
What is a difference?

Posted by Rohitpatel - 2007/07/01 18:54

Well I saw a good television show yesterday on Discovery and I want to know what is the basic difference between normal massage and Ayurvedic massage.

Also please explain some good points of Ayurvedic massage.

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Re:What is a difference?

Posted by Rohitpatel - 2007/07/19 18:23

Well I asked this question many days ago and no one answered me on this. Please someone share your information on this. I need it.

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Re:What is a difference?

Posted by admin - 2007/07/19 21:35

I would be interested if some one had a answer on this one. I dont know the difference betweenmassage and Ayurvedic massage either:unsure:

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Re:What is a difference?

Posted by Rohitpatel - 2007/07/30 17:33

Yeah I am waiting for answer since I joined but no one master in Ayurvedic massage. I was happy to see your name in last post and hoping answr from you but I found your question only.:D

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Re:What is a difference?

Posted by hazephase - 2007/08/13 02:19

Keep in mind that I give a tibetian massage .

Ayurvedic massage good points is that the medicinal plants oil is put on the body and in that way the healing starts but as far as pains go it is useless .

Deep tissue massage is great for working on damaged muscles

There are other styles of massage but ayurvedic dose not rate high in the list of massages .

I am learning Shiatsu massage which is also a good massage .

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Re:What is a difference?

Posted by James - 2007/09/05 09:25

Rohitpatel wrote:

Yeah I am waiting for answer since I joined but no one master in Ayurvedic massage. I was happy to see your name in last post and hoping answr from you but I found your question only.:D

Ayurvedic massage is not really rated highly as a massage technique, but it is a way of applying the Indian herbal medicine.

It does use unusual techniques such as tapping, kneading and squeezing.

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Re:What is a difference?

Posted by sweetangel18 - 2007/10/30 01:09

oh...Well,im not familiar of this massage but for i know it is the style of an Indian massage.It is exciting to know about that kind of massage.

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Re:What is a difference?

Posted by MannyLirio - 2011/09/26 17:04

In The case of regular massage, people generally use sesame or mustard oils and this procedure is carried out to prevent dryness of skin as well as to increase circulation for imparting strength to muscles. On the other hand Ayurvedic massage known as Abhyangam is a scientific technique in which specially medicated oils are used both for managing different disease conditions like paralysis, arthritis, skin disease etc. as well as for providing strength to muscles. As per individual,s personality and disease various vata, pitta, and kapha oils are available in Ayurveda System.

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Re:What is a difference?

Posted by Johnson486 - 2011/12/28 21:36

Thanks hazephase for sharing that amazing info among all users its really awesome.

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Re:What is a difference?

Posted by Johnson486 - 2012/01/03 19:46

hazephase is right and tell you the perfect answer of your question.

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