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Review Article

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The Review Literature of Oleation (External) in Siddha system of medicine

A. Rajalakshmi¹, G. Rejitha², S. Priya³, V. Mangalambigai⁴¹⁻⁴ PG Scholars, Department of Noi Nadal, Government Siddha Medical College, Palayamkottai,**Dr.S.Sundhararajan⁵ MD(S)**⁵Associate Professor, Department of Noi Nadal, Government Siddha Medical College, Palayamkottai.

Abstract

In our Siddha system of medicine there are many more unique techniques to cleanse the body internally & externally. One of the unique and most beneficial aspects of the home cleanse is the technique of oleation which is essentially the internal and external oiling of the body.

Keywords: Siddha medicine, oleation, beneficial aspects.

Introduction

Oleation means administrating a person with any kind of fat may be herbage, herbal oil, animal fat or bone marrow to the patient, ahead of panchakarma treatment. The purpose of oleation is to expel imbalanced dosha out of the body. Oleation helps to mobilize the doshas from the disease places in the body.

Oleation (oil bath)

It gives strength to the five sense organs (skin, tongue, eyes, nose and ears)it also gives strength to the head and the limbs. It dispels headache and strengthens the voice box and promotes hair growth. For dryness of skin, itching or tingling sensation oil bath is advisable.

Materials and methods

The oil should be used lavishly for head, legs and ears. one must apply 4 drops of oil in nose, 6 drops of

oil in ears. Oil should be applied lavishly on the head, body and the sole of the feet and rubbed till it becomes warm and then took bath in hot water, wipe out the moisture and oil from the body completely with a dry cloth and keep it dry.

- I. If we rub the sole with suitable oil, it will removes the eye disease
- II. If we apply the same oil into the eyes, the ear troubles are relieved.
- III. If we pour a few drops in ears, the headache is relieved.
- IV. If we rub the medicinal oil on the head, all the aches and ailments of the body are dispelled.

Timings for the oil bath

If one takes oil bath within the specific time as shown below, during the tamil months of chithirai and vaigasi – within 120 minutes from sunrise

Aani and aadi – within 192 minutes from sunrise

Aavani, purattasi, aepassi, and thai – within 48 minutes from sunrise

Maasi and panguni – within 72 minutes from sunrise.

Bathing with cow's ghee

Bathing with cow's ghee will do enormous benefit for all age group of people. It benefits people who are afflicted with ailments like

- ❖ Burning sensation
- ❖ Syncope
- ❖ Irritation
- ❖ Excess heat or chyle
- ❖ Madness or mania
- ❖ Fever
- ❖ Haemorrhage
- ❖ Dyspnea

Advantage of daily oleation

- ❖ It is good to take oil bath daily
- ❖ Body ache is relieved
- ❖ Senility will be postponed
- ❖ Vision clarity retained

- ❖ Sound sleep, body strength and longevity are ensured
- ❖ Skin gets smoothened
- ❖ It dispels drowsiness, kabham, dental disease and alters the taste

Conclusion

“எள்ளினையும் முக்கூட் டெனுநெய்யும் ஆனெய்யும்
வில்லுதைபொதியென வீறுநெய்யும்- உள்ளபடி
வாரந்தனக் கிருநாள் வைத்தாடி நோய்ளளதி
குரந்த தனக்கிடமில் காண்.
(பா.கு.கீ)

If we take oil bath twice a for seven days with an oil which is a mixture of ghee, castor oil and gingly oil no ailment will affect the body.

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