

## **KERALIYAN AYURVEDIC MASSAGE IN HUNGARY** **with a two short case study**

“This hand contains all healing values and  
this makes whole with gentle touch”

Ayurveda is an integral system of health, which does not separate body from nature. This integral relation extends to medicine too. The purity of nature, to a large extent, still exists in Kerala, which is probably one of the reasons for Ayurveda to be preserved in the traditional form in Kerala. It is still possible to find a few herbs for a Kashayam in a typical Kerala household whereas almost nothing is obtainable in the residential areas of other regions of India.

In Indian culture, massage is a major part of lives. But, apart from this, the ayurvedic massage is very different – especially Keralian ayurvedic massage – which is called “Kerala Panchakama”

Staying healthy or becoming more healthy not only requires a positive outlook but also patient, consistent maintenance of the body through massage, healthy diet and exercise.

Ayurveda pay great attention on **prevention** and not only for management of diseases. From the chapters of daily routines and hygiene, Astaanga Hridayam moves to methods for the prevention of diseases. Use of proper foods and food combinations, giving due consideration to natural instincts, etc. are described next.

The Keralian ayurvedic massage is done with medicated ayurvedic oils at the old age. The medicated oils are formulated as per the body constitution, age, symptoms of ailment and the prevalent climatic condition

The massage treatment course vary from 7-21 day's or more, followed by appropriate day's rest-cure, and ayurvedic tonics, drugs is also prescribed for the patient. Both Caraka (CS. SU. 13-60) and Ashtaaṅga Hridayam (AH. SU. 16-25) indicate dietary restrictions during treatment.

### **Some of the advantages of Keraliyan Pancha Karma treatments:**

- • pain relief
- • reduce the swelling that accompanies arthritis
- • relax stiff muscles
- • improve circulation,
- • stress relief,
- • better sleep,
- • flexibility of the joints and spine,
- • detoxification through skin, etc

Advocates claim that, with ayurvedic massage, deep-seated toxins in the joints and tissues are loosened and released into the system for elimination through natural toxin-release processes.

First it is worth while to consider the difference of classical Pancha Karma as described in the Caraka-Samhita and Pancha Karma as it is practiced in the Kerala State of India.

Due to several reasons Pancha Karma ceased to be practiced on a regular basis in the north of India. The main reason was that a fear developed associated with the wrong application of the primary therapies. When applied correctly the classical Pancha Karma system is the most effective preparation for medicine, when applied incorrectly they cause disease. This fear caused many doctors to use other, slower methods of purification. The Pancha Karma system stayed alive in Kerala, mainly due to its traditional use in a simplified form.

As Kerala has become a popular place for ayurveda tourism, these methods are now found in most places of the world.

### **Keralian Pancha Karma treatments (Astaanga Hridayam) are:**

- • Dhara kama
- • Pindasweda
- • Kayaseka
- • Udwarthanam
- • Anna lepa
- • Siro lepa
- • Navarrakizhi
- • Thalodal
- • Nasyam (pradhana)
- • Sirodhara, etc.

### **Characteristic of Keralain Pancha Karma :**

*Primary benefits:* Essentially palliative i.e. shamana chikitsa (trans cutaneous purification) Physiotherapy

*Secondary benefits:* external purification (trans cutaneous purification) rehabilitation  
Immediate benefit, rehabilitative

*Short and long term benefits* – if it's done in a course of 7-14-21 days the result is long lasting

*Other effects:* nourishment of tissues (Brimhana)

*Procedural consideration:* based on diseases (sirodhara: mental disorders, pindasweda: joint disorders, kayaseka: neurological disorders, abhyanga: joint and muscular disorders,

thalodal: orthopedic disorders

*Primary procedures:* Oleation and fomentation

*Medium of elimination* of doshas/toxins mostly through skin, sometimes through intestines

*Complication:* rarely result from errors

*Safety:* Very safe and effective

*Therapeutic potential:* sometime limited, mostly very therapeutic

In the last 10 years, it is come to be known that the Keralian Pancha Karma has an

unbelievable benefits in stress release and stress related problems. As in western countries more than 60% of diseases has a stress background, we believe that most of the Keralian ayurvedic massages are applicable for this purpose – but it requires a more serious training.

