



Scientific Validation of Oil Bathing-A literature Review

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Abstract

Hygiene plays a crucial role in healthy living. According to WHO, in 2015 about 39%(2.9 billion people) have hygienic sanitation services. The word hygiene first typify one`s personal hygiene rather than environmental hygiene. The personal hygiene denotes bathing, brushing, eating, excreting,etc., Of these, bathing is an essential thing. The grime and the sweat that produces heat by their routine work and due to bodily exercise. When these grimes remain intact, it blocks the sweat and sebaceous glands which results our bodily waste to hinder blood which further leads to several disorders. So it is essential to gain knowledge in a daily bath. Our traditional people had proposed many procedures in bathing, but we are unaware of these practices. In the current scenario by using several commercially available soaps, people are facing various dermatological problems. By using products of natural origin, we can avoid them. This paper aimed at improving knowledge among people in scientific reasons in an oil bath, various natural products alternative to soaps, their activities, the mechanism involved in an oil bath, food habits on the day of oil bath etc..,

Keywords

Siddha, bathing, hygienic sanitation

Introduction

Healthy living lies in one`s personal hygiene. There are certain protocols in following routine activities with hygienic practices, proposed by our great Siddhars. The oil bath is one among those hygienic practices which prevents diseases. The importance of such an oil bath had been mentioned by Siddhars in many kinds of literature like "Therayar Thaila Varga Surukam, Pathartha Guna Sinthamani..."

Materials and Methods

As per the Siddhar`s and our traditional knowledge, bathing should be done at vaigarai(2am-6am). According to the astrology, chathurthasi (4ththithi) is mostly preferred. According to our tradition, oil bath is prescribed for two times in eight days with oil, mostly mukuttunei(pasunei, ell nei, amanakunei)thailams,etc., Following this will give strength to vital organs, pleasant voice, stimulates hair growth etc.

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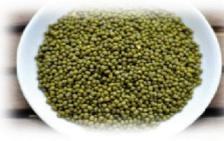
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Table1: Thailams and araipu used

S.No	Oil Used to Massage Before Bath and Other Conditions	Table 1 Substance Used as Araipu
1	THAILAM 	 Shigaikai(<i>Acacia concinna</i>)  Parangipattai (<i>Smilax china</i>)
2	Cow`s ghee 	Pachaipayaru(<i>Vignaradiata</i>) 
3	Oil extracted from the meat of crow, monitor lizard, pig 	Dry plant powder of serukarrai (<i>Catunaregumspinosa</i>) 
4	Psoriasis 	Powder of ucilanthol (<i>Albiziaodoratiaaima</i>) 
5	Wound 	Elupaipunnaku (<i>Madhunalongifolia</i>) 

THAILAM

Based on Mukkutram, these various thailams used before bathing helps to restore normal moisture content in *vath*-persons suffering from severe dryness. Persons prolongation without oil-massage are prone to *pitha* disorders. It also contains a large amount of anti-oxidants and poly unsaturated fatty acids, vitamin E and acts as an anti-microbial, anti inflammatory etc.,^[9]

Table 2: Thailam used for various Thegi`s

(Body Constitution) Thegi	Thailam used
Vatha	Sukkuthailam
Pitha	Pasunei / santhanathithailam
Kapha	Nochithailam /Podithemerthal

COW`S GHEE

Cow`s ghee when applied over the head directly, penetrate directly into deeper tissues and also massaging creates endorphins or peptides, which enhances the body immune system. Regular oil bath slows the aging process ^[10] and hair loss ^[11] and also exquisite facial moisturizer ^[10].

