprayed in the air, inhaled or applied as a compress. They should never be consumed.

- **HISTORY OF AROMATHERAPY-** The ancient Egyptians and Romans were renowned for the use of essential oils in medicine and in their baths. Hippocrates who has been credited with using more than 300 plants in his cures along with massage, or perhaps the famous three wise men bringing gifts of gold, frankincense and myrrh to celebrate the birth of Christ.

Aromatic resins and pure essence has antiseptic and antibacterial powers which ensured that in spite of heat, mummies were found centuries later, perfectly preserved. There are records of frankincense being burnt at sunrise as an offering to the sun god. The Egyptians also used aromatic portions during the procedure of embalming. It was also common practice for the Egyptians to be massaged with fragrant oils after bathing.

The Romans based their medical knowledge on the Greeks, but went to improve the composition of aromatic extracts. The Romans were very lavish in their use of perfumes. The word perfume comes from the Latin word per-fume meaning through the smoke. Because of the rapidly expanding trade routes, Arabia and the Far East soon adopted the practice of using aromatic extracts for varying applications. It was Arab physician called Avicenna, who lived from AD 980 to AD 1037 who first used a process resembling modern methods of distillation.

During the 17<sup>th</sup> century Essential oils were widely used in mainstream medicine. In 1896, chemical science became important by isolating therapeutic plants and using them for medicine.

The modern era of aromatherapy is dawned in 1930 when the French chemist Rene Maurice Gattefosse coined the term aromatherapy for the therapeutic use of essential oils. He was fascinated by the benefits of lavender oil in healing his burned hand without leaving any scars. He started investigating the effect of essential oils for healing and for their psychotherapeutic benefits.

Madame Marguerite Maury elevated aromatherapy as a holistic therapy. She started prescribing essential oils as remedy for her patients. She is also credited with the modern use of essential oils in massage.

### Action of Essential Oils:

- **Skin-** They can dissolve dead surface cells, increase cell turnover, stimulate metabolism, improve texture and softness, stimulate and tone.
- **On Nervous System-** They can calm and soothe nerve endings cause a sense of relaxation.
- **On Glands-** They have a soothing and sedative effect, toning and stimulating. They normalize glandular function.
- **On Muscles-** They can relieve fatigue, reduce soreness and stiffness, and improve resistance and elasticity of muscles.
- **On Blood And Lymph-** They can facilitate smooth flow, increase metabolism and removal of waste.

Essential oils can affect the whole body. It is important to understand that it can also be toxic if it is used over a long period of time.

A Frenchman called Piesse classified the odors of essential oils in the 19th century according to musical scales, and this is where the top, middle and base notes originated.

As a rule of thumb, the combination between top, middle and base notes should be in harmony and the following formula is normally used. Select oils from all three categories but use less of the top and middle notes than that of the base note.

### Top Notes:

Essential oils that are classified as top notes normally evaporate very fast and normally also have anti-viral properties.

They tend to be light, fresh and uplifting in nature and are generally not very expensive. Top notes are generally highly volatile, fast acting, give the first impression of the blend and are not very long lasting.

The following essential oils are considered top notes: Basil, Bergamot, Peppermint etc.

### Middle Notes:

The bulk of essential oils are considered middle notes and normally give body to the blend and have a balancing effect.

The smells of middle notes are not always immediately evident and may take a couple of minutes to come into their own right and are normally warm and soft fragrances.

The following essential oils are considered middle notes: Fennel, Lavender, Juniper etc.



**Base Notes:**

Essential oils that are classified as base notes are normally "heavy" oils with their fragrance evident, but will also slowly evolve and be present for a long time and slows down the evaporation of the other oils.

These fragrances are normally intense and heady. They are normally rich and relaxing in nature and are also the most expensive of all oils.

The following essential oils are considered base notes: Frankincense, Jasmine, YlangYlang, etc.



*Figure: Aroma Oils*

**What is a carrier oil or base oil:**

Carrier oil is a vegetable oil derived from the fatty portion of a plant, usually from the seeds, kernels or the nuts.

If applied to the skin undiluted, essential oils, and other concentrated aromatics can cause severe irritation or reactions in some individuals. Carrier oils are used to dilute essential and other oils prior to application. They carry the essential oil onto the skin.

Each carrier oil offers a different combination of therapeutic properties and characteristics. The choice of carrier oil can depend on the therapeutic benefit being sought.

**Examples of Carrier oil:**

Almond sweet, Coconut oil, Grape seed oil, Hazelnut oil, Olive oil, Sesame oil, Sunflower oil, Apricot and peach kernel oils, Avocado oil, Evening primrose, Jojoba oil, Wheat germ oil, Calendula etc.

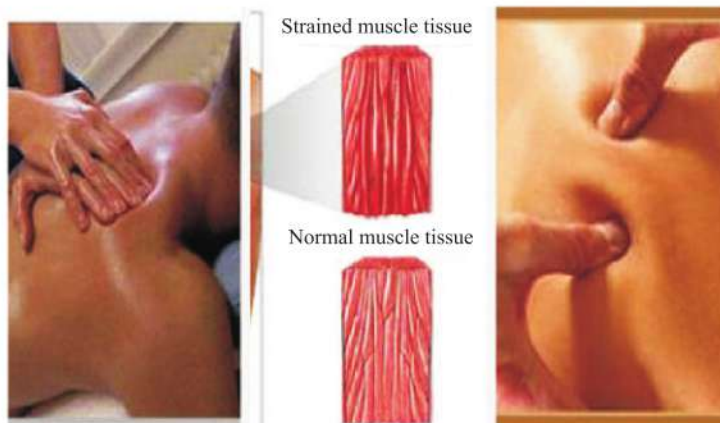
**Review Questions:**

- Q1. How can Aromatherapy be defined as?
- Q2. What are the benefits of aromatherapy?
- Q3. How does it work?
- Q4. What is the difference between the different notes?
- Q5. Why can't we use essential oils on its own?
- Q6. What are the carrier oils?
- Q7. What are the different ways you can use the essential oils?

## b) DEEP TISSUE MASSAGE

When there is chronic muscle tension or injury, there are usually adhesions (bands of painful, rigid tissue) in muscles, tendons, and ligaments.

Adhesions can block circulation and cause pain, limited movement, and inflammation. Deep tissue massage works by physically breaking down these adhesions to relieve pain and restore normal movement. To do this, the massage therapist often uses direct deep pressure or friction applied across the grain of the muscles. The strokes used in Deep Tissue Massage are similar to those used in a Swedish Massage except more pressure is used and it uses cross grain strokes (strokes that go across the grain of the muscles instead of with the grain).



*Figure: Deep Tissue Massage*

During Swedish massage, usually the therapist will only use their hand and forearm, however with a Deep Tissue Massage, elbows, fingers, and ceramic, wooden, or glass tools may be used for optimal penetration of the muscle. The speed of the strokes will be slower than a classic massage as well, which means they are longer in duration. The massage therapist will apply pressure on sore spots and hold it for a few minutes before moving on, for extra relief.