### **Medicated ayurvedic oils for the treatments:**

Ayurveda provides many oils for curing ailments of the body by use of massage. These oils are made with the selected herbs according to the classical formula, written by the master mind of Ayurveda in different references, like Astaanga Hrdayam, Bhaisyarat- navali, Sahasrayogam, etc.

The following list contains the famous medicated oils, which we used in the treatment of the various ailments and prevention:

- • Maha Narayana Thailam (Ref. Sahasrayogam)
- • Chandan Bala Lakshadi Thailam
- • Murivenna Thailam (Aarogiachandrika)
- • Bala Thailam (Ref. Astaanga Samgraha)
- • Ksheerabala Thailam (Ref.: Sahasrayogam)
- • Pinda Thailam (Ref. Astaanga Hrdayam, Vaatasonita chikitsa)
- • Valiya Chandanadi Thailam (Ref. Sahasrayogam)
- • Dhanwatharam thailam (Ref. Astaanga Hrdayam)
- • Balashwagandhadi Thailam (Ref. Sahasrayogam), etc

For the proper treatment with proper result we have found out that the so-called “ayurvedic oils”, which are very cheap, do not work properly in the treatment of ailments. We can cure ailments only with pure, authentic ayurvedic medicated oils. The oils which are cheaper in Hungary than good quality medicated ayurvedic oils in India is only for trade purpose and are not good for curing serious disease. So, we think that we must make a difference between products for shops/trade purpose and ayurvedic medicines for professional care.

### **Ayurvedic massage in Hungary**

Here in Hungary, many people are doing “ayurvedic oil massage” But in fact they are often just massage-givers or at best non-ayurvedic degree holding practitioners, who learnt “ayurvedic oil massage” in a 2 day of training or through CD’s coming through Internet.

It has become common these days to prefix the name Ayurveda to an oil massage, but there is nothing like an Ayurvedic massage. A massage is a massage, just an oil massage or mud bath etc. which have therapeutic results, but cannot be passed off as an Ayurvedic treatment. Oil massage is a common practice in India that is practiced by young and old age like for skin care and muscular toning, but this massage is not an Ayurvedic massage.

A better medical term for all the preventive practices is therapy. It is more than a mere practice. An allopathic doctor also prescribes physiotherapy, which includes exercises, health treatment, etc. The doctor does not actually administer it, but there

are physiotherapists who take care of it. It can be done in Hungary for Ayurvedic therapy. One does not need to be an Ayurvedic doctor to learn ayurvedic massage and practice it regularly, but must be well trained.

One cardinal rule of Ayurveda is that medicine and treatment cannot be prescribed and applied unless the correct knowledge of therapist. Gyógymasszőr

In the past 7 years The Hungarian Ministry of Health classified our "Keralian Ayurvedic Massage Treatments" program in the continuing education of alternative therapist (masseurs) with 33, and later with 40 credit. This accreditation has given a huge help to medical masseurs and alternative therapist in performing the treatments. More than 300 people attended some of our courses in the past 7 years.

### **Keralian Ayurvedic massage and health tourism in Hungary:**

There is a huge potential in Hungarian health tourism for application of these treatments. But ayurvedic therapists need much more knowledge and training than other alternative massage and face care practitioners, that are mostly used in hotels. There is also a need for deeper knowledge in package programs. The staff must be trained well – without breaking the authenticity of ayurveda! And of course - more investment, but financially it would be worth and would shortly bring back all the investment.

#### **What can Ayurveda bring to wellness tourism:**

- • massage for health
- • some disease treatment
- • hair care
- • beauty treatment
- • weight loss treatment
- • stress management
- • prevention

At a time there are only three, but well known prominent and recognised hotels in Hungary, that are offering a number of authentic Ayurvedic massages:

- • Rogner Hotel Lotus Terme – Hévíz
- • Hotel EuropaFit – Hévíz and
- • Radisson SAS Birdland Hotel – Bükkfüdő

All the 3 hotels staff has been trained 4 years ago in a range of a 120 hours training program. All the 3 hotels are using the treatments with a huge success, and the domestic as well as the foreign guests are gladly taking an advantage of these treatments.

For centuries Ayurveda has been using the benefit of the medicinal waters, therefore the domestic health-spa-wellness hotels can not only widen their offers, but they can expect a growth in their economy as well.

## **Need for regulation**

In the governmental regulation of alternative medicine from 1997 is only one sentence about practicing ayurveda in Hungary. From this time, there is growing interest and possibilities for practicing Ayurveda in the field of clinic treatment, healing and prevention

We do feel that it is indicated that the hungarian authorities regulate this matter.

