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REFLEXOLOGY

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Padabhyang from



the Reflexology Perspective

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2007 has already seen some major changes in TEAM RAC and this first issue of the *Canadian Journal of Reflexology* marks yet another. We continue to move toward our objective of being the leader, and the voice, for reflexology across Canada.

The “Buddy Plan” has helped attract new members and encourage the return of lapsed members. In the coming months RAC will be announcing new incentives to boost membership and to enhance the membership experience.

The AGM for 2007 is set for October 19th in Winnipeg, MB, and will be followed by a study day that promises to be very special. For details see page 3 of this Journal or visit www.reflexologycanada.ca.

The next TEAM RAC Conference and AGM will take place in Montreal from November 7th to 10th, 2008. Plans are already underway to ensure this Conference is the best ever in terms of both content and attendance figures. RAC will be offering membership incentives to help make attendance easier, and more cost-effective, so mark the date in your diary and watch for future updates in this Journal.

Professional Certification and Training (PCT) is now titled TEAM RAC Education and its operations have very much become a part of RAC's day to day activities and long-term plans. Current programmes are being improved, and new programmes are being added. Members will have the opportunity to participate in interesting and informative continuing education sessions in the near future.

TEAM RAC has the strength to move forward and to succeed. We are, both in Winnipeg and in Wolfville, experiencing increased input and participation from every level of membership. As staff team members we are here to help and to ensure that every TEAM RAC experience is a positive one. Remember that the answer is “YES” — and only you can ask us the question, so don't hesitate to contact us. ❖

L'année 2007 annonce déjà des grands changements au niveau de l'équipe de l'ACR. Le lancement du Journal canadien de Réflexologie témoigne ce fait. Nous poursuivons dans notre objectif de leadership pour tous les réflexologues du Canada.

Le «plan-ami» a attiré plusieurs nouveaux membres et a encouragé plusieurs anciens à renouveler leurs cartes de membres. De nouvelles initiatives s'annoncent à l'horizon pour augmenter la membricité et faire vivre pleinement les avantages d'être membre.

L'AGA de 2007 se tiendra à Winnipeg (MB) le 19 octobre et sera suivi d'une journée d'étude d'intérêt spécial pour tous. Les détails se trouvent à la page 3 de ce journal ou vous pouvez consulter le site web : www.reflexologycanada.ca.

La prochaine conférence nationale et l'AGA de l'ACR aura lieu à Montréal du 7-10 novembre, 2008. La planification pour cette conférence est déjà entamée afin d'assurer une bonne participation ainsi qu'un excellent contenu. Afin d'assurer une bonne participation, l'ACR va offrir des incitatifs intéressants aux membres. Donc, vous pouvez déjà inscrire ces dates à votre horaire et n'oubliez pas de vous mettre à jour en lisant bien ce journal.

Le Service de la certification professionnelle et de la formation (SCPF) s'appelle maintenant le Service de la formation de l'ACR (SFA). Ce service est maintenant intégré à la programmation à long terme de l'association. Les membres auront la possibilité de participer à des sessions de formations continues dans un avenir très rapprochés.

L'Équipe-ACR a le vouloir et le pouvoir de faire avancer les dossier qui nous tiennent tous à coeur. Nous faisons pignon sur rue à Winnipeg (MB.) ainsi qu'à Wolfville (N.-É.) Nous réjouissons du fait que les membres s'impliquent de plus en plus à tous les niveaux.

L'équipe au bureau se donne comme mandat que tous nos projets soient fructueux. Souvenons-nous que la réponse est «OUI»...à vous de nous poser la question! N'hésitez donc pas de nous contacter. ❖

PROFESSIONAL DEVELOPMENT BULLETIN



TEACHER TRAINING COURSE

A Teacher Training Course is being planned by Reflexology Association of Canada (RAC) and will be held across Canada. The first session is scheduled to be held, in the Fall, in Halifax. For further details please stay tuned to www.reflexologycanada.ca.



STUDY DAYS

Hanne Marquardt Study Days on Reflexotherapy of the Feet will be held in Knowlton Quebec. Study Day 1 on Friday May 25th, Study Day 2 Saturday 26th May and Sunday 27th May. Details and booking forms can be found at www.reflexologycanada.ca.



