



Unit-1

Body Care and Wellness III

Learning Outcomes

Session	Topic	Outcome
1	Dietary planning and weight management	You will be able to understand • Definition of health, food and nutrition. • Importance of balanced diet. • Body weight management and body mass index. • Factors affecting the body weight. • Diet for life style related disorder – Obesity, Diabetes, Hypertension.
2	Body ageing	Students will be able to understand. • The concept of body ageing • Ageing change in body shape • Symptoms if ageing on face.
3	Advance techniques of Ayurveda massage, Swedish massage and Reflexology	You will be able to understand • Meaning of Ayurveda, Swedish massage, and reflexology. • Effects of different massage techniques on body. • How to perform different massage techniques. • Contraindications.

Assessment Plan (For Teachers)

Session	Topic	Assessment method	Remarks
1	Dietary planning and weight management	Exercise: Question and answer.	Prepare a chart on BMI and different body shapes
2	Body ageing	Exercise: Question and answer.	
3	Advance techniques of Ayurveda massage, Swedish massage and Reflexology	Exercise: Question and answer. Practical: Display tools and material. Demonstration and practice.	Visit to Spa, Ayurvedshala



Session-1 : Dietary Planning and Weight Management

Definition of Health, Food and Nutrition

Health

As defined by World Health Organization (WHO), it is a “State of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.” Health is a dynamic condition which can be good state or in bad state resulting from a body's constant adjustment and adaptation in response to stress and changes in the environment for maintaining an inner equilibrium called homeostasis.

Food

Any nourishing substance is it plant origin or animal origin that is eaten, drunk, or otherwise taken into the body to sustain life, provide energy, promote growth, etc.is known as Food.

Food may be the most important factor to maintain the health of your body. When you eat it, you are supplying your body with the nutrients that it uses to build and maintain your cells, create hormones, run chemical reaction.

Nutrition

Nutrition is the intake of food, considered in relation to the body's dietary needs. Good nutrition – an adequate, well balanced diet combined with regular physical activity – is a cornerstone of good health. Poor nutrition can lead to reduced immunity, increased susceptibility to disease, impaired physical and mental development, and reduced productivity. By W.H.O. (World Health Organization)

Nutrition is the process which involves taking in and the utilization of food substances by which growth, repair and maintenance of the body are accomplished. Nutrients are stored by the body in various forms and are used when the food intake is not sufficient.

The moment you place a piece of food in your mouth and you begin to chew, your brain is stimulated to secrete powerful digestive enzymes that will help your body digest the food. Once the food is broken down, the nutrients (Proteins & carbohydrates) are absorbed in your intestines to be used by your body. When your body has taken and used what it needs, the waste products are eliminated from your body. This physiological process relies on thousands of chemical reactions and enzymes, and is only possible because of the nutrients in the foods that you eat.

Review Questions

- Q1. What is the definition of Health by W.H.O.?
- Q2. What is the definition of Food?
- Q3. What is the definition of Nutrition?

Classification of Food

Nutrient is a normal diet. Food can be obtained from animal as well as plant kingdom from organic as well as inorganic sources. Food is classified according to its nutrients composition and also according to the function it serves in the body.



Nutrient Classification

Nutrients can be divided into seven groups:

1. Proteins
2. Carbohydrates
3. Fats
4. Vitamins
5. Minerals
6. Water
7. Roughage

Food is a must for man or of any other organism to survive. No Life on this earth is possible without food. The desire to eat is normal and basic in human beings. This does not however mean that an individual is eating well. Eating just any food will satisfy the appetite and provide energy.

In the body protein, fats, carbohydrate can be described as energy yielding nutrients. They are also called as macronutrient because we need large quantities of them on daily basis. These macronutrients are also called as organic. Organic nutrients contain hydrogen, oxygen and carbon. Vitamins, Minerals and water do not yield energy in the body. Although vitamins are classified as organic nutrient whereas minerals and water are inorganic (they do not contain carbon). Vitamins and minerals are called as micronutrients because we need only tiny amounts of them compared to the macronutrients.

Balanced Diet

A Balanced diet is one which contains all essential nutrients in adequate proportions so to meet energy requirements to gain and maintain health.

On an average one should include following things in their balanced diet.

55% of carbohydrates – 55% of total number of calories should come from this category. Ideally this much percent of carbohydrates should be spread throughout the day over breakfast, lunch and in evening meal

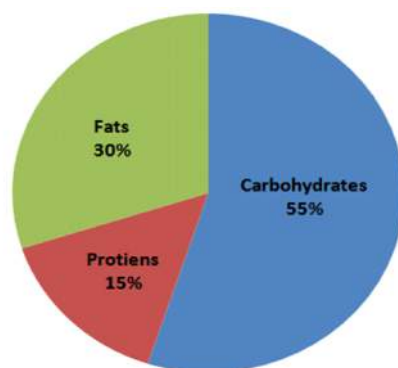


Figure: Schematic Contribution of Dietary Supplements



15% of proteins -15% of total number of calories should come from this category. Ideally this much percent of proteins should be spread throughout the day over breakfast, lunch and in evening meal.

30% of fats – 30% of total number of calories should come from this category. Ideally this much percent of fats should be spread throughout the day over breakfast, lunch and in evening meal.

Guidelines for Balanced Diet

1. Include carbohydrate, fats, protein, vitamins, and minerals in correct proportion.
2. Do not eat sugary foods too often.
3. Do not eat too much of fat.
4. Include daily intake of fresh fruits and vegetables at least five portions per day.
5. Eat plenty of food rich in fiber and starch.
6. Eat right amount to be healthy.
7. Eat a variety of different foods.
8. Last and most important is to enjoy your food.

Planning a Balanced Diet for a Week

One can plan and shop for your weekly meals all at once and consolidate preparation work to streamline the process as much as possible.

Make sure you include all five groups in your diet chart.

Dietary Allowances	13-15 years		16-18 years	
	Boys	Girls	Boys	Girls
Body Weight (Kg)	47.8	46.7	57.1	49.9
Energy (kcal)	2450	2060	2640	2060
Protein (gm)	70	65	78	63
Iron (mg)	41	28	50	30

Table: Dietary Allowances for Various Age Groups

Carbohydrates, fats and protein must be divided in proper proportions so to meet all energy and nutrient requirement in day to day life.

Below recommended chart is for two days to give an idea so it will help you to prepare according to your choice and taste preferences.



	Early Morning	6:00am	Tea or Coffee or Milk	150 ml
	Breakfast	8:00 – 8:30am	“Idly- 4 nos or Dosa - 4 nos or” Chapatti or Upma or Wheat Bread and Sambar or Chutney or Vegetable Curry or Corn flakes or Oats with skimmed milk	100g batter 100g flour 100g rava 6 slices 2 cups 100g & 200 ml
	Mid Morning	10:30 – 11:00am	Fruit or Salad or Buttermilk or Veg Soup and Sprouts and Dry Fruits & Nuts	200g 1 cup 150 ml 150 ml 1 cup 50g
	Lunch	12:30 – 1:30pm	Rice or Chapatti - 4 nos and Vegetables and Green leafy vegetables and Fish or Chicken or Egg or Low fat paneer or Soya bean and Curd or Buttermilk	100g uncooked 100g flour 1 cup 1 cup 100g 1 nos 60g 30g 1 cup 200 ml
	Tea Time	4:00 – 6:00pm	Tea or Coffee or Milk Mari Biscuits or Sprouts and Bread Toast or Veg Sandwich or Groundnuts	150 ml 3 nos 1 cup 2 slices 1 no 100g
	Dinner	8:00 – 9:00pm	Rice or Chapatti - 4 nos and Vegetables and Fish or Chicken or Egg or Low fat paneer or Soya bean and Curd or Buttermilk	100g uncooked 100g flour 2 cups 100g 1 nos 60g 30g 1 cup 200 ml



	Instructions	Note: 1 cup - 100 ml/g
	Avoid	Fried foods Bakery products like cakes, pastries, puffs, etc Aerated and carbonated drinks
	Include	Vegetables, salads, sprouts, veg soups Green leafy vegetables Fruits
	Restrict	Non Veg (Chicken once in a week) Sugar and sweets Underground vegetables especially potatoes
	Allowance per day	Oil 3-4 tsp (25-30 ml) Sugar 3-4 tsp (15-20g) Salt 5g (1 tsp) Water 2 ½ - 3 L Skimmed milk 600 ml/day

Table: Recommended Diet Chart

Remember the following chart doesn't include small meals or snacks, which you can add according to individual, his physical activities and which season is going on. And also to make note of ending your diet plan with compulsory bedtime drink.

Body Weight Management

Weight Management is a long term approach to a healthy lifestyle. It includes a balance of healthy eating and physical exercise to equate energy expenditure and energy intake. Developing healthy eating habits while using tips that will keep us fuller longer can be useful tools in weight management. Knowing what your body needs is important to weight management and can control over consumption and under consumption of food.

What is Ideal Body Weight?

Ideal body weight refers to average or desirable weight according to height and body frame of a healthy individual. Ideal body weight can be calculated using Broka's index.

Broka's index: The formula for Broka's index is:

Height (cm) – 100 = ideal weight (kg)

Overweight: A weight that is 10-20% above Ideal body weight

Obese: A weight that is more than 20% above Ideal body weight



Body Mass Index

Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems.

$$\text{Body Mass Index} = \frac{\text{Weight (Kg)}}{\text{Height (M)}^2}$$

BMI Optimum Cut-offs Asian Indians

Normal BMI : 18.5-22.9 Kg/(M)²

Overweight : 23- 24.9 Kg/(M)²

Obesity : >25 Kg/(M)²

WHO Classification of adults according to BMI

Classification	Popular Description	BMI (kg/m ²)	Risk of co-morbidities
Underweight	Thin	<18.5	Low
Normal range		18.5 - 24.9	Average
Overweight		> = 25.0	
Pre-obese	Overweight	25 - 29.9	Increased
Obese Class I	Obese	30.0 - 34.9	Moderate
Obese Class II	Obese	35.0 - 39.9	Severe
Obese Class III	Morbidly Obese	> = 40.0	Very severe

