

SELECTION OF TRADITIONAL OILS

The selection of oil is key for optimal outcome of the abhyanga. This selection is done based on the constitution and/or specific condition. In a healthy person oil is selected purely based on constitution whereas in specific disease conditions oil is selected according to the dosha imbalance at that point of time.

AYURVEDIC OILS – INFORMATION FROM CLASSICAL AYURVEDIC LITERATURE												
	Dosha pacification	Local Application	Body Massage	Pichu (Soaked cotton)	Shirodhara	Head Massage	Face Massage	Back Vasti (Kadee vasti)	Nasyam (Nasal application)	Bandage	Properties	Special Classical Indications
Anu Thailam	VPK								✓		Rejuvenating, Strengthening	Respiratory Allergies
Balaswagandhadi Thailam	VP	✓	✓	✓	✓	✓	✓	✓			Nourishing, Strengthening	Tissue building
Dhanwantharam Thailam	V	✓	✓	✓	✓	✓	✓	✓		✓	Rejuvenating, Uterine issues	Uterine & Post-natal care
Eladi Keram	VK	✓	✓			✓	✓				Skin Cleanser	Itchy skin, Improves complexion
Dharani Oil (Abhyanga oil for Kapha)	K	✓	✓	✓				✓			Warm, Cleansing	Cleanses the system
Kesini Hair Oil	VPK			✓							Total Hair Care, Hair Nourishing	Hair fall, Dandruff, Graying
Ksheerabala Thailam	VP	✓	✓	✓	✓	✓	✓				Nervine tonic, Soother	Numbness, Burning, Tremors
Mahachandanadi Thailam	P	✓	✓		✓	✓	✓				Cooling, Relaxing, Soothing	Insomnia, Stress, Anxiety
Mahanarayana Thailam	V	✓	✓	✓				✓		✓	In degenerative conditions	Arthritis, Spondylitis, Degenerative conditions
Murivenna	VP	✓	✓	✓				✓		✓	For all injuries	Fungal infections, Cuts, Fracture
Myaxyl Oil	VK	✓	✓								Pain reliever, Muscle relaxant	Pain reliever
Neelibringadi Oil	P					✓					Total hair care & cooling for eyes	Hair fall, premature graying, split ends

Pinda Thailam	VP	✓	✓	✓							Moisturizing, Joint pains	Cracked feet, Dry skin, Burning
Tejas Oil (Abhyanga oil for Pitta)	P	✓	✓	✓			✓				Pitta conditions	Cooling, For burning
Sahacharadi Thailam	V	✓	✓	✓				✓			Vata issues below waist, Sciatica, Arthritis	Varicose vein, Sciatica
Pavan Oil (Abhyanga oil for Vata)	V	✓	✓	✓	✓	✓	✓	✓			Vata conditions	Dryness
Winsoria Oil	V	✓	✓			✓					Skin soother	Itchy & flaky skin, dandruff, dry skin

Anu Thailam

The recipe with 28 herbs in a base of Sesame oil is referred in the Ashtanga Samgraham, a classical text dated about 2000 years ago. The verse insists that this composition is considered the supreme in its benefits among other errhines. The herbs used for the preparation include Himalayan Cedar, Sandalwood, Indian Sarasaparilla, Vetiver, Asparagus, Cinnamon, Liquorice and Lotus petals.

One to two drops of this oil should be applied on each nostril every morning. Sit comfortably with the head slightly tilted back and place the droplet in the nostril. Inhale deeply. Stay for a minute or two. Regular use of this oil imparts a beautiful and lustrous skin, prevents respiratory allergies, blocked sinuses. The virtues Anu thailam are extolled in the verse from Ashtanga Hrdayam.

Dhanwantharam thailam

Applicable for all constitutions, more so for the Vata constitution. Dhanwantharam thailam is made using 46 herbs in sesame oil, including Himalayan Cedar, Sandalwood, Winter Cherry, Liquorice, Asparagus, Cardamom, Cinnamon, Indian Gooseberry and others. The oil is well known to promote general health. This recipe is prescribed for people of all ages and even for pregnant women and new mothers!

The recipe is indicated for strengthening, relaxing the muscles and reduce anxiety. One interesting feature of this recipe is its effect on restoring uterine health. The ingredients in the composition have excellent anti ageing, antioxidant, anti-inflammatory and anti stress properties.

Traditionally, this recipe has been used to improve the flexibility of the body. Being an effective rejuvenator and that which strengthens the body this oil is commonly used for various types of regular applications such as Shrodhara, Shiroabhyangam, Pizhichil and Mukha Abhyangam

Balaswagandhadi thailam

Balaswagandhadi thailam is predominantly used to address enhanced Vata. This oil is made up of 20 herbs including Licorice, Cedrus Deodar, Lotus petals, Lily tubers, Indian Ginseng, Sandalwood, Indian

Sarsaparilla, Vetiver, Turmeric and others. Carefully prepared in a base of sesame oil, this recipe an excellent nourisher for body and mind.

