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Ancient Indian Massage: Traditional Massage techniques based on the Ayurveda

By Harish Johari

Munshiram Manoharlal Publishers Pvt. Ltd., New Delhi, India, 2016. Paperback. Book Condition: New. Reprint. Massage, done according to the natural laws of human anatomy and energy flow, offers the most pleasurable benefit of all daily practices. Regular massage vibrates and energizes the skin, muscles and nerves simultaneously and helps the body become light, active and full of vitality. Body heat and vitality increase as the heart and circulatory system open up to provide fresh oxygen and energy to all parts of the system while simultaneously flushing out waste gases and chemicals. Ancient Indian scriptures which deal with health and massage say: "Diseases do not go near one who massages his feet before sleeping, just as snakes do not approach eagles." There is new acceptance of massage nowadays. In the West people are especially interested in this art as a rejuvenator and vitalizer. There is much literature available on various kinds of massage from different parts of the world, but there is no book about the ancient Indian system of massage where the art is ever popular. In India you can find people massaging people on beaches, on the banks of rivers, and in market places-apart from the privacy of homes...



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