

Yoga Kaya Chikitsa (Kaaya Samvaadhana)

Kaaya Samvaadhana is massage therapy with oil. Inertia causes pain due to the lack of oxygen and lack of flow of blood. How to change it ? **Break the inertia** by moment of **rotation** which leads to moment of **acceleration** using minimum effort only. If there is no flow, it leads to the accumulation of lactic acid.

The **acceleration** causes **structured rupture of cell membrane** which release **fibroblasts and satellite cell** (present in every **stem cell**). They are called adult stem cells because they proliferate.

Activate, then **proliferate/multiply**, then **differentiate** (change into whichever cell the body needs) , forming nuclei, they undergo hypertrophy (growth of cell size)in adults , and hyperplasia in children (growth of number of cells) .

Massage is skill oriented. **Skill** comes from :

1. **Devotion – Bhaktiyoga**
2. **Dedication – gyaanayoga**
3. **No expectation – nishkaama karmayoga**

Over the years, with lots of practice, learning true knowledge gives us **Skill – Rajayoga**. Before we work with the oil, we need to know the quality of oil we use. Example, In the 1950's or 1960's cars, trucks, jeeps or buses travelling at a speed of 50 to 60 km/hr, had to be stopped every hour to cool the hot engine down. The engine heats up because fuel is burnt, this heat is removed by cooling it using water. Then they always carried water or asked someone for water or searched for a water source.

Now, a revolutionary change has occurred, they created lubricant oils., engine oil, synthetic oils and a car can run for 5000 to 6000 km without heating up. The same is with the human body, we heat up and have to be cooled down. Hence, the oil in massage acting as a lubricant.

If we work out on a **sea shore**, there is increased humidity hence loss of heat is minimum and we get easily tired. In the **Himalayas**, there is less humidity hence less tiring, they have increased red blood cells count in turn increased oxygen saturation. Humidity is an important factor as it alters rate of evaporation. Evaporation of water from our body occurs as sweating called **perspiration**. **Men** have **more sweat glands** and lose heat by radiation. **Women** have **less** number of **sweat glands** and lose heat by conduction. To lose heat by conduction the body needs a **greater surface area**, hence women have **breasts** and a more **curved buttock** than men. If you are already very lean and do a high intensity workout you become like a **skeleton** burning out all the fat sources of the body which is extremely bad. This further leads to **imbalance of the mind** and lack of control on their emotions. Always choose experienced teachers. As **Buddha** said, **Pujetha puja neeyaanan**: Those worthy of respected should only be respected. Shankaracharya attained enlightenment at the age of 16 years, Nachiketha by the age of 12 years and Ramana maharshi by the age of 8 years. The whole point of this is to learn the cause and effect.

Quality of the oil:

1. **High absorption** thermal coefficient.
2. **Low viscosity** – Viscosity is the resistance to flow. The oil should not have a very low or high viscosity. If it is too low it gets evaporated easily, like alcohols. If, it is too high it does not flow.
3. **Evaporation point** – A moderate boiling point.
4. **Density** – moderate.
5. **Anti-oxidant** property – like 1st press extra virgin black sesame oil which is a carrier oil. It contains tocopherols which are anti oxidants. Always *heat the oil in a water bath* and never directly over heat. The oil should be at a temperature of **35 to 40 degrees celsius**. If the body temperature is high then oil at room temperature can be used.
6. **Anti inflammatory** – Analgesic property(pain removing due to prostaglandins), try to choose the one without an NSAIDs(non steroidal anti inflammatory drugs e.g diclofenac sodium, aspirin, ibuprofen etc.). Choose a cream that relieves pain not block it. Anti pyretic (lowers temperature) cools down the body like menthol, castor oil and mint. Use menthol in moderation, especially people with breathing problems it cools down the body too soon too much.
7. **Natural oils**.
8. **Osmotic action** – this action pulls out the impurities from the depth of the body. The **depth can be from 2 inches to a quarter inch**. Increase the depth increases the action.
9. **Absorption coefficient** – better efficiency in being absorbed into the body. Sesame oil, eucalyptus oil, tee tree oil all increase absorption, But they may cause the skin to get drier so use a lubricating oil as well.
10. **Penetration power**
11. **Active ingredients** – Danvanthri for reproductive problems; muscular dystrophy – a red bark; Brain(shirodhaara) – jatamaansi, bakobamunneri, zincobilba. Circumin, ginger cinnamon can also be used. These ingredients need to be infused which release phytosterols. **Ksheerabhalathailam/maha naarayana thailam/ karpuradhi thailam**– oil concentration is increased by fractional distillation process, used in knee problems. Camphor (karpur) removes pain and kaffa. They might be expensive s 100 litres of oil is boiled to 1 litre of oil on a low flame.

