

# Effects of Ayurvedic Massage and Counseling: Focusing on a Single Case of Pitta Constitution

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**Abstracts:** This study is a case analysis study focusing on a single case of Pitta constitution as an effect of Ayurvedic massage and counseling. This study was conducted from January 20, 2023 to May 10, 2023. The research participant is a woman (64 years old) residing in S city. For data analysis, case analysis was conducted centering on verbatim words. As for the case study format, first, the case of the participant was summarized, and second, the case analysis applying Ayurveda massage and counseling was summarized. As a result of the study, first, the strengths of the participants tended to have more positive aspects than negative aspects of Pitta constitutional characteristics. However, the Pitta constitution is prone to psychological confusion. As for my physical body, the pain I felt every morning when I stretched has disappeared. The psychological body solved the stress from the heavy daily routine. The spiritual body becomes less stressed as it recognizes that all these things are a process for growing consciousness. It is concluded that Ayurvedic massage and counseling were effective in removing the anger of the pitta constitution and softening the physical stiffness.

**Keywords:** Ayurveda, Ayurveda Massage, Counseling, Pitta Constitution, Case Study.

## 1. INTRODUCTION

Stress is a general term for internal and external stimuli that cause fear or anxiety by placing an excessive burden on the homeostasis of the body's physiology[1]. Stress includes a wide range of internal and external stimuli that threaten the organism, so it is a biological concept, as well as a psychological concept, a physical concept, and a socio-environmental concept integrated. The constitution most susceptible to such stress is the Pitta constitution of Ayurveda [2]. Ayurveda is India's traditional medicine and constitutional medicine. Ayurveda, also called 'the science of life', has a natural healing system[3]. Ayurveda is a Sanskrit compound of ayus (life) and veda (knowledge). It is rooted in ancient Vedic literature such as the Rig Veda and encompasses the entire human body, mind and spirit [4].

Among the constitutions of Vata, Pitta, and Kapha in Ayurveda, Pitta is prone to psychological confusion. This is because, although they have strong self-control, they can be self-centered and antisocial[4]. Mature Pitta types are intelligent, shrewd, and thoughtful. They are intelligent and see the world clearly and systematically. They can be great psychologists and have deep insights. As such, it can be said that the Pitta type receives the most psychological stress because they always live a competitive life.

The role of massage in Ayurvedic medicine includes much more than relieving stress, relaxing tight muscles, and reducing physical pain. When the body is restored to balance, a circulatory channel called the scrotum helps to balance the three doshas (vata, pitta and kapha). The goal of this process is the awakening of consciousness in every cell to the full potential of the human being. The subtle body systems and the body begin to function as one, resulting in complete physical, mental and spiritual health [5]. Abhyaṅga therapists must understand the prakṛti and victrix of their clients and be balanced and peaceful[6]. This procedure synchronizes the brain waves and profoundly tunes and calms the mind, body and spirit. Most Ayurvedic therapies work, but more so at the physical and energy layers of the subtle body systems. Shirodhara most effectively cleanses the layers of the mind where behavioral patterns (vasanas) and trauma can distract the mind from its role in supporting health and spiritual growth.

Counseling psychology is a field of mental health science that provides services such as counseling/psychotherapy, assessment/evaluation, and consultation based on empirical and clinical research [7]. The goals of counseling are diverse, such as solving the client's problem, adapting to the environment, improving the client's development and efficiency, and preventing the occurrence of problems. The feeling of being listened to without evaluation has a powerful healing effect and, as a result, creates a sense of individuality and identity.

Looking at previous studies on Ayurvedic massage and counseling, foreign studies by Arif Ahmed Sekh, et al. [8] and Wolfram, Matthew S. [9] studied Ayurveda in the age of biomedicine. Edwards, Marc T. [10] studied patient-reported Ayurvedic counseling outcomes in relation to clinical practice data. As a study on massage, Brooks and Lisa Allette [11] focused the touch translation of Ayurveda on early South Asian and modern Kerala medicine, senses, and subjectivity. As such, there has been no study of Ayurveda massage and counseling together in foreign studies.

In a domestic study, Choi Geum-joo [12] investigated the effects of Ayurveda oil massage on stress and immunity enhancement, and the Ayurveda oil massage method was proven to boost stress and immunity, did proving that massage is effective in managing stress and improving the immune system. Lee Min-jea and Mee-sook Cheong[13] studied the effects of Ayurveda massage and counseling, focusing on a single case of Kapha constitution. Kapha type of bulimia with obesity and skin rashes felt that they were sufficiently loved by the soft touch of Ayurveda massage and listening and empathy relieved pain in their hearts.

As described above, previous studies have proven that Ayurveda massage and counseling are effective. I think it is necessary to study what kind of results will come out if the effect of healing the mind and body of Ayurveda massage and the effect of counseling is combined. The purpose of this study is to help people suffering from stress.

