



Ayurveda y Terapia Abhyanga (Spanish Edition)

Fabián Dr. Ciarlotti

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El Abhyanga es la aplicación de aceite en el cuerpo por medio del masaje, siguiendo la milenaria técnica de la Medicina Ayurveda. En este libro aprenderemos a aplicarlo junto a los Puntos Marma como terapia preventiva y también como terapia curativa o purificadora. Como terapia preventiva, aplicando el método para cada biotipo, produce un bienestar y equilibrio psicofísico que alivia tensiones y crea condiciones para sanar y conectarse con la propia existencia y con el medio. Es apropiado para todas las personas sanas o enfermas, jóvenes o ancianos, bebés y embarazadas. También es una terapia enfocada a la purificación para distintas enfermedades, malestares o desequilibrios, ya sea por medio de abrir y purificar canales corporales, favorecer la eliminación de los desechos, fortalecer los tejidos, aflojar los músculos, trabajar los puntos energéticos y, por su intermedio, las glándulas, las hormonas e inclusive inducir a cambios mentales.

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