Body Composition

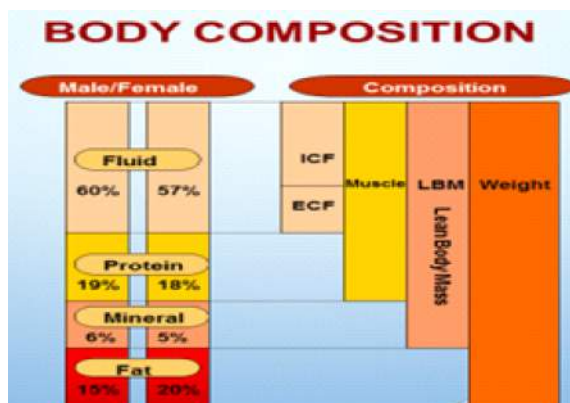
Weight = Lean Body Mass + Body Fat Mass

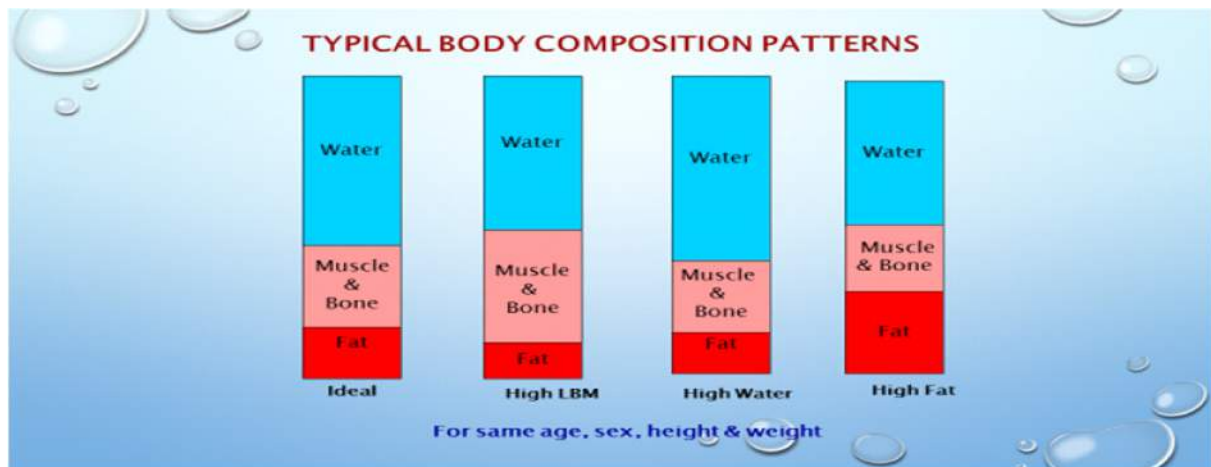
Lean Body Mass = Muscle Mass + Mineral

Muscle Mass = Total Body Water + Protein

Total Body Water = Intra Cellular Fluid (ICF) + Extra Cellular Fluid (ECF)

Normal Body Composition for Male/Female





Body Shapes

Extra fat is mostly stored in two places: The *stomach* area or the *hips*. Accordingly, there are two body types, sometimes referred to as “apple” and “pear.”

The waist-hip ratio measure

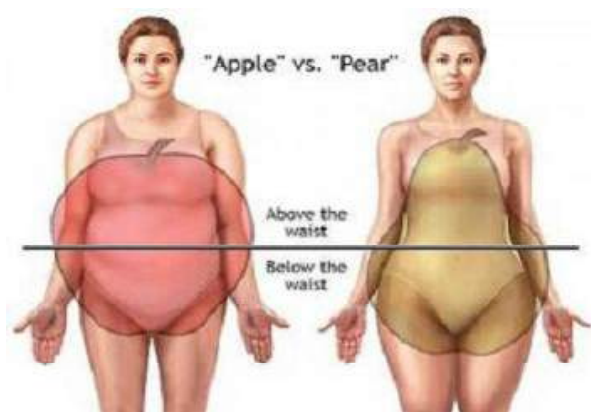
The waist-to hip ratio (WHR) measure is a more accurate way to determine body fat distribution. It is determined by measuring the waist size divided by the hip size.

Waist – Hip Ratio

- Apple (Bad Shape) – Women >0.8
Men >0.9
- Pear (Good Shape) – Women <0.8
Men <0.9

The two basic types of fat distribution are also called “male pattern” (“apple shape”) and the “female pattern” (“pear shape”). The nomenclature is somewhat misleading, since both patterns can occur with either gender.

“Apple” shapes deposit the largest amount of their body fat in the abdominal region, while “pears” carry most of their weight in the hips, buttocks and thigh area.





Factors Affecting the Body Weight

Change in body weight is invariably a product of energy imbalance in the body. Energy imbalance here refers to imbalance between energy intake and energy output. For example, if you consume more food (i.e. take in more energy) and do lesser work (i.e. spend lesser energy) it would result in energy imbalance in the body. There are several factors which favour the development of such an imbalance in the body. These are termed as risk factors. Let us discuss about some of the risk factors.

Genetic Factors: Genetic inheritance probably influences 50-70 percent a person's chance of becoming fat more than any other factor. In one of the research studies it was found that if both parents are of normal weight, the probability is that 7 percent of the children will be obese. On the other hand, if one of the parents is obese, the possibility is that 50 percent of children will be obese. If both the parents are obese, the chances that children will be obese goes up to 80 percent.

Eating Habits: Eating too much is a habit with many people. If one is in the habit of eating more food in general or consuming energy rich foods like cakes, pastries, samosa, kachori, butter, wafers and other rich snacks and desserts, one is likely to gain weight. Some people prefer to eat less during the meal time, but keep on munching snacks in between meals. Remember that total intake of calories goes up in this way and it increases the possibility of weight gain.

Physical Activity: Besides food intake another factor which influences the energy balance of the body is activity pattern. In urban areas, especially the affluent or rich class people tend to have a sedentary lifestyle. Most of the time they are involved in some kind of mental work and do very little of running or walking around. Housewives are equipped with electric gadgets like vacuum cleaner, mixer, washing machine, etc. to make work simpler for them. Such people tend to spend or use very little of calories they have consumed as part of food. The result is energy imbalance and consequent weight gain.

Psychological Factors: Some people tend to eat more if they are tensed or bored or lonely. Such conditions make food as the focus of their attention and a means or outlet for release of tension and boredom. Such people also have a tendency to gain weight and become obese. Research studies have shown that school children tend to take more fatty foods as their lives grow stressful.

Relationship between Metabolism and Weight

Metabolism: Converting food into energy

Metabolism is the process by which your body converts what you eat and drink into energy. During this complex bio chemical process, calories in food and beverages are combined with oxygen to release the energy your body needs to function.

Even when you are at rest, your body needs energy for all its "hidden" functions, such as breathing, circulating blood, adjusting hormone levels, and growing and repairing cells.

Basal Metabolic Rate: The basal metabolic rate (BMR) is the rate at which a person uses energy to maintain the basic functions of the body – breathing, keeping warm, and keeping the heart beating – when at complete rest.



Several factors determine your individual basal metabolic rate, including:

Your body size and composition: The bodies of people who are larger or have more muscle burn more calories, even at rest.

Your sex: Men usually have less body fat and more muscle than do women of the same age and weight, burning more calories.

Your age: Infants and young children tend to have a proportionately high BMR for their size due to their rapid growth and development. Older adults usually have a lower BMR than younger people since their muscle mass tends to decrease with age.

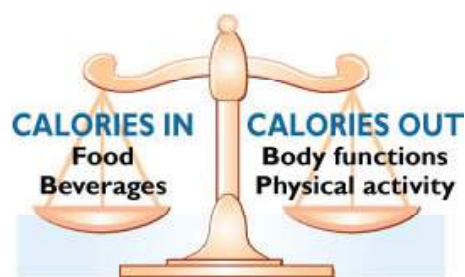
Energy needs for body's basic functions stay fairly consistent and aren't easily changed. Your basal metabolic rate accounts for about 70 percent of the calories you burn every day.

Balancing Calories

The Caloric Balance Equation

When it comes to maintaining a healthy weight for a lifetime, the bottom line is – calories count! Weight management is all about balance—balancing the number of calories you consume with the number of calories your body uses or “burns off.”

- A *calorie* is defined as a unit of energy supplied by food. A calorie is a calorie regardless of its source. Whether you're eating carbohydrates, fats, sugars, or proteins, all of them contain calories.
- *Caloric balance* is like a scale. To remain in balance and maintain your body weight, the calories consumed (from foods) must be balanced by the calories used (in normal body functions, daily activities, and exercise).



If you are... Your caloric balance status is...

Maintaining your weight	“in balance.” You are eating roughly the same number of calories that your body is using. Your weight will remain stable.
Gaining weight	“in caloric excess.” You are eating more calories than your body is using. You will store these extra calories as fat and you’ll gain weight.
Losing weight	“in caloric deficit.” You are eating fewer calories than you are using. Your body is pulling from its fat storage cells for energy, so your weight is decreasing.



Losing Weight

What is healthy weight loss?

It's natural for anyone trying to lose weight to want to lose it very quickly. But evidence shows that people who lose weight gradually and steadily (about 1 to 2 pounds per week) are more successful at keeping weight off. Healthy weight loss isn't just about a "diet" or "program". It's about an ongoing lifestyle that includes long-term changes in daily eating and exercise habits.

To lose weight, you must use up more calories than you take in. Since one pound equals 3,500 calories, you need to reduce your caloric intake by 500—1000 calories per day to lose about 1 to 2 pounds per week.

1 kg = 2.2 pounds

Creating Negative Calorie Balance

Through

Diet : 500 Kcal/day

Activity : 500 Kcal/day

Behavioral modification : 50 Kcal/day

Total Calorie Deficit - 1050 Kcal/day*

*The above values are inter-changeable depending upon health status of an individual

Physical Activity for a Healthy Weight

Importance of Physical Activity

Regular physical activity is important for good health, and it's especially important if you're trying to lose weight or to maintain a healthy weight.

- When losing weight, more physical activity increases the number of calories your body uses for energy or "burns off." The burning of calories through physical activity, combined with reducing the number of calories you eat, creates a "calorie deficit" that results in weight loss.
- Most weight loss occurs because of decreased caloric intake. However, evidence shows the only way to maintain weight loss is to be engaged in regular physical activity.
- Most importantly, physical activity reduces risks of cardiovascular disease and diabetes beyond that produced by weight reduction alone.

Physical activity also helps to

- Maintain weight.
- Reduce high blood pressure.



Reduce risk for type 2 diabetes, heart attack, stroke, and several forms of cancer.

Reduce arthritis pain and associated disability.

Reduce risk for osteoporosis and falls.

Reduce symptoms of depression and anxiety.

How much physical activity do I need?

When it comes to weight management, people vary greatly in how much physical activity they need. Here are some guidelines to follow:

To maintain your weight: Work your way up to 150 minutes of moderate-intensity aerobic activity, 75 minutes of vigorous-intensity aerobic activity, or an equivalent mix of the two each week. Strong scientific evidence shows that physical activity can help you maintain your weight over time. However, the exact amount of physical activity needed to do this is not clear since it varies greatly from person to person. It's possible that you may need to do more than the equivalent of 150 minutes of moderate-intensity activity a week to maintain your weight.

To lose weight and keep it off: You will need a high amount of physical activity unless you also adjust your diet and reduce the amount of calories you're eating and drinking. Getting to and staying at a healthy weight requires both regular physical activity and a healthy eating plan.

What do moderate- and vigorous-intensity mean?

Moderate: While performing the physical activity, if your breathing and heart rate is noticeably faster but you can still carry on a conversation — it's probably moderately intense. Examples include:

Walking briskly (a 15-minute mile).

Actively playing with children.

Biking at a casual pace.

Vigorous: Your heart rate is increased substantially and you are breathing too hard and fast to have a conversation, it's probably vigorously intense. Examples include—

Jogging/running.

