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Mayan Abdominal Massage: Ancient Wisdom for Modern Women

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THE MAYAN ABDOMINAL MASSAGE

Ancient Wisdom for the Modern Woman

HISTORY of THE MAYAN MASSAGE

The Mayan Abdominal Massage is Mayan technique of abdominal bodywork, which is an external noninvasive manipulation that repositions internal organs that have shifted, thereby restricting the flow of blood, lymph, nerve and chi. It is a treatment that is widely practiced among the Curanderos (healers) and Midwives of Belize, Guatemala and Mexico. I was first introduced to it while travelling in the Ruta Mayan region of Central America. There were many indigenous healers that showed me it's amazing benefits and uses for Women's reproductive health. I then studied with Dr. Rosita Arvigo in Belize, who developed a system incorporating the Mayan Massage into a method of bodywork known as Arvigo Therapy. She is the Doctor that is most responsible for bringing the Mayan Massage into Modern culture and practice.

Dr. Arvigo learned these techniques from her mentor, Don Elijio Panti, the great Maya Shaman of Belize, Central America with whom she apprenticed for ten years. Don Elijio believed that a woman's center is her uterus. "If a woman's uterus is out of balance, so is she," he would say. Midwives and healers of Central America agree that most female troubles are caused by the wandering womb. Don Elijio passed away in 1996 at the age of 103. Rosita also studied with Hortence Robinson, a 73-year-old herbal midwife of Belize who has been delivering babies since she was 13.

The Maya Abdominal Massage addressees the position and health of the pelvic and abdominal organs. The work is best known for the correction of the prolapsed, fallen, or tilted uterus and for the prevention and treatment of benign prostate enlargement in men, and for relief of many common digestive disorders.

I had the privilege of being able to study and learn the Mayan Massage with Rita, Miss Hortense and Miss Juana. This method that has completely changed my success and approach to Women's Reproductive Health and Infertility.



HOW the MAYAN MASSAGE WORKS

Normally the uterus leans slightly over the bladder in the center of the pelvis, about one and a half inches above the pubic bone. It is held in this position by muscles, the vaginal wall and ligaments that attach it to the back, front, and sides of the pelvis. Uterine ligaments are made to stretch to accommodate a growing fetus inside and to move freely when the bladder or bowel is full. The ligaments and muscles can weaken and loosen, causing the uterus to fall downward, forward, backward or to either side.

A uterus in any of these positions is called tilted or prolapsed. Modern medicine has little or nothing to offer women with this problem. Options may include using the birth control pill, muscle relaxants, or surgery and women are generally told, "your uterus is tipped, but that is normal and don't worry about it." Yet women have a laundry list of physical and emotional symptoms that can be addressed and prevented with these simple, noninvasive massage techniques. When reproductive organs shift, they can constrict normal flow of

blood and lymph, and disrupt nerve connections. Just a few extra ounces sitting on blood and lymph vessels can cause havoc throughout the different systems in the body. By shifting the uterus back into place, homeostasis, or the natural balance of the body, is restored in the pelvic area and the surrounding organs. Toxins are flushed and nutrients that help to tone tissue and balance hormones are restored to normal order. This is essential for healthy pregnancy, labor, and delivery.