Some people think that if you just push hard enough, a knot could be worked out in one session, but this is not the case. For built-up tension and chronic knots (adhesions) deep tissue massage is just one part of the treatment. If you do not exercise, correct your posture, and/or employ relaxation techniques along with Deep-Tissue Massage you may not get the full benefits from your massage.

At certain points during the massage, most people find there is usually some discomfort and pain due to the pressure applied.

It is important to tell the massage therapist when things hurt and if any soreness or pain you experience is outside your comfort range.

There is usually some stiffness or pain after a deep tissue massage, but it should subside within a day or so. The massage therapist may recommend applying ice to the area after the massage. A good way to recover from a Deep Tissue Massage is by soaking in a warm bath with Epsom salt. This soaking is recommended because it will help get more of the toxins out of your body (Epsom salt draws the toxins out into the water).

Your muscles need some rest after one of these massages, even if you feel no soreness the most important thing to remember when getting a Deep Tissue Massage is to breathe deeply during the session and while relaxing afterwards. Oxygenating the muscles will help the massage do its work and ease discomfort. It is recommended not to plan any activities within a day of a Deep Tissue Massage.

### **Deep Tissue massage can benefit in the following ways**

#### **Improves Blood Pressure**

Deep-tissue massage helps ease stress and tension, which can have a beneficial effect on blood pressure. Deep-tissue massage can help increase the body's production of serotonin, the hormone that promotes happiness and good feelings.



### Breaks Up Scar Tissue

Over time, deep-tissue massage therapy can help break up and eventually erase scar tissue in the body. It does this by improving lymphatic circulation and drainage to improve flexibility and range of motion in the affected area. Scar tissue is often associated with ongoing pain and stiffness, so deep-tissue massage can improve these symptoms. Massage therapy is often recommended for people who are recovering from surgery.

### Rehabilitates Injured Muscles

Deep-tissue massage can be an effective treatment for injured muscles. Because it facilitates the movement of toxins from the muscles and helps stretch tight or twisted muscle mass, deep-tissue massage can help promote healing. Because massage also helps relax muscles, it can reduce the pain caused by injuries, too. Deep-tissue massage is frequently used to rehabilitate sports injuries.

#### Review Questions:

- Q1. How can deep tissue massage be defined as?
- Q2. What are the benefits of deep tissue massage?
- Q3. How does it work?
- Q4. What kind of people is deep tissue massage good for?

### c) LYMPHATIC DRAIN MASSAGE

It's an advanced massage technique which moves the skin over the underlying tissues using repetitive and circular movements. Dr. Emil and Estrid Vodder discovered and then developed the technique in the 1920's and 1930's going on to train others in the late 1940's. It was first used on patients as an effective way to detoxify the body. Today, MLD is still used as a way to improve the inner workings of lymphatic system.

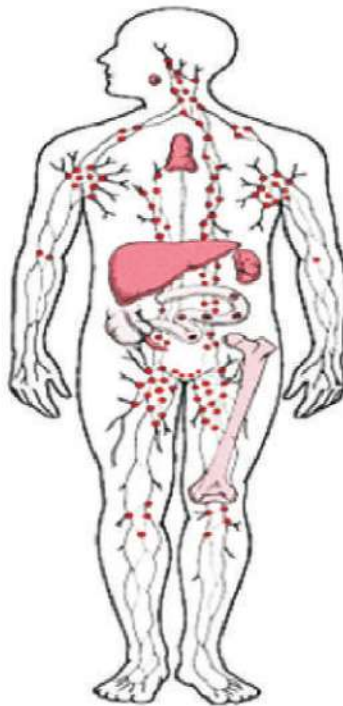


Figure: Lymphatic Drain Massage

*The Lymphatic System is one of the most overlooked systems in the body, despite the fact it plays a central role in your overall health. Keeping your Lymphatic System in top shape is an important aspect in maintaining a healthy life.*

Massage is applied gently in the direction of lymph flow in order to unblock any obstructed lymph vessel, and allow lymph flow to transport waste from the body freely.

Manual lymphatic drainage is a very gentle and slow type of massage therapy used to drain excess fluid from the body and improve the overall functioning of the lymphatic (immune) system. It boosts the function of the lymphatic system.

It increases the circulation of the lymph which helps fluid drainage from cells and the elimination of waste, improves the production and distribution of antibodies and lymphocytes thus boosting immunity from disease and stimulates the lymphatic system filtering process thus helping remove toxins and bacteria from the body.

This is particularly important with today's lifestyle where the influence of stress, unbalanced food intake and environmental factors can all adversely affect our lymphatic system. The treatment consists of a very gentle massage over the skin, focusing on the lymphatic areas. It is usually a non oil technique and is pain free. The treatment can help people of all ages and is suitable even for the very young, those recovering from surgery and the particularly fragile. The main benefits include relief of congestion, reduction of fluid retention, faster recovery after illness and injury, and a heightened sense of well being. In the treatment of Lymph edema condition or post operative to prevent Lymphatic congestion the procedure can involve massage, remedial exercise, compression therapy and supportive information to adapt to a new Lifestyle. Manual Lymphatic Drainage is a safe, nonintrusive and relaxing massage technique and treatment usually takes one to one and a half hours.

Your Lymphatic System performs the vital function of cleansing the fluid that surrounds the cells in your body by removing impurities and waste products. This process not only protects your body from toxins, but also allows cells in the body to function at their best.

An unhealthy Lymphatic System can have a serious impact on your health. Poor lymph function is associated with fibromyalgia, multiple sclerosis, chronic fatigue syndrome, aches and pains, bloating and poor digestion. Studies have shown that an unhealthy lymph system can contribute to cellulite, fat deposits and obesity as well

#### Review Questions:

- Q1. Who discovered the Lymphatic drainage massage and when?
- Q2. Who was it used on initially as a massage?
- Q3. What kind of massage is Lymphatic drainage?
- Q4. How does lymphatic drainage massage benefit the body?
- Q5. What does your lymphatic system do?
- Q6. What happens if the lymphatic system did not function properly?

#### d) STONE MASSAGE

Various cultures of the world have used hot stones for healing for a very long time. History dictates that the Chinese used hot stones as far as over 4000 years ago. It was used to increase the function of internal organs to the optimum health and relieve stress, tension and pain. European used hot rocks to heat their saunas, and they applied hot stones for tired and sore muscles to release from tension and muscle pain. The ancient Greeks and Romans used warmed stones as a form of massage. Native American women used to place warmed stones on abdomen during their menstrual pain. This tradition continues today as the knowledge of the ancient stones is rediscovered and used more and more. People are once again realizing the benefits of this unique healing therapy

#### History

By looking at the ancient culture and civilization we can see that as we have used stones thousands of years. We can say that use of Huge stone for Pyramids of Egypt to the use of smaller stones in South America for Shelter.



No one really knows from where modern hot stone therapy comes from. Some says Arizona and some says from the Sweat lodges of New Zealand.

History shows that stones have always held a lot of respect and importance in terms of architecture, religion and day to day lives.

Most of the famous buildings around the world have been constructed in stones.

Most of the religious temples, churches, mosques have been constructed by stones.

In India most of the Hindu gods and goddesses have been carved out of stones.