Swimming

Most competitive sports (football, basketball, or soccer).

Jumping rope.

Diet for life style related disorder: Obesity, Diabetes, Hypertension

Obesity:- Obesity is support to be a gift of modern life style. Obesity itself is a disease as well as breeding ground of numerous other diseases. It's main symptoms are following:-

Obese, clumsy and unsymmetrical (imbalance b/w height and body weight).



Panting with little physical

Excessive sweating

Body ache

Excessive sleep

Obesity may be defined as an excessive deposition as strange of fat in adipose tissue.

Weight Loss Calculator

This is a very general calculation and like all of these calculators may give you a general idea of the direction you are moving in rather than an exact amount which is perfect for you. This does not take the place of a consultation with your doctor and is for educational purposes only. The weight loss calculator calculates how much body fat you have to reduce (if needed) to get a healthy weight. If your percentage of body fat is more than acceptable limit you have to reduce your body fat to avoid some health risk like Diabetics, Type-2 Cancer, Sleep Apnea, etc. The rule for good weight loss is slow and steady. A rate 5% to 10% is recommended. The calorie equivalent of body fat is 3500 calorie per pound, i.e. if you want to reduce one pound of your body fat in one week you have to reduce 500 calorie per day from your required daily calorie need and total $7 \times 500 = 3500$ calorie in a week.

Causes:- Obesity is a disease of the person who avoid physical work or exercise. Heavy diet, constant use of high fat foods, avoidance of physical exercise or manual work and leading lethargic and comfortable life style etc. may be the main cause of obesity.

Waist Measurement Chart Women (in feet and inches)			
Height	Ideal	Overweight	Obese
5'-1"	24"	28.4"-31.5"	>31.5"
5'-2"	24.5"	29.1"-32.2"	>32.2"
5'-3"	25"	29.9"-33.0"	>33.0"
5'-4"	26"	30.7"-33.8"	>33.8"
5'-5"	26"	31.5"-34.6"	>34.6"
5'-6"	26.5"	32.3"-35.4"	>35.4"
5'-7"	27"	33.1"-36.2"	>36.2"
5'-10"	27.5"	35.5"-38.6"	>38.6"
6'-0"	28"	37.1"-40.2"	>40.2"

Hypertension: Hypertension is commonly known as high blood pressure. To understand high blood pressure one should know the meaning of blood pressure. The pressure at which blood is pumped around the body by the heart is called blood pressure. The blood pressure of a person is always expressed in the form of two value called systolic pressure and diastolic pressure. In order to understand this, we should first know the meaning of systole and the phase of heart beat when the heart relaxes corresponded and always the chamber to fill with is called diastole.



The maximum pressure at which the blood leaves the heart through the main artery during contraction phase is called the systole pressure. The high pressure in the main artery maintain a study flow of blood in all the arteries towards the capillaries. The minimum pressure in the arteries during the relaxation face of heart is called the diastolic pressure. The valve of diastolic pressure is always lower of millimeter of mercury. The blood pressure valve vary from person to person and time to time. They also vary with age for example:- a young person may have blood pressure of 120/80 but at the age of 60 years it would be 160/90. High blood pressure is caused by the narrowing of very small arteries called arbriated, which result increased resistance of blood flow, very high blood pressure, lead to rapture of an artery and internal bleeding. Blood pressure is a normal condition of individual in case of anxiety ,fast running, stress, excess work etc. But this practice becomes in a routine can lead to high blood pressure in the arteries which help blood to push forward.

Diabetes

Diabetes mellitus, or simply diabetes, is a group of metabolic diseases in which a person has high blood sugar, either because the pancreas does not produce enough insulin, or because cells do not respond to the insulin that is produced. This high blood sugar produces the classical symptoms of polyuria (frequent urination), polydipsia (increased thirst) and polyphagia (increased hunger).

Early Morning

1. Should take lots of liquids (lemon juice with luke-warm water & honey) first thing in the morning.
2. Amla or Kerala juice mixed with water is very beneficial.
3. Methi dana soaked over night in one glass of water.

Precautions & Preventions

1. Go for long brisk walk.
2. Do yoga regularly (mandokaasan, gowmukhaasan, ardhmastendrasan, kormasan, katichakrasan, paschimuttan, etc and all abdomen sukhsham vyayam).
3. Avoid artificial sweets and take natural sweets in fruits or vegetables like berries.
4. Avoid rice, flour, sugar (all three whites).
5. Eat chapatti of bajra, jowar, besan, ragi and wheat.



 Female Height to Weight Ratio				 Male Height to Weight Ratio			
Height	Low	Target	High	Height	Low	Target	High
4' 10"	100	115	131	5' 1"	123	134	145
4' 11"	101	117	134	5' 2"	125	137	148
5' 0"	103	120	137	5' 3"	127	139	151
5' 1"	105	122	140	5' 4"	129	142	155
5' 2"	108	125	144	5' 5"	131	145	159
5' 3"	111	128	148	5' 6"	133	148	163
5' 4"	114	133	152	5' 7"	135	151	167
5' 5"	117	136	156	5' 8"	137	154	171
5' 6"	120	140	160	5' 9"	139	157	175
5' 7"	123	143	164	5' 10"	141	160	179
5' 8"	126	146	167	5' 11"	144	164	183
5' 9"	129	150	170	6' 0"	147	167	187
5' 10"	132	153	173	6' 1"	150	171	192
5' 11"	135	156	176	6' 2"	153	175	197
6' 0"	138	159	179	6' 3"	157	179	202

Height = Feet and Inches - Weight = Pound

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Figure: Height to Weight Ratio in Males and Females

Review Questions

- Q1. Write down the definition of Health given by WHO?
- Q2. Write the guidelines for balanced diet
- Q3. Define body mass index (BMI)?
- Q4. Write down the factors affecting the body weight
- Q5. What is healthy weight loss?
- Q6. Write down the importance of physical activity for healthy weight?



Session-2 : Body Ageing

Your body shape changes naturally as you age. Some of these changes cannot be avoided, but your lifestyle choices may slow or speed the process.

The human body is made up of fat, lean tissue (muscles and organs), bones, and water. After age 30, the people tend to lose lean tissue. Your muscles, liver, kidney, and other organs may lose some of their cells. This process of muscle loss is called atrophy. Bones may lose some of their minerals and become less dense (a condition called osteopenia, or at its later stage, osteoporosis). Tissue loss reduces the amount of water in your body.

Changes in total body weight vary for men and women. Men often gain weight until about age 55, and then begin to lose weight later in life. This may be related to a drop in the male sex hormone testosterone. Women usually gain weight until age 65, and then begin to lose weight. Weight loss in later life occurs in part because lean muscle tissue is replaced with fat. Diet and exercise habits can play a large role in a person's weight changes over life.

Your lifestyle choices affect how quickly the ageing process takes place.

Body Changes Due to Ageing

Skin

With age, the skin becomes less elastic and more lined and wrinkled. Fingernail growth also slows. The oil glands gradually produce less oil, making the skin drier than before. You can slow skin ageing by using moisturizer and protecting the skin from the sun with sunscreen and sun-protective clothing, such as a hat or cap.

Due to the fact that skin loses its elastic quality and becomes thin, small lines set in and sooner or later, deeper wrinkles appear. The muscles in the face lose flexibility causing cheeks, jowls, upper lip, and eye lids to droop.

Hair

It's normal for hair to gradually thin on the scalp, pubic area, and armpits. As hair pigment cells decline in number, gray hair growth increases. As hair follicles are altered, hair loses its color, turns gray and becomes more porous. This change is unique to each person and depends largely on heredity.

Height

By age 80, it's common to have lost as much as 2 inch (5 cm) in height. This is often related to normal changes in posture and compression of joints, spinal bones, and spinal discs.

Hearing

At about the same time, the walls of the auditory canal of the ear thin and the eardrum thickens. A gradual hearing loss may occur

Over time, changes in the ear make high-frequency sounds harder to hear and changes in tone and speech less clear. These changes tend to speed up after age 55.



Vision

As you age the eye becomes less able to produce tears, the retina thins, and the iris stiffens causing the eye lens to become cloudy and seeing clearly to become difficult. Most people in their 40s develop a need for reading glasses as the lenses in the eyes become less flexible (presbyopia). It's also normal for night vision and visual sharpness to decline. Also in the later years, glare increasingly interferes with clear vision. Vision changes can affect your ability to drive safely. For more information, see:

Menopause

Sooner or later every woman will go through menopause. Aside from cessation of menstrual flow, hot flashes, and mood swings, declining estrogen levels affect other bodily functions.

Muscle mass declines at menopause. Metabolism slows causing weight gain. Extra pounds that once surfaced on the hips and thighs begin to stick to the middle instead. Bones begin to thin. Cognitive ability declines.

Loss of estrogen affects vaginal elasticity, urinary continence, flexibility of blood vessels, the tune-up of all female organs, and the protection of the cardiovascular system.

Things you can do to reduce age-related body changes are:

- a) Get regular exercise. Walk. It's cheap and easy and can be done at home or work. Start gradually - may be ten minutes a day - and work up.

Wear a pedometer to monitor how many steps you take. You can burn 100 calories for each 2000 steps (approximately one mile) you take. Walking the recommended 10,000 steps daily burns 500 calories. Burning 3,500 calories is equal to one pound. Keep in mind that every little bit helps.

Stay active. Bend and stretch at any age. Challenge your body. Calculate what percentage of your day is spent being active and how much you spend sitting, driving, sleeping.

Then compare that to how active you were when you were younger and find a happy medium that works for you. Plan to exercise daily and do weight bearing exercises at least twice a week to stay flexible, increase strength, and manage your weight.

- b) Eat a healthy diet that includes fruits and vegetables, whole grains, and optimal amounts of healthy fats. Be mindful of what you eat. Nourish your body from the inside out. Since calorie needs decline with age, eat less and choose more wisely.

Drink water - Six to eight glasses a day. When you notice thirst outwardly, the cells on the inside are actually crying out for water. Cell reproduction for skin, bone, muscle, kidney function, metabolism, and heart health all are dependent on water. Remember, you may not be sick, you may actually be thirsty.

- c) Limit your alcohol use.
- d) Avoid tobacco products and illicit drugs.

As your body ages, you can expect gradual changes, at your body's own pace. How your body ages depends in part on your family (genetic) patterns of ageing. But your lifestyle



choices have a more powerful impact on how well your body ages. Fortunately, you can control your lifestyle choices.

Symptoms of ageing on face

The visible effects of facial ageing are the progressive changes you see when you look in the mirror — including loss of skin elasticity, sagging, forehead lines, frown lines, crow's-feet, smile lines, lip lines, marionette lines (the lines framing your mouth), as well as changes to the color and texture of the skin and loss of volume.

Facial ageing usually begins in your 20s when the firmness of your skin begins to decrease. Wrinkles, blemishes, and sunspots may also start to appear, becoming more pronounced with age. Of course, changes vary from person to person.

