



## Oil treatment in Ayurveda

By Vaidya C D Siby  
Chief Ayurvedic Physician

Touch is the skin's sense. The skin and the digestive tract are the barriers, which separates you from your environment. They control entrance into your system, permitting nutrients inside while refusing pathogens. Bodily wastes can also be excreted through both the skin and gut. When the excretion through both the channels becomes inefficient, the excess is directed out through the skin. Diseases usually develop when the undigested impurities circulate through the body fluid and accumulate in different parts of body. This accumulation of toxic impurities distracts the cell system of the organism from functioning properly.

The rhythmic motion of hands and oil allays joint and muscle, and makes all body movements free and rhythmic. The circulation of blood increases, encouraging quicker removal of metabolic wastes and the cell rejuvenates into its full normal functions, thus allowing fight against diseases and prevent infections.

Oil therapy relaxes the body, it helps to ground the level of consciousness appropriate for living in the world. It provides therapeutic touch and softens the acuteness of the sense of touch.

Ayurveda never uses mineral oil, or oil perfumed or colored with chemicals, on your body; the skin eats oil as if you had put it into your mouth

Oil Therapy measures seek to maintain health and cure the disease. The main emphasis of this therapy is on oleating, anointing, lubricating and caressing both the internal and external body.

This therapy purificate the body by eliminating the excess vitiated (thridosha) inner principles of body, balances the thridosha and rekindle the digestive fire, removes the cause of the disease, rejuvenates and rebuilds the organism.

## For registration and further details:

Date & Time  
7<sup>th</sup> January 2017  
2:00 pm to 4:00 pm

Venue  
Ayur Centre  
Number , 8 Jalan Utara  
46200, Petaling Jaya

Organised By  
Ayur Centre Sdn Bhd



For registration, please contact:

Call : 03 - 7954 2899 / 016 384 2531

E mail : [ayurcentrepj@ayurcentre.com](mailto:ayurcentrepj@ayurcentre.com) / [s\\_chiramel@yahoo.com](mailto:s_chiramel@yahoo.com)

Website : [www.ayurcentre.com](http://www.ayurcentre.com)