

## "AYUSHMAAN " user's manual

Congratulations on acquiring the Ayushmaan foot massager. The first of its kind anywhere in the world we can say .

The machine comes to you packed in a carton along with a tissue paper roll and a bottle with 50 grams of pure cow ghee .(Ghee is not sent with machines sent by courier)

Open the box and take out the machine . Keep it on the floor keeping the switch side towards you . Sit comfortably in a sofa or chair in a relaxed position .Make sure that good earthing is provided in your house wiring and plug the 3 pin top into a wall socket and turn the switch on . The machine is provided with a toggle switch to turn it on/off and a fuse for safety . Turn the switch on and the LED will glow and the kasa dish will start rotating . Now apply some ghee from the bottle onto your foot sole and put foot on the dish lightly , slowly move the foot front and back and sideways . The ghee will turn black as it removes excess heat from your body. After massaging one foot for about 10-15 minutes lift it from the machine, stop the machine, clean the foot with tissue paper provided with the machine and now put the other foot on the kasa dish let there be sufficient ghee on the dish which acts as a lubricant and allows the machine to run without overloading .Let the left foot be rubbed with ghee for 10-15 minutes and then clean it too. Now switch off the machine , remove the plug from the wall socket . Put the machine back into the box and keep it safe in a proper place.

You can wash your feet to clean the blackened ghee if you so desire or put on socks and go to sleep . Wake up fresh in the morning and realise how well did you sleep.

This massage should preferably be done before retiring in the night .

### Does and don'ts

Make sure that your house wiring is provided with earthing .

Sit in a relaxed position .

Do not put your weight on the dish .

Do not stand on the machine .

Do not pull the machine by its cable .

Do not hold rubber bidding to lift the machine .

Do not use dry dish , put sufficient ghee on the dish to avoid friction between foot and the dish but not so much that it will spill onto the machine .

Massage only one foot at a time .

Do not try to lubricate the dish bearing .If you have any wounds on the foot-sole do not use the machine .



For cleaning the kasa dish you can remove the dish from the machine just by putting your fingers below the dish on two sides and lifting it. The dish can be cleaned with soap or other cleaning agents just like any other kitchen utensils .

### KASYA FOOT MASSAGE

Kasya as is bronze known in Sanskrit or Hindi stands next to gold and silver in the field of sports awards .The medals of these metals are used to honour winners according to merit. In India a kasa bowl is given to the girl in her marriage . This ritual is followed in most of the Indian communities. This metal kasya or kasa is an alloy of two metals copper(Cu) and Tin (Sn) in a particular proportion and in our ancient ayurvedic texts it's use is recommended for reducing the excess heat from the human body. It is advised that cow ghee be rubbed on the foot sole at night before sleep. This induces a calm and peaceful sleep . . For its melodious sound kasa is used to make temple bells and cymbals (Zanj). Due to its high hardness it was being used to make guns in Spain and Portugal . In Russia they used kasa for making church bells. In India kasa is used for making bowls , thalis and Zanj . Many a times you may land into buying a brass bowl instead of genuine kasa bowl because both metals appear similar except that kasa has a little reddish tinge . In Ayurvedic texts in India Padabhyang is prescribed for many ailments. Padabhyang is rubbing cow ghee gently on the soles of one's feet. And this treatment is beneficial for stress relief , pacifying a disturbed mind , developing a strong immune system , good eyesight . This also gives a radiant skin which is definitely superior to any so called beauty soap and quality sleep better than any hair oil recommended to give a sound sleep. Our bodies consist of Tridoshas ie. kapha , vaata and pitta as per ayurvedic theory . And this kasa or kasya massage does the important work of balancing the three .

"Bhavprakash" a text in Ayurveda says " kasyam budhhivardhakam " which means it helps increase your IQ. In western world people spend a lot of money to get this massage done in spa and salons. It is said that diseases keep away -- like snakes keep away from eagles—from a person who massages his feet with cow ghee by kasa bowl every night before retiring to bed.

In a human body there are 72000 nadis according to ayurveda and most of them end in the hands and feet. Hence rubbing cow ghee onto feet soles is a simple ,highly effective and low cost homeremedy for many ailments.

Why then such a simple remedy is neglected by us ? The reason is --- it is a tedious and tiring process . In the olden days wives used to this job of ghee rubbing for the husbands or Bahus (daughter -in -laws ) used to do this rather unpleasant job for their father or mother- in- law . But in the new world of women's lib movement one doesn't feel like forcing this job onto women in the house . It is as good as a shoe shining job . Doing the treatment by our own hand is also cumbersome and hence generally avoided . But for those who can have this massage should have it and keep majority of illnesses at bay.

Disclaimer: Claims of benefits from using this equipment derive from our own experiences and ancient ayurvedic texts. We are not medically qualified. Please consult a health professional before using this equipment . The machine is fully tested for the electrical safety at the time of delivery . You will be using the machine solely at your own risk . Manufacturer is not responsible for or accepts no liability whatsoever for negligent handling of the product. In no event shall the Manufacturer be liable for any direct, indirect, incidental and consequential damage to property or life whatsoever arising out of or in connection with use or misuse of the product. Any disputes /legalities are subject to Mumbai jurisdiction only.

ॐ त्र्यम्बकं यजामहे  
सुगन्धिं पुष्टिवर्धनम्  
उर्वारुकमिव बन्धनान्  
मृत्योर्मुक्षीय मामृतात् ॥

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THE ULTIMATE FOOT MASSAGER