Table 3: Do`s and Dont`s in an Oil bath

DO`S	DONT`S
Bath in running water or mud-pot	Don`t use hot water on the head
Take easily digestible foods like cereals, pulses, etc after oil	Foods that are hard to digest like meat, curd, etc
Have a bath in water soaked with mango leaves or goose-berry or with turmeric	Don`t sleep in the day-time after oil bath and avoid traveling

Table 4: Actions of various substances used as Araipu

Materials	Action	Other actions proved
<i>Acacia concinna</i> (Seegakai)	Astringent Detergent [4]	1. Microbacterial activity against gram (-ve) bacteria. 2. antihelminthic activity when compared with piperazine. 3. has vitamin D. 4. Keeps scalp moisture. 5. reduces head lice. 6. Cures cuts, wound etc [5]
<i>Smilax china</i> (Parangi pattai)	Depurative anti-viral, anti-fungal, etc [8].	1. antinociception action. 2. Anti hyperuricemic 3. Anti-inflammatory. 4. Appreciable activity in HaCaT cell line against anti-psoriatic activity ^[6] . 5. The granular layer is greatly reduced or absent in psoriatic lesions [7].
<i>Vigna radiate</i> (Pachaipayaru)	Antiseptic Antimicrobial Anti oxidant	Treats various skin diseases and gives glowing skin.
<i>Catunaregum spinose</i> (serukarrai)	Antioxidant Anti-inflammatory	Acts as an anti-inflammatory agent.
<i>Albizia odorata aima</i> (Ucilanthol)	Antihelminthic Disinfectant	Cures all skin ailments typically psoriasis proved
<i>Madhuca longifolia</i> (Elupaipunnaku)	Astringent Disinfectant Antihelminthic	Excellent wound healing activity ^[12] .

Contraindications

Avoid using hot/ warm water for patients with neurological disorders

Days On Which The Oil Baths Should Be Taken

For Male, oil bath is preferred on both **Wednesday** and **Saturday**.

For Female, oil bath is preferred on both **Tuesday** and **Friday**.

Conclusion

Now-a-days, due to various life modifying factors the concept of oil bathing had been declined to a great extent These scientific reasons also grounded in the name of various spiritual practices. This paper helps in refreshing the concepts of the oil bath and preventing diseases. Following these hygienic practices, will not only prevents the disease, but also cures certain diseases.

Table 5: Food substances used on the day of the oil bath

Type of food	To be taken	To be avoided
Pinju	Broad beans(Avaraipinju), Tender Drumstick (Murungaipinju), Brinjal(Katharipinju).	-
Leaves	Dwarf copper leaves (Ponnangannikeerai), Tropical Amaranth(Sirukeerai), Curry leaves (Karivepillai), <i>Amaranthus gangeticus</i> (Mulaikeerai).	Stalk of greens(Keeraihandu), Pot herb(Arukeerai), Vegetable Hummingbird(Agathii), Tobacco(pugailai),

Type of food	To be taken	To be avoided
Dried fruit	Black nightshade (Sundakkaiv atral), Nutmeg (Jaadhikaai), Amla (Nellikaai).	Dried fruit
Pulses	Lentil (Thuvaraipayiru), Green gram (Sirupayiru), Sesame (Ellu).	Black gram (Ulunthu), Mustard (kadugu), Cluster bean (kothavarai), Lab lab bean (Mochai), Horse gram (kollu), Bengal gram (Grain).
Fry	Pepper(Milagu), Cumin (Seeragam), Fenugreek seed (Vendhayam), Cardamom (Elam), Cinnamon (Lavangapattai), Clove (Lavangam), Asafoetida(Perungaayam).	Indian kales(Sombu)
Tender fruit	Peer kangai(Ridged Gourd), Snake gourd (Pudalangai), <i>Mangifera Indica</i> (maavadu).	Pumpkin (Poozanikai), White gourd (Parankikai),Coconut(Thenkai), Tender Mango (Maangai), Bitter gourd (Pagal), Brinjal(katharikai), Onion(Vengayam)
Animal & its products	Chukar partridge(Kavudhaari), Quail(Kaadai), Goat(Vellaadu), fowl(karuvai), Monitor lizard (udumbu) , Quail(kaadai), Shark(sura)	Crab(Nandu), Fish(meen),Chicken (kozhi), Mutton (Adu),Pig (Pandri),Kadamaan (Wild cow), Milk (paal), curd (thayir).

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Conflict of Interest

None declared

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