

Chapter 8

Essential oil and Body Elements 1

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Topic

- Knowledge of the element
- Essential oils and recipes based on the elements
- Elemental essential oil massage

Body Elements (Chao Ruean) according to the theory of traditional Thai medicine

- Life is the five aggregates, namely body, feeling, perception, body, and consciousness.
- It states that the body consists of 4 elements: the Earth Element (20 elements), the Water Elemental (12 elements), the Wind Element (6 elements), and the Fire Element (4 elements).
- Chao Ruean means the elements of the 4 elements that are normally combined together. But will there be one element that is more or more dominant? which is a characteristic or unique personality from birth Or called one that originated
- Origin elements can be changed due to external environment and parenting behavior. or personal

Origin of Man in the Genesis Scriptures

The first birth in the mother's womb is very small. the size of a drop of sesame oil on the end of a yak's hair After being flicked 7 times and with the influence of the fire element first Then other elements followed until the four elements were completed, namely earth, water, wind and fire. Then there was feeling, perception, body and spirit until the complete maturity. and by natural influences, including heat and cold of the seasonal climate has made each person's four elements different and began to have influence in the mother's womb

Origin of Man in the Genesis Scriptures

When conceiving in any season, any element, take the element of that season as the location of the origin element, for example:

Pregnant in the 5th, 6th, 7th month is the nature of fire.

Pregnant in the 8th, 9th, 10th month is the nature of the wind.

Pregnant in the 11th, 12th, 1st month is the nature of water.

Pregnant in the 2nd, 3rd, 4th month is the nature of the soil .

If the gestational age is taken into account, it can be estimated that

Those born in the 5th, 6th, 7th months will have the wind element as their ruler.

Those born in the 8th, 9th, 10th months will have the water element as their ruler.

Those born in the 11th, 12th, 1st months will have the earth element as their ruler.

Those born in the 2nd, 3rd, 4th month will have the element of fire as the ruler.







**Banana
Body Shape**



**Pear
Body Shape**



**Apple
Body Shape**



**Hourglass
Body Shape**

Earth Element

The parts of the body are solid and stable, including various organs.

There are 20 stabilizing organs: hair, hair, nails, teeth, flesh, tendons, bones, marrow, spleen, liver, fascia, kidneys, lungs, large intestine, small intestine, new food, old food, and brain.

The earth element is people born in the months 11, 12, 1 or October, November, December.

appearance tall figure Fairly dark skin, thick black hair, large bones, strong joints. Very heavy, muscular, loud, strong

Knowledge of the person who has the earth element I rarely get sick because the soil is the location of the pile of elements.

Earth Element

You should eat astringent, sweet, oily and salty foods.

Examples of fruits: mangosteen, guava, pumpkin, taro, nuts, rambutan, sweet potato

Examples of local vegetables, Phak Kraton, raw banana, cashew nut shoot, gooseberry shoot, Thai anchor, Thai krathin, Kratonbok, jumping water, Phakwan, young turmeric, Sato, spinach, Sesbania, pumpkin shoot, Siangda vegetable, wattle leaf, gourd, gourd, snake gourd, gourd

sample food menu Sautéed Cabbage in Sesame Oil Fried flowers with egg, jungle curry, raw banana, roasted jackfruit, stir-fried bean curd with shrimp, Thai anchor, stir-fried oyster sauce

Examples of appetizers: tofu, coconut milk jelly, banana buadchee, pumpkin curry paste, taro taco

Examples of beverages: sugar cane juice, coconut juice, fresh sugar, quince juice, soy milk, cantaloupe juice, orange juice, guava juice, job's tear juice, corn juice, water chestnut juice, pumpkin juice.

Water Element

liquid body parts

There are twelve of them: bile, sputum, pus, blood, sweat, fat, viscous fluid, tears, saliva, mucus, joint fluid, and urine.

The water element is people born in the months 8, 9, 10 or July, August, September. Perfect figure, well-proportioned, bright and firm skin, sweet eyes, a lot of water in the eyes, stable walking posture, beautiful black hair, resistant to hunger, heat and cold, clear voice, good sexual feelings. The posture is often inert. and rather lazy

Knowledge of those who have the water element During the age of birth – 16 years, there is often a cold, nasal congestion, watery eyes, in winter, it is easy to get sick because of the aggravated water element.

Water Element

You should eat sour and bitter food.