Facial ageing is caused by both internal and external factors. Internal (or chronological) factors happen over time and are caused by genetics and the natural ageing process. External (or environmental) factors are things in the world around you, including sun exposure, smoking, pollution, gravity, facial expressions, and sleep position. All of these factors can contribute to changes in the skin, as well as changes in facial bone

Collagen is a fibrous protein in the dermis that gives structure to the skin and provides the foundation for the retention of elastin and hyaluronic acid. Elastin is an elastic protein that helps maintain shape, while hyaluronic acid cushions and lubricates to keep the skin moist. More collagen enables the presence of more elastin and hyaluronic acid.

With age and environmental damage, collagen is lost, and as time goes on, the body's natural production decreases. The damage to the underlying structure of the skin reduces the skin's ability to maintain elasticity and retain moisture.

Methods and Steps to Cope with Ageing

Laugh - Laughter releases “feel good” hormones called endorphins that boost immunity and reduce stress hormones. Hearty laughter expands the lining of blood vessels and improves blood flow much like a brief aerobic workout. So, enjoy a funny movie. Reduce stress, be positive, and make each day a masterpiece.

Get plenty of sleep - Sleep is important for overall well-being. Insufficient sleep increases hunger and stress and impairs metabolism. But before you reach for a sleeping pill, try sprinkling lavender, vanilla or green apple scent on your bed sheets. Or eat a bedtime snack of walnuts, yogurt or milk which are all rich in natural sleep inducers.

Sharpen the mind - No matter where you live or how old you are, it is important to keep your mind active. Read, do crossword puzzles, diversify your interests, find a hobby. Leave a memoir for your family by writing your life's story.

Learn to celebrate your body and the ageing process - The first and greatest step in ageing gracefully is to make up your mind that you are going to work on a healthy lifestyle.

Make gradual changes until they become a natural part of life. Be consistent in adoption of exercise and good health habits.



You have a choice in how your body ages and how you control the ageing process. Taking time to focus on yourself helps you as well as your loved ones. It's never too late to begin.

Review Questions

Q1. Explain the changes occur on the texture of skin and hair due to ageing.

Q2. List down the effects of menopause.

- a) _____
- b) _____
- c) _____
- d) _____

Q3. Write down the symptoms of ageing on the face.

Q4. List down the things you can do to reduce body changes.

- a) _____
- b) _____
- c) _____
- d) _____

Session-3 : Ayurveda Techniques of Ayurveda Massage, Swedish Massage and Reflexology

Term Ayurveda: The term Ayurveda is the combination of two words **AAYUS** and **VEDA**.

AYUSH means life and **VEDA** means knowledge or science. Hence the term Ayurveda means the science of life. Thus it is equivalent to the term 'biology'. But in real practice the term is used to denote a system of human medicine.

Ayurveda literally means "science of life and longevity." and is considered to be the traditional system of medicine of India. It is a holistic system of healing that supports healthy life style and curing the diseased condition.

Origin of Ayurveda

Ayurveda is attributed to Dhanwantari, the physician to the gods in Hindu mythology, who received it from Brahma. Its earliest concepts were set out in the portion of the Vedas known as the Atharvaveda.

There are several aspects of this system of medicine which distinguish it from other approaches to health care:

1. It focuses on establishing and maintaining balance of the life energies within us, rather than focusing on individual symptoms.



2. It recognizes the unique constitutional differences of all individuals and therefore recommends different regimens for different types of people. Although two people may appear to have the same outward symptoms, their energetic constitutions may be very different and therefore call for very different remedies.
3. Ayurveda describes three fundamental universal energies which regulate all natural processes on both the macrocosmic and microcosmic levels. That is, the same energies which produce effects in the various galaxies and star systems are operating at the level of the human physiology—in your own physiology. These three universal energies are known as the Tridosha.

Objective of Ayurveda

There are two main objectives of Ayurveda

1. To maintain the health of those who are well. This aspect entails specific diet, nutrition and hygiene, living style and exercise. Following these guidelines enables a healthy person to maintain health and increase life span.
2. To cure diseases of those who are sick. This aspect describes about the diseases, their causes, symptoms and treatment measures

Definitions of Ayurveda

There are many definitions for Ayurveda from various angles. Some important definitions are given below:-

1. Ayurveda is the science of life.
2. Ayurveda is the science that advises us how to maintain (protect) life.
3. The following comprehensive definition of Ayurveda is given by Acharya Charaka (1000 B.C). Ayurveda is the science that deals with four types of life, the wholesome and unwholesome things to life, the measurement of life and life itself.

Ayurveda is the science by which man knows about and obtains life. Ayurveda is the science that deals with things conducive to and adverse to life, the pathology of diseases and the treatment of diseases. Ayurveda thus explains a whole way of life embodying not only the physical and psychological aspects but also the philosophical, ethical, and moral aspects on the one hand and the individual & universal health on the other. This holistic and universal concept of health is the contribution of Ayurveda to the world.

Three Doshas

TRI means three and **DOSHAS** are called as physical energies.³⁹³

The Tridosha regulates every physiological and psychological process in the living organism. The interplay among them determines the qualities and conditions of the individual. A harmonious state of the three doshas creates balance and health; an imbalance, which might be an excess (vridhhi) or deficiency (ksaya), manifests as a sign or symptom of disease.

The three doshas are known as **Vata, Pitta and Kapha**.

Prakruti of the body

PRAKRUTI of body can also be called as body constitution. The ancient sages observed that



although every individual is constituted of the three doshas, each of us inherits them in differing proportions. This accounts for our differences in appearance, preferences, aversions, behavioral patterns, and emotional tendencies. The proportion of the three doshas present in an individual at birth will determine his or her essential constitution or prakruti. Prakruti comes from two Sanskrit roots which mean “the initial creation” or alternatively this interesting word can also mean “to come forth into creation”. It represents how we initially come into life before any deviations have taken place.

What Determines our Prakruti

The state of the doshas in the bodies of the mother and father at the time of conception is the most influential factor.

The mental state and intentions of the mother and father at the time of conception .

The familial hereditary characteristics .

The diet and daily activities of the mother during pregnancy

Benefits of Knowing your Prakruti

Personal analysis of Prakruti helps you understand your body type and its requirements

Knowing your body type will certainly help you to choose the right kind of food, job, colors and habits etc. that will stay in harmony with your prakruti.

It will help you to maintain a good and balanced personal, family and professional life.

Helps you to plan your lifestyle that will suit your body type.

Prakruti analysis will help you plan a balanced diet

This can help you to know how an imbalance is likely to occur in your body and will educate you to adapt a preventive way of life.

Panchakarmas

In AYURVEDA there are two main therapeutic principles:

- 1) **Shaman** : To suppress the toxins inside the body and to cure disease.
- 2) **Shodhan**: To remove toxins completely from the body, allowing healing and restoration mechanism.

PANCHA means five and **KARMAS** means treatments which go according to the second rule of therapeutic principles.

- 1) **Emesis/Vamana**



Figure: Emesis/Vamana



In this the person is made to vomit in proper guidance and presence of qualified **Ayurvedic Doctor**.

Over here the person is made to drink at least 8-10 glasses of milk/cane juice depending on condition so to vomit toxins from the body

This treatment helps to reduce diseases like obesity, skin diseases, diabetes and asthma.

2) Enema/Basti - Basti



Figure: Enema/Basti-Basti

is a Sanskrit name for bladder. In ancient times the bladder of goat and buffaloes were used to give enema.

In this therapy oil or water is given in the form of enema which helps to remove feecal blocks so by cleansing and toning the colon, entire body is healed and rejuvenated.

Basti is beneficial for diseases like constipation, arthritis and many neurological disorders like paraplegia and hemiplegia.

3) Virechana/Purgation



Figure: Virechana/Purgation

In this treatment patient is made to defecate for number of times which helps to remove excess pitta. This treatment is contraindicated for people with heart disease, in pregnancy and those who are underweight. It is useful for various diseases like constipation, abdominal disorders, jaundice, skin disease and to reduce obesity.

4) Nasya/Nasal Therapy



Figure: Nasya/Nasal Therapy

NOSE is important sense organ in the body which is also called as gateway to the head. In this therapy two drops of herbal oil depending on condition is dropped in each nostrils.

NASYA is useful for diseases like cervical spondylitis, sinusitis, throat and ear diseases, hair loss, graying of hair, insomnia, facial paralysis and migraine

5) Raktamokshan

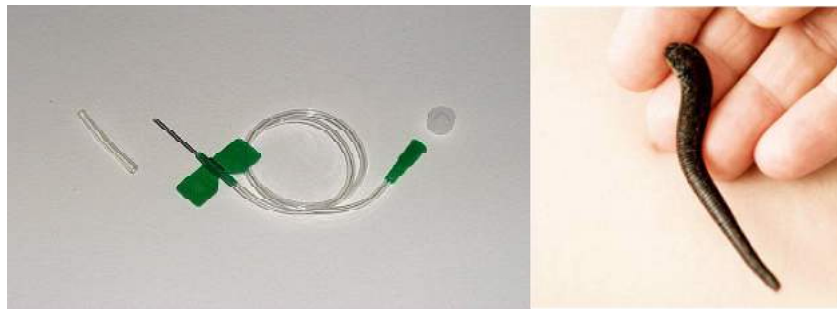


Figure: Raktamokshan

MOKSHAN means letting of blood and RAKTA means blood. It is generally done with the help of leech and scalp vein set. Leech is generally applied to effected part of body where the leech sucks the blood toxins from the effected part. Raktamokshan is useful mainly for arthritis, skin disorder like psoriasis, eczema, acne etc.

Review Questions

Q1. Define term AYURVEDA?

Q2. What is PRAKRUTI?

Q3. Write detail knowledge about PANCHAKARMAS and their benefits?

Objectives: At the end of this lesson you shall be able to :

- Describe the history of Abhyangam Massage.
- Explain the importance of various oils used in it.
- State the benefits of Abhyangam massage.
- Explain the Abhyangam massage contraindications.
- State the pre & post treatment tips



Abhyangam

Abhyangam is a popular body massage in ayurveda. The word Abhyangam itself means to massage.

In Ayurveda, the Abhyangam massage has become popular because of its effective way of conditioning the body. Abhyangam can be used therapeutically. The massage is designed around each individual, to suit his or her disease or condition. An ayurvedic physician can assess this and will then decide on the appropriate oils and the exact way of massage.

Abhyangam can increase the production of white blood corpuscles and antibodies, which provide more resistance against viruses and diseases. This helps the defense mechanism in the body and increases immunity towards environmental changes. In this way abhyangam massage is a protector, preserver and a rejuvenator, increasing self-confidence and will power. To massage is to exercise the nervous system.

In Ayurveda, abhyangam massage is highly praised and much emphasis is placed on the use of oils in massage. The abhyangam massage itself should be ideally done by the physician or an experienced therapist.