BULLETIN DES ACTIVITES PROFESSIONELLES

COURS DE FORMATION DE FORMATEUR/TRICE

Un cours à l'intention des formateurs/trices est prévu au niveau national. La première session de formation se tiendra cet automne à Halifax. Pour plus de renseignements visitez le site web suivant : www.reflexologycanada.ca

JOURS D'ETUDES

Les jours d'études avec madame Hanne Marquardt sur les pieds aura lieu à Knowlton (Québec). Jour #1 : aura lieu le vendredi 25 mai et le Jour #2 aura lieu du 26-27 mai. La formule d'inscription ainsi que les détails de la journée d'étude se trouvent à la page web suivante : www.reflexologycanada.ca

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Padabhyang With Ayurveda Aromatherapy

LE PADABHYANGA ET L'AROMATHERAPIE AYUREVEDIQUE VU DE LA PERSPECTIVE DE LA REFLEXOLOGIE

Madame Farida Irani possède plusieurs compétences dans les domaines suivants : «Praticienne ayurvédique», formatrice en arométhérapie et la thérapie Bowen ainsi que la thérapie manu-corporelle et la réflexologie. Elle offre des formations à travers le monde et est l'auteure du livre : *The Magic of Ayurveda Aromatherapy*. Son diplôme en «Ayurveda Aromatherapy» est reconnu par le gouvernement australien. Elle est aussi la fondatrice et directrice de Ayurveda Yoga Australia. Native de Mumbai, Inde elle fait présentement pignon sur rue à Sydney, Australie.

Le Padabhyanga et l'arométhérapie ayurvédique vu de la perspective de la réflexologie a été présenté par Mme Irani au congrès annuel de l'ACR tenu à Kelowna, C.-B. en septembre 2006. Mme Irani prévoit retourner en Colombie-Britannique pour offrir un atelier de deux jours sur le Padabhyanga avec l'ACR. Pour plus de renseignements, veuillez contacter Mme Irani au subtle@bigpond.net.au.

La science ayurvédique signifie en médecine indienne «la science de la vie». Elle est vieille de 4000 ans. On reconnaît comme ses grands savants, Charaka, Sushruta, Vagbhata qui ont, parmi d'autres, contribué aux grandes connaissances en médecine et chirurgie de l'humanité. On dit bien que ses origines date même avant 40 000 milles ans. Cette science a 8 branches de la médecine comprenant la chirurgie et ceci avant l'ère de Jésus-Christ.

La philosophie de cette ancienne art est toujours pratiquée dans les foyers indiens. Présentement cette science connaît un nouvel intérêt pour l'étude des huiles essentiels et les attars (présentement les instituts ayurvédique utilisent des extraits obtenus par cuisson,

décoction ou par infusion d'herbages plutôt que les huiles essentiels.

Farida Irani is a qualified Ayurveda Practitioner, a clinical Aromatherapist and Teacher, Bowen Therapy Instructor, a Remedial Therapist and a Reflexologist. She is an international speaker/lecturer and the author of the book *The Magic of Ayurveda Aromatherapy*. Her course "Diploma in Ayurveda Aromatherapy" has been accredited with the Australian government and she is the Founder Director of Ayurveda Yoga Australia. She was born and raised in Mumbai, India and currently resides in Sydney, Australia.

Mrs. Irani presented this topic at the RAC AGM and Conference in Kelowna, BC, in September 2006. She is discussing a return to BC in 2007 to conduct a two-day workshop with RAC. For more information on this topic please contact Mrs. Irani at subtle@bigpond.net.au.

PADABHYANG WITH AYURVEDA AROMATHERAPY— FROM THE REFLEXOLOGY PERSPECTIVE

Many terms in this article are provided in both Sanskrit and the English equivalent.

Ayurveda, the age old science of Indian medicine (by definition "science of life"), goes back 4000 years in written Sanskrit script by the renowned physicians Charaka, Sushruta, Vagbhata and others who wrote these compendiums on lifestyle, medicine and surgery, but the origins of this ancient science are said to be over 40,000 years old! This ancient science had eight branches of medicine, including surgery, long before the birth of Christ.

The philosophy of this ancient science is still practiced today in Indian households. Currently there is a revival underway for the science of using rare and unique essential oils and attars (most Ayurvedic Institutes and Pharmacies currently use boiled extractions, or decoctions, and infusions of the herbs instead of the essential oils).

Padabhyang (cont.)

The Indian science of Ayurveda is based on inherited genetic constitution – all humans are oriented either to gas, bile, or phlegm. Toxins accumulate in the bile and blood due to over-indulgence in food and sensuous pleasures resulting in ailments and, ultimately, in ageing. There are three types of personalities (or Prakritis) that experience different symptoms:

Vata (Air and Ether – light, dry and cold, governs movements, respiration, circulation and nervous system). Imbalance leads to pain, stress, depression, digestive problems, reproductive disorders, dryness and nervous disorders.

Pitta (Fire and Water – hot and wet, governs enzymes, hormones, digestive fires, vision and intelligence). Imbalance leads to indigestion, heartburn, skin rash, hot flushes, anger and heated conditions.

Kapha (Water and Earth – cold, moist, slow and heavy, governs digestion, lymphatic system, fluids, lubrication in organs/joints, skeletal system). Imbalance leads to phlegm, congestion, obesity, fluid retention, lethargy, lack of energy.