Fruit examples: lemon, orange, pineapple, tomato, gooseberry, olive, madan, santol

Examples of local vegetables are Cassia, Khae Ban, Chamuang, Phak Tiw, olive shoot, tamarind shoot, ma-euk, eggplant, neem, bitter gourd, bitter gourd, ma-waeng, baiyo.

Example menu Cassia cassia with grilled fish, Sour curry with flowers, Kaeng Om, Bitter gourd, Stir-fried bitter gourd with eggs, Ho Mok Bai Yo, Spicy neem soup with fish, Spicy curry with grilled neem, Tom Klong Yod tamarind soup Sauteed Yoi Leaves with Oyster Sauce and Minced Pork

Sample snacks: Candied gooseberry, preserved pineapple, santol, loi kaew, mango with sweet fish sauce, preserved mango

Examples of beverages: Lime juice, Centella asiatica juice, Tomato juice, Tamarind juice, Pineapple juice, Roselle juice, Star fruit juice.

Wind Element

Energy in the body is light.

There are 6 things: the wind blows up high The wind blows downward, the wind in the stomach, the wind in the stomach and intestines. The wind blows all over the body, the breath goes in, the breath goes out.

The element of wind is a person born in the month 5, 6, 7 or April, May, June. The dermis is rough, the body is clear and thin, the joints tend to diminish when moving, envious, cowardly, easy to love and get bored quickly. hardly endures cold Poor sleep, talkative, low voice, unclear pronunciation, poor sexual feelings

Anecdote: People who are born with the wind element, over the age of 32, often have symptoms of dizziness, fainting, and easily faint. In the rainy season, they are easily ill. because the wind element is recurring

Wind Element

You should eat spicy food.

fruit samples durian longan

Examples of local vegetables are ginger, galangal, lemongrass, galangal, pepper, Krachai, Krachiew flower, turmeric, radish, betel leaves, bamboo vegetables, fresh chilli, mint, mint, dill, dill, coriander, cumin, Thai anchor, cloves.

sample food menu Catfish curry with kraut, Tom Kha Gai, Tom Yum Kung soup, Bitter shell curry with betel leaves, Thai smashed anchor, stir-fry with vegetable oil, Thai anchor, dipping chili paste.

Examples of appetizers: bua loi in ginger sauce, tao huai, tao tueng, yam boiled ginger, mung beans, boiled ginger, miang kham

Examples of beverages: ginger juice, lemongrass juice, galangal juice, clove juice

Fire Element

body heat have metabolic properties

There are 4 things: Fire warms the body. Fire causes frustration, disorganization, fire causes decay. and digestive fire

The fire element is people born in the months 2, 3, 4 or January, February, March.

Appearance: Often hot, can't tolerate heat, often hungry, good at eating, quick gray hair, often bald, wrinkled skin, soft hair, fur and mustache not very impatient loose joints Bad breath, strong body odor moderate sex drive

Anecdote: People with the Fire Elemental Element between the ages of 16 and 32 tend to get irritated easily. often upset Be temperamental in the summer may get sick easily Gets hot easily because the element of fire recurred

Fire Element

Eat bitter, cold and bland food.

Fruit examples: watermelon, yam, jujube, apple

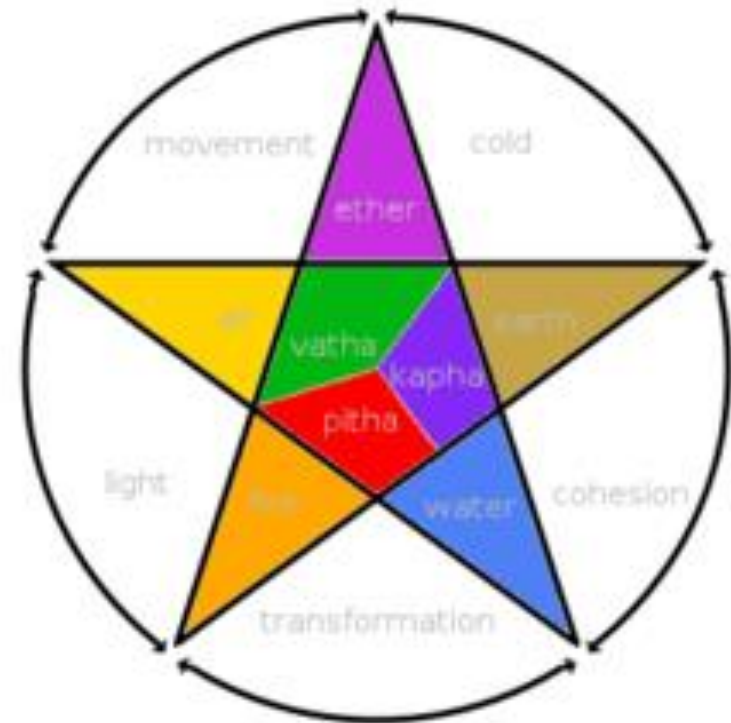
Examples of local vegetables are morning glory, gourd, water mimosa, sangria, lotus seed, Chinese cabbage, field lettuce, bitter melon, horseradish, eggplant, spinach, sweet potato shoots, okra, neem, pumpkin shoots, banana sticks, mulberry, eggplant, chives.

