

## **The use of Incense for healing Body, Mind and Spirit**

- Kashinath Patwardhan

The application of Incense, to heal, existed, since before recorded history in the sacred rites of our ancestors, who burned herbs, and essence to their deities in many ways. This may have been the foundation of the rich healing practices of the modern day Incense makers or called Aroma therapist. We can expand our understanding of the art if we remember its roots.

Many look at these applications as just superstitions, tales of ignorant world, but in reality folk remedies of our ancestors, do indeed have substance. The folklore handed down from ancient days, is a piece of knowledge, which we should not be too quick to dismiss.

In order to fully explore this incredible world of Scent, it is necessary to abandon classification and be open to the world of knowledge before us in whatever size it may present itself.

The scented gifts of nature, this world of wonder created by the human mind is really appreciable.

The human mind can develop ways to enhance the effectiveness of nature's gifts, and we do not mutilate the gift of nature, but rather appreciate and utilize them to their fullest capacity.

Blending herbs, stems, spices, roots, leaves, flowers, etc., and oils to a specific healing purpose is done by a experienced perfumer, sometimes inclusion of one or two herbs in a different proportions, alter the properties of the final product. It may increase the potency of a particular remedy or direct its effectiveness along specific lines of treatment, thus enhancing its overall potency. Some incense blends address treatment on more than one level. Our ancestors, who took note of this, blended different natural product to evolve different deities.

Some blends were used for cleansing and disinfecting, for ousting offending microorganisms, some were used as a catalyst to spur on the body's own natural defenses, or enhance the natural immune systems. It is a culmination of many centuries of research and experience, the best of many worlds.

The old art continues to survive, researches are going back to the work of our ancestors. To know why the incense combinations worked to maintain balance between body, mind and spirit. As an example, our grandma took up the battle against winter colds, with a mixture of Camphor and mustard paste, which was an herbal remedy of the country folk, and even today modern applications are justified and it works. The healing concoctions, through their scent, are absorbed by our secretive membranes of our nasal passages.

Every smell, foul or pleasant, holds a fascination for us, stimulating and exciting every fiber of our sensual perception.

The aim of incense or an Aroma therapist is to capture the effect of these scents, both conscious and unconscious, blend these together in such a way that their effect is directed to a specific purpose. These gifts of nature are for the benefit, the wellbeing and betterment of all humankind.

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