Do not lose consciousness sitting at home. Engage constructively. Build your system positively. Go to grandparents at home and ask them their life story, know how it used to be back in the day. Like grandparents are willing to learn even now with an open

mind we must also be the same and get to know more about their way of living and grow graciously. Great personalities who were imprisoned in the andaman or or at home for 12 years have produced great books. We may not have 12 years but we have 21 days to nurture our talent, understand life. We either become a yogi or a rogi (sick person). **Dementia** has already started in younger people. Why ? **Free testosterone** controls our focus and memory. But all this free testosterone is gone due to sex, which is agitating minds and weakening memories. It was considered a taboo to have sex until marriage because it would affect studying and focusing. Do not show your weaknesses on children, bring them up with respect. Teach them respect. Do not doll them up just for your sake, they never ask you to. Bring them up with humility.

DIY oil (do it yourself) for massage :

Take a choice oil – Sesame oil 100 ml. Camphor 5 g , Menthol 1 to 2 g, Turmeric, ginger 5 g; cinnamon 2 g; garlic 5g ; infuse them into the oil by boiling them at a low temperature. If you have powders of the above and powders of cumin 2 g, coriander 2 g caraway 1 g add them directly and heat them a little.

Yogi is about the ability to understand the truth – the science.

The standards – the pramaana are very important.

1. **Black sesame oil 25 ml** – It is the queen of oils, associated with phytosterols. It helps in synthesis of 50% of proteins.
2. **Vitamin E oil 5 ml** – anti oxidant property, use a therapeutic grade oil which is the highest grade. It has the capacity to break the COVID's lipid membrane. No, that does not mean you can put it in your nose or your mouth !! If you do not find it you can use wheatgerm oil 10 ml.
3. **Eucalyptus oil 5 ml.**
4. **Peppermint oil 10 ml** – Anti analgaesic, anti microbial.
5. **Ginger oil 5 ml** – Dilating agent.
6. **Turmeric oil 5 ml** – peroxidase activity, anti microbial, anti bacterial properties.
7. **Geranium oil 10 ml** – contains gamma linoleic acid which dissolves the sub cutaneous fat, by rupturing the cell membranes, helps in absorption. The salt is used in bathing, it completely relaxes the body with its dilating property. Pre menopausal women can use it for hormone imbalance too.
8. **Lavender oil 5 ml** – Kashmiri is the highest grade. It is a relaxant and dilator hence a mood lifter due to the aromatic hydrocarbons it releases. It recharges the neurotransmitters and releases endorphins (happy hormone)

9. **Tamanu oil 10 ml** – produced in India is a green coloured oil that has anti allergic, anti histaminic properties. Widely used for skin allergies.
10. **Frankincense oil 5 ml** – it was the first thing that Jesus ate after his birth. It is an anti microbial. Burning it is very good.
11. **Almond oil 25 ml** is a smoothener.
12. **Castor oil 10 ml** – The King of oils. It lubricates, smoothens and cools the body. In India, all babies from 0 to 6 months of age are massaged with castor oil before giving them a bath. It makes the mind robust and regulates their blood pressure and pulse rate as they are higher in children.
13. **Tea tree oil 1 to 2 ml** – Increases absorption capacity. Best quality found in New Zealand and Australia.

