

Benefits of Padabhyanga

- Control the insomnia problem.
- Reduce dark circles under the eyes.
- Reduce the knee pain, heel pain, back pain.
- Reduce the amount of Pitta dosha in the body.
- Helps to reduce excess body weight.
- Stimulate the eye muscles.
- Relieve gas from the body.
- Relieve loss of sensation in the feet due to diabetes.
- Reduce facial acne.
- Reduce swelling of legs.
- Reduce problems like cracked heels and Inflammation in feet.
- Improve blood flow in the body.
- Useful in varicose veins.
- It can eliminate all three diseases, Vata, Pitta and Kapha, from their roots.



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PADABHYANGA

Ayurvedic Foot Massage Method



**Just 10 Minutes Of Foot Massage
Get Best Amazing Health Benefits.**



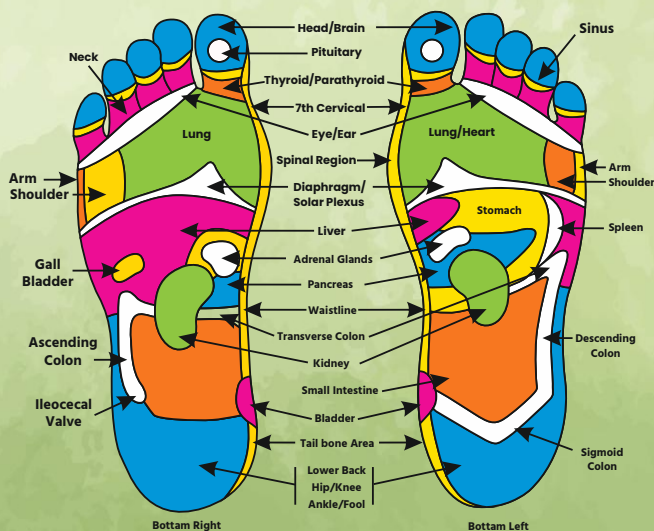
What is Padabhyanga?

Two Sanskrit words, "Pad" and "Abhyanga," combine to form the word Padabhyanga: "Pada" signifies foot, and "Abhyanga" signifies massage. Padabhyanga involves inducing specific and special movements on the body through gentle oil massage. Therefore, people have described Padabhyanga as a relaxing and comforting massage therapy. Padabhyanga, if done properly, can completely rejuvenate and relieve our bodies, and there are many benefits described in various Ayurvedic books.

Padabhyanga is one of the most relaxing and stress-relieving procedures, with a number of beneficial effects on the mind and body. The daily Ayurvedic diet, also known as a routine (dincharya), incorporates Padabhyanga to maintain health. Foot care and foot health contribute greatly to the overall health of the body.

Why is it necessary to do Padabhyanga?

Padabhyanga therapy is such a miraculous method in which many diseases of the body are treated by foot massage. Feet have great importance in Ayurveda and feet are an important part of the body, because the end point of all the nerves of our body is in our feet. Massaging the feet is like massaging the nerves, which not only strengthens the nerves but also makes other parts of the body healthy. Doing this daily provides many health benefits. Padabhyanga is called the mother of all alternative treatments in Ayurveda because of its power to treat dosha imbalance. According to this, complete health benefits can be obtained just by massaging the feet.



Massaging the soles of the feet is very beneficial because in Ayurveda, the feet are considered to be the root of the body. Just like the roots of a tree, the feet are the root of the body, which is why all the nerves of the body pass through the soles of the feet. When the soles of the feet are massaged, moisture spreads throughout the body. Massaging the soles of the feet can often eradicate all three diseases of Vata, Pitta, and Kapha.

Let's understand this through an example. Many times you must have heard that a diabetic person is asked to go for a walk with bitter gourd juice and bark applied to his feet, and after some time his mouth becomes bitter even after not drinking bitter gourd juice, but from all the roots in the feet, that juice has reached our mouth. This means that all the roots are available in the feet and for this reason, it is necessary for us to do Padabhyanga.

Padabhyanga therapy also cures roughness, dryness, laxity, tiredness, numbness of feet, cracked feet, shrinkage of blood vessels and nerves of feet, sciatica and many rheumatic diseases. Besides, with its help the eyesight also becomes sharper.

Importance of Padabhyanga (Kanshya)

Bronze or Kansa is also known as a healing metal in Ayurveda and hence, Kansa Vati is very widely used in foot massage in Ayurveda. Kansa has alkaline properties hence, it has an anti-inflammatory, pitta or heat reducing nature. In earlier times, people often used bronze pots at home every day, but in today's modern times, we all do not have time even for this precious body of ours, so Teamex has brought for us a modern one - a modern kansa vati machine. This works completely automatically.

TEST REPORT	
1. Test sample of	: Kansa Thali
2. Identification mark	:
3. Material Specification	: Spectrometry-GES
4. Method of analysis	: WUPW/GES04
5. Test Method	:
TIN	21.310
LEAD	0.018
ZINC	0.096
NICKEL	0.019
ANTHRONY	0.062
PHOSPHORUS	0.012
COPPER	20.160

Copper is best known for providing relief from pain, arthritis and inflammation. Zinc helps manage diabetes and improves digestive and immune system function. Tin is known to provide relief from headaches and treat insomnia.

Which is the right time for Padabhyanga?

It is beneficial to do Padabhyanga every day. Actually, this can be done in the morning before bathing or during any leisure time. But the time before going to bed at night is considered the best time to do Padabhyanga. Because at this time, the body is tired from the whole day's work. Therefore, if Padabhyanga is done before sleeping at night, it not only helps in getting good sleep but also removes the tiredness of the day.