## **2. STUDY METHOD**

### **2.1 Study Participant**

The research participant is a woman (64 years old) residing in S city and has a Pitta constitution. Her family, her husband (age 66) and son (age 37), live in the same house and have good family relations. She is a healthy physique and a person who takes good care of herself. She was stressed out because of these perfectionist tendencies. Her meditation is daily and has been for 30 years. She also has a lot of knowledge about natural healing. However, her practice is not going well because she works too much. Participant listened to the explanation of the purpose and process of this study, research method, and research ethics, and signed the consent form for recording and participation in the study. The contents of the research consent form are the ethics to be considered in the research.

### **2.2 Study Design**

This study was conducted from January 20, 2023 to May 10, 2023. Counseling and massage were conducted at the researcher's Ayurveda Massage Institute.

The massage and counseling period was set to be 12 sessions twice a week from March 20 to April 30, 2023. Each session was conducted for a total of 2 hours and 30 minutes: 30 minutes of counseling, 90 minutes of massage, and 30 minutes of counseling. The oil was different depending on the situation of the participant, but in general, coconut oil and herb oil, which are pitta oil, were used as a brand.

### **2.3 Data Analysis**

The case of this study is a qualitative study. The researcher explores one bounded system (case) or several bounded systems (cases) over time and Collect detailed and in-depth data from various sources of information (observations, interviews, audiovisual materials, documents and reports, etc.) and report case technique and case-based themes.

### 3. Result

#### 3.1 Participant Basic Information

The research participant is a woman (64 years old) who lives in S city and is a professor. It is a strong pitta constitution with goal-oriented characteristics. She had a solid build and small stature. She is always thorough in her self-management, takes good care of herself, and is a self-reflective person.

#### 3.2 Case Conceptualization

**Table 1. case conceptualization**

List	Contents of Case Conceptualization Elements
client problem and Symptom	1. Consultation process: After spending about 18 hours in front of the computer every day, my shoulders and neck are stiff, so I want to heal and rest.
	2. Main appeal issue: My neck and shoulders are stiff and it is difficult to move.
	3. Core Issues and Core Sentiments: Damage to the body due to perfect work, chronic stress
	4. Intrapsychic state: anger state
	5. Interpersonal Characteristics: Trying to do the perfect thing for the target. Their eyes are on others, and they cannot say NO to someone's request for help.
	6. Self-concept and level of insight: Self-concept is high and self-insight is good
problem develop	1. Problem Development History She sits in front of a computer for 18 hours every day, reads, writes and revises papers, and guides doctoral and master's thesis and journal thesis. Students are having difficulty in teaching thesis because there are many cases where they are not sufficiently trained for thesis. And as the editor-in-chief of academic journals, he pays excessive attention to the compilation of academic journals. Therefore, the neck and shoulders are stiff, causing pain and often suffering from indigestion.
	2. Factors that cause problems and persist Excessive work on continuing thesis supervision and journal editing
resource and vulnerability	1. resource Sincere, warm, and good at self-management
	2. vulnerability unable to express anger Can't say NO to requests for help.
Synthesis understanding	The research participant is a female and is suffering from heavy work even at the age of 64, and due to her personality, she cannot respond to requests for help, so she always has an excessive amount of work.
Consulting goals and techniques	1. goals First, it helps digestion by relaxing the muscles in the neck and shoulders. Second, resolve anger
	2. counseling techniques Coconut oil suitable for Pitta constitution is used for Abyyanga massage, branding oil is used to solve the problem in some cases, and Ayurveda massage technique is used for massage technique. Counseling is about listening, empathy, unconditional respect, congruency, Gestalt (background and foreground).

#### 3.3 Case Summary by Session

**Table 2. Case Summary by Session**

session	summary
1	she looked exhausted I ask if it's a lot of hard work, she says it's fine, she says. She didn't know how exhausted she was. "When I can't control myself, anger comes up. You lose me while being considerate of others." When the above is the case, they are angry, and their basic emotion is anger, but it disappears while looking at the anger, but when they see what remains, they said that it is a pity. After the massage, the physical body felt that the circulation was good and the body became lighter. He said that the psychological body feels like the toxin has been removed, and that the body communicates better. The spiritual body took a peppermint in front of the nose before the massage, and suddenly went enter to the previous life. She said that she saw a very strong man leading the crowd, and that he saw the crowd supporting him and she said he is herself.