Stones hold a lot of vibrational energy and also stories from the past. Stones emit a lot of peace and tranquility. They have been exposed to all forces of nature like the sun, moon, stars, wind, rain, snow and have been seasoned by the climatic changes. Amongst most of the natural element, found in nature it holds and transmits energy for healing.

Most of the spiritual masters choose the caves or stone structures to practice their meditations. It provides a lot of grounding energy towards their practice.

### **Different Cultures used stones for different reasons.**

1. European- in their Saunas.
2. Native Americans-in their traditional sweat lodges



*Figure: Stone Massage*

3. Arabs-as contraceptive in their camels
4. Chinese/oriental medicine-hot stone used in conjunction with meridian channels to promote a better flow of energy around the body.
5. Japanese– used in Anma (oldest form of massage)
6. Hawaiians also used Lava rocks in their Lomi-Lomi.

### **How does Hot Stone Massage work:**

The hot stones are made of basalt, these stones are volcanic rocks, and they are formed from the hot lava that spills out of the volcano as it erupts. These stones were exposed to (sun, wind, heat and cold condition) These stones are rich in minerals and that's why they are known for their heat and cold retention properties, which makes them perfect choice for stone massage. Some of these volcanic rocks are rich in magnesium and iron, and so they retain heat.

The stones are kept in water and heated in an electrical heating device until they are have right temperature. The stones are placed at specific points of the body such as back, in the palms of the hand or between the toes. The heat of the stone warms and relaxes the muscles, which allows the therapists to apply deeper pressure, if desired. It helps in circulation and calms the nervous system. Some therapists place the stones on the chakras of the body which are thought to be energy center of the body, which are helpful to rebalance the body and mind.

Cold stones also can be used along with the hot stones on the body. It is a powerful decongestant, pushing fluid and wastes out of overworked, chronically tense, or inflamed tissues. Cold can interrupt the pain-spasm-pain cycle.

In cooperation with heated stones, chilled marble stones create a dramatic movement of fluids within the body. This is healing due to the cleansing and nourishing effect of vascular gymnastics (alternate constriction/dilation of blood vessels).

Cold offers a challenge to the body, so it is tonifying, or strengthening, to several bodily systems, especially the immune system. Chilled marble stones are not as powerful as ice, which has a property called the latent heat of fusion.

This is beneficial in the right measure, as evidenced by steam baths and cryotherapy.

In massage, cold marble stones have the advantage over ice, in that stones do not desensitize the skin, as ice can, so soft tissue manipulations and mobilizations will not be taken beyond the client's tolerance.



*Figure: Placement of Stone for Massage*

### **Indications for hot Stone Massage:**

Many people find that the warmth and the cold of stone massage is more relaxing and rejuvenating.

Hot stone massage is suited for people who have muscle tension but prefer lighter massage. The heat of the stone relaxes the muscle and releases aches and pains, and allowing the therapists to work on the muscles without using deep pressure. Amongst most of the natural element, found in nature it holds and transmits energy for healing.

It has been said that one stroke by the stone are equivalent to ten strokes by therapists hands!

### **People also get hot stone massage for various reasons:**

- \* Insomnia
- \* Anxiety and tension
- \* Back pain and aches
- \* Improves blood circulation
- \* Easing stress and recharge your energy level



## How to Heat Your Stones



*Figure: Heating Stone Equipment*

- Stones are best heated in water, using an electric stone warmer.
- Heating your stones in water creates a soft heat, one that is easy to work with.
- Heating stones in an oven is not recommended. The heat is very sharp.
- Never ever heat your stones in a microwave.



*Figure: Material and Machines for Stone Massage Treatment*

### CONTRAINDICATIONS:

- Pregnancy.
- Claustrophobia
- Nerve damage.
- Diabetes or where the pain tolerance is impaired.
- Fever.
- Heart conditions, uncontrolled blood pressure or any condition that would make heat application and therefore circulatory increase unsafe.

- Those taking medication for thinning blood or other medication for the circulatory disorders.
- Inflammations and open wounds or lesions.
- Chronic disease requires strong medications.
- Cancer

### How to Care For Your Hot Stone Massage Stones

Proper cleaning and sanitation is important while using Hot Stone Massage stones in your massage practice. It is important to wash the stones thoroughly after each session, between clients. All that is required is washing in warm soapy water and a thorough rinsing. If you have stones that are pitted or have a porous surface texture, you may wish to use a small scrub brush to make sure all the oil is removed from the stones. The sooner you wash the stones after a treatment, the easier it will be to remove the oil and any bacteria that may have been picked up from your client's body.

It is better to take the time to clean the stones between sessions, or have a second set of stones heating and ready for use if your clients are booked back to back.

You can also spray with surgical spirit after washing in warm soapy water to sanitise further.

When the stones are not in use, it is helpful to recharge them in nature. When stones get sluggish after using them for a couple of months, you could leave them outside in the open overnight as a way to re-energize them. Another great idea is to sit them in a stream, and let nature's running waters cleanse them.

Other practitioners recommend charging your massage stones with crystals such as Amethyst, when they are not in use. Just place a crystal on top of the massage stone set and let it take care of the rest.

### Review Questions:

- Q1. What is the significance of stones in history?
- Q2. What type of stones is used in the Stone massage?
- Q3. What are the contraindications to a stone massage?
- Q4. How does stone massage benefit the body?
- Q5. How can it help the therapist using stones?
- Q6. What is the best way to heat the stones?
- Q7. How do we take care of the stones in terms of hygiene and sanitization?
- Q8. How can we energize the stones?



*Figure: Sports Massage*



## e) SPORTS MASSAGE

Sports massage is a special type of massage that is particularly helpful to athletes. It is used before, during and after sports events. When a massage therapist works the soft tissues of the body, there are a variety of benefits such as preventing injury, working out the soreness, and enhancing sports performance. Most elite athletes have sports massages done regularly as a part of their training program.

Sports massages are done by qualified sports massage therapists, often in spas, sports medicine clinics, or even hospitals. An untrained person would not know the important details of bodywork, and could cause injury rather than prevent it. Most athletes like to be familiar with the massage therapist that works on them.

Techniques for sports massage are borrowed from traditional massage styles, such as Shiatsu and Swedish massage. Bodywork is also very sport-specific. The massage therapist uses knowledge of the way the body moves in your particular sport in determining what are the most likely muscular and joint problems and needs. He also uses this insider information to know how to prepare your body for an upcoming event.

Sports massage can be used for any team sport players, tennis and golf players, skiers, swimmers, gymnasts and just about any sport that includes powerful movements. In fact, some people get sports massages when they do not do sports, if they are simply working out vigorously. Others even get sports massages after physical jobs like moving furniture or planting a garden.

A sports massage can be stimulating, it can be relaxing, or it can be a relief from pain. A sports massage is not a cure for every sports-related injury or defect. It was never meant to be a cure-all. However, it has its place and it has been helping athletes reach their peak practice and performance levels for several years.

### Benefits of Sports Massage

There is a good reason sports massage is becoming more popular, "it works". It offers many benefits for athletes, i.e. to aid in their game play as well as in their everyday lives. Bodywork has come into widespread use, and the advantages speak for themselves.