Sample menu items: stir-fried morning glory, gourd soup, stir-fried lotus leaves with chilli, curry with moringa, curry with coconut, curry with bitter melon, curry with orange and banana leaves with snakehead fish, spicy mimosa salad, stir-fried spiny vegetables with oyster sauce

Examples of snacks: salim, ice cream, shaved ice

Examples of beverages: watermelon smoothie, pandan juice, chrysanthemum juice

The knowledge of the body element according to the theory of traditional Indian medicine



Body elements according to the theory of traditional Indian medicine

Ayurveda is an Indian science that helps people live in harmony and harmony with nature. both about food exercise As well as living different lives, so practicing according to Ayurvedic principles is considered to encourage the body to return to balance again. And also susceptible to various reactions as in childhood or youth

Ayurveda states that man is only a small unit of the universe and that the universe is a part of man. Ayurveda looks at health and illness holistically. (both physically and mentally)

Body elements according to the theory of traditional Indian medicine (continued)

Ayurveda is a science of life that deals with medical and metaphysical healing. It is the mother of all healing arts. Ayurvedic practices are designed to promote human happiness. Good health and development for creative growth able to slow deterioration Reduce diseases from physical processes. As well as eliminating the symptoms of illness, the results are clearly visible. This concept is "Basics of Ayurveda" Individual potential in self-healing

The science of Ayurveda allows us to know that each person's internal characteristics are different. understanding the nature of the body by getting to know "Individual element" will help you to adjust your lifestyle accordingly. know how to take care of your health Adjust the balance of the body in accordance with the personal element.

Body elements according to the theory of traditional Indian medicine (continued)

Earth element

It is a solid or something that can still hold its shape when it is in normal temperature, such as bones, muscles, nails, teeth, tendons, etc.

Features Strong, stable, able to maintain its shape.

Function Considered the structure of things such as bones, muscles, allowing the body to maintain its shape.

Water element

It is a liquid or something that can flow around, such as blood, lymph, pus, saliva, mucus, tears, etc.

Properties Juicy, cool, flowing. Change the shape according to the contents.

The function of moisturizing It is a conductor for things in the water to flow with, such as the blood that feeds various parts of the body and is also a lubricant, such as the water that lubricates the joints.

Body elements according to the theory of traditional Indian medicine (continued)

Wind element

It is something that is intangible, has no form, but can be felt, such as breath, gas released from the anus, etc.

Properties Light, dry, always in motion.

Functions to move different parts of the body, for example, to make the muscles work well.

Fire element

is heat energy or powers that can be transformed, such as the heat used to digest food and metabolic processes in the body, etc.

hot, warm properties

Function is energy to change things or systems in the body, such as giving heat and light, causing various processes in the body, such as helping digestion. It gives the body heat energy and feels warm.

Body elements according to the theory of traditional Indian medicine (continued)

Ether

It is a void where the rest of the elements can occupy.

features shapeless

Functions as a space for things to exist, such as spaces between joints, spaces between cells. to create gaps which will allow for movement

The five elements are earth, water, wind, fire and aether. which is molded into that body All elements are important and of course have a connection with each other.

The workings of the human body and mind are controlled by 3 fundamental energies called "Tri Dosha", namely Vata, Pitta and Kapha, which are the causes of body warp Each person expresses the distinctive characteristics of each element differently.

Five Elements & Three Doshas



Vata

Vata consists of "air element" and "aether" and is responsible for controlling the movement of the various parts of the body.

Vata means the wind of the body, however, the external wind element in the atmosphere. Absence of attributes such as body wind, body wind or vata resemble subtle forces that govern biochemical movements, resulting in a subtle transmission through the absorption system.

Vata controls breathing, blinking of the eyelids, movement of muscles and tissues, heartbeat, including the stretching and contraction of the muscles, cytoplasmic and cell movement; nerve impulse transmission.

