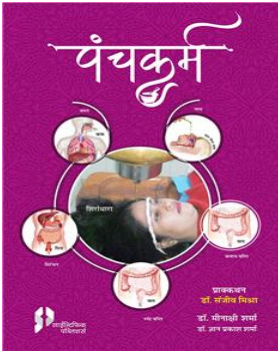


Panchakarm



Meenakshi Sharma & G.P. Sharma

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Pharmacodynamics of Abhyang

Pharmacodynamics of Abhyang
Abhyang is a traditional Ayurvedic practice of self-massage using oils. It is believed to have various pharmacodynamic effects on the body. The primary effects include the stimulation of the parasympathetic nervous system, which leads to a decrease in heart rate and blood pressure. Additionally, it is thought to improve circulation, reduce muscle tension, and promote relaxation. The use of specific oils, such as sesame oil, is believed to enhance these effects. Abhyang is also considered to have a beneficial effect on the digestive system, helping to improve appetite and reduce indigestion. Furthermore, it is believed to have a soothing effect on the skin, helping to reduce dryness and irritation. The overall effect of Abhyang is believed to be a state of deep relaxation and well-being.

4. Pharmacokinetics of Abhyang

Pharmacokinetics of Abhyang
The pharmacokinetics of Abhyang refer to the absorption, distribution, and elimination of the active ingredients. The primary route of absorption is through the skin, where the oils penetrate the epidermal and dermal layers. The rate of absorption is influenced by factors such as the type of oil used, the duration of the massage, and the temperature of the skin. Once absorbed, the active ingredients are distributed throughout the body, primarily to the sites of application. The elimination of these ingredients is primarily through the liver and kidneys. The overall pharmacokinetic profile of Abhyang is characterized by a rapid onset of action and a relatively short duration of effect.

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