If you have only the **vapouriser oil** dilute it in sesame oil or extra virgin olive oil at a 1:10 or 1:20 ratio. **10ml of vapouriser oil with 100 ml of choice oil.**

If you have a **moisturiser 500 to 600 litres add 20 ml of vapouriser oil** and mix and use it.

If during the massage the body absorbs more oil use more oil, if the body does not absorb much, then use only required amount.

People with **high blood pressure**, here are a few precautions, you must adhere to:

1. No hot water baths, only luke warm or cold water baths.
2. No sauna.
3. Massage must be only low resistance or zero resistance irrespective of the frame of the body. **Zero resistance massage** is done for about 5 to 6 hours, in the **prone position** it must done for **1 hour** only, with the support of a pillow in the front. And in the supine position for another 3 to 4 hours. If using a massage table an **inclination of 25 degree**.

Anyone with **respiratory problems** massage must be done for **3 hours in the prone position**. If you have weaker arms, you may use your feet. Lying down in the **prone position**, on your stomach: Heat the oil to a luke warm temperature or about 40 degrees celcius. Then prepare the body by Kaaya samvaahana. Coat your palms and fingers with enough oil plus a little more to apply on the back, one point of taking oil is to cut down friction. The oil has an extremely pleasant smell, yes of course, not possible to know on video. But in general it is pleasant.

The massage is not be done as a trial and error method, it is all about practice and experience. So, it is important to know the oils and its properties when you when work with them. The properties of the oils tells us a lot on how they work.

Grinding works about 1 to 1 and half inch deeper.

Kneading strengthens the muscles.

Strokes improve the blood circulation at the sub cutaneous levels.

Wave like movement called **tharanga chaalana**.

Squeezing ruptures cell membrane. Standing on the opposite side as **pulling** is more powerful than pushing. If massage is done like this for 2 hours or more the person enters samaadhi – relaxed state.

Lying in the **supine position**:

Massaging slowly for the **deltoid, neck muscles** and the **downward movement** for the **cervical vertebrae number 1 to 7**. This reduces the burden on the lungs and the heart.

Intercostal muscles– chest , breast. **Reducing breast** size by 80% upward outward movement and 20% inward movement(because after menopause all the fat is converted to oestrogen which causes **cancer**). **Increasing breast** size if you wish by 80% inward movement and 20% upward and outward movement. **Pectoralis** muscles. **Underarm** – lymphatics, improves circulation.

Trunk, heart, lungs. slide using slight pressure, **lubricating the lungs and bronchioles** as we manipulate the **pleural fluid** (fluid that surrounds the lungs). **Nutrition** along with massage is extremely important. *Essential amino acid supplements, HDL – omega 3 fatty acid supplements* because the inflammation in the massage leads to growth of the cell by using the proper nutrition which leads to the formation of a new cell. If you lack nutrition you develop soreness. Important nutrition : *Vitamin D and E, amino acids – Proline, lysine, valine, leucine, isoleucin- Lipids, collagen and about 2g of creatinine phosphate.* **Amino acids** must always be consumed **hot** unlike **protein** which is taken **cold**. Anything taken cold takes a lot of time to be digested and absorbed by the system. In these times only hot drinks are advised. Proteins and amino acids are not one and same.

Then **cooling** the body using **bengay cream**. It contains **menthol** which helps in cooling down the body. Upward direction followed by downward direction followed by zero resistance.

In the **sitting position**:

Free the **back and the neck**, you can do it regularly after work, it *stops your heart racing, calms you down and stops you from craving unhealthy food.*

Underarm massage, to the *lower back to the scapula to the neck and back to the underarms.* It relaxes the *lymph nodes, pectoralis major and the oblique muscles* in the neck. Cool the body again.