Vata also controls emotions. Feelings of refreshment, shock, fear, anxiety, pain, tremors and spasms of the muscles, colon, pelvic cavity, bones, skin, ears and thighs are the locations of the vata. If the body develops too much Vata, these surpluses are accumulated in the above mentioned locations.

Pitta

Pitta is a constituent of the "Fire Element" and is responsible for burning food and warming the body. as well as help in vision

Pitta regulates digestion, absorption, absorption of nutrients. Metabolic process for energy, body temperature, skin color, brightness of the eyes. including intelligence ability to learn physical physiology

Pitta causes anger hatred and jealousy

The locations of the pitta are the small intestine, stomach, pancreas, blood mass, fat, eyes and skin.

Kapha

Kapha consists of the "earth element" and the "water element". It functions as the structure of the body such as bones, muscles, tendons and provides moisture. as well as helping to lubricate various parts of the body, such as fluids located in the joints of various bones or in various mucous membranes

Kapha helps complete the harmonization of the elements. Moisturize the skin. help heal wounds fills the empty space of the body Gives the body's biological strength. power and stability preserve memory space give energy to the heart The lungs and the main immune system

Kapha area: chest (breast), neck, head, sinus cavity, nose, mouth, stomach, joints, fluid that nourishes the cell nucleus. fluid in the blood and lymph Including various body fluids such as mucous membranes

Kapha responds to the emotions of attachment, greed, jealousy. Kapha also encompasses sensitivity, passivity, forgiveness and love.

Characteristics of a person based on elements

Personality/ Behavior	Vata	Pitta	Kapha
1.Work	Fast, initiative, enthusiastic, imaginative.	Moderate	Slow
2.Learning	Very fast	Fast	Slow
3.Memory	Short	Moderate	Long
4.Digestive	Uncertain	Fast	Slow
5.Food intake	Uncertain	Can eat much	Can eat less
6.Taste	sweet, sour, salty	sweet, bitter, astringent	spicy, bitter, astringent
7. unbearable weather	Cool	Hot	Cool and humidity
8.Sleeping	No good	Sleep well	Deep sleep

Characteristics of a person based on elements

Personality/ Behavior	Vata	Pitta	Kapha
9. defecation	Uncertain	more 1-2 time/day	Regularly
10. Feces appearance	dry, hard, constipation	soft, oily	lumpy
11.Sweat	Less	Much, strong	Moderate
12.Sexual need	Less	Moderate	Much
13.Emotion	Fearful, insecure, anxious, mentally unstable	Serious, sensitive, envious, overpowering emotions.	calm, stingy, persistent
14.Problem coping	Easy to lose control of your emotions	Get angry or easily irritated	Solving problems slowly but surely
15.Movement	Fast	Accurate	Slow

Characteristics of a person based on elements

Personality/ Behavior	Vata	Pitta	Kapha
16.Speech	Fast, talk a lot, don't contact	good at speaking, using words	Sweet, clear, slow, resonant
17.Economic	until extravagant	moderate some extravagant	save money
18.Body shape	thin, tall, or small	Moderate	Large
19.Weight	Less	Moderate	Much
20.Skin	dry, rough, uneven	soft, slightly oily	it is soft and smooth
21.Skin color	Darkness	Moderate	Clear white
22.Eyes	puffy and deep, small eyes	pointed	big, happy

The balance of the triple is essential for health

consequences of relapse

Pita relapses, disrupting metabolic processes and nutrient absorption.

Relapse, causing excessive build-up.

Relapse causing excessive deterioration.

Age-related factors

In childhood, the age of enhancing Kapha is very influential. (Because it is a period of body growth)

In adulthood, the metabolic process produces energy. Pitta has a clear influence. Because now the body is mature and stable. is the working age

In old age, the decay and functioning of the Vata becomes more evident as the body goes into decline.

The balance of the triple is essential for health

The season affects the balance.

Summer The heat of the summer heats the people of Pitta. the more unbalanced Fever may occur due to heat and dehydration.

The rainy season The cold and humid weather in the rainy season will upset the balance of the Vata or Wind elements in their bodies. Therefore, there are many colds in this rainy season.

Winter In winter, joints In your body, you are stiff and unable to move. Skin that used to be flawless in summer looks pale and dry in winter. That's because winter is dry and cold. The skin therefore lacks moisture. and joints When exposed to very cold and dry air, it will not be easy to move.