According to our experience it is necessary to regulate

- - Proper continuing education for hungarian doctors and
- - Proper education for masseurs/therapists

We think that for masseurs/therapist is required 200-250 hours of education (with certain extent in Hungary and last part in governmental recognised institute in Kerala) With this profound knowledge the masseur/therapist can perform their duty partly independently, and on the other hand they could assist the hungarian doctors specialized in the field of Ayurveda Thus in place of the unskilled and semi-skilled laborers there would be skilled masseurs at our disposal.

We do hope that after the conference a lot of problems will be solved here in Hungary, that made the professional and proper use of the Ayurvedic medicine treatments impossible to conduct.

## **SHORT CASE-STUDY OF KERALIAN AYURVEDIC TREATMENTS**

### **1.) Case- history of G.Gy. (age: 48) Hungary**

He had a serious accident as a car driver. He's Diagnosis was:

- • polytraumatisation, fractura costarum serviae I-V lateris dextri et III-V lateris sinistri, contusio pulmonum, haemothorax et pneumothorax lateris dextri, fracturae vertebrarum Th V\_VI, laesio medullae spinalis in altitudinum Th V\_VI, fractura apertae cruris lateralis sinistri, bronchopneumonia lateris sinistri.
- • His neurological status after hospitalisation:
- • no cerebral nerves signs, middle animated tendon reflexes in the upper arms bilateral, areflexia of Patella and Achilles tendons bilateral, no pyramidal signs, absence of the sacrum, left side on the hip and the left heel

### **Our Keralian Ayurvedic treatments (1,5 year after the accident):**

- • A 21 day Keralian Sneha-abhyanga has been conducted with Mahanarayana thailam (Ref. Bhaishjaratnavali, manufactured by the ayurvedic pharmacy, Kerala,

India)

- • Dhanwantharam thailam R-101 (Ref.: Ashtaanga Hridayam has been used internally, manufactured by the ayurvedic pharmacy, Kerala, India)

### **Result of our treatment:**

After our treatment a remarkable improvement has been noticed in his movement:

- • he can sit alone, without any support (with closed eyes also).
- • he can creep.
- • he can sit on he's heels. In this position, he can turn his hips on sideways. From this sitting position he can erect his rump with a support. He can come into erect sitting position.
- • he can come to a lying position, he can erect and pull his legs in a lying position.
- • he can make dorsalflexion with the halluxes in lying position.
- • he can walk with a walking machine (his knees and feets are fixed).
- • During and after his treatment, the feeling of pain was remarkably reduced. General condition was much better.
- • The feeling of a deeper pressure was appeared on his abdominal region and in his legs. Periodical feeling of urge for nation. Loosing stool was normalised.
- • Feeling of the stool urge was appeared also.

By use of the abyanga sincron massage, the blood circulation increased.

The main effects of the massage appeared in the muscles, joints, circulatory nerves and arteries and autonomic nervous system. Massage reflects the strongness of muscles, increases skin texture, happyness in mood, increases Vata-nadi strength.

## **2) Short case study for treatment of Madhuroga (diabetes)**

**B.Péter (man) 46 year, suffering from diabetes.**

The sugar level before treatment was 12.

### **Applied Keralian treatment :**

- • udwarthanam 14 day
- • manalkizhi 5 day

### **Applied ayurvedic medicines:**

Varanaadi kashayam (Ref. Ashtangahridayam)

Katakakhadiraadi kashayama (Sahasrayogam) 10 ml

### **Diet during and after treatment:**

since diabetes is a mainly kapha disease, the diet of the person must be aimed at bringing the kafa dosha down. The following was preferable:

- • tasty foods totally avoided, milk also,
- • fruit consumed with moderation,
- • bitter herbs and fresh vegetables is preferable,
- • no restriction on fish
- • Amla powder mixed with haldi (curcuma longa)
- • all kinds of sugar and sweet avoided

At the end of our treatment,

- • the sugar level was 7.
- • the body weight was reduced by 10 kg
- • the body muscle took up again the tonicity
- • general condition and mental capacity has increased
- • the metabolism has been balanced

In the last 6 Months there was no further recovery. For the maintenance of the health condition every month we are conducting 2 treatments for the upcoming 6 months.