1. Sports massage, like any massage, will increase the circulation of blood in the body. Of course, improved circulation is always important, but it is especially helpful for athletes. The circulation in the muscles slows down during activity, and the muscles become tight and sore a few hours later. After a massage, the muscles will be refreshed by this wash of new, oxygenated blood.
2. Sports massage increases the flow in lymphatic system. This renewed circulation, along with the improved circulation of blood, helps the body carry away waste products. This is a good thing, since athletes' muscles build up large amounts of different types of waste, such as lactic acid, during prolonged events.
3. Sports massage prevents or treats a condition called delayed onset muscle soreness (DOMS). This condition happens a few hours after exercise, especially if it is not exercise that the athlete is accustomed to doing. This condition cannot only be painful, but it can also affect the player's ability to perform well in the next event or even cause him problems with everyday functioning. Massage can be used to treat this condition in most cases.
4. Bodywork can improve flexibility. Part of the time in a sports massage is spent with the massage therapist stretching the body parts to improve joint flexibility and relieve joint pain. This passive stretching also improves range of motion for the athlete.
5. Sports massage can be used to help the athlete prevent injuries. The bodywork that is done on all the muscles and joints makes them more resilient. They help lengthen out shortened, tightened muscles and increase muscle stability. Muscle imbalances can be corrected for more harmonious movements that are less likely to result in injury.
6. Bodywork can be used in the treatment of certain injuries that have already occurred. Identification of the problem is the first step, and the sports massage therapist is often the first to make notice of the problems. Some injuries that a sports massage therapist might be able to help are: sprains, strains, plantar fasciitis, and tendinitis.



7. During a sports massage, the therapist might work with scar tissue to improve its position and texture and to help reduce it. Scar tissue from muscle damage can be a limiting factor in sports ability.
8. The massage therapist can use massage to either sedate or stimulate the nerve endings. In a pre-event massage it would be important to do everything to stimulate the muscles and nerves for the game ahead. In a post-event massage, relaxation is the key to success.
9. A good sports massage can prepare you physically and mentally for peak performance in your sport. The ability of massage to improve mental states is well-documented. As for physical benefits of massage, there is enough living proof to convince almost anyone of its efficacy. With your muscles in the proper condition and balance, and your mind in a positive and exhilarated state, you are ready to conquer the world or at least your opponent



*Figure: Sports Massage*

### **When Sports Massage Should Not Be Used**

There are certain injuries and conditions that either make it impossible or unwise for the sports massage therapist to treat the athlete. In these cases, it is best to follow their advice when they suggest medical treatment or a postponement of the massage. The list of contraindications against performing massage is not a short one in any way.

#### **Excessive Bruising**

Bruises can get bigger during a deep tissue massage. The injured tissues can be injured more severely. One possible result is a condition called Myositis ossificans, in which there is bone growth within the muscle. Myositis ossificans should also never be massaged.

#### **Muscle Ruptures**

Ruptured muscles may still be bleeding when a sports massage would usually be done after a sports event. In this case, massage should always be postponed. In some cases, if the bleeding has stopped, a light massage may help. It takes an experienced massage therapist to know the difference.

#### **Tendon Ruptures**

Treatment protocol for tendon ruptures is similar to that of muscle ruptures. If a tendon is ruptured severely, surgery is required and massage should not be attempted.

#### **Open Wounds**

If there are any open wounds or cuts, a sports massage must be put off until scar tissue is formed.

#### **Broken Bones**

Broken bones are definite reasons to forego the massage and go directly to a doctor.



**Burns**

A massage will make burnt skin worse, and if the burn is severe it will cause extreme damage to the skin and underlying tissues.

**Periostitis**

An inflammation of the sheath that surrounds the bone, Periostitis will become more irritated with massage.

**Infections**

If you have infections in your skin or soft tissues, it is not a good time to have a massage. The infection can be spread and at the same time, the pain will get worse

**Review Questions:**

- Q1. What is sports massage?
- Q2. How is it different from other massages?
- Q3. What are the contraindications to a stone massage?
- Q4. How does sports massage help the sports people?
- Q5. When should sports massage not be used?

**f) SWEDISH MASSAGE:**

Massage may be described as the systematic and scientific manipulation of the soft tissue of the body for a therapeutic purpose.

Body massage grew in popularity due to the influence of Per Henrik Ling (1776-1839). He belonged to Sweden and hence the name Swedish massage. It is also known as Classical Swedish because it follows all the 5 classical movements.

During World War I massage was used for the treatment of nerve injury and shock. Body massage offers numerous physical, physiological and psychological benefits

Massage uses these connections to allow healing to take place on the physical, emotional, mental as well on the spiritual level of a person and leave them with a feeling of relaxation contentment, pampered and well being. There are many forms or styles of massages like Swedish, Balinese, deep tissue, shiatsu, to name just a few.

Swedish massage has many benefits like encouraging the elimination of toxins as the lymphatic system is stimulated.

- Blood flow is increased so that fresh nutrients are brought to the area of skin.
- Knots and nodules of tension are loosened and broken down.
- Muscle tone is improved.
- Muscle spasm is released.
- Reduces fatty deposits.
- Relieves non medical fluid retention or edema around joints.
- Stimulates and clears nerve path either stimulating or soothing the sensory nerve endings found mainly on the back which is the most important part of any general massage.

**EFFECTS OF SWEDISH MASSAGE OF THE FOLLOWING NATURE:**

**Physical** -are those sensations that the client feels

**Physiological** -are those changes which take place in the body's systems

**Psychological** -are those which alter the client's mood or emotional state

## FIVE SCIENTIFIC MOVEMENTS OF SWEDISH MASSAGE

- (i) **EFFLEURAGE:** effleurage is done with full palm. This technique is usually performed in the beginning as well to connect and to end the massage. It always moves towards the direction of the heart and towards the lymph nodes. Effleurage encourages the elimination of toxins, as the lymphatic system is stimulated. Prepares the body for deeper massage movements that are to follow.
- (ii) **PETRISSAGE:** Kneading, picking up, wringing and skin rolling.
- ❖ **Kneading:** circular movement done with palmer surface or thumbs depending on pressure exerted on upward strokes firmly and relaxed on downward stroke.
  - ❖ **Picking Up:** muscles and tissue is picked up by both the hands, squeezed and relaxed. The skin is never allowed to sag but is squeezed and relaxed until the whole muscle is treated.
  - ❖ **Wringing:** It is somewhat similar to picking up but a much stronger movement. The flesh is lifted and wrung between both the hands.
  - ❖ **Skin Rolling:** Thumb and forefingers form a wide diamond shape. The thumb pushes the flesh towards the fingers which relax before the skin is lifted. Petrissage is beneficial as it worked on deeper tissues, waste products are eliminated. Circulation is increased so that fresh nutrients are brought to the area of skin, muscles are loosened, muscle tone is improved, fatty deposits are broken and you feel relaxed.
- (iii) **TAPOTMENT:** This includes cupping, hacking, beating, pounding. Tapotment movement should be light and springy and your wrist should be flexible. Tapotment is beneficial as it helps to break down fatty tissues, improve muscle tone by causing a reflex contraction to the muscle. It stimulates the circulation, reduces fatty deposits, improves the muscle tone.
- ❖ **Friction:** Circular movements that work deep into the tissues, causing the muscles to move against the bone. Friction is beneficial as it eliminates the waste deposits, removes tissue fluids like non medical fluid retention or oedema around joints, increases blood circulation and brings fresh oxygen and nutrients.
- (iv) **VIBRATION:** This movement clears the nerve path by stimulating or soothing the sensory nerve endings found mainly on the back which is the most important part of any general massage. It's a very light movement and helps in stimulating nerve endings by reducing pain.