Abhyangam Massage

Abhyangam massage is a type of massage therapy which is used by practitioners of Ayurveda to treat their clients. The massage involves liberally covering the client in oil and then using smooth, gentle movements to rub the oil deeply into the body. Ayurvedic practitioners recommend that people receive Abhyangam massage every day to keep their bodies balanced, healthy, and focused.

According to the principles of ayurveda, everyone has a specific body type known as a dosha. There are three doshas: pitta, kapha, and vata, and everyone has a specific balance of doshas which must be addressed in ayurvedic therapy. The idea of specific body types appears in many Eastern healing techniques, and it requires practitioners to be extremely flexible, as they must be able to formulate treatments on an individual basis for their clients; in abhyangam massage, your dosha determines what kind of oil should be used, and what sort of ingredients should be added.

Traditionally, abhyangam massage is performed in the morning, to clarify the mind and stimulate the client for the day. The client lies unclothed on a specially designed table, and the massage therapist pours warmed and specially formulated oil over his or her body. Sesame and coconut oils are commonly used, along with an assortment of herbs. The oil is allowed to soak in for several minutes before the massage therapist begins, using rhythmic, gentle strokes with the whole palm.

In some cases, two massage therapists may work on the same client. Abhyangam massage differs from many Western massage techniques in that it is not deep. It is meant to nourish the body with touch and rich oil, and while it certainly promotes healthy circulation and joints, it does not deeply penetrate the soft tissues of the body. Abhyangam massage may also be paired with shirodhara, an Ayurvedic treatment which involves dripping warm oil or milk onto the forehead.

An Abhyangam massage can last up to an hour. After the massage is over, the client is



encouraged to shower to take a steamy bath to encourage absorption of the oil. A regular routine of Abhyangam massage can be very beneficial for the skin. For people who cannot manage a daily massage, practitioners of Ayurveda recommend that people oil their feet, hands, and heads daily with an oil formulated for their dosha.

Knowledge of various oils

Herbal oils specific to your constitution or current condition are especially good choices for full body massage. Specific oil recommendations for each dosha are.

Vata, Pitta and Kapha are ayurvedic operators that govern the activities of the mind and body. Each is made up of a combination of some of five elements - air, space, earth, fire and water. Vata, for example, is mainly air and space and governs all movement in the body.

Types of Oil That Are Best for Vata

- Sesame Oil is considered to be the “king of oils;” it is the preferred choice of oil for vata because it is inherently warming.
- Almond Oil is also good as it has warming effect.
- For increasing strength and stamina Ashwagandha/Bala Oils may be the best.
- Mahanarayan Oil is made from over 20 Ayurvedic herbs and is traditionally used to support comfortable movement in the joints.
- Bhringaraj Oil, Brahmi Oil, and Healthy Hair Oil are especially well suited for scalp massage.
- Sesame Oil is a good choice when applying oil to the ears.
- Bhringaraj Oil and Brahmi Oil are especially well suited for foot massage.

Benefits

- Imparts softness, strength and color to the body.
- Decreases the effects of ageing
- Bestows good vision
- Nourishes the body
- Increases longevity
- Benefits sleep patterns
- Benefits skin
- Strengthens the body's tolerance
- Imparts a firmness to the limbs
- Imparts tone and vigor to the dhatus (tissues) of the body
- Stimulates the internal organs of the body, increasing circulation
- Pacifies vata and pitta



The body of one who uses oil massage regularly does not become affected much, even if subjected to accidental injuries or strenuous work. By using oil massage daily, a person is endowed with pleasant touch, trimmed body parts, and becomes strong, charming and least affected by old age.

Contraindications

- During the menstrual cycle

Massage with deep pressure during the menstrual cycle is not advised in Ayurveda, as it can initiate a release of ama (toxins) from deep tissues at a time when the body is already a bit taxed.

- During pregnancy

The reasoning is similar here. It is not a good idea to stimulate any sort of detox process during pregnancy. This precaution protects the growing embryo and fetus against any unnecessary exposure to ama.

- Over swollen, painful areas or masses on the body
(Or do so only with the knowledge and consent of your health-care practitioner).
- Over infected or broken skin.
- When there is high ama or great physical discomfort.

A thick, white coating on the tongue often indicates high levels of ama.

- During any sort of acute illness such as fever, chills, flu, or acute indigestion.
- Directly after taking emetics or purgatives.
- When you have a medical condition.

(Unless your health-care practitioner says it is okay to do Abhyangam).

One should not experience any uncomfortable effects with or from Abhyangam. In the unlikely case that you do experience some, if you are not sure whether you should be doing Abhyangam, or if you don't know which oil to use, it is important to consult with an Ayurvedic practitioner.

Provided you do not have any of the above contraindications for Abhyangam, it is time to learn which oils would be best for you. Ayurveda teaches us that like increases like and that opposites balance, so this decision should take into account the qualities influencing your constitution, your current condition, and the season.

Review Questions

Q1. List the conditions when Abyangam massage should be avoided.

- a) _____
- b) _____
- c) _____
- d) _____



Q2. Write down the benefits of Abyangam massage.

- _____
- _____
- _____
- _____

Q3. List few oils that are used massage in ayurveda.

- _____ b) _____ c) _____.

Q4. Write down the types of doshas in human body.

- _____ b) _____ c) _____.

Q5. Fill in the blanks

- The word abhyangam means _____
- Abhyangam can increase the production of _____.
- Abhyangam massage is a protector, _____ and a _____.
- The massage involves liberally covering the boy with _____.

Shirodhara

For Students

- Cleanse the massage table with soap and water and then disinfect with dettol.
- Clean the Shirodhara pot with soapy water and disinfect with dettol.

Description

Luke warm herbal oil is poured in a stream continuously on to the forehead with a gentle massage on the head. The oils of Shirodhara are prepared with special care. The content of oil varies according to the psychophysical constitution of the individual. Ayurvedic philosophy considers the head as the root of the body and also as the seat of intelligence. It is otherwise known as Mana. There is description of many medical plants, which helps in the improvement of functions of Mana.

Benefits

The treatment induces relaxation, and is very beneficial for vigor and vitality. Shirodhara rejuvenates and revitalizes the mind and the body. This treatment relieves stress and strain related problems, prevents ageing process, improves memory, and cures paralysis and other neurological malfunctions which are mainly vata disorders. The cerebrum is the seat of intelligence, memory, and many other functions. It can be stimulated by Shirodhara, which nourishes the brain also. Shirodhara also improves the blood circulation to the upper body parts. Shirodhara is also effective in falling of hair, splitting of hair and early graying of hair and improves the power of speech.

Pre-care advice: Nothing should be taken 30 minutes before the treatment.



Contraindications

Shirodhara should not be performed if the patient/client is suffering from any of the following:

- Serious heart disease
- Thrombosis – coronary or deep vein thrombosis (e.g. history of heart disease or blood clot in lungs)
- Pregnancy
- Infectious skin condition
- While menstruating
- Acute inflammation of venous/lymphatic system
- Oedema
- Fever



Equipments for Shirodhara

- Medicated oil 1.5 litre
- Dhara pot
- Droni
- Cotton to cover the eyes
- Vessels
- Procedure sequence
- Take the guest to the therapy room, and let him/her disrobe in the room, providing the correct disposals.
- Ensure that the room is set up and ready for therapy as per in terms of temperature, décor, music volume and Droni/linen set up.
- Help the guest sit on the stool and introduce the therapy procedure to the guest explaining the benefits and procedure flow in short.
- Say Lord Dhanwantari prayer and explain the importance of it in the treatment.



Precautions

- The oil should be warmed more than 25°C and the temperature to be maintained the same until the end of the treatment.
- A rhythmic swinging is very essential and it should not be very fast or too low.
- Utter silence should be maintained in the treatment room.
- It is important to keep the hair oil for sometime if the guest has got the time to. If not a hair should be thoroughly washed. Advise the guest to wash hair very well so as to remove the oil completely. Also advise the guest to sleep that night with a small towel on the pillow to avoid stains given that it takes a one-two hair washes to get the oil completely out and people with Pitta constituencies likely to sweat during sleep will leave an oil stain on the pillow.

Procedure

- The person is subjected to body oil massage with suitable medicated oil.
- Lie on the back with head resting.
- Eyes should be covered with a cotton piece to avoid entering of oil in to the eyes.
- The suitable oil is warmed and poured in to the *Dhara* pot and is move to flow onto the upper part of the forehead with slow rhythmic swinging of *Dhara* vessel across the forehead.
- The vessel is kept refilled with drippings collected and warmed.
- Along with the *shirodhara* also do gentle massage on the upper part of the head so as to help the oil and drip.
- Along with this a gentle massage is given the foot & hands without moving the body.
- Advice the guest to relax during the treatment time. Do not get them to focus on music as their focus should be on the sensation of the oil and they should try to focus on this rhythm as a method of relaxation. The music is simply secondary for ambience.
- After doing *Dhara* for 30-35 minutes, help him/her to get up and sit legs stretched forward.



- A soothing massage is then to be given to the neck & lower back.

After Care Advice

- Offer a glass of water and steam for five minutes
- Relax
- Avoid for sunlight and cold temperatures for at least 2 hours

Swedish Massage

Massage may be described as the systematic and scientific manipulation of the soft tissue of the body for a therapeutic purpose.

Body massage grew in popularity due to the influence of Per Henrik Ling (1776-1839). He belonged to Sweden and hence the name Swedish massage. It is also known as Classical Swedish because it follows all the 5 classical movements.

During World War I massage was used for the treatment of nerve injury and shock. Body massage offers numerous physical, physiological and psychological benefits

Massage uses these connections to allow healing to take place on the physical, emotional, mental as well on the spiritual level of a person and leave them with a feeling of relaxation contentment, pampered and well being. There are many forms or styles of massages like Swedish, Balinese, deep tissue, shiatsu, to name just a few.

Swedish massage has many benefits like encouraging the elimination of toxins as the lymphatic system is stimulated.

- Blood flow is increased so that fresh nutrients are brought to the area of skin.
- Knots and nodules of tension are loosened and broken down.
- Muscle tone is improved.
- Muscle spasm is released.
- Reduces fatty deposits.
- Relieves non medical fluid retention or edema around joints.
- Stimulates and clears nerve path either stimulating or soothing the sensory nerve endings found mainly on the back which is the most important part of any general massage.

Effects of Swedish Massage of the following nature

Physical -are those sensations that the client feels

Physiological -are those changes which take place in the body's systems

Psychological -are those which alter the client's mood or emotional state

Five Scientific Movements of Swedish Massage



Effleurage: effleurage is done with full palm. This technique is usually performed in the beginning as well to connect and to end the massage. It always moves towards the direction of the heart and towards the lymph nodes. Effleurage encourages the elimination of toxins, as the lymphatic system is stimulated. prepares the body for deeper massage movements that are to follow.

Petrissage: Kneading, picking up, wringing and skin rolling.

