



Kerala Ayurved Chikitsalayam

List of Massage Oils :

No.	NAME OF OIL	REMARKS V_VATA REDUCING
	ABHYANGA, PIZHICHIL OILS	
1.	DHANVANTARAM TAILAM	V P K
2.	BALAASHWAGANDHADI TAILAM	V P
3.	DHANVANTARAM KUZHAMBU	V P K
4.	NARAYAN TAILAM	V P
5.	SAHACHARADI TAILAM	V K
	DHARA OILS	
1.	BALAGUDUCHYADI COCONUT OIL	V P
2.	BALAGUDUCHYADI TAILAM	V P
3.	SHUDHABALA TAILAM	V P
4.	KSHEERBALA TAILAM	V P
	HEAD MASSAGE	
1.	NEELIBHRUNGADI COCONUT OIL	HAIR GROWTH
2.	KANJUNYADI COCONUT OIL	PREVENTS HAIR LOSS
3.	DHURDHURPATRADI COCONUT OIL	ANTI DANDRUFF
	LOCAL MASSAGE USED IN ARTHRITIS,SCIATICA,SPRAINS,TRAUMATIC INJURIES.	
1.	MURIVENNA	ANTIINFLAMMATORY,ANALGESIC,HEALS FRACTURES
2.	CHINCHADI TAILAM	ANTIINFLAMMATORY
3.	KOTTAMCHUKKADI TAILAM	ANTIINFLAMMATORY
4.	KARPOORADI TAILAM	ANALGESIC
5.	PINDA TAILAM	REDUCES BURNING SENSATION IN VATA RAKTA
6.	SAHACHARADI TAILAM	REDUCES NUMBNESS,ANTIINFLAMMATORY
	PURE OILS	
1.	COCONUT OIL	FOR HEAD MASSAGE, DHARA.
2.	SEASAME OIL	WHOLE BODY MASSAGE