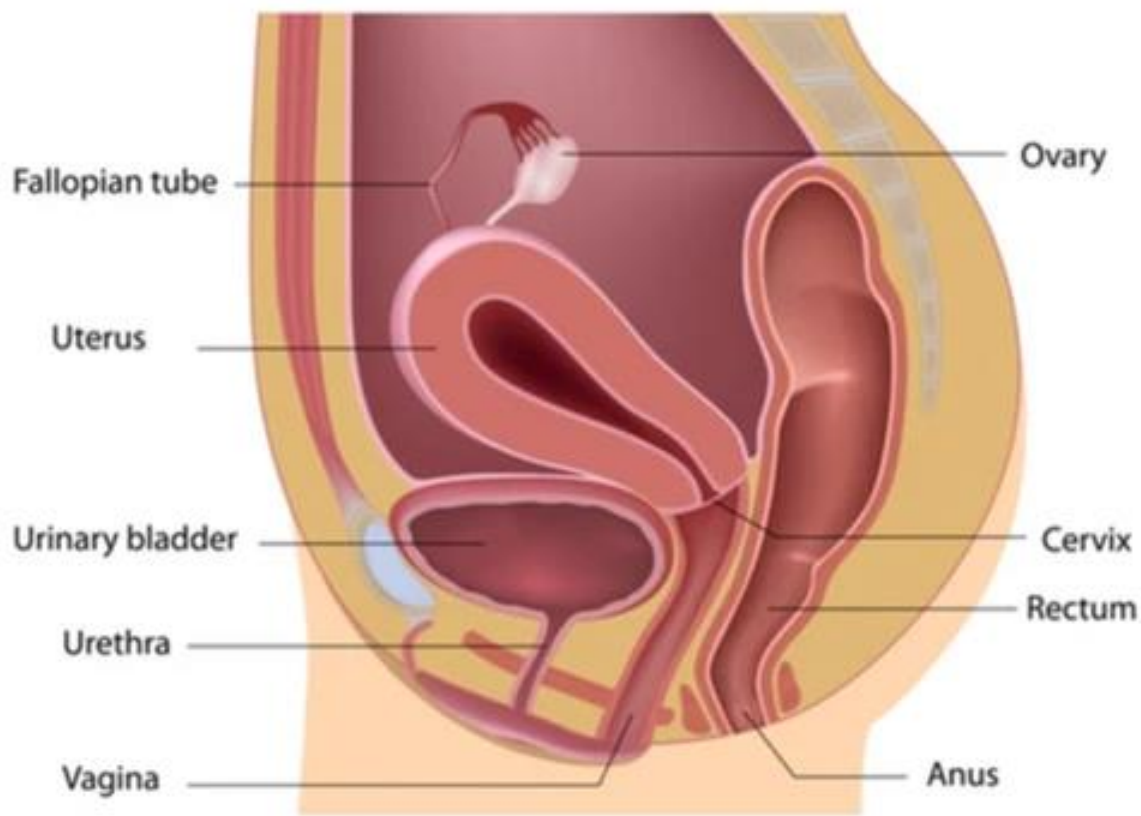
Old adhesions from invasive treatments to the pelvic and abdominal area, including fibroid tumors, endometriosis, and cesarean delivery are diminished when addressed by uterine massage. In addition, digestion, urinary and bladder problems can be helped.



CAUSES OF THE DISPLACED UTERUS

The Uterus hangs inside of the pelvis like a hammock. It is attached to various pelvic bones by ligaments and tendons. The other organs that lie in close proximity to it are the bladder, colon and intestines. Any problem with the structure of the low back and pelvis can cause the uterus to misalign. There are numerous reasons that one can have a displaced uterus. The following list can give you an idea of why the displaced uterus is such a common condition. See if you can relate to any of these:

1. Repeated pregnancies
2. Difficult labor
3. Poor professional care during labor, delivery and postpartum
4. Carrying heavy weights
5. Walking barefoot on cold floors or surfaces
6. Running and high impact sports or dance
7. Wearing high heels
8. Injury to the low back, sacrum, or tailbone
9. Chronic constipation
10. Low back tension and spasm
11. Carrying young children
12. Modern life
13. Miscarriage
14. Abortion
15. Abdominal surgery and scar tissue
16. Straining during bowel movements
17. Sexual abuse



SYMPTOMS of a DISPLACED UTERUS

Maya Abdominal Massage is offered as a supportive modality to enhance health and wellness and is not meant to be an entire approach to health care. If you have any serious medical conditions, please consult your health care provider first. Practitioners of The Maya Abdominal Massage report that many common health care symptoms are alleviated by these techniques. Organ functions are supported and enhanced.

