

Yoga Kaaya Chikitsa (Kaaya Samvaahana)

Kaaya chikitsa has **Yoga samvaahana** – physical manipulations, and **yoga samvaadhana** – flowing pressure using oil. Any inflammation produces heat and this heat is removed by the oil..

There are **4 types**:

High resistance: For a soldier's body, large frame bodies and lots of sub cutaneous fat. Once the body is malleable, then medium to low intensity is used.

Medium resistance: For a medium framed body. Then gradually to low resistance.

Low resistance : For weak bodies. Used for healing.

Zero resistance : Used for healing.

The massage takes about 2 to 6 hours of time depending on the resistance and the type of body.

Never apply too much pressure, it causes muscle stiffness, lactic acid accumulation, atrophy of muscles and may even cause tearing of muscles.

The actions performed are pulling, pushing, twisting, twining, squeezing, flowing, Peedana – pressing and thaadana – beating.

It depends on the Individually Distinct Constitutional Personality IDCP.

The thumb rule for this massage is – NEVER SEE THE CLOCK OR THE WATCH.

The body will tell you when you are done. 80% of men go to the gym and 20 % women.

This causes growth of testosterone which further leads to ego. A house is happy when the man is happy. And as long as he is building up his testosterone he cannot be happy. A woman must build up oestrogen, but not testosterone. Oestrogen has 8 molecules and testosterone has 1 and yet oestrogen is the happy hormone. Here, in India, there is gender equality. There are either 50-50 male and female or 60-40 male and female. But in most other places there are about 80% women for yoga and 20% men. Do not hurt or misuse the **body**, it is the **protection for the soul**.

Steps for Kaaya chikitsa : (without using oil)

- First done in the **prone position** – lying down on the stomach as the lungs are easily accessible from the back. Leave the body free totally free.
- The pulling of legs is to **free the spine**, prepare the spine.
- Then to the back which frees the **spinal roots**.

- Then the soft rubbing is to **improve the circulation** so that **no lactic acid** accumulates. So do it after each manoeuvre.
- If you are doing it at home in privacy then it is better not to wear clothes, the energy is lost on the clothes itself.
- **Tapping** – Thaarana – *increases the capillary circulation*.
- **Cane rolling** – Hits the right part, fast supply and fast healing.
- Next **supine position** – lying on your back. Stretch the spine to **free the sacrum** i.e the lower back. Now the supine position covers the:
 - **Clavicles** – on the **pectoralis major** muscle which covers most of your chest and a bit of you shoulder.
 - The **intercostal muscles** – the muscles in between the ribs, small but extremely efficient and important.
 - **Diaphragm** – the main muscles which moves up and down during inhalation and exhalation, it is like dome under your lungs.
 - The **underarms**– They have an important group of **lymph nodes**. The lymph node is like the **drainage system** of the body. They have to function properly to prevent any infection.
- Next **sitting position**.
 - Hand on the opposite **scapula/ shoulder blade** – works on freeing your **trapezius** muscle at the back , **rhomboid** muscle at the back.
 - Both hands back – works on the trapezius, rhomboid and **opens your lungs**.
 - Locking fingers above head for the **deltoid** muscle, the rhomboid muscle, the **neck**, the **transverse muscles** (abdomen core muscle) and the **erector spinae** (where the ribs connected to the spine).
 - **Neck** – **Oblique muscles** in the neck they free the **carotid artery**