- **Kneading:** circular movement done with palmer surface or thumbs depending on pressure exerted on upward strokes firmly and relaxed on downward stroke.
- **Picking Up:** muscles and tissue is picked up by both the hands, squeezed and relaxed. The skin is never allowed to sag but is squeezed and relaxed until the whole muscle is treated.
- **Wringing:** It is somewhat similar to picking up but a much stronger movement. The flesh is lifted and wrung between both the hands.
- **Skin Rolling:** Thumb and forefingers form a wide diamond shape. The thumb pushes the flesh towards the fingers which relax before the skin is lifted. Petrissage is beneficial as it worked on deeper tissues, waste products are eliminated. Circulation is increased so that fresh nutrients are brought to the area of skin, muscles are loosened, muscle tone is improved, fatty deposits are broken and you feel relaxed.

Tapotement: This includes cupping, hacking, beating, pounding. Tapotement movement should be light and springy and your wrist should be flexible. Tapotement is beneficial as it helps to break down fatty tissues. Improve muscle tone by causing a reflex contraction to the muscle. It stimulates the circulation, reduces fatty deposits, improves the muscle tone.

- **Friction:** Circular movements that work deep into the tissues, causing the muscles to move against the bone. Friction is beneficial as it eliminates the waste deposits, removes tissue fluids like non medical fluid retention or oedema around joints, increases blood circulation and brings fresh oxygen and nutrients.

Vibration: This movement clears the nerve path by stimulating or soothing the sensory nerve endings found mainly on the back which is the most important part of any general massage. It's a very light movement and helps in stimulating nerve endings by reducing pain.



Sample of a Consultation Form

Client Consultation and Profile Card

Name: _____ Date: _____

Address: _____

City: _____ State: _____ Zip: _____

Home#: _____ Work#: _____

E-mail: _____ Birthday: _____

IN ORDER FOR US TO BEST SERVICE YOUR NAIL NEEDS, PLEASE ANSWER THE FOLLOWING QUESTIONS

1. If you work, what type of duties do you perform on a daily basis? _____
2. Do you do a lot of work around your home such as cooking, gardening? Yes No
Please Explain: _____
3. How many children do you have, and what are their age? _____
4. What type of athletic activities do you participate in on a regular basis? _____
5. Are you currently taking any medication, whether prescribed or over-the-counter? Yes No
Please Explain: _____
6. Do you have, or have you had a history of ☐ Diabetes ☐ Cancer ☐ Heart Disease
☐ Thyroid Problems ☐ Circulatory or Muscular Disease ☐ Hypertension ☐ Allergies
Other _____
What type of treatment has been prescribed? _____
7. Are you currently under any type of excessive stress? ☐ Yes ☐ No ☐ Don't Know
8. Is your skin ☐ Dry ☐ Oily ☐ Normal ☐ Combination
9. Do you spend time on your own nails? ☐ Always ☐ Sometimes ☐ Rarely ☐ Never
10. Do you have a history of biting or picking at your nails or cuticles?
☐ Always ☐ Sometimes ☐ Rarely ☐ Never
11. Have you always worn nail polish with your enhancements?
☐ Always ☐ Sometimes ☐ Rarely ☐ Never
12. Would you like the option to wear a Permanent French Manicure? ☐ Yes ☐ No
13. If you prefer to wear enamel, what is your favorite color? _____
14. What is the best day and time for your appointments? _____
15. Do you agree to keep a regular appointment schedule to maintain your nail enhancement
☐ Yes ☐ No ☐ Don't Know

Salon Name _____ Reserves the right to charge for appointment cancelled or broken without 24 hours notice. Due to the use of potentially hazardous chemicals in the salon. Please make other arrangements for your children on appointments days. Salon Name _____ will not be held accountable for injury or accidents to, or caused by, unsupervised children.

Client Signature _____ Tech Signature _____



Practical demonstration of five classical massages movement and practice the same with use of various aroma oils and stones in massage:

- **Effleurage:** It's performed with full palm of one hand or with both the palm. Its movement is always towards the heart and towards the lymph nodes.



Figure: Effleurage

- **Petrissage:** Petrissage allows working deeply on the muscles and is therefore performed on the fleshy areas of the body. It includes kneading, picking up, wringing, skin rolling.



Figure: Petrissage

- **Tapotement:** This includes tapping, cupping, hacking, beating and pounding. The movement should be light and springy. The wrist has to be flexible and loose.



Figure: Tapotement

- **Friction:** Circular movement that work deep into the tissues, causing the muscles to move against the bone. It breaks down knots/nodules of tension.



Figure: Friction

- **Vibration:** This movement stimulates and clears nerve path by stimulating or soothing the sensory nerve endings found mainly on the back which is the most important part of any general massage.



Figure: Vibration

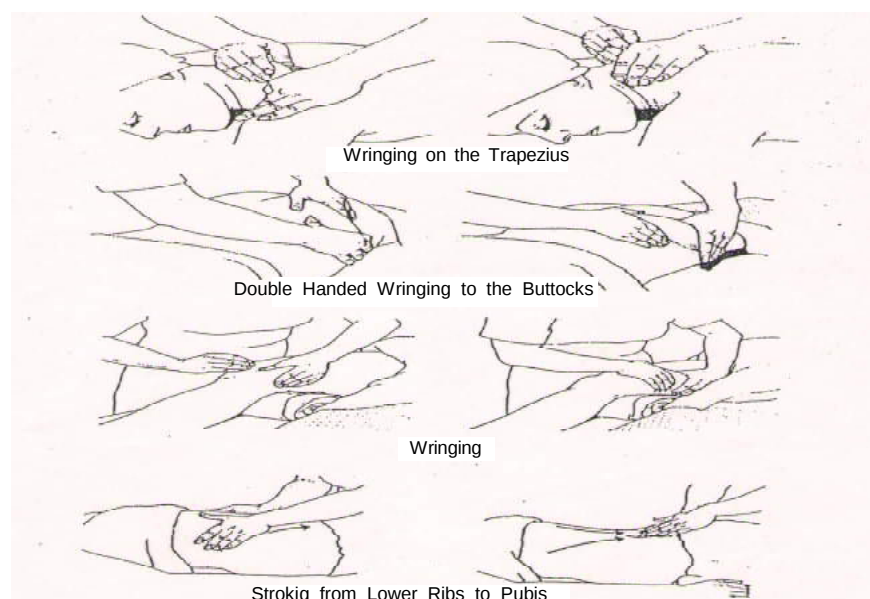
Swedish Massage Demonstration And Practice

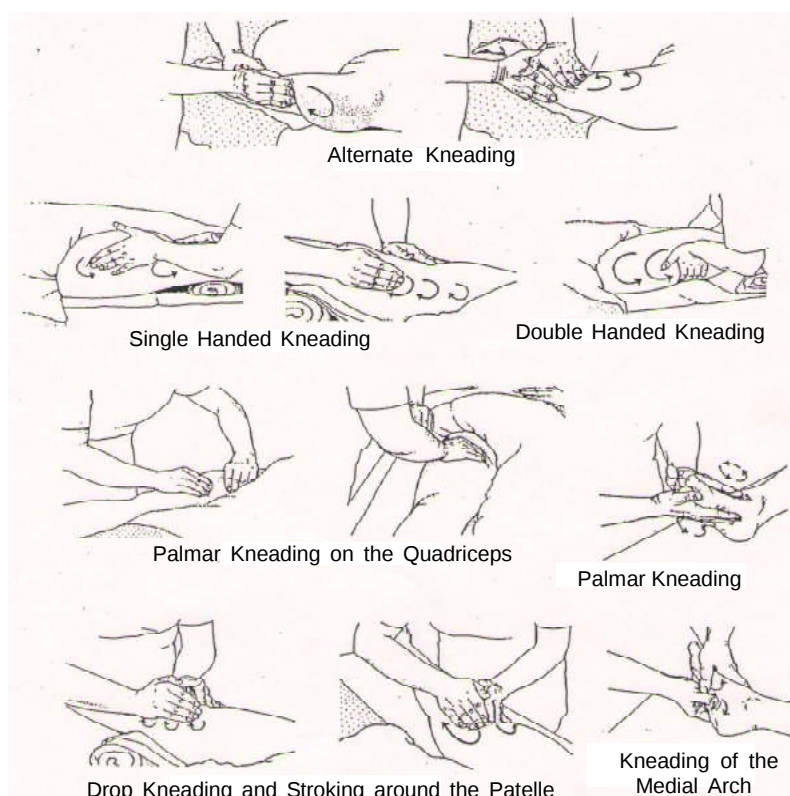
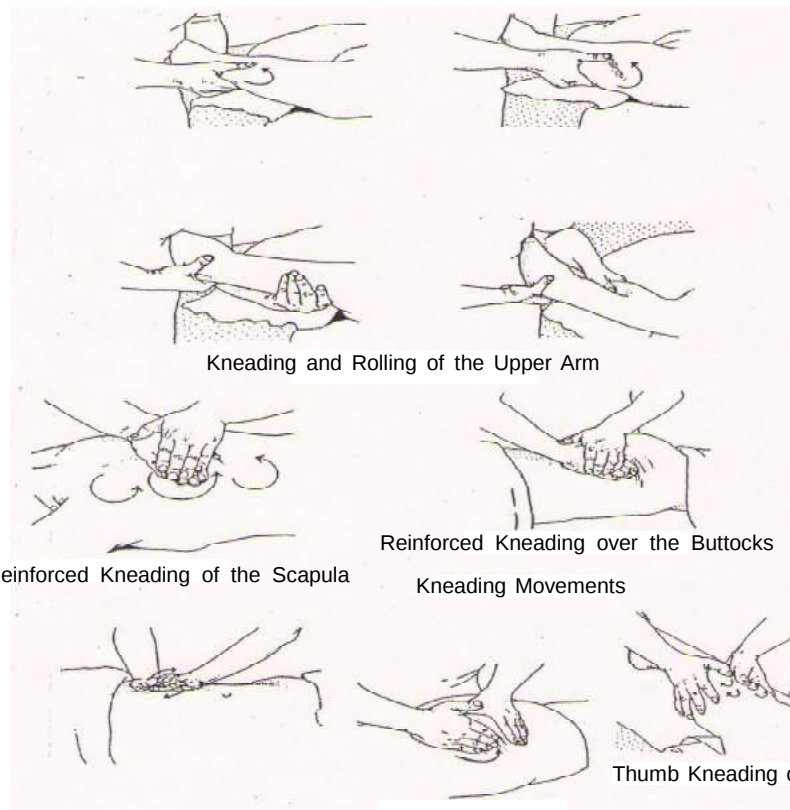
Preparation For Massage: First of all make sure that that your hand is thoroughly washed or sanitized, trim your nail and remove your watch, rings or any other jewellery that may scratch or obstruct your massage while giving treatment.