Ayurveda, based on the principles of oneness of life, has laid great emphasis on massaging the entire body. This is called Abhyang from “Abhya” (surrounding) and “Ang” (the body). It should be done on oneself on a daily basis. The massage of the feet is called Padabhyang from “Pad” meaning feet and Abhyang (as given above). People have given this technique other names but in keeping with the science of Ayurveda it is most accurate to use the original, traditional, name.

If one has a busy lifestyle then the following shloka (Metaphor or prose form) from the ancient Ayurveda compendium emphasizes on how it is very important to massage at least the feet, head and ears:

*“Shira Shravana Padeshutum Veesheshena
Sheelayet” meaning:
“Take special care of the head,
ears and soles of the feet.”*

Ayurveda recommends that proper body massage should best be done with oils. This is

because the friction, pain and heat produced during dry massage are harmful to the organism and disturb the gases that in turn disturb the other doshas (the humours that determine if you are Vata, Pitta, or Kapha) in the body. This leads to imbalance on all levels including in the energy fields of the body.

While reflexology is gentle, and therefore can easily be done without oils, the technique of Padabhyang is vigorous at times and therefore the application of oils is necessary. Only gentle stroking or pressing should be done without oils.

According to the concept of Ayurveda Aromatherapy different oils are beneficial to different types of personalities (Prakritis):

- Fierce smelling aromatic substances which are wet, heavy, calming and warming, and invigorating and uplifting are beneficial to gas oriented people (Vata). Examples are Cumin Seed, Rhu Khus, Saffron, Ajowan,

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Padabhyang (cont.)

Black pepper, Turmeric, Rhukhus, Tulasi, Cardamon, Cinnamon, Clove, Ginger, Frankincense, Davana, and Jatamansi.

- Essential oils classified as coolants, heat dispelling, drying nutritive and calming, sensual, nurturing and relaxing are beneficial to bile-oriented people (Pitta). These include Mogra, Champa, Neem, Gul-heena, Jatamansi, Sandalwood, Kewda, Rose, Coriander seed/leaf, and Sandalwood.
- Essential oils with pungent, astringent and bitter odours that are warming, drying, energising and stimulating, are beneficial to phlegm-oriented individuals (Kapha). Included are Clove, Cardamon, Tulasi, Fennel, Ajowan, Betel leaf, Davana, Patchouli, Curry Leaf, Lime, and Patchouli.
- Warming Base/Carrier oils for Vata and Kapha are Sesame and Ashwagandha. Cooling Base/Carrier oils for Pitta are Amla, Junglee jardaloo, Coconut and Brahmi.

In India the feet are highly revered and the feet of the Masters, Gurus, sages and saints are referred to as the lotus feet of the Masters or the Divine Mother. Ayurveda insists on starting any massage with the feet as it not only invigorates and renews the entire body but also balances and calms the mind thus assuring a peaceful night's sleep or a balanced day's activity.

It is common practice in India to see the young massaging the feet of their elders or wives massaging their husband's feet. In these modern times the roles could well be reversed!

The author's memories of massaging of feet go back to her childhood. She remembers "Having had the good fortune of being born in India we massaged the feet of our grand parents regularly before bedtime. They blessed us in return and this ritual was part of our upbringing!"

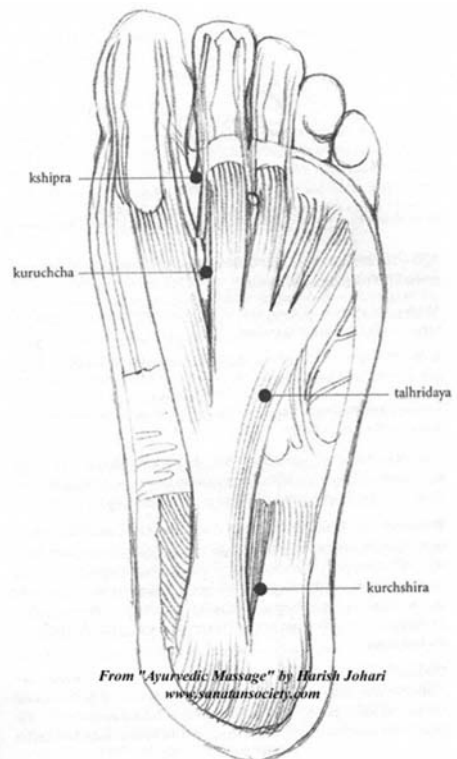
Another saying as per the ancient scriptures is:

"Diseases do not go near one who massages his feet before sleeping, just as snakes do not approach eagles!"

It is recommended to massage the legs from knee to toes to get the optimum result.

