

Choosing Appropriate Shamana (Palliative Treatment) Oils

| Abhyanga or Pizichili Base Massage Oils | | | |
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| <i>Note: If any doshas are high or ama is present, only herbal oils should be used</i> | | | |
| Vata | Pitta | Kapha | Tridoshic |
| Herbal Vata Massage oil Sesame Almond | Herbal Pitta massage oil Coconut Sunflower | Herbal Kapha massage oil Sesame Mustard | Tridoshic Oil or a mix of V,P, K oils |

Choosing your base oil for Pizichili, Abhyanga and body mud masque base

1. **If the guest has checked that they have very sensitive or burning skin**, use the Pitta massage oil as a base, *no matter what the Prakruti or Vikruti scores show* and use Neem oil as indicated. Otherwise, keep reading.

2. If any Vikruti Dosha score is 4 or greater, chose your base oil according to the following guidelines:

| If... | Use... |
|--|---|
| One Vikruti dosha score is 4 or more points higher than the other two | That doshic oil as your base |
| Two Vikruti dosha scores are within 4 points of each other, and both are at least 4 points higher than the third dosha | A mix of both doshic oils that represent the two high doshas, as your base |
| All three Vikruti scores are within 4 points of each other | Use a mix of all three doshic oils, or the Tridoshic Massage oil as your base |

3. If all Vikruti dosha scores are less than 4, chose your base oil according to the following Prakruti guidelines.

| If... | Use... |
|---|---|
| One Prakruti dosha score is 4 or more points higher than the other two | That doshic oil as your base |
| Two Prakruti dosha scores are within 4 points of each other, and both are at least 4 points higher than the third dosha | A mix of both doshic oils that represent the two high doshas, as your base |
| All three Prakruti scores are within 4 points of each other | Use a mix of all three doshic oils, or the Tridoshic Massage oil as your base |

| Medicinal Oils to add, as needed to base oils for abhyanga and Pizichili | |
|---|---|
| Oil | Therapeutic Indications & Directions for use |
| Mahanarayana | Apply warm Mahanarayana oil directly to the afflicted joints, during the massage. |
| Neem | If there is just a rash, burning or sunburned skin in a small area of the body, apply neem oil directly to this. If it is all over the body, use Pitta massage oil base, mixed with 1 cup neem oil added to it, <i>no matter what other Prakruti or Vikruti conditions are present.</i> |
| Essential Oil of Peppermint | Apply a drop of Peppermint oil to points near the occipital area, shankha marma and adhipati marma, if the guest has a headache and likes the smell. |

| Essential Oils for Swedana (Steam) | | | |
|---|--------------|-----------------------|---|
| Vata | Pitta | Kapha | Tridoshic (good for everyone) |
| Ginger Gingergrass | | Ginger Gingergrass | <ul style="list-style-type: none"> • Cedar (in moderation for V) • Eucalyptus (especially good for K) • Frankincense • Lavender • Silver fir (in moderation for V) |

| Shirodhara Oil |
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| Banyan Botanical's Shirodhara Oil is good for everybody. It pacifies all three doshas. |

Essential Oils for use in Marma Therapy

| Vata | Pitta | Kapha | Tridoshic |
|--|--|---|--|
| <ul style="list-style-type: none"> • Amber • Blue Lotus • Champa • Ginger** • Gingergrass** • Hina • Jatamamsi • Khus • Lavender • Peppermint • Rose • Tulsi • Saffron (from India) • Sandalwood | <ul style="list-style-type: none"> • Blue Lotus • Champa • Jatamamsi • Khus, very good • Lavender • Peppermint • Rose • Saffron (from India) (especially good for P) • Sandalwood | <ul style="list-style-type: none"> • Amber • Champa • Cinnamon • Ginger** • Gingergrass** • Hina • Jatamamsi • Lavender • Peppermint • Rose (in moderation) • Saffron (from India) • Sandalwood • Tulsi, very good | <ul style="list-style-type: none"> • *Lavender • Champa • Jatamamsi (esp. for Vata) • Rose (in moderation for K) • Sandalwood (especially good for P) |

*especially nice for the steam **especially nice for marma points on the abdomen or for steam.