### Review Questions:

- Q1. Why is it called a Classical Swedish massage?
- Q2. What are the 5 different classical movements?
- Q3. What are the benefits of each movement?
- Q4. What are the general effects of Swedish massage?

## PRACTICAL: INTERNATIONAL THERAPIES

### MASSAGE PROCEDURE

**PATRON'S CONSULTATION:** Before starting any kind of therapy first and foremost it is very important to do clients consultation .That means to check the clients' medical history, regarding contra-indication or it means when not to do the therapy, which includes local, total and doctors referral. Take particular note also of any special problems, which may be pertinent to the massage such as previous injuries, back problem, occupational strains, headache sets. This information gives the guide lines for the emphasis of the massage.

**Client consultation includes:** Client name, Date, Therapist name, Date of birth, Mobile number, Occupation, address, medical history : circulatory problems, skin disease disorder, Allergy, joint problem, diabetes, varicose veins, contact lens, pregnancy, menstrual problem, etc. After the therapy is done you have to give client aftercare and home care advice.

In the end, most important is to take client's signature and clients' feedback. By recording all the details of the client before starting the therapy, the client has given his consent.



## SAMPLE OF A CONSULTATION FORM:

## Client Consultation and Profile Card

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Home # \_\_\_\_\_ Work # \_\_\_\_\_  
 E-mail \_\_\_\_\_ Birthday: \_\_\_\_\_

IN ORDER FOR US TO BEST SERVICE YOUR NAIL NEEDS, PLEASE ANSWER THE FOLLOWING QUESTIONS

1. If you work, what type of duties do you perform on a daily basis? \_\_\_\_\_  
 \_\_\_\_\_
2. Do you do a lot of work around your home such as cooking, cleaning, gardening? Yes No  
 Please Explain: \_\_\_\_\_
3. How many children do you have, and what are their ages? \_\_\_\_\_
4. What type of athletic activities do you participate in on a regular basis? \_\_\_\_\_  
 \_\_\_\_\_
5. Are you currently taking any medication, whether prescribed or over-the-counter? Yes No  
 Please Explain: \_\_\_\_\_
6. Do you have, or have you had a history of: ☐ Diabetes ☐ Cancer ☐ Heart Disease  
☐ Thyroid Problems ☐ Circulatory or Muscular Disease ☐ Hypertension ☐ Allergies  
☐ Other \_\_\_\_\_  
 What type of treatment has been prescribed? \_\_\_\_\_  
 \_\_\_\_\_
7. Are you currently under any type of excessive stress? ☐ Yes ☐ No ☐ Don't Know
8. Is your skin: ☐ Dry ☐ Oily ☐ Normal ☐ Combination
9. Do you spend time on your own nails? ☐ Always ☐ Sometimes ☐ Rarely ☐ Never
10. Do you have a history of biting or picking at your nails or cuticles?  
☐ Always ☐ Sometimes ☐ Rarely ☐ Never
11. Have you always worn nail polish with your enhancements?  
☐ Always ☐ Sometimes ☐ Rarely ☐ Never
12. Would you like the option to wear a Permanent French Manicure? ☐ Yes ☐ No
13. If you prefer to wear enamel, what is your favorite color? \_\_\_\_\_
14. What is the best day and time for your appointments? \_\_\_\_\_
15. Do you agree to keep a regular appointment schedule to maintain your nail enhancements:  
☐ Yes ☐ No ☐ Don't Know

\_\_\_\_\_(Salon Name)\_\_\_\_ Reserves the right to charge for appointments cancelled or broken without 24 hours notice. Due to the use of potentially hazardous chemicals in the salon, Please make other arrangements for your children on appointment days. \_\_\_\_\_(Salon Name)\_\_\_\_\_ will not be held accountable for injury or accidents to, or caused by, unsupervised children.

Client Signature: \_\_\_\_\_ Tech Signature: \_\_\_\_\_

**Practical demonstration of five classical massages movement and practice the same with use of various aroma oils and stones in massage:**

- **EFFELURAGE:** It's performed with full palm of one hand or with both the palm. Its movement is always towards the heart and towards the lymph nodes.



*Figure: Effelurage*

- **PETRISSAGE:** Petrissage allows working deeply on the muscles and is therefore performed on the fleshy areas of the body. It includes kneading, picking up, wringing, skin rolling.



*Figure: Petrissage*

- **TAPOTMENT:** This includes tapping, cupping, hacking, beating and pounding. The movement should be light and springy. The wrist has to be flexible and loose.



*Figure: Tapotment*



- **FRICTION:** Circular movement that work deep into the tissues, causing the muscles to move against the bone. It breaks down knots/nodules of tension.



*Figure: Friction*

- **VIBRATION:** This movement stimulates and clears nerve path by stimulating or soothing the sensory nerve endings found mainly on the back which is the most important part of any general massage.



*Figure: Vibration*

**PRACTICE THE SAME WITH VARIOUS AROMA OILS LIKE AS PER THE REQUIREMENTS OF THE CLIENTS:**

- Lavender
- Peppermint
- Eucalyptus
- Lemon
- Tea tree

**USE OF VOLCANIC STONE (BASALT) in massage:** This massage includes the same five classical movement using hot and cold stones and placing the stones on **SEVEN CHAKRAS** of the body. It is good for adding pressure and heat.



*Figure: Placement of Stone on Spine*

## SWEDISH MASSAGE DEMONSTRATION AND PRACTICE:

**PREPARATION FOR MASSAGE:** First of all make sure that that your hand is thoroughly washed or sanitized, trim your nail and remove your watch, rings or any other jewellery that may scratch or obstruct your massage while giving treatment.

Make sure you are wearing loose comfortable clothing and foot wear, which will enable you to move freely. It is also helpful to use your preparation time to clear your mind of day to day things, entering a state of relaxation and positive energy for the massage ahead.

**THE ENVIRONMENT:** The environment for the massage should be warm, comfortable, safe and private for the client to benefit from the massage. Make sure you have all the towel, oils, bolster, headrest, music ready before the start, so you don't interrupt the flow. Bright light interfere with the atmosphere, ask the client regarding the light, temperature and music too. The room should be tidy; towels should be in good condition, clean and free of any rancid oil odors

**THE CLIENT:** Always take a case history to check that your client has no contra-indications for massage. Make a note of any specific problems, which may be pertinent to the massage such as back problems, headaches, bruise, cuts, high blood pressure etc. This information will give emphasis of the massage. As soon as they are on the body massage bed, use towels to drape the whole body of client, because as the body relaxes the metabolism slows down and the limbs can chill easily. Many people feel more secure psychologically if their bodies are covered hence only uncover the part you are working.