2	We talked about the physical body. It's hard to sleep because my legs aren't circulating, and I feel subtle nerve pain, but I've had pain since childhood. So, she put her legs up against the wall to sleep, and she was scolded by her grandmother while sleeping. When she slept with her acquaintances, she was asked, "Do you do yoga while sleeping?" Therefore, in the second session, it was decided to start massage using Ghee, centering on the legs. The psychological body feels comfortable while receiving a massage and becomes happy just thinking about receiving a massage. In the spiritual body, all the channels are open, and the senses become more sensitive.
3	Today we decided to share about food. Meals are mostly vegan. I am trying to eat fish for protein intake. But in the morning, I boil and grind tomatoes. Lunch is a normal meal, dinner is one fruit. Always a symptom of poor food intake have Constipation. and lacking in protein. The skin of the physical body is slightly dry. My psychological body has always been tense, but I am getting a little relaxed while receiving a massage. When the spiritual body is doing mantra, concentration is good. Overall, I'm busy these days, but I'm trying to find some peace.
4	Digestive power was restored by eating vegetarian food. As her condition improved, she said she felt hungry for the first time in a long time. The psychological body is peaceful, and if you massage, you will go into a sound sleep from the middle of the day. It is said that the spiritual body improves its concentration and stays in a meditative state to taste the stillness.
5	It's been a month since I started massage. She liked that she lost 2kg. But still, when I get out of bed in the morning, my back hurts. She said it would get worse if it was stressful. It was said that the lumbodinia started to come again as he was strain due to excessive work. The psychological body is in a stressful situation with overwork. When the spiritual body meditates, it is difficult to concentrate.
6	As I lost weight, my body became lighter. Wake up in the morning became easier. The work has been reduced to some extent. Both the physical body and the psychological body feel like the toxins in the mind are gone together due to the release of toxins from the body. It feels like the chakra is activated. The spiritual body is lightweight. When you meditate, you experience a blissful state of concentration and stillness. I have the feeling of going back and forth between this life and my previous life. I noticed that the pain in life was for growth. said to be happy.
7	It is said that her facial skin improved, wrinkles on her forehead disappeared as well, and her body became lighter as she lost 1 kg. While receiving her massage, she slept well and her digestion was restored. Hearing her feedback that her body line has improved, she feels refreshed, she said. Her physical, psychological, and spiritual body feels good well.
8	After the massage, I slept deeply for 20 minutes. When she first came, there was stiffness in the right temporal region, neck, shoulder, heel very hard and fever. Coconut oil, Ghee, and Brahmi oil were used for care to solve this problem. These parts have softened a lot. There was a lot of sound in the intestines, but digestion is going well. The left rib area was very stiff, but it seems to have been sorted out as it was relaxed.
9	When I have insomnia, I always feel pain in my body, but I do not feel it when I sleep. She said that drinking coffee always causes insomnia, and that caffeine seems to be the cause. There was nothing particularly shocking recently, but he said it was a feeling of being sensitive because the sensory channels had recently been opened. It was said that the circulation of the physical body, psychological body, and spiritual body all improved.
10	At the beginning of the first session, after seeing my obese self in the bathroom mirror, I couldn't eat. Currently, there is no change in weight, but he said that he is relieved because his stomach has reduce a lot. As the physical body improves, the psychological body also feels healthy and the spiritual body feels peaceful.
11	She said that she felt healthy as her physical body, psychological body, and spiritual body were reflected in a bright aura field.
12	She said her body felt very light. In the morning she feels especially light, she said. Even though she sleeps short, she has lost the desire to sleep more. She sleeps well even when she drinks coffee. During her foot care, she reported that the soles of her feet felt itchy. She felt her bodily sensations sharpen. Her physical body feels light, her psychological body feels refreshed and her spiritual body feels calm.

### 3.4 Change of Participants

As for the physical body, the right neck and shoulder stiffness was very severe because the neck rotation was not smooth especially during the relaxation movement at the beginning of the counseling. she received psychological comfort through gentle massage and counseling. The spiritual body becomes less stressed as it recognizes that all these things are a process for growing consciousness. An accepting heart brought peace.

### CONCLUSION

First, the participant tended to have more positive aspects than negative aspects psychologically as a pitta constitution. The participant were advancing while reflecting on these Pitta traits in a mature way, but they could not overcome the symptoms that were manifested somatization due to excessive self-control and complained. This

characteristic study of Pitta is in the same context as the study of Ae-ra Lim and Mee-sook Cheong [14] and Arif Ahmed Sekh et al., [15], who studied the three constitutions of Ayurveda.

Second, The pain I felt every morning when I stretched is gone. I felt that my psychological body was greatly relieved through massage and counseling. Stress turned into tranquility as the spiritual body realized that all these things were a process of growing consciousness. An accepting heart brought peace. These results are consistent with the study of Min-jea Lee, Mee-sook Cheong [13].

In conclusion, it is concluded that Ayurveda massage and counseling were effective in removing the anger of the pitta constitution and softening the physical stiffness.

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