The recipe is advised for its calming effects on the stressed mind, embellish the body to regain strength, Vata disorders loosely translated as neurological and painful conditions. Its nourishing effects are highly acclaimed. This quality of *Balaswagandhadi thailam* makes it a preferred external application for breast enhancement. Shirodhara, Shiroabhyandam, Pizhichil and Mukhabyangam are other common applications *Balaswagandhadi thailam* is recommended.

Ksheerabala thailam

The oil is prepared from a single herb *Sida cordifolia*, commonly known as Country Mallow. *Sida*, known as *Bala* in Ayurveda is cooling, strengthening and considered an aphrodisiac. Enhancement of complexion and balancing the three doshas are the properties of this herb. This herb is known for its properties of nourishing tissues, improving vitality and longevity.

The recipe is made by boiling the herb decoction and paste with sesame oil and an equal quantity of milk to derive the *Ksheerabala taila*. The oil is a rejuvenator, imparts comfort to the sensory organs, enlivens and nourishes the body. Improves and clears the voice. Dispels the disorders of semen and blood. A favourite recipe for Abhyanga, shirodhara, shiroabhyanga, pizhichil and mukha abhyanga.

Mahachandhanadi Thailam

Water Hissop, Asparagus, Aloe Vera, Sugarcane, Rose Petals, Tubers of Lily, Petals, tubers and stem of Lotus, the buds of the Banyan, Sacred Fig, Common Fig and Indian Laurel are some of the 41 herbs used in the preparation of this exotic oil. The preparation of this recipe begins with the herbs processed in fresh tender coconut water and cow's milk. The concentrate is then processed further in Sesame oil to bring out the amazing benefits of this oil. A close relative of the Chandanadhi thailam, the Mahachandhanadi thailam derives its Suffix "Maha", meaning "The Great", to denote the superiority over its cousin. Recipes with the suffix "Maha" denote that this is derived from exotic and rare herbs which deliver a higher benefit from the more commonly used oils.

Used for Abhyanga, Shirodhara and Shiroabhyanga this oil is Pitta alleviating. A therapy for intense stress demonstrated as a burning sensation in the body and a heavy head. With its extended herb list this preparation is the choice for extreme stress. A relevant addition to its list of benefits includes its effect on calming the uterus.

Pinda Thailam

Indian Madder, Bees wax, resin of Indian Copal Tree and Indian Sarsaparilla are herbs that constitute the Pinda thailam. The thailam is prepared with sesame oil as the base. Commonly used to alleviate Vata and Pitta conditions. This is an excellent moisturizer and helps in preventing cracked and chaffed skin arising out of excessive dryness. As an external application, *Pinda thailam* finds use in painful conditions

of arthritis and gout. A favorite recipe for Abhyanga and pizhichil. Its content of Bee's wax dictates its use only on the body.

Pavan Oil (for Vata)

A pleasantly fragrant oil made up of 20 herbs including Licorice, Cedrus Deodar, Lotus petals, Lily tubers, Indian Ginseng, Sandalwood, Indian Sarsaparilla, Vetiver, Turmeric and others. Carefully prepared in a base of sesame oil, this recipe an excellent nourisher for body and mind.

The recipe is advised for its calming effects on the stressed mind, embellish the body to regain strength, Vata disorders loosely translated as neurological and painful conditions. Its nourishing effects are highly acclaimed. Made in a base of Olive oil this recipe is refreshingly light. Shirodhara, Shiroabhyandam, Pizhichil and Mukhabyangam are other common applications

Tejas Oil (for Pitta)

A light and aromatic oil prepared with Olive oil, Tejas thailam contains Indian Madder, Bees wax, resin of Indian Copal Tree and Indian Sarsaparilla. This recipe is highly recommended to soothe your senses and provide silken moisturization for extreme dry skin. A favourite recipe for Abhyanga and pizhichil. Its content of Beeswax dictates its use only on the body.

Dharani (for Kapha)

A variant of a classical recipe, this oil is made in a base of olive oil. Dried ginger, Garlic, mustard, Cedrus deodar, Galanga, leaves of moringa and costus are some of the 10 herbs processed in the juice of tamarind leaves and sesame oil. This oil is best for aches and pains with heaviness and swelling. Oleation opens the pores in the skin and allow better circulation leaving you light, energized and refreshed. The recipe is used mainly to alleviate Kapha and Vata. Abhayanga and Pizhichil are the preferred applications of *Dharani oil*.

Myaxyl Oil

A fast acting proprietary recipe ideal for anti-rheumatic, anti-inflammatory and analgesic applications. Myaxyl calms and relieves musculo-skeletal spasms and stimulates blood circulation to the affected parts. It also works to relieve numbness. Hygrophila, Galanga, Sandalwood, Cedrus deodar, Lemon grass, Sesame Oil, Eucalyptus oil constitute its properties in reducing inflammation and pain. Apply liberally by gentle strokes on the affected part and leave it on.