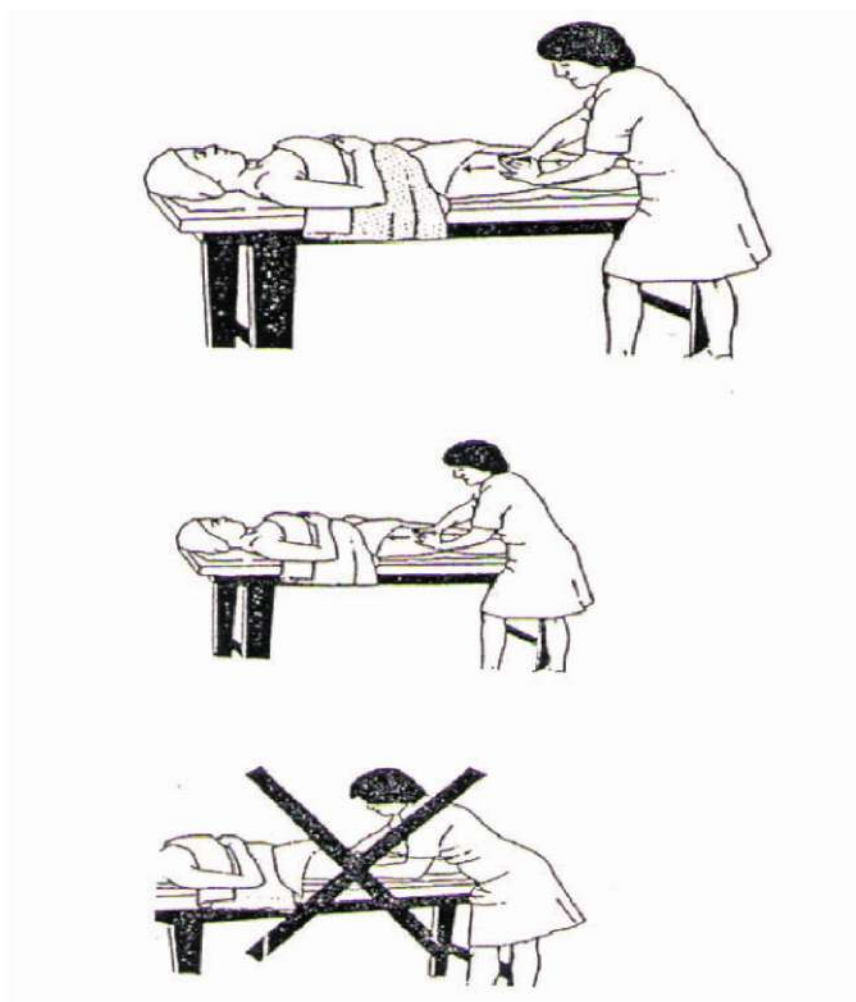


Figure: Wrong and Correct Working Posture of Messure



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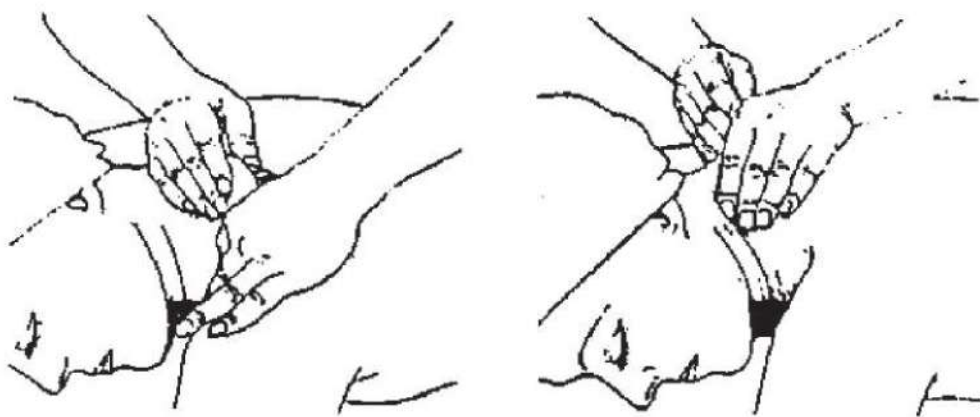
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- **PICKING UP:** muscles and tissue is picked up by both the hands, squeezed and relaxed. The skin is never allowed to sag but is squeezed and relaxed until the whole muscle is treated.
- **WRINGING:** It is somewhat similar to picking up but a much stronger movement. The flesh is lifted and wrung between both the hands.
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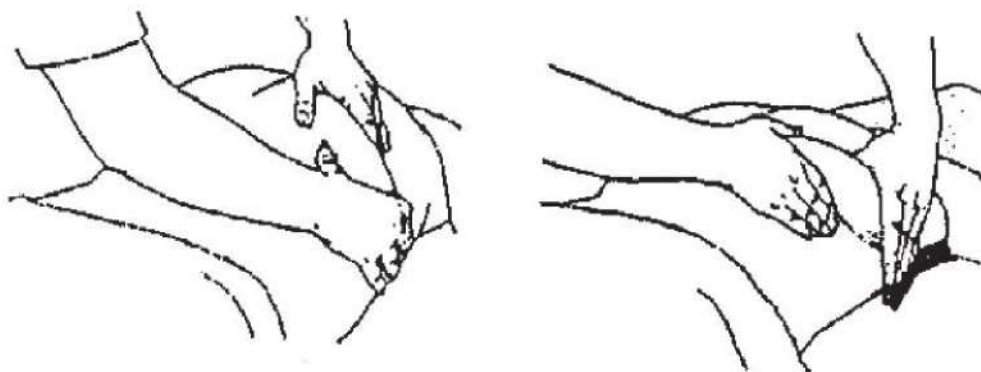
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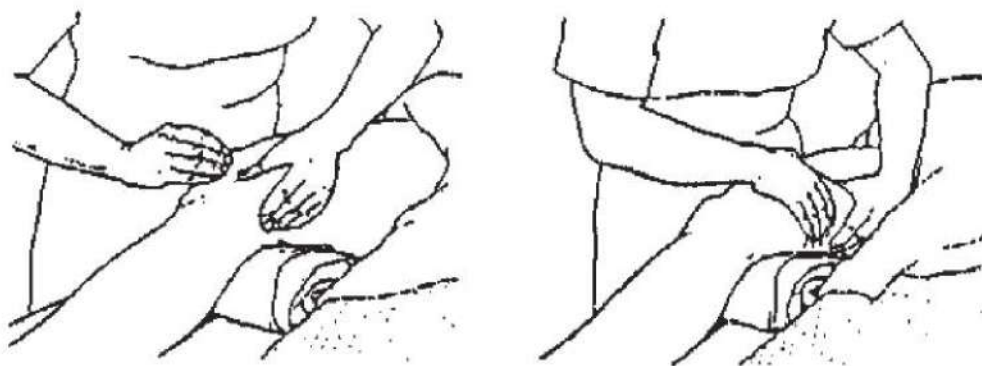
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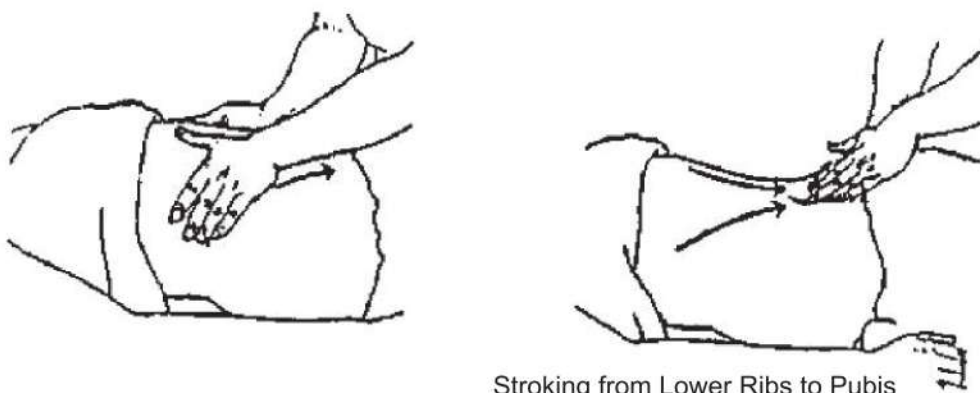
Wringing on the Trapezius



