

Making Your Own Traditional Ayurvedic Herbalized Oil

Om Sri Dhanvantre Namaha

Listen to the mantra played during this class here!

Mantra: नमामि धन्वन्तरिं आदिदेवम् । सुरासुरैर्वन्दित पादपद्मम् ॥ लोके जरा रुक् भय मृत्यु नाशम् ।
धातारमीशम् विविधौषधिनाम् ॥

namaami dhanvantarim aadidevam, suraasurair vandita paadapadman | loke jaraaruk bhaya
mrityunaasham, dhaataaram eesham vividhaushadhinaam ||

Meaning: I bow down in front of you Lord Dhanvantari, who is the first among Gods. Your lotus feet are respectfully worshipped by the gods and demons alike. You have the power to save the people from the miseries of diseases, aging, fear of death and other sufferings. Oh Lord, you are the One who provides the various medicines and cures.

Choosing Your Abhyanga Oils:

Abhyanga is done with sesame oil because it reduces vata and is the only oil (other than ghee) capable of penetrating all 7 dhatus (tissue layers of the body). Sesame oil will move through all layers of the body down to the bone.

You can mix sunflower oil, almond oil, castor oil or coconut oil with the sesame oil in a proportion of $\frac{3}{4}$ parts sesame oil to $\frac{1}{4}$ part alternate oil. 1 to 1 ratio is also fine.

Note: Coconut oil can be too cooling and is best reserved for the summer and for people who are complaining of being overheated.

- Sunflower oil is balancing to all 3 doshas, so this is my favorite oil to mix with the sesame.
- Almond oil is balancing to vata.
- Castor oil provides a beautiful unctuousness.
- Coconut oil & castor oil are balancing to pitta.

Only use organic oils, as any chemicals sprayed on a plant will end up in concentrated form in the oil & we absolutely don't want to add this to our bodies.

Always use filtered water or spring water, as any of the chemicals that are in the water that do not evaporate will also be concentrated into our herbal decoction - and we do not want to rub them on our skin!

Oils must be cured. This prepares them to move through the skin and into the body in a deeper way. To cure your oil – put it in a pot on the stove on medium heat. Sprinkle a few drops of water into your oil & wait for the water drops to start sizzling and popping. When this happens, your oil has been brought to the boiling point of water and it is “cured.” Immediately remove oil from the heat when the water starts sizzling and popping. Allow the oil to cool completely before pouring it back into your oil bottle.

General recipe for making your own herbalized oils

Ingredients:

2 PARTS HERBS | 16 PARTS WATER | 16 PARTS OIL

To herbalize a gallon of oil, this means:

2 CUPS HERBS

16 CUPS (1 GALLON) WATER

16 CUPS (1 GALLON) OIL

Detailed Instructions based on 1 gallon of oil:

Remember, your organic sesame oil is valuable, so take care not to burn it!

1. Measure out 4 cups of sesame oil and place aside for later.
2. Into a heavy-bottomed, large pot pour the rest of the sesame oil. **Cure it** by sprinkling a few drops of water on top and heat at medium heat or a little higher until the water sizzles and evaporates.
3. Cool. Using a funnel, carefully pour the cured oil back into the oil jug and set aside.
4. Measure into your heavy-bottomed pot the 16 cups water, 2 cups herbs. Turn on high and do not leave the room! Stir with a whisk. When it first is boiling, be careful of foaming.
5. Cook down at a very slow, gentle boil. This may take a few hours for this large batch, but check on it from time to time. Stir with a wooden spoon every so often to keep herbs from packing on the bottom. When it is reduced by about half, turn off the heat, let it cool for some time, and strain off the herbs in a cloth, squeezing out all the goodness.
6. Add the un-cured 4 cups of oil (that you set aside in the beginning) and the strained herbal decoction back into your clean pot. Continue cooking at a very low temperature, stirring occasionally, allowing the water to evaporate from the oil.

7. When the water is almost gone, turn the heat down so as not to scorch. There will be herbal residue; as it sizzles, continue to stir more often to cook off all water. **When you know the last of the water is being cooked out; attend more closely as not to burn your oil.**
8. When “dry”, cool somewhat and strain through a cloth again. (Be very careful not to burn yourself!)
9. Add the other cured oil from Steps 2 and 3 to the mix and keep in a cool dark place.
10. (optional) If you keep it too long and have not completely cooked off all the water, some herb matter may begin to spoil. Re-cure and restrain.

Slow cook for smaller batches, infusing slower or use more herbs!

Western herbalist style is to mix dried herb in oil, cover, set in cool dark place for 4-6 weeks, then strain.

Herbalizing Oil Ratios – Quick Reference

To make 1 gallon oil:

- 2 cups herbs
- 16 cups water
- 4 cups oil
- Mix finished herbalized oil with 12 cups plain cured oil

To make ½ gallon (64 oz) oil:

- 1 cup herbs
- 8 cups water
- 2 cups oil
- Mix finished herbalized oil with 6 cups plain cured oil

To make ¼ gallon (32 oz) oil:

- ½ cup herbs
- 4 cups water (it can be helpful to add an extra cup of water here & turn the heat down very, very low so that the herbs can have more time to infuse)
- 1 cup oil
- Mix finished herbalized oil with 3 cups plain cured oil