Mahanarayana thailam

Mahanarayana thailam is predominantly used to address enhanced Vata. This oil is made up of more than 25 herbs including Licorice, Himalayan Cedar, Indian Ginseng and others. Carefully prepared in a base of sesame oil, this recipe an excellent nourisher for body, especially the musculoskeletal tissues.

The recipe is advised for its strengthening effects on the degenerated tissues, embellish the body to regain strength, Vata disorders including painful Osteo-arthritic conditions. Its nourishing effects are highly acclaimed. This quality of *Mahanarayana thailam* makes it a preferred external application for degenerative arthritis. Abhyangam, Pizhichil, Pichu and Kadeevasthy are other common applications *Mahanarayana thailam* is recommended.

Sahacharadi thailam

Applicable for all painful conditions, more so for the conditions affected below waist area. Sahacharadi thailam is made using 3 herbs in sesame oil- Himalayan Cedar, Strobilanthus and Dried Ginger. The recipe is indicated for painful conditions including arthritis, back pain, sciatica, varicose veins and other musculoskeletal disorders. One interesting feature of this recipe is its special effect on condition affecting the lower extremities. The ingredients in the composition have excellent anti inflammatory and toning properties. This oil is commonly used for various types of regular applications such as Abhyangam, Kadeevasthy, Pichu and Pizhichil

Murivenna

Aloe vera, Asparagus, Moringa oleifera, Pongamia glabra are the master herbs that constitute the Murivenna oil. The oil is prepared with coconut oil as the base. Commonly used to manage all injury related conditions. Promotes healing in fractures, Spains and dislocations, heals wounds, reduces edema, relieves pain and inflammations due to injury and restores mobility to joints. It is also a well known anti-fungal application effective in various fungal infections including ringworm, Candida and fungal infection on nails. This oil can be used for various types of regular applications such as Abhyangam, Kadeevasthy, Pichu, Bandage, local applications.

Eladi Keram

Eladi Keram is predominantly used to address enhanced Vata and Kapha. This oil is made up of 28 herbs as per the classical Ayurveda text- Sahasrayogam. Some of the herbs contained in this oil are Cardamom, Shallaki, Jadamansi, Cinnamon, Nutmeg, Pearl Oyster, Himalayan Cedar, Gulgulu and others. Carefully prepared in a base of coconut oil, this recipe an excellent external application for Kapha associated constitutions and conditions. The recipe is well-known for its effects on skin health. Sahasrayogam says-

Edadiko vatakaprou¹ visham² cha viniyacchati

Varnaprasadanaha³ kandoo⁴ pidaka⁵ koda⁶ nasahanaha (Sahasrayogam, Tailayoga: 14)

1. Pacifies Vata and Kapha
2. Detoxification of skin
3. Improves complexion, removes dark shades and pigmentation
4. Good for itchy skin lesions
5. Helps in skin eruptions
6. Effective in round skin patches as in Ringworm

Abhyangam, Shiroabhyandam, Lepam and Mukhabyangam are the common applications of Eladi Keram

Neelibringadi Oil

A classical composition from *Sahasrayoga*, this oil contains the goodness of Bringaraj (*Eclipta alba*), Indian Goosberry, Licorice and Neeli among others. Extracted in a base of Sesame oil, this-

1. Enhances the hair growth
2. Nourishes hair root and scalp
3. Maintains natural color of hair.
4. Prevents and treats split hair leaving the hair healthy and smooth.
5. By its composition cooling herbs this oil calms down the mind and induces relaxation and sound sleep.

Apply 5 – 10 ml of this oil on the scalp and leave it for at least 30 minutes before wash off.

Winsoria Oil

A proprietary composition from the house of Kerala Ayurveda, this oil is made up of Sweta Kudaja (*Wrightia tinctoria*) and other herbs known for skin health. A very effective proprietary recipe for Psoriasis, exfoliating skin conditions and dandruff. Winsoria reduces the itching and relieves the skin flaking. Apply liberally by gentle strokes on the affected skin area and leave it on. In the case of dandruff apply over scalp and leave it on for at least 20 to 30 minutes before washing it off.

Kesini hair oil

A proprietary composition from the house of Kerala Ayurveda, this oil contains the goodness of Conch Shells, Hibiscus, Indian Gooseberry, Indigo and water Hissop among others. Extracted in a base of freshly pressed Coconut oil and Castor oil, this nourishes hair root and scalp, maintains natural color and texture of hair. Prevents and treats dandruff leaving the hair healthy and smooth.

By its composition this recipe soothes the nerves and induces sound sleep.

Apply 5 – 10 ml of this oil on the scalp and leave it for at least 30 minutes before wash off.

Please note: The information provided herein is for educational purposes and is not intended to prescribe, treat or diagnose, or provide medical advice for any treatment or disease. See a qualified medical doctor for any health problem. If you decide to try any of the following practices or procedures, you are responsible for the outcome.