

OIL

GENERAL

Sources: Nuts, Seeds, Beans, oily vegetables and animal fats like milk, butter or animal tissue

Energetics:

Taste - Sweet, bland. Potency - warm. Post digestive taste - sweet.

Decreases Vata and increases Pitta and Kapha V - PK+

Actions: Internal - demulcent, laxative.

Indications: Maintains fat, nerve and marrow tissues allowing for easy secretion and discharge.

Uses:

Cooking - adjunct and flavouring.

Massage: Softens skin and muscles; dissolves toxins and congestion absorbed into skin, thus lubricates lungs and large intestine. Nourishes the deeper dhatus. Needed by almost everyone.

Contraindications: Oil generally not used when there is congestion, toxic blood conditions or collected Aama in the body. Oil massages are generally not done in cases of red or oozing skin diseases or in cases of severe pain or palpitation. Normally, a light oil application can be done in the abdomen area.

a) Coconut oil

Energetics:

Taste - Sweet. Potency – cold. Post digestive taste - sweet.

Decreases Vata and Pitta and increases Kapha. VP- K+

Action: Tonic, emollient.

Indications: Specific for pittas, nourishes and softens skin, psoriasis, eczema, sunburn, burns, chapped lips, dry cough due to body heat, burning in lungs, increases Sukra dhatu, one of the easiest oils to digest.

b) Mustard oil

Energetics:

Taste - Pungent. Potency – hot. Post digestive taste - Pungent.

Decreases Vata and Kapha and increases Pitta. VK- P+

Action: Stimulant, demulcent

Indications: Excellent for kapha and vayu disorders. For kapha external or internal, anti-cough, loosens lung mucus, congestion, cold, joint heaviness arthritis, abdominal pain etc.

c) Sesame oil

Energetics:

Taste – Sweet, bitter. Potency – hot. Post digestive taste - sweet.

Decreases Vata and increases Pitta and Kapha. V- PK+. Highly sattvic.

Action: Tonic, rejuvenating, sedative, laxative, nutritive

Indications:

Sesame oil is a very good oil for general usage.

When used externally for massage, it penetrates into the skin, nourishing and detoxifying the deepest tissue layers.

Best for vayu massage. It aggravates pitta skin and eye conditions as it is hot in potency.

It builds thin people and thins heavy persons, kills parasites, and when properly processed, it heals wounds.

Frying makes it unhealthy.

Sesame aids all dhatus, lungs, kidneys, brain, calms nerves, relieves muscle tensions, spasms, pain, debility, anxiety, tremors, insomnia, convulsions, dry cough, chronic constipation,

Good for voice and vision, growth of hair, nails, teeth, bones for people at all ages. Good for rejuvenation.

Most deeply penetrating oil, best for yogic diet, improves immune system and Ojas; antioxidant.

Caution: *Oil application or intake depends on the place, climate, constitution of a person and the present health condition of the person. Consulting an Ayurvedic physician is recommended.*