This list contains the most common symptoms that are improved by incorporating this holistic modality into one's health care.

Symptoms of a Displaced Uterus:

- Displaced or prolapsed uterus and or bladder
- Painful menstrual cycles and ovulation
- Irregular menstrual cycles and ovulation
- Bladder or yeast infections
- Miscarriages, difficult pregnancies
- Endometriosis
- Peri menopause, menopausal symptoms
- Infertility
- PMS/Depression with menstruation

- Ovarian cysts
 - Uterine fibroids
 - Abnormal uterine bleeding
 - Enhances Pregnancy, aids in labor and birthing
 - Pelvic congestion, pain
 - Headaches/migraines
 - Digestive Disorders
 - Low energy
 - Irritable Bowel Syndrome (IBS)
 - Gastro Esophageal Reflux (GERD)
 - Crohn's Disease
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- Chronic constipation
 - Low Back ache
 - Chronic indigestion or heartburn
 - Gastritis
 - Restricted breathing due to tension



BENEFITS of a MAYAN ABDOMINAL MASSAGE SESSION

Benefits for The Uterus and Reproductive Tract

Normally the uterus leans slightly over the bladder in the center of the pelvis, about one and a half inches above the pubic bone. It is held in this position by muscles, the vaginal wall and ligaments that attach it to the back, front, and sides of the pelvis. Uterine ligaments are made to stretch to accommodate a growing fetus inside and to move freely when the bladder or bowel is full. The ligaments and muscles can weaken and loosen, causing the uterus to fall downward, forward, backward or to either side.

A uterus in any of these positions is often referred to as being "tilted or prolapsed" that can result in many symptoms. Women are often told, "you have a tilted uterus, there is nothing that can be done, or it's normal don't worry about it". Depending on the symptoms a woman experiences, treatment options may include the birth control pill, muscle relaxants, or surgery.

Yet women have a laundry list of physical and emotional symptoms that can be addressed and prevented with these simple, noninvasive massage techniques. When reproductive organs shift, they can constrict normal flow of blood and lymph, and disrupt nerve connections. Just a few extra ounces sitting on blood and lymph vessels can cause havoc throughout the different systems in the body. By shifting the uterus back into place, homeostasis, or the natural balance of the body, is restored in the pelvic area and the surrounding organs. Toxins are flushed and nutrients that help to tone tissue and balance hormones are restored to normal order. This is essential for healthy reproductive functioning, such as painless menses, healthy pregnancy, effective labor and birth. Old adhesions from invasive treatments to the pelvic and abdominal area, including fibroid tumors, endometriosis, and cesarean delivery are diminished when addressed by uterine massage. In addition, digestion, urinary and bladder problems can be helped.



Digestive and Emotional Benefits for Men and Women

Individuals with digestive disorders benefit greatly from the application of these techniques. Many of our common disorders such as Irritable Bowel Syndrome, Indigestion, Constipation, and heartburn are treated with antacids, muscle relaxants, and a variety of other medications.

These treatments address symptoms, not the causes. By using the Mayan Massage, the upper abdomen is given a deep, thorough massage to loosen the tight muscles around the stomach and the arteries that feed the digestive and eliminative organs with their vital blood supply. The diaphragm is gently massaged allowing relaxation of tight musculature.



HOW to FIND a MAYAN MASSAGE PRACTITIONER

To find a practitioner trained in the Arvigo methods of The Mayan Abdominal Massage in your area, you can refer to this website:

www.arvigotherapy.com

Read more about my Adventure to Central American and how I learned about the Mayan Abdominal Massage here:

<https://www.theherbanalchemist.com/blogs/medicines-of-the-world/mayan-massage-ancient-wisdom-for-modern-women>

Read more about Dr. Rosita Arvigo:

<https://rositaarvigo.com>

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