Double Handed wringing to the Buttocks

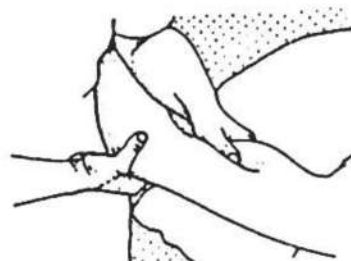
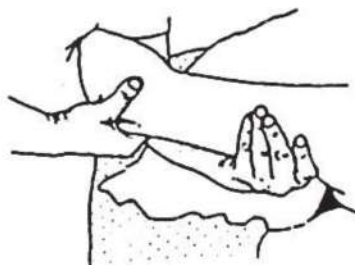
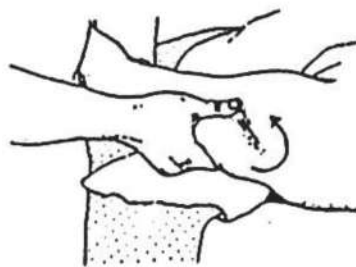
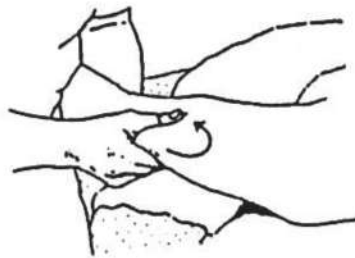


Wringing

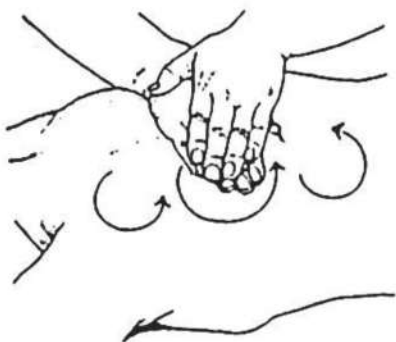


Stroking from Lower Ribs to Pubis





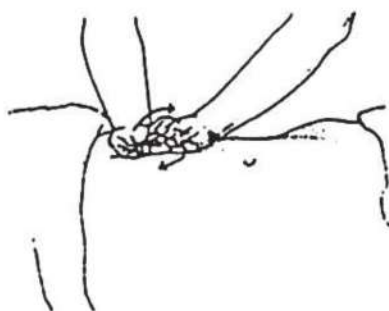
Kneading and Rolling of the Upper Arm



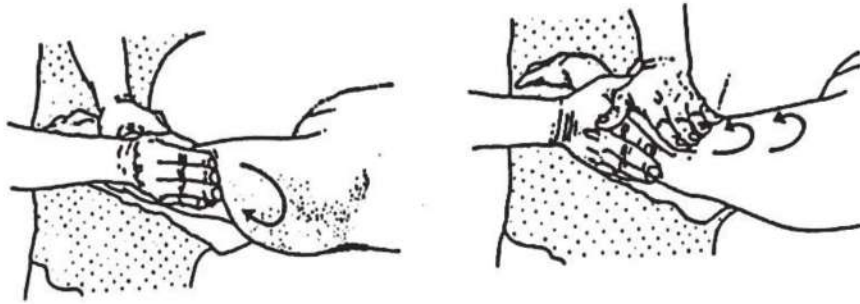
Reinforced Kneading over the Buttocks

Reinforced Kneading of the Scapula

Kneading Movements



Thumb Kneading on the Tibialis



Alternate Kneading



Single Handed Kneading

Double Handed Kneading



Palmar Kneading on the Quadriceps

Palmar Kneading

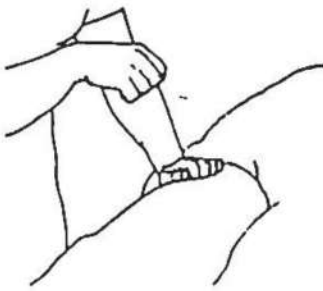


Deep Kneading and Stroking the Patella

Kneading of the Medial Arch



### Optional Tapotement Movements



Beating



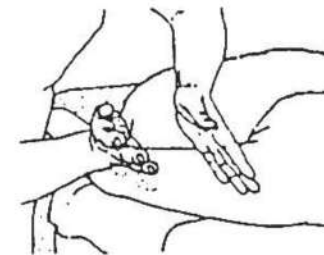
Pounding



Hacking



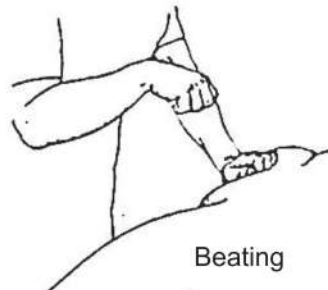
Clapping



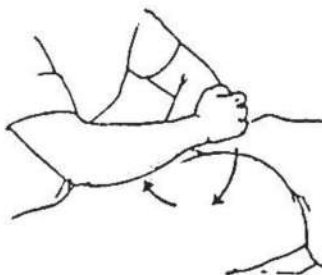
Hacking



Clapping



Beating

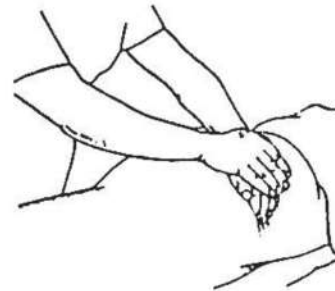


Pounding

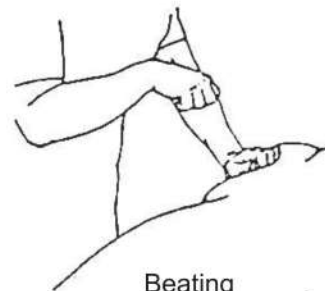


Hacking

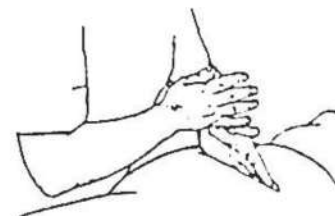
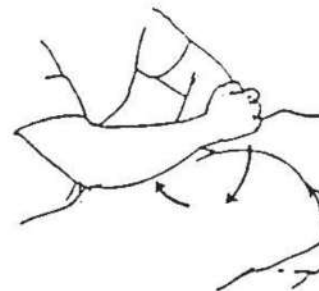
### Tapotement or Percussion Movements