Padabhyang helps to:

- Strengthen feet and alleviate numbness, dryness, roughness and pain in the feet;
- alleviate cracks in the feet, keep feet warm, and maintain circulation;
- alleviate excess heat. It balances the temperature of the feet and, thereby, the entire body;
- get rid of insomnia and invoke a sound, blissful, undisturbed sleep;
- improve vision and soothe tired eyes;
- prevent headaches and control high or low blood pressure when used regularly; and
- prevent sciatic nerve problems.



From "Ayurvedic Massage" by Harish Johari
www.yantrasociety.com

The Marma points in the feet

Padabhyang (cont.)



Courtesy F. Irani

Padabhyang class at Subtle Energies School of Learning in Sydney, Australia, as taught by Farida Irani in 2004.

The feet reflect the entire body and mind including the chakras and the Endocrine system. When performing Padabhyang, as in reflexology, you are working on the body through the feet. The Marma points (vital centres) and the innumerable subtle Nadis (channels) are set in motion. You are thereby working on the entire body – physical, mental, emotional and spiritual.

MARMAS AND NADIS?

The term marma literally means “to hit” and they were introduced by the Great Surgeon Sushruta as points to avoid lancing during surgery.

According to Ayurveda we have 107 main Marma points and quite a few are located in the feet. A Marma is a pranic (life force) energy center that is a junction or meeting place of the five organic principles (ligaments, vessels, muscles, bones and joints). Marmas can be rubbed clockwise with right hand and counterclockwise with the left. They can be cleansed or energized depending on whether they are congested or depleted.

The four types of vessels (or siras) – nerves, lymph, arteries and veins – carry vital energy (or Vayu), Fire and Water (Pitta), Water and Earth (Kapha), and blood respectively. These elements enter the Marma to maintain moisture of the local ligaments (snayu), bones (asthi), muscle (mamsa) and joints (sandhi). In this way they help sustain the organism. They are the seats of concentration of Pranic currents and Bhootatma (Supreme

power or force controlling the body and mind). As a result, injury to Marma can lead to death.

The Marma points in the feet are:

- **Kshipra** (between the first and second toes);
- **Talhridaya** (centre of the sole of the foot);
- **Kuruccha** (ball of the foot);
- **Kurchshira** (heel and outer margins of the foot); and
- **Gulpha** (behind both sides of the ankle joints).

These Marmas are in turn connected to the Nadis – the subtle channels, or energetic pathways, in the body, similar to meridians – that are also connected to the chakra system. There are 3 main Nadis called the Sushumna, Ida, and Pingala.

LAFUMA

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Padabhyang (cont.)

The Sushumna nadi is called the Astral spine (the breath or life-force flows through it) and runs from the perineum, up the spine, to the medulla oblongata and then bifurcates into two channels up the occipital and joins at the top of the head. The Ida nadi runs from the left nostril to the left genitals, and the Pingala nadi from the right nostril to the right genitals. These are subdivided into fourteen pairs of Nadis and these fourteen pairs are subdivided into 72000 nadis! What an intricate network of wiring and electricity we are! The Nadis and Marmas are connected to the feet and so by doing the Padabhyang technique you are activating, cleansing, energizing and balancing the marmas, nadis and the chakras.

THE KASA BOWL

In India the Kasa Bowl, a small handmade bowl made of bronze, is used on the feet to further enhance the Padabhyang treatment. It is common practice to use the Kasa bowl in Indian households.

Bronze, which contains zinc, has the property of drawing heat out of the body through the feet. When the outside of the Kasa bowl is rubbed vigorously in circular motions, it gives a wonderful feeling of stimulation and relaxation as you are working on all the reflexes, the marmas, the pressure points and the nadis of the feet – and through the feet, the entire body. A patient of the author once commented, “I feel you are getting rid of my calluses on all levels”. Some individuals also feel an emotional release



The author using the Kasa Bowl to teach the Padabhyang foot technique with Ayurveda aromatherapy.



Authentic Kasa Bowl used in Padabhyang foot technique. It is common practice to use the Kasa bowl on the feet, with oil, in households in India

Courtesy F. Irani

with this technique. The bowl is always well oiled before being used in order to avoid friction. The individual will feel the heat coming out and the foot will change colour. You can also take the bowl around the ankles and on the calf (making sure you do not irritate the hair follicles).

There are schools of thought that believe reflexology stems from this ancient Padabhyang technique of India. The author feels differently and notes, “I believe that reflexology needs to be respected on its own – it is unique in its style and application. Padabhyang is a technique that can be used by reflexologists when taught by experienced teachers from both the Ayurveda world and the Reflexology world!”

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Courtesy F. Irani

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For submission guidelines contact
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Le Journal canadien de la Réflexologie publie des articles qui se rapportent à la pratique de la réflexologie, les affaires et les médecines douces connexes. Nous sommes intéressés à partager avec nos lecteurs vos idées et vos témoignages.

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