



# Elements of the Earth for Healing and Beauty

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*"Every ingredient in the cosmos has a healing effect— every plant, flower, stone, leaf, bark, aroma, and even vastu shastra. We just need to learn how to use them properly. Óyurveda simply uses natural ingredients from the kitchen and the garden for healing. Pills are not always the only remedy. Breath, sleep, diet and yoga are the four pillars of nourishment for the body, mind and soul.*

*Óyurveda gives importance to beauty because the body is a sacred temple of the soul. Heated and chilled stones can be used on the face to impart a radiant glow and the marma's can be activated by firm pressure with small stones and crystals."* Dr. Naina Marballi

Using stones, sand, crystals, oil, flower essences, herbal compresses and poultices, magnets and other elements from the earth as platforms for healing dates back more than 5,000 years. These primordial, natural forms of healing are extraordinarily effective. This effectiveness can be elevated by the transference of authentic compassion and trust between the therapist and the client. This compassion then becomes imprinted within the matrix of each element. The attributes of each earth element can be associated with one or more of the five great elements and the three doshas. Once you learn how to use each element in accordance with the doshas and in harmony with the client's body, profound healing can manifest.

## Roots of Stone Massage

*Shila Abyyhangha* (*Shila*—stone, *abhy*—to rub, *anga*—limb), is Sanskrit for stone massage. Heated stone massage is a form of swedhana, or thermotherapy, a modality used during Pañcakarma. *Shila abhyanga* dates back thousands of years and can be traced to the ancient healing traditions of almost every culture. One of the most popular ways to use heated stones in India is to wrap them with herbs, in a warm, moist cloth, creating a poultice for joint or muscle pain. Large, flat warm stones, used with warm oil, can be glided across tight muscles. The ingestion of specially prepared ashes of specific gemstones can also be used for healing and reducing all three doshas. Diamonds, rubies, and emeralds were crushed, heated, prepared, and ingested exclusively by the royalty of India long ago as part of pañcakarma.

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