Clapping



Beating



Hacking



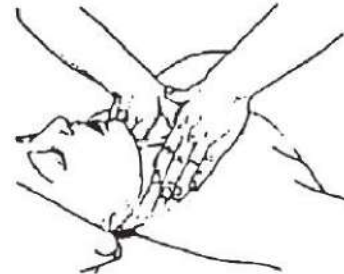
Superficial Effleurage



Deep Effleurage



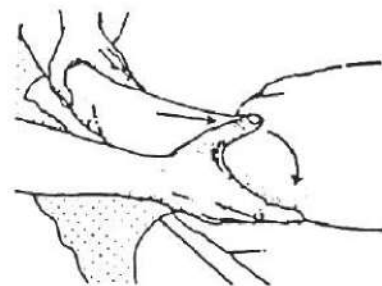
Sweeping Effleurage and Kneading over the Trapezius



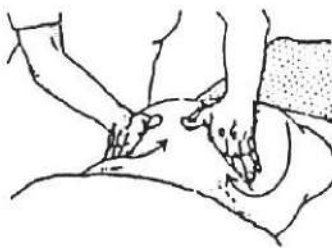
Deep Effleurage



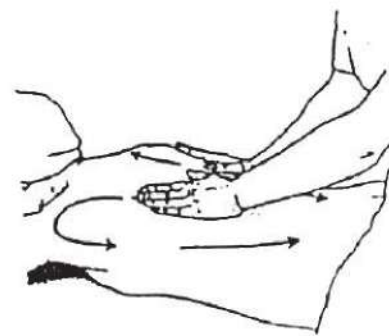
Deep Effleurage over Biceps and Deltoid



Superficial Effleurage over L. Arm



Effleurage over the Buttocks



Sweeping Effleurage



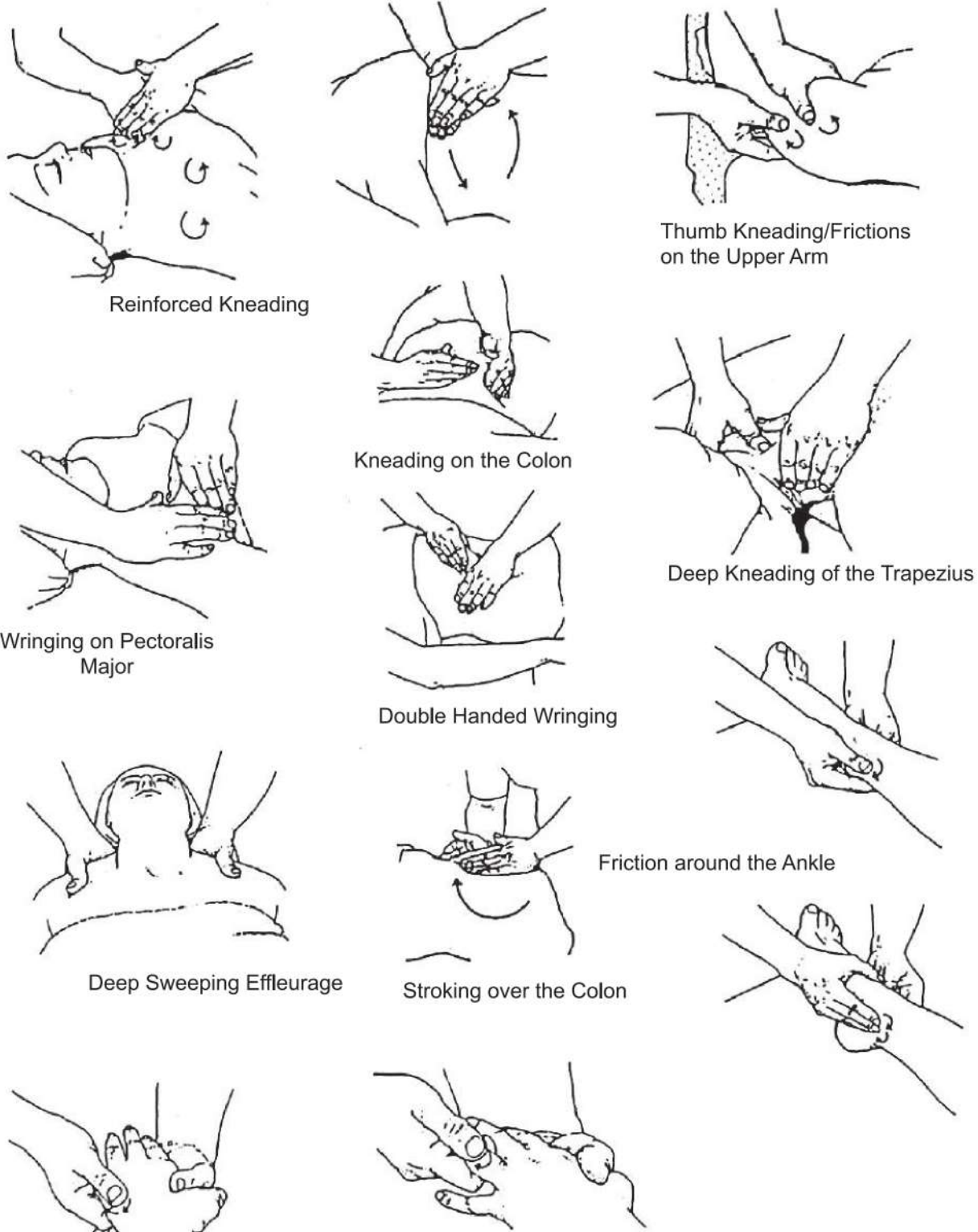


Figure : Step by Step massage on various body parts

**Review Questions:**

- Q1. Name the five classical movements with its benefits?
- Q2. Why is it important to do clients consultation before the therapy?
- Q3. What all things are important to keep in mind prior to therapy?
- Q4. What do you mean by contra-indication?
- Q5. Why is it important to cover the client's body with towel when we do Swedish massage?

**Exercise Questions**

- Q1. Make a group of three people: one model and two therapists and practice five classical movement with consultation focusing on your posture and the movement of hand?
- Q2. Prepare a Power point project on five classical movements to be done?
- Q3. Demonstrate the use of Compress in Hydrotherapy?
- Q4. Demonstrate which color should be used on different Chakras of the Human Body?
- Q5. Demonstrate the use of mud for curing Migraine?
- Q6. Prepare a Consultation Chart of one person after studying her Vata, Pitta, and Kapha to know her Prakriti?
- Q7. Demonstrate Nasya Therapy on a Client suffering from Sinusitis?
- Q8. Demonstrate the use of deep tissue massage for improving the blood pressure?
- Q9. Demonstrate the use of five basic massage movements?