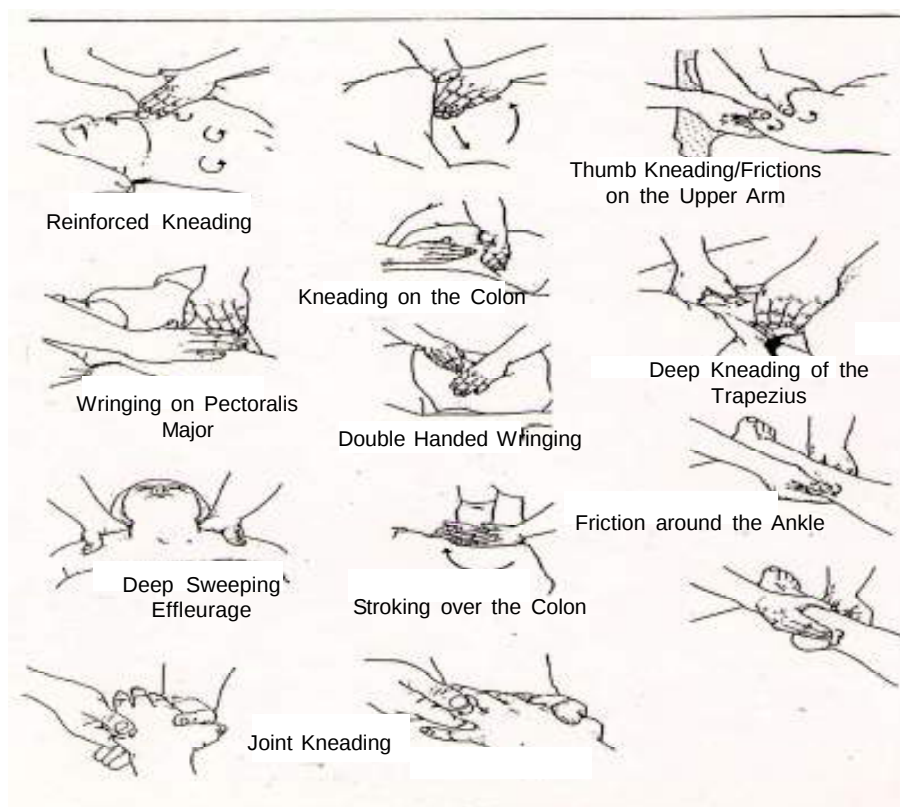
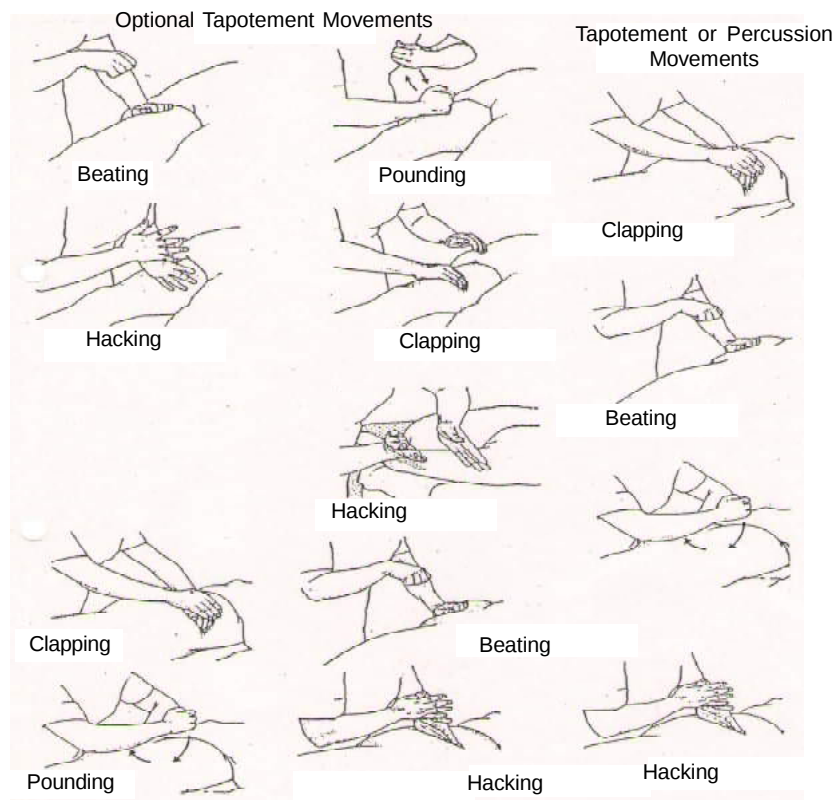
Make sure you are wearing loose comfortable clothing and foot wear, which will enable you to move freely. It is also helpful to use your preparation time to clear your mind of day to day things, entering a state of relaxation and positive energy for the massage ahead.

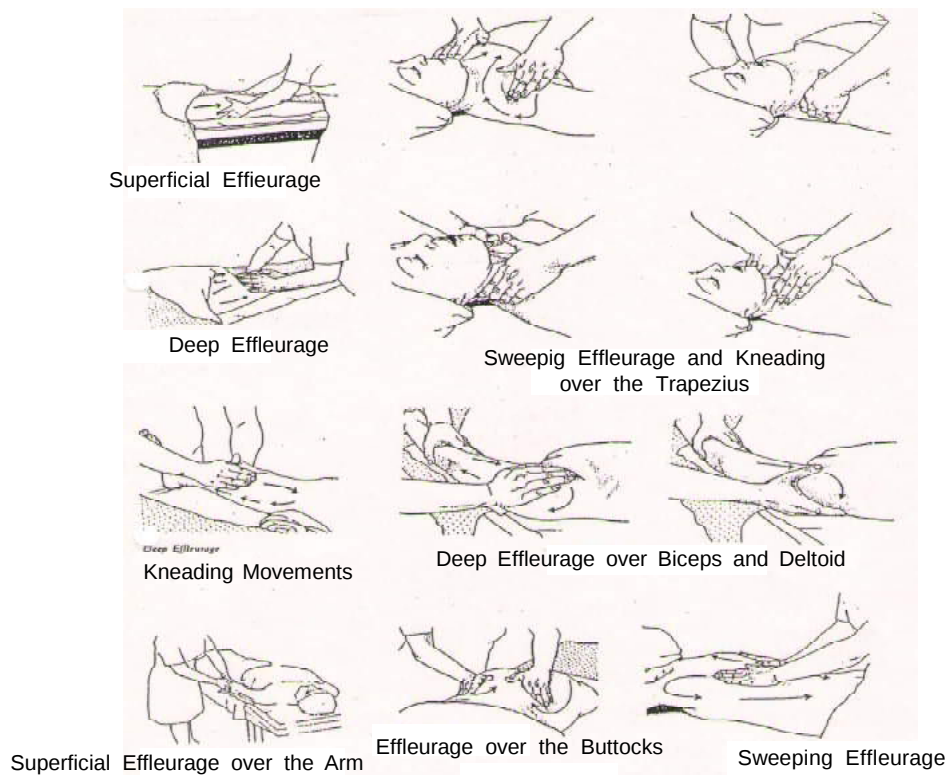
The Environment: The environment for the massage should be warm, comfortable, safe and private for the client to benefit from the massage. Make sure you have all the towel, oils, bolster, headrest, music ready before the start, so you don't interrupt the flow. Bright light interfere with the atmosphere, ask the client regarding the light, temperature and music too. The room should be tidy; towels should be in good condition, clean and free of any rancid oil odors

The Client: Always take a case history to check that your client has no contraindications for massage. Make a note of any specific problems, which may be pertinent to the massage such as back problems, headaches, bruise, cuts, high blood pressure etc. This information will give emphasis of the massage. As soon as they are on the body massage bed, use towels to drape the whole body of client, because as the body relaxes the metabolism slows down and the limbs can chill easily. Many people feel more secure psychologically if their bodies are covered hence only uncover the part you are working.









Reflexology



Reflexology is a non-invasive pressure point massage done on the soles of the feet where there are reflex zones corresponding to all internal organs in the human body. The pressure is applied according to the body map on the feet which in correlation to the body are guided by meridians – 10 longitudinal and 3 transverse zone

Reflexology is considered a Natural Healing Art.

Natural means that Reflexology enhances the natural functioning of the body. It does this without creating any damage internally. It is essentially harmless and non-invasive.

Healing means that Reflexology's effect is consistently observed to be beneficial to a person's health. Reflexology reduces physical, emotional and psychological stress and tension. This reduction of stress and tension results in a greater degree of relaxation in the body and a



consequent revitalization and rejuvenation of the functioning of the body. Reflexology also increases the body's awareness of itself. The combination of therapeutic relaxation and increased awareness facilitate movement toward optimal healthy functioning. In this sense Reflexology is healing.

Art means that the application of Reflexology is most beneficial when the practitioner is bringing their intuitive senses into play with their practice of Reflexology. Everyone who uses the techniques of Reflexology will find that the results are beneficial. However, the practitioner that develops awareness of their intuitive senses and applies Reflexology in accordance with their intuitive senses will have more effective results.

The range of potential benefits available from Reflexology is very wide. It is believed that Reflexology moves the body from functioning in the sympathetic nervous system modality (fight or flight) to the parasympathetic system modality (rest and repair), that Reflexology improves the assimilation of nutrients to enhance the provision of nourishment for healthy functioning. Reflexology improves the circulation of the blood and lymph with consequent improved nourishment and cleansing of the cells and elimination of accumulated toxins; similarly, that Reflexology strengthens the functioning of the immune system.

As a consequence, Reflexology powerfully complements all other healing modalities. In particular it enhances the effectiveness of nutritional therapies including Herbology and manipulative therapies such as Physiotherapy and Chiropractic. .

Reflexology is also practiced on the palms of the hands or ears. As in the feet, reflex area is found in the hand corresponding to all parts of the body. There are several reasons why we use the feet for treatment rather than hands.

- The hands are smaller than the feet, the reflex area more difficult to detect precisely.
- Hands are less sensitive as they are much exposed while the foot is covered with shoes and socks
- We do it on the feet to correspond the flow of energy.
- Some points on the hand are not so easy to locate

Foot reflex is a simple method to balance the body. It has been described as a natural therapy that requires specific pressure on particular areas of the foot. It is based on the principle that there are certain reflex area in the feet, which correspond to every part of the body. It relaxes, improves circulation and promotes a general feeling of wellness.





Descriptions

This innovative technique balances and tones internal organs and promotes relaxation for the whole body.

This ancient oriental method acknowledged as a scientific approach to a particular form of a specialised tissue manipulation influencing nerve impulses in the feet, and creating added relaxation, invaluable to our profession.

Reflex-zones are nerve points, each of which is in communication with other distant parts of the body. Stimulating these reflexes properly through massage can bring help to many health problems in a natural way, just like preventive maintenance.

Indications

Stress; for general relaxation; low energy; sore, tired feet

Contraindications

Pitted edema, broken bones or fractures advanced or poorly treated diabetes, infections, ingrown toenails, painful corns, gout, warts, athlete's foot

Positioning the Guest

The correct positioning of the client is necessary before giving reflex zone massage to the feet. This will also considerably enhance the effects of your treatment. The following surroundings and equipment are advisable:

- A well ventilated, clean and warm room
- Adequate space for the guest and therapist
- A couch or massage table
- Any disturbing background noise should be eliminated
- Some loss of body heat accompanies each massage

Clothing should personally loosen. The client should remove his or her watch.

