

The Essence of Nabhi Chikitsa



Nabhi Chikitsa, an ancient Ayurvedic practice, involves applying specific oils to the navel to promote health and well-being. This guide introduces you to various oils and their unique benefits, embracing the wisdom of traditional healing in your daily life.

Coconut Oil Benefits:

- Moisturizes skin
- Improves skin health

Mustard Oil Benefits:

- Relieves joint pain
- Alleviates muscle aches

Ghee (Clarified Butter) Benefits:

- Aids digestion
- Improves skin softness

Almond Oil Benefits:

- Rich in Vitamin E
- Soothes skin
- Enhances complexion

Olive Oil Benefits:

- Antioxidant properties
- Anti-aging benefits
- Improves skin health

Castor Oil Benefits:

- Relieves constipation
- Improves digestion

Sesame Oil Benefits:

- Strengthens bones
- Benefits joint health

Tea Tree Oil Benefits:

- Antibacterial and antifungal properties
- Treats minor skin infections

Neem Oil Benefits:

- Combats skin ailments
- Antibacterial properties

Peppermint Oil Benefits:

- Aids digestion
- Relieves stomach discomfort

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