The guest should be lie in a supine position with the head slightly raised. This also enables the therapist to constantly observe the facial expression and any spontaneous reaction, whether of pain or relaxation, and constantly regulate the massage appropriately. From this position the client may also view the therapist at work. This is of the greatest importance at the start of treatment in order to build up a relationship of trust.

Opening and Closing Procedure Sequence

The sequence proceeds systematically down the foot from toes to heel – from head to the lower abdominal reflexes – then up the inside edge of the foot to work on the spinal reflexes. When learning the sequence initially, study the foot reflexes chart and note the exact position of the reflexes, each time you come to a new reflex zone. During the treatment, give more attention to any painful areas you discover and after working both feet, return briefly to rework

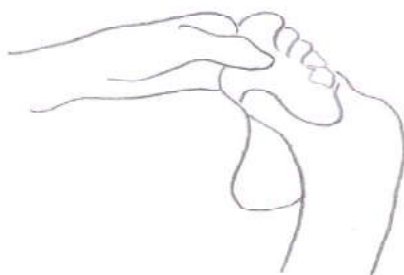


these areas, one foot at a time. But don't expect to get rid of them in one session. Always go gently – overworking sensitive points is counter productive, creating tensions rather than relaxation.

The Head, Sinus, Eye and Ear Reflexes

All the toes contain reflexes to the head, those on the right foot to the right side of the head and vice-versa. The main reflexes are found on the big toes; the smaller toes are the “fine tune” reflexes for the head, as well as the sinuses. If someone has a bad tooth say you will find his or her toe in the corresponding zone sensitive. If the sinuses are congested, all the toes will be painful to the touch. Working the toes correctly takes a lot of practice – not only are they sensitive, but their size makes them difficult to hold and treat. You treat the eye and ear reflexes most directly at the base of the smaller toes. Since it is a tension that the root cause of many eye problems, preventing proper circulation and focusing, reflexology is often very effective, restoring normal functioning by promoting relaxation.

Technique: To treat these reflex areas, you “walk” along the ridge at the base of the little toes formed by the metatarsal joints. With one hand support the foot and use the thumb to pull down the fleshy skin covering the bases of the toes. Use the outside edge of both thumbs to “walk” along the ridge.



Head and Sinus Reflex

To treat the left foot, support and protect the toes with the right hand and use your left thumb to work on the reflexes, keeping your left finger over your right. Starting at the big toe let your thumb “walk” down to the base of each toe in a small “caterpillar” movement. When you reach the little toe, change hands and walk back towards the big toe again. Reverse the instructions for the right foot.





The Neck and Throat Reflex

The reflex zone for the neck and throat lies at the base of the big toe. Working this zone affects not only the neck itself but also the top of the spine, the tonsils and the thyroid and parathyroid glands.

Technique: Supporting the foot with one hand use the other thumb to work around the base of the big toe from the side. Then change hands and come back in the opposite direction, reversing which handholds and which thumb works the reflex.



The Lung Reflex

This reflex area is situated between the metatarsal joints and the base of the toes on the underside of the foot and between the metatarsal bones on the top of the foot. You begin by working on the Lung Reflex area on the underside of the foot then treat the top of the foot. The Lung Reflex area affects all the organs within the thoracic cavity, not just the lungs.

Technique for sole: Hold the toe in one hand and use the medical corner of the thumb to work up between the metatarsals to the base of the toes. Then work back in the opposite direction using the other thumb.



Technique for top: Hold the toes in one hand and use the medial or inside corner of your index finger to work down between the metatarsal bones from the base of each toe. Start at the big toe and work across to the little toe. Then change hands and work back the other way. Your thumbs push forward on the heads of the metatarsals to open up the top of the foot.





The Upper Abdominal Area

This large reflex zone lies between the waistlines and the heads of the metatarsals joints (Diaphragm Line). Since the reflexes to organs on the right hand side of the body are located on the right foot and vice-versa, you will find the Liver Reflex mainly on the right foot and the Stomach and Pancreas reflexes mainly on the left. The kidney reflexes are on both feet. Our foot treatment sequences concentrates only on the liver. If either foot is particularly painful to the touch in the upper abdominal area use Reflex Rotation in addition to the basic thumb technique.

Technique for Liver Reflex: With your “holding” hand on the toes, work systematically across the whole area with your thumb. Be sure to wrap the fingers of your “working” hand around the top of your foot to give leverage to the thumb. Once again, use the alternate hands as the “working” hand.

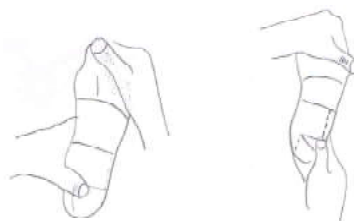
Technique for Appendix and Ascending Colon Reflexes: Place your left thumb on the ileocecal Valve and Appendix Reflex and hook back towards the outside of the foot, using the hooking technique. Now “walk” your thumb up the outside of the foot until the waistline, to work the entire Ascending Colon.



The Lower Abdominal Area

The reflexes to the ascending colon and the valve are on the right foot. To find the Ileocecal Valve and Appendix Reflex, “walk” your left thumb slowly up the inside edge of the foot until you find a tender point, just above the heel bone. The Ascending Colon Reflex continues up from this point to the level of the waistline. As well as digestive disorders, bronchial problems, asthma and allergic conditions also respond well to the treatment of this area.

Working the sigmoid and the descending colons helps flatulence, constipation and other stress related conditions. Both reflexes are on the left foot. The Sigmoid Colon Reflex on the heel bone is difficult to work because the skin is very tough here. The Descending Colon Reflex runs up the outside edge of the foot to the Waistline, as shown. This area is often tender, due to lack of exercise, stress and a deficiency in dietary fiber.





The Spinal Reflexes

You work the spinal reflexes in one continuous motion along the inside edge of each foot – from the coccyx and sacrum area, which begins at the inside edge of each heel. This is one of the most important of all reflexes, for the health of the spine is central to the well being of the whole body. Stress, poor posture and lack of exercise can create tension and imbalance in the network of muscles supporting the spine, and this in turn not only cause backache but also impedes the functioning of the spinal nerves which links the brain with the rest of the body. Since relaxation is the primary effect of reflexology, treating the spinal reflexes can have a most beneficial effect.

Techniques: To work the spinal reflex you start at the inside edge of the heel and “walk” your thumb up gradually towards the big toe. The coccyx and the sacrum area of the reflex the skin is generally rather tough, requiring you to exert more pressure than usual. This means wrapping the fingers of your “working” thumb. Work up the spinal reflexes as far as you can go without over stretching the thumb, then move the fingers of the “working” hand from the outside of the heel and place them over the instep as shown. With your “working” hand in this position, you will easily be able to continue up the lumbar, thoracic and cervical areas of the reflex. If you discover any particularly tender spots, give them extra attention by “walking” over them a few times.

Cervical Area

Thoracic Area

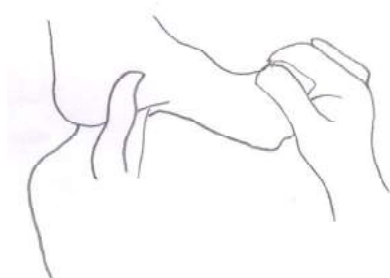
Lumbar Area

Coccyx Sacrum Area



The Hip/Knee/Leg Reflex

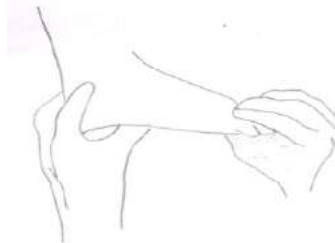
You can “work” this area either with your index finger, as shown, or with your thumb, as far left. “Walk” across it in various directions, making a mental note of the difference between the two feet.





The Hip Reflex

Hold the foot upright with your supporting hand. (If you allow the foot to tip forward, the tendons will tighten, preventing you from working the reflex properly). Now use your index finger to work thoroughly around the ankle joint.



During treatment

- Nausea or discomfort due to emotional reactions
- Client may feel like laughing or crying
- Temperature change either hot or cold
- A tingling sensation in the feet or through the body
- Pin-stick type feelings in the feet over congested areas

After treatment healing crisis

- Cold-like symptoms such as a running nose as sinus congestion is cleared
- A cough, as mucus is cleared from the lungs and respiratory passages
- More frequent urination, bowel movements, or flatulence
- Headaches, increased sweating, skin rash, or thirst
- Yawning and tiredness or "Energizable"

Aftercare and homecare

- Drink plenty of water to flush out the toxins worked on during the reflexology session
- Take ample of rest for the remainder of the day.
- Have a light meal avoiding greasy or junk food.
- Increase intake of raw food, fresh juices and herbal teas

Difference Between Reflexology and Swedish Massage

Reflexology is a gentle form of therapeutic treatment applied to the feet and sometimes to the hands. Reflexology is considered to be a holistic healing technique that aims to treat the individual as a whole, in order to induce a state of balance and harmony in body, mind and spirit.

Reflexology is based on the belief that there are reflex areas on the feet (and hands) corresponding to all the parts of the body including major organs. The therapist stimulates and works these organs and systems through the reflexes areas on the feet, applying pressure to the feet with thumb and fingers. Pressure is applied to clear out congestion and restore normal functioning and health.



Reflexology has many benefits. It feels good. It is pleasant and soothing, and it relaxes the body. Each person responds to reflexology in a unique way and on occasions may experience a variety of short term reactions, for example, extreme relaxation, tiredness, lethargy or tearfulness. Reflexology is not a 'cure-all'. However, it does help relieve pain associated with migraine, sinus problems, breathing disorders, digestive problems, circulatory problems, back problems, tension and stress.

Swedish Massage refers to a variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones, and rubbing in the same direction as the flow of blood returning to the heart.

The main purpose of Swedish massage is to increase the oxygen flow in the blood and release toxins from the muscles. Swedish massage shortens recovery time from muscular strain by flushing the tissues of lactic acid, uric acid, and other metabolic wastes. It increases circulation without increasing heart load. It stretches the ligaments and tendons keeping them supple and pliable. Swedish Massage also stimulates the skin and nervous system and soothes the nerves themselves at the same time. It reduces stress, both emotional and physical, and is suggested in a regular program for stress management. It also has many specific medical uses.

Swedish massage feels good, is relaxing and invigorating. It affects the nerves, muscles, glands, and circulation, while promoting health and well being.

Review Questions

- Q1. Name the five classical movements and write their benefits.
- Q2. Why it is important to do clients consultations?
- Q3. Give the reasons why we use the feet for treatment rather than hands.
- Q4. Write down the indications and contraindications of reflexology
- Q5. Write the opening and closing procedure of reflexology.
- Q6. Fill in the blanks
 - a) Swedish massage effects physiological , _____ and _____.
 - b) Five scientific movement of swedish massage are _____,petrissage,_____,friction & _____.
 - c) Reflexology is considered as _____ art.
 - d) _____ reflex is a simple method to balance the